

Discussion Question for
Watering the Seeds of Love: Growing Mindful Relationships
By Jerry Braza

1. Why is the seed of mindfulness so important in our lives?
2. How can you begin to personally develop the habit energy of mindfulness in your life?
3. How are seeds (mental formations) developed and what impact do they have on your emotional well being?
4. Why is it important to have a good circulation between the mind and store consciousness?
5. What does looking deeply mean to you?
6. What are the best ways to shift from the seeds of suffering to the seeds of love?
7. Author Rick Hanson has coined the term “linger longer,” what does that mean in your every day life?
8. What are the most important seeds to cultivate in your own life and your relationships?
9. What are the most challenging seeds for you and how can you transform these seeds of compost into beautiful flowers?
10. What concept from the book was most helpful to you?
11. What concept created the greatest confusion or challenge to you?