



*the discovery
approach*

101
in. fitness

the
"Discovery"
Approach

simple process

practical tools

a proven model

Multiplier Press (*m.press*) is a small, spiritually-focused imprint, a publishing subsidiary of Larry Hargrave Ltd dedicated to bringing a unique self-discovery into everyday life through the wisdom contained within ancient scriptures.

The related books in the Ancient Passages series contain story-based passages that can collectively help the reader imagine a new way to live, achieve clarity in understanding, and find insights for personal application.

The methodology encouraged for study of the wisdom contained in those books is the Discovery Approach or individual meditation.

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To connect to our founder Larry Hargrave please reach out at www.larryhargrave.com .

Our Thoughts:

Sometimes an experience can have an unexpected impact, a troubling, stirring, or even unintended consequences. This experience will set you up for positive life changes in your life and in the lives of those you care about.

Beginning in Two Chairs and with The “Discovery” Approach you may find what could be a new path to new potential.

It has happened millions of times in Discovery Studies Approach.

Recommendations:

You may select your topics separately, or go sequentially through an Ancient Passages book, but before you begin, read and review these simple questions, the practical guidelines, and the discovery approach.

The questions, guidelines, and approach in this section are connection tools that enhance your experience with the passages, either in personal meditation, with another person, or in group study.

- The questions help determine a personal course of application and action.
- The guidelines aim to streamline and set sound practices in place for the discovery process.
- While following the approach is never mandatory or binding, it is a well-established path to engage in the passages with others.

There is more. Offering the passages and these recommendations as optional, self-selected topical discovery group studies within an organization introduces

the potential for greater interpersonal team building and engagement. Goal setting and the achievement of those goals can be more consistent, more focused, and more attainable in the organization.

Simple Questions:

This is a process where individuals discover either by themselves or in a shared experience. The study sessions focus only on a current or previously covered passage (not other people's ideas, or outside content/sources).

Everyone participates. One person asks the questions and runs the session. (Group members take turns doing this). No one in a group is to teach or add outside information into the study.

The following questions are asked and answered by individuals either in a personal meditation or a group session:

1. What happened last week for which you are thankful?
2. What challenge are you facing in your life, family, or community?

Review: How did you apply, tell and/or meet the need?

Q. 6, 7, 8

(Not asked during the first session.)

3. Read the passage twice & re-tell the passage in your own words.
4. What did you (we) discover about God in this passage?
5. What did you (we) discover about people (humanity)?
6. How will you apply what you have discovered? (Start your answer with "I will".)
7. Will you tell the story of this passage to someone this week?
8. What can you (we) do to help with, or solve a challenge (#2)?

Practical Guidelines:

guidelines for a group

1. Avoid anyone talking too long.
2. Focus only on what this passage is saying (not other passages).
3. Focus only on what this group is experiencing (not other people's ideas, or outside sources). [The question, "Where is that found in this passage?" helps avoid that.]

4. Give people time to respond (don't be afraid of silence, and allow people to "pass" if they so desire).

guidelines for the one running the session

5. Ask the questions. Don't teach. Don't lead. Encourage everyone to take turns being the one who runs the group.

6. Keep the session on schedule (one-hour max)—
Complete all the questions. (Note: This may be the hardest part.) Encourage everyone to share.

7. Responding to questions from individuals —Ask, "What in this passage helps us answer your question?" Don't be too quick to contribute your answer/comment to the questions. Let the group respond and figure out their responses.

8. If an individual's question is not about the passage, say, "Let's discuss this further after our group time..." If it is a genuine question, the person will make time afterwards.

9. When dealing with "strange" or "wrong" interpretations or distracting questions/discussions, again, ask the question, "Where is that found in this passage?"

10. Close the group to new members joining when the group can be run by various group members and the group size exceeds 5-7 people. If a member wants to bring someone new after that, help them start a new group with that person and those that person can invite.

The Discovery Approach:

The discovery group studies approach is simple and straightforward. In the process with only passages, questions, and guidelines you can:

- Have an amazing ongoing personal experience of meditative discovery in the topics you choose.
- Sit down with a friend, neighbor, a family member or someone at work and do a discovery session with that one person. You can begin in any of the six sections or with any of the passages in this book.
- Start a group. This is a group of individuals you invite. After the group is established encourage those you have invited to explore finding and engaging with a person and encouraging that person to invite others into a new discovery group.
- When you ask a person to invite others to a group, you can initially meet with the new group; but there is a

necessary and critical practice in the discovery group studies approach. If you did not invite the members of this new group, you will need to leave the group, and let it be run by its own members. When you refuse to do this or fail to do this, you will limit this new group's potential to multiply by starting other groups.

- Again, as difficult as this may be, you will no longer attend the new group. You can make yourself available to encourage anyone in the new group, but you must do it outside the group meetings.

Worldwide, individuals and groups of people are pursuing peace and greater wisdom in this process. They are discovering insights and gaining new understanding by combining simple questions and practical guidelines with what they find as they read ancient passages.

The topical books in the Ancient Passages series will encourage you to explore something out of the ordinary that may offer a different take on life.

To learn more, or to schedule an exposure training in this simple, practical, and life-changing model, please visit:

www.AncientPassages.org