

DIALOGUE WITH DELPHI

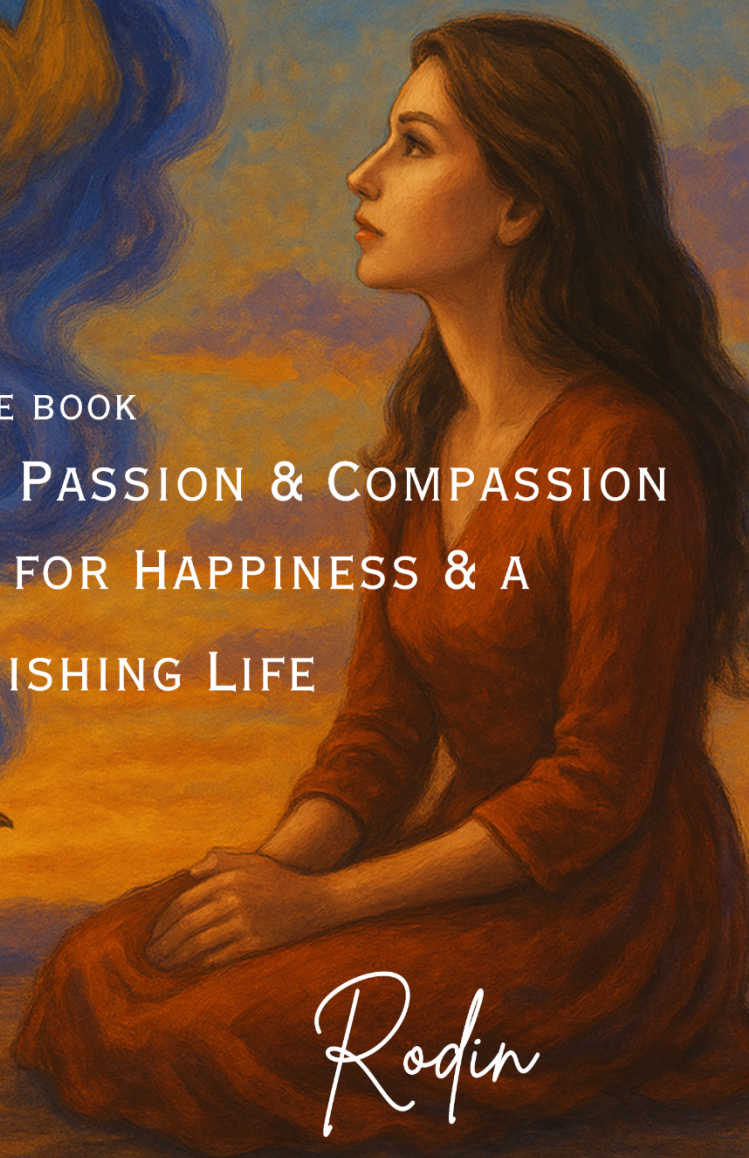
COMPANION WORKBOOK

FROM THE BOOK

PURPOSE WITH PASSION & COMPASSION

—IN SEARCH FOR HAPPINESS & A

FLOURISHING LIFE



Rodin

DIALOGUE WITH DELPHI

Companion Guide for Readers

Focus Area for discussion:

1. Dual Nature of Happiness- What are the differences between ephemeral and lasting happiness? Which path appeals more to you and why?
2. Compare this with Maslow's hierarchy of needs or Aristotle's concept of eudaimonia.
3. Discuss how modern life influences our choices.
4. Delphi as Symbol- Is Delphi a real character, or a metaphor for inner wisdom?
5. What does she represent in your own life?

Embark on a transformative journey by writing your own 'Delphi dialogue.'

1. Materialism vs. Meaning- Is it possible to pursue both wealth and inner fulfillment ethically? What moral dilemmas arise?
2. Can capitalism coexist with a flourishing life?
3. Delphi claims that suffering is necessary to grow. Do you agree? Why or why not?
4. Think about "A moment that made me grow."
5. What does it mean to take full responsibility for one's actions and outcomes?

Reflection Guide

The reflection guide is designed to provide support and guidance for individual readers, educators, facilitators or book

clubs, facilitating deep introspection, conversation, and connection with the chapter's philosophical themes. It invites readers into a symbolic conversation with *Delphi*, a mystical guide representing inner truth, wisdom, and the dual path of life: material pursuits versus intellectual, aesthetic, and spiritual fulfillment.

Through this intimate dialogue, readers are encouraged to reflect on their own values, goals, and inner compass.

Part 1: Self-Inquiry

1. Who is your Delphi?

- Can you think of a time when your "inner voice" guided you clearly? What did it sound like? What decision did it help you make?
- Have you ever ignored that voice? What happened afterward?

1. Which path are you walking?

- Reflect on the *external* vs. *internal* path Delphi presents. Which have you prioritized recently?
- What would a balanced integration of both look like for you?

2. The Name "Yinyang"

- Delphi calls you "**Yinyang**" — the symbol of duality and harmony. How does this concept resonate with your current identity?
- What opposing forces are you trying to reconcile in your life?

3. Invisible Guides

- Delphi promises to be with you invisibly. What invisible forces, mentors, ancestors, or beliefs support you in your journey?
- How do you stay connected to them in moments of doubt?

Part 2: Critical Thinking Reflections

1. Resilience through Pain

- Delphi states that suffering is not only inevitable but essential for growth. Do you agree?
- Recall a painful moment in your life. How did it shape your worldview, purpose, or inner strength?

2. Intelligence vs. Arrogance

- The chapter critiques superficial intelligence that can lead to arrogance. What's the difference between true wisdom and mere intellect?
- Have you seen examples of each? Which do you strive for?

3. Modern Distraction

- Delphi warns of a society addicted to speed and superficiality. In your daily life, how do distractions interfere with deeper reflection or growth?
- What habits could you change to cultivate more thoughtful presence?

Part 3: Creative Activities

1. Write Your Own Delphi Dialogue

- Compose a short fictional or poetic dialogue between yourself and a mystical guide like Delphi. What questions would you ask? What answers might you receive?

2. **Mirror Exercise**

- Look into a mirror and speak aloud your current life purpose. Then write a letter to your future self-one year from now. What would you want them to know?

3. **Flourishing Map**

- Draw two maps: one for your external goals (career, lifestyle, achievements) and one for your internal goals (values, character, peace). Are they aligned?

Part 4: Meditative Reflection

Sit in silence for five minutes. Ask yourself inwardly, "What is my true purpose today, not in the distant future, but right now?" Write whatever comes. Don't edit. Let it be raw.

CLOSING REFLECTION:

“Flourishing is not found in avoiding hardship, but in what we become through it.” — Delphi, to Yinyang.

What is flourishing for *you*, and what invisible voice is calling you forward today?

From the Book- ***Purpose with Passion & Compassion- In Search for Happiness & a Flourishing Life- by Rodin JS Kumar.***

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