

You Are The Happiness You Seek, Rupert Spira

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	Bill Free		
10	20 July	9	Peace and Happiness is Our Nature	Patty Hawley	71	
11	27 July	10	A Belief in Separation	Rose Johnston	77	
12	3 Aug	11	There is Only One Self	Susan Telford	83	
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20	28 Sept	19	The All Pervasive Spirit	Ilse van Zalkj	157	
21	5 Oct	Conclusion	An Invitation	Susan T	173	