

# Living in the Light

## Discussion Questions

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Deepak Chopra, MD, and Sarah Platt-Finger

1. This is a departure from Deepak Chopra's other books. Have you read other books by him? What stands out to you about this one?
2. After reading, what do you see as the difference between yoga and Royal Yoga?
3. What do you think of Royal Yoga? How do you think it benefits you? How do you think it benefits the world around you?
4. How long have you been practicing yoga? What benefits have you experienced—both physically and spiritually? What do you think Royal Yoga adds to your practice?
5. What was your biggest takeaway from *Living in the Light*? What will you take going forward?
6. The book shares 10 ways of being in the light. Is there one way that is already present in your life? Is there a way you're striving towards? Describe what your life looks like when you are living in the light.
7. Who in your life do you think would benefit from Royal Yoga? With whom would you share *Living in the Light*?

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