

ABUNDANCE BY DEEPAK CHOPRA

DISCUSSION QUESTIONS

THE YOGA OF MONEY

For what reasons do you personally need money?
What purpose(s) do you think money serves?

DHARMA AND MONEY

What are definitions of success and wealth? What do they look like to you?

MONEY AND WORK

Are you satisfied with your work? If yes, what do you enjoy about it? If not, what do you feel you need to create the best outcome for yourself and those around you?

THE FLOW OF CREATIVE INTELLIGENCE

Using examples and suggestions from this chapter in the book, what do you think you get wrong about money? What things about money do you get right?

SIMPLE AWARENESS

When uncomfortable or difficult emotions pop up, what do you usually do?
What would you like to do instead?

FINDING YOUR ABUNDANCE

How do you define “fulfillment”? Where does fulfillment show up in your life?

THE FIFTH CHAKRA

Our Throat Chakra expresses who we are, to ourselves and to others.
What narratives are you telling yourself? How would you like to present yourself?
What steps might you need to take?

THE FOURTH CHAKRA

The Heart Chakra helps us tap into our emotions.
What does the term “Emotional Richness” mean for you?
What work, if any, do you feel you need to get in alignment with your emotions?

THE THIRD CHAKRA

Located in our solar plexus, the “Power Chakra” is tied to our actions and the motivations that drive them. Describe a time you felt “in the zone.” Looking back, do you now see how that feeling may have been tied to your Third Chakra?
What lessons can you take from this going forward?

