

REMEMBERING WHO YOU WERE

The Sacred Journey Back to Your Soul

Book Club Guide

Discussion Questions, Practices & Reflections

Elizabeth Shanti

SoulfulRenewalByShanti.com · RememberingWhoYouWere.com

HOW TO USE THIS GUIDE

Welcome to the Remembering Who You Were Book Club Guide. Whether you are reading alone or with a group, these questions and practices are designed to take you deeper than reading alone can carry you — into the specific places in your own story where the book's teachings are most alive and most needed.

There are no wrong answers here. There is only what is true for you, in this moment, with the courage you currently have. That is always enough.

Each section includes discussion questions, a reflection prompt for journaling, and a suggested practice. You do not need to use all of them. Trust what calls to you.

A note for group facilitators:

Create a safe container before you begin. Agree that what is shared in the room stays in the room. Invite people to share only what feels right to share — this book asks readers to go to tender places, and not all of those places belong to the group. Silence is welcome. So is emotion. Begin and close each session with a few breaths together.

ABOUT THE BOOK

Remembering Who You Were: The Sacred Journey Back to Your Soul is both a memoir and a practical guide — a book that follows one woman's courageous journey of healing while offering the reader a parallel path of their own remembrance.

Organized into four parts — Programming, Forgiving, Healing, and Leading — the book traces the author's journey from a strict religious childhood through two marriages, betrayal, health crisis, spiritual awakening, and ultimately a deep and earned return to herself. Each chapter is paired with Heartwork questions and Practices designed to help the reader do their own excavation alongside Elizabeth's story.

At the heart of the book is a single conviction: you were never broken. You were buried. And what is buried can always be found.

PART ONE — PROGRAMMING

Chapters 1–5: Remembering, Arriving, Acting, Wondering, Becoming

Part One traces the early formation of the self — the religious home, the childhood beliefs, the first rebellions, the choices made from longing rather than wisdom, and the body that was already communicating what the mind had not yet learned to hear.

Discussion Questions

1. Elizabeth describes the tension between the belief systems she was raised with and the person she was becoming. What belief systems from your own childhood are you still navigating? Which ones still feel true, and which ones have you quietly outgrown?
2. In Chapter 2 she returns to her childhood home and family dynamics. What did your childhood home teach you about what was safe to feel, safe to say, and safe to be? What was not safe?
3. Chapter 3 describes leaving the religion at eighteen as both terrifying and electric. Have you ever made a choice that felt like a rebellion but was actually a homecoming? What happened?
4. The wondering of Chapter 4 explores decisions made from curiosity and longing rather than practical wisdom. What is a choice from your past that you judged harshly at the time but can now see was teaching you something essential?
5. Chapter 5 introduces the body as oracle — the idea that the body knew before the mind did. Can you identify a time when your body was clearly communicating something your mind refused to hear? What was it saying?

Reflection Prompt

What did the world tell you to set aside — a quality, a dream, a way of being — before you were old enough to question whether to listen? Is any part of it still waiting for you?

Practice

Sit quietly for five minutes with one hand over your heart and one hand over your belly. Without trying to think your way to an answer, ask your body: what have I been carrying that was never actually mine to carry? Notice what arises without judgment. Write it down before you leave the stillness.

PART TWO — FORGIVING

Chapters 6–10: Releasing, Opening, Realizing, Saving, Practicing

Part Two moves into the work of forgiveness — releasing fear, guilt, and shame not as a single event but as a practice. The chapters in this section hold the most difficult emotional terrain of the book: the betrayal, the self-abandonment patterns, the long work of choosing yourself when everything has trained you to choose everyone else first.

Discussion Questions

1. Elizabeth identifies fear, guilt, and shame as the three primary emotions that shaped her choices. Which of these three has had the most influence on your own decisions? Can you trace where it first took root?
2. Chapter 7 explores vulnerability as courage — the willingness to be seen without the armor of performance. Where in your life are you still managing how you are perceived rather than simply being who you are?
3. Chapter 8 introduces the concept of self-abandonment — the pattern of consistently choosing everyone else's needs before your own. Where do you recognize this pattern in yourself? What does it cost you?
4. In Chapter 9 she asks: how can you show yourself the compassion you extend to others? What would it look like to extend that same quality of care to yourself this week?
5. Chapter 10 is about the daily, unglamorous practice of patience and forgiveness with yourself. What is the choice or pattern in your own past that you find most difficult to forgive? What would it feel like to offer it genuine grace?

Reflection Prompt

What are you still carrying from a relationship or a choice that is no longer serving you? Not what you should release — what are you actually ready to release? Those are often very different things.

Practice

Try the Ho'oponopono practice: bring to mind someone who hurt you. Silently offer them: I am sorry. Please forgive me. I love you. Thank you. Then bring to mind someone you hurt. Offer the same. Then bring to mind yourself. Offer yourself the same four phrases. Notice what shifts in your body. You do not have to feel it to do it. Do it first. Feel it later.

PART THREE — HEALING

Chapters 11–15: Gifting, Reflecting, Breathing, Teaching, Meeting

Part Three moves into the body, the breath, and the community. These chapters carry the deepest healing work of the book — the shadow integration, the breathwork, the recognition of purpose, and the soul family that arrives exactly when it is needed.

Discussion Questions

1. Chapter 11 asks: what gifts have your hardest experiences cultivated in you that someone else desperately needs? What do you know in your bones — from living it — that you could not have learned any other way?
2. Chapter 12 explores the idea that relationships are mirrors — that what frustrates or triggers us in others often reflects something unresolved in ourselves. What does your most challenging relationship right now reveal about you?
3. The breathwork chapter describes the body finally being heard after years of being overridden. When has your body most clearly tried to get your attention? Did you listen?
4. Chapter 14 argues that lived experience is a real credential — that what you have survived and learned is as valid as any formal training. Do you believe this about your own experience? What gets in the way of claiming it?
5. Chapter 15 is about the people who arrive at the right moment — the soul family. Who in your life has shown up at exactly the right moment? Have you fully told them what their presence has meant?

Reflection Prompt

What has your healing taught you that is meant to be shared? Not when you are fully healed — now, from exactly where you are, with exactly what you have already survived.

Practice

Write a letter to someone in your life who has shown up for you — someone whose presence has been quietly essential. You do not have to send it. But write it as if you will. Say what you have left unsaid. Let yourself feel the full weight of what their presence has meant.

PART FOUR — LEADING

Chapters 16–20: Timing, Allowing, Surrendering, Fulfilling, Loving

Part Four moves into self-leadership — the return to authentic presence, the courage to act, the practice of surrender, and the final recognition that love is not something you find but something you remember you always were.

Discussion Questions

1. Chapter 16 explores divine timing — the idea that every person and experience arrived when they were meant to. Can you look back at your own life and identify a moment that felt like terrible timing but was actually precisely right? What did it make possible?
2. Chapter 17 asks: where are you still performing rather than being? Where is there a gap between who you are on the inside and how you are showing up in your daily life?
3. Surrender is the teaching of Chapter 18. What are you still gripping that you know — somewhere in your body — it is time to release? What are you afraid will happen if you let it go?
4. Chapter 19 is about cultivating awareness of small joys — the ordinary moments that are sacred if you are paying attention. What small joy have you been overlooking that deserves more of your presence?
5. The book closes with the teaching that love is not something you seek but something you are — when you strip away everything that is not you. What would it mean for you to be love rather than look for it?

Reflection Prompt

What step have you been postponing? Not the whole journey — the next step. The one that has been sitting at the edge of your awareness, asking for your attention. What would happen if you took it this week?

Practice

Write your own mission statement in three sentences. Not what you do — who you are. Not what you offer — what you stand for. Not what you have achieved — what you are here to embody. Read it aloud to yourself. Notice how your body responds to each sentence. Adjust until every sentence feels completely true.

WHOLE-BOOK DISCUSSION QUESTIONS

These questions are designed for groups who have finished the entire book, or for individual readers looking to integrate the full arc of the journey.

1. The book's central premise is that you were never broken — you were buried. Has reading it changed how you understand your own story? What have you recognized as buried in yourself that is ready to be found?
2. Elizabeth identifies fear, guilt, and shame as the three emotions that most consistently shaped her choices. Looking at your own life, which of these three has been most active? What specific choices has it shaped?
3. The book moves through four stages: Programming, Forgiving, Healing, and Leading. Which stage feels most alive for you right now? Which one feels most unfinished?
4. The self-abandonment pattern — consistently choosing everyone else before yourself — runs through the entire book. Where do you most recognize this in your own life? What would it cost you to change it?
5. Elizabeth makes the distinction between performing love and embodying love. Where in your own relationships do you think you perform love rather than simply being it?
6. The book argues that your lived experience — including your wounds — is your greatest credential. Do you believe this about your own life? What gets in the way of claiming your experience as valid?
7. What is the single most important thing this book asked of you — and did you give it?

SUGGESTED PRACTICES FOR BOOK CLUBS

These practices can be used at the beginning or end of any book club session to create a sacred container for honest conversation.

Opening Practice — Breath & Arrival

Before discussion begins, invite the group to sit quietly for two minutes. Eyes closed. One hand over the heart. Three deep breaths together — in through the nose, out through the mouth. One question to hold silently: what am I bringing into this room today, and am I willing to set it down for the next hour?

Closing Practice — One Word

At the close of each session invite every person to offer one word for what they are taking home. Not a sentence — one word. Go around the circle without comment or response. Simply witness each word as it lands. Then close with three breaths together.

Journaling Between Sessions

At the end of each session invite participants to choose one question that most unsettled them — not the one they could answer most easily, but the one that created the most resistance. That resistance is where the real work lives. Suggest they sit with that question in their journal before the next session.

The Heartwork Practice

Each chapter of the book includes Heartwork questions. Between sessions invite participants to choose one Heartwork question from the chapters being discussed and bring a written response — not to share necessarily, but to have done the work before arriving. The conversation will go deeper when everyone has already been somewhere private with the material.

ABOUT ELIZABETH SHANTI

Elizabeth Shanti is an author, mindfulness coach, retreat leader, and entrepreneur with more than twenty years of experience in yoga and healing modalities. Certified in Kundalini Yoga and Activation Breathwork, she blends these powerful practices to help clients achieve balance, release trauma, and cultivate a profound sense of inner peace. At the heart of her coaching is a single conviction — that every human being carries within them a soul that is whole, wise, and waiting to be remembered.

Having navigated her own deep healing journey, Elizabeth brings a rare combination of lived experience, empathy, and insight to her work — understanding firsthand the challenges and triumphs that accompany the path of self-discovery. She is committed to creating safe, nurturing spaces where transformation becomes possible.

Connect with Elizabeth

Website: RememberingWhoYouWere.com

Retreats & Coaching: SoulfulRenewalByShanti.com

Email: SoulfulRenewalByShanti@yahoo.com

YouTube: Elizabeth Shanti — Soulful Renewal by Shanti

Spotify Playlist: Search Remembering Who You Were, Elizabeth Shanti

*You were never lost. You were buried.
And what is buried can always be found.
— Elizabeth Shanti*