

Soul Medicine for a Fractured World: Healing, Justice, and the Path of Wholeness

by Liza J. Rankow (Orbis Books, 2026)



Book Group Discussion Guide

First, welcome! Thank you for your interest in *Soul Medicine*. I hope this guide will be a helpful resource as you read and discuss the book with others.

You may wish to begin your group meetings with a brief centering practice. This can be as simple as inviting people to turn within and take three slow full breaths in the silence, to let go of the busyness of their day and come fully present into the gathering. Or you can use one of the short practices in the Appendix of the book. The “Three Blessing Breaths” practice might work well, or perhaps the “Centering Breath Meditation” or “Mystic Pendulum.”

Below are some discussion questions about the book overall. You might also apply the same questions to each chapter. Beyond that, there are many reflection questions embedded throughout the book, both within the chapters and in the Reflection Practices at the end of each chapter. I encourage you to make use of them as you read and discuss together.

If your group is meeting over time, you may want to discuss your experience trying out the Reflection Practices—how it went and what they opened up for you. You might even try doing some of those practices together during your group meetings.

This guide is merely a suggestion. Please use what is helpful, let go of what is not, and feel free to create your own approach. I would love to hear about your experience engaging the book with a group, and welcome your suggestions to improve this guide.

I’m also curious about your responses to some of the questions below. You’re welcome to reach out via the contact form on my website, if you are so inclined! <https://lizarankow.org/contact>

General Questions

- How would you describe the book (or chapter) in one sentence? What is the main point or purpose of the book (or chapter)?
- What were your most important takeaways from the book (or chapter)?
- How did the book (or chapter) change your opinion or perspective? Did it confirm or contradict any of your assumptions or expectations?
- Did the book (or chapter) inspire you to take action, change your behavior, or think differently about something?
- What was the most surprising or shocking thing you learned from the book (or chapter)? How did it make you feel?
- How did this book (or chapter) relate to your own life experiences or interests? Your own spiritual worldview?
- How do you plan to implement what you learned from this book (or chapter) in your daily life? What are some specific steps, practices, or strategies that you will use?
- What was the most useful or valuable advice or perspective that you received from this book (or chapter)? Why?
- What piece of advice from this book (or chapter) do you think will be most difficult for you to apply? Why?
- What questions do you still have after reading this book (or chapter)? What would you like to learn more about?



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