

## **2Study Guide for *Remember Me As Loving You***

These questions may be used by a reading group or by someone needing prompts for their own writing.

1. Did you have a caretaker during childhood from whom you received unconditional love or whose care made all the difference, like Fenny does for Kimberly? Who was that person and how did their care change you and your life's path?
2. In chapter two, Kimberly observes her mother at a wild party. In that moment, her perspective of her mother shifts drastically. Did you have moments as a child where you saw your family or a family member from a different or expanded viewpoint?
3. At the end of chapter two, Kimberly notices that her feelings toward her mother have become tinged with bitterness and hatred. Did you ever feel hatred for your parent(s) as a child? How did that manifest itself in your youth or adulthood?
4. What house, room, or place in nature did you feel most safe and "at home"? Why did you feel most safe there?
5. In chapter three, Kimberly finds old photographs and clippings depicting her mother in her youth. In that moment, Kimberly's awareness of her mother's life before her own birth is brought into sharp relief. At what point in your life did you realize that your mother/father had a life before you were born? What triggered this awareness?
6. In chapter five, Kimberly hears/channels a voice that encourages her to heal and grow. Did you ever hear an inner voice or otherwise receive inner guidance as a child?
7. In chapter five, Kimberly must face her abusive step-father and discuss leaving her mother for her father's home. Did you ever have to handle a fearful person or situation as a child? What strategies did you use? How have these strategies change over time?

8. Have you gotten what you prayed for only to have it not turn out the way you wanted? What was it and what happened? How has that changed the way you manifest things in your life?

9. In chapter seven, Kimberly revisits Lady Eden's school, which she wanted to leave as a young girl. During the visit, Kimberly remembers her time there with fondness and longing. Have you changed your view of a situation that once seemed negative to that of a positive?

10. Chapter eight opens with a line from the poem *The Journey* by Mary Oliver. The line urges you "to save the only life you (can) save." Have you ever felt this way?

11. Chapter nine opens with Kimberly backpacking in the Sierra Nevada mountains, which proves to be physically and emotionally arduous. She finds that she needs to do something difficult to prove to herself that she can. Have you ever done something difficult, only to prove to yourself that you have what it takes?

12. In chapter ten, Kimberly learns that her paternal grandmother has died, and "can feel my father's despair sucking me down." Did you ever feel that a family emotion has been passed on to you, regardless of your own feelings? How did that change your emotional health and resilience?

13. There are important junctures in Kimberly's life that she wishes she could change by advising her younger self. Write yourself a letter when you may have been at an important juncture – what would you say?

14. In chapter eleven, Kimberly realizes that she has replaced her yearning for her mother's love with yearning for love from the Guru. "No matter how hard I drive myself, I can never win the Beloved." Have you ever found yourself stuck in an old pattern like this? What helped you find your way out?

15. Consider what constitutes a cult and how many parts of our culture might fall into this category. Do you feel as though you have ever been indoctrinated? How and with whom?

16. As her mother's alcoholism progressed, the author was able to find guidance from Alcoholics Anonymous and Alanon literature. Is there a self-help group that has helped you? If not, in what other ways have you found healing in your life?

17. When the author left the Guru and his family of disciples "every step away felt as if I was facing death." Quilting, dancing, and meditation helped her survive this difficult period. What has been your inspiration and comfort in troubled times?

18. In the final scene in Kentucky, the author realizes that she must handle the situation as if she was Kwan Yin. She moves from being the victim to standing in her own power. Have you experienced something similar?

19. In the final pages of the book, Kimberly realizes that she had hoped and bargained throughout her lifetime that by being a good person and meditating, she would be protected her from the troubles of life. Have you ever found that you created a bargain to protect you from the world and your own difficulties?

20. The memoir ends with the theme of forgiveness as a path to self-liberation. Has forgiveness been a part of your life? Has it been helpful in your own mental and physical health?