

You Are The Happiness You Seek, Rupert Spira

2022 Reading and Co-host Schedule for Book Study Group

Week	Date	Chapter	Title	Cohost	Book Page	Kindle Page
1	18 th May	Intro & Chpt. 1	Introduction / The Search for Happiness	Jenny B	1-5	
2	25 th May	2	Know ThySelf	Susan Telford	15	
3	1 June	3	Are You Myself	Harley Dembert	21	
4	8 June	4	The Art of Self Inquiry	Jenny Sheehan	27	
5	15 June	5	The Essence of Meditation	Rosalyn Rourke	33	
6	22 June	6	The Ultimate Prayer	Jody Urquart	43	
7	29 June	7	The Silent Presence of Awareness	Arthur Gay	53	
8	6 July	8	The Open, Empty, Aware Space	Joel Drazner	65	
9	13 July	Q & A	Rupert Spira Live	Melanie Santorini		
10	20 July	9	Peace and Happiness is Our Nature	Patty H	71	
11	27 July	10	A Belief in Separation	Rose Johnston	77	
12	3 Aug	11	There is Only One Self	Jenny Beal	83	
13	10 Aug	12	Who is it that Suffers	Geoff Farnsworth	91	
14	17 Aug	13	Our Innate Happiness	Rosalyn Rourke	99	
15	24 Aug	14	Suffering is Our Own Activity	Cindy Goode	107	
16	31 Aug	15	The Way of Surrender	Rona M	117	
17	7 Sept	16	Take Refuge in The Now	Marlene Reisman	125	
18	14 Sept	17	Attending to Painful Emotions	Lisa Natoli	133	
19	21 Sept	18	The Unity of Being	Jiffy Read	147	
20	28 Sept	19	The All Pervasive Spirit	Ilse van Zalkj	157	
21	5 Oct	Conclusion	An Invitation	Susan T	173	