



Cheryl Bradley
SPIRITUAL MEDIUM

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A SPIRIT'S JOURNEY CIRCLE

Facilitator Package

A gentle guide for gathering, reflecting, and exploring
the soul's journey together.

If it feels light, it's right®

Thank you for creating space

Thank you for creating space for meaningful conversation, reflection, and connection through *A Spirit's Journey*.

This guide was created to help facilitators gently lead discussions inspired by the themes of the book while allowing each participant to explore their own insights, experiences, and spiritual understanding in a welcoming and supportive environment.

There are no right or wrong answers — only opportunities to reflect, share, and grow together.



If it feels light, it's right®

What Is a Spirit Journey Circle?

A Spirit Journey Circle is a relaxed gathering where readers come together to explore the themes of *A Spirit's Journey* through conversation, reflection, and shared insight.

Circles may be hosted in homes, libraries, wellness centers, bookstores, virtually through Zoom or similar platforms, or by phone for smaller or long-distance groups.

The purpose is not to teach or persuade, but simply to create a space where meaningful spiritual conversations can unfold naturally.

No prior spiritual experience is needed — only openness and curiosity.

Suggested Circle Format

- 1 Welcome and opening moment
- 2 Discussion of selected chapters or sections
- 3 Reflection prompts and conversation
- 4 Optional journaling
- 5 Closing thoughts and gratitude

SUGGESTED GROUP SIZE

5–10 participants

WAYS TO GATHER

In person, virtually, or by phone.

SUGGESTED GATHERING LENGTH

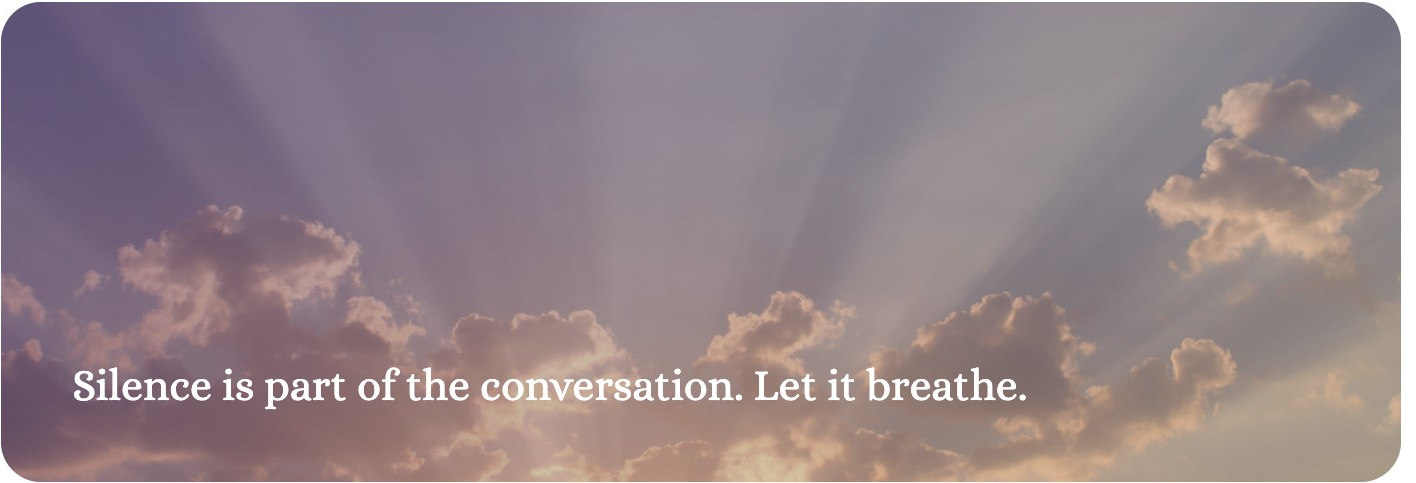
60–90 minutes

CREATING THE SPACE

Comfortable seating, journals or notebooks, soft lighting, tea or light refreshments if desired.

Facilitator Tips for Meaningful Discussions

- Encourage everyone who wishes to share to have space to speak
- Allow conversations to unfold naturally without pressure
- Keep an eye on time while remaining flexible
- If the group feels quiet, begin with a simple reflection question or icebreaker
- Be open to adjusting the flow based on the energy of the group
- Remember that silence can be meaningful and reflective
- Allow one person to speak at a time
- Encourage participants to speak from their own experiences
- Keep conversations rooted in kindness, openness, and respect
- Avoid trying to solve another person's experience
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Silence is part of the conversation. Let it breathe.

Life on the Other Side

THEMES

The soul's origin

Life beyond the physical world

Spiritual remembrance

SUGGESTED CONVERSATION PROMPTS

- 01 What ideas in this section felt comforting or familiar?
- 02 Did this section shift your perspective about life or spirit?
- 03 What does remembering who we truly are mean to you?
- 04 Did any chapter feel personally familiar or emotionally moving?
- 05 How do you personally interpret the soul's journey?

Preparing for the Journey

THEMES

Soul planning

Life lessons

Purpose and growth

SUGGESTED CONVERSATION PROMPTS

- 01 How do you interpret the idea of soul planning?
- 02 What relationships have contributed most to your growth?
- 03 Have life challenges changed your perspective over time?
- 04 What lessons or patterns continue to repeat in your journey?
- 05 How might free will and soul purpose work together?

The Human Experience

THEMES

Intuition

Ego

Emotions

Spiritual growth

SUGGESTED CONVERSATION PROMPTS

- 01 How does intuition speak to you personally?
- 02 What helps you trust what you feel?
- 03 How do fear and inner knowing feel different to you?
- 04 Did this section help you view past experiences differently?
- 05 How do you stay connected to yourself during difficult moments?
- 06 What role does reflection play in your spiritual growth?

Returning Home

THEMES

Spiritual awakening

Healing

Transition

Peace

SUGGESTED CONVERSATION PROMPTS

- 01 What does spiritual awakening mean to you personally?
- 02 Have you experienced moments that shifted your awareness?
- 03 Did this section bring comfort or clarity surrounding transition?
- 04 How has your perspective on life or death evolved?
- 05 What message or insight stayed with you most deeply?
- 06 What understanding are you carrying forward from this journey?

Optional Reflection & Journaling Prompts

What insight stayed with me after today's conversation?

What part of the book resonates most deeply with me right now?

What patterns or experiences am I beginning to understand differently?

Where do I feel emotional or spiritual growth happening within myself?

What relationships have shaped me most deeply?

What feels light and true to my heart?

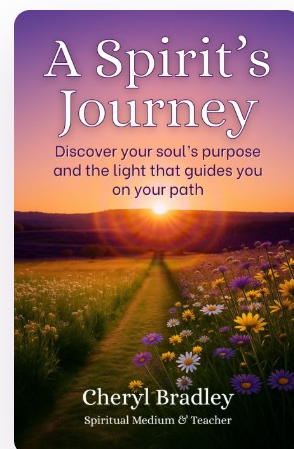
What questions am I still exploring in my own journey?

What would I like to trust more deeply within myself?

Group Session with Cheryl Bradley

Groups using *A Spirit's Journey* for discussion circles are welcome to invite Cheryl Bradley to join for a virtual group session.

Groups may choose to meet once before Cheryl joins the circle, discuss sections together in advance, or invite Cheryl to join as part of an opening gathering and discussion.



SESSIONS MAY INCLUDE

- Group Q&A
- Spiritual discussion
- Reflections on themes from the book
- Opening to Spirit for questions surrounding your own journey
- A gentle teaching on ways to begin finding and trusting your own answers through intuition and reflection

If you would like Cheryl to visit your circle, please visit:

www.cherylbradley.com

or email:

hello@cherylbradley.com

May your conversations be filled with
insight, compassion, reflection, and light.

It's not light, it's right.



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Thank you for creating space for connection and
remembering together.