



Discover the Self Press

Discover the Self - Sharing Groups

Welcome

Our mission is to provide a community for emotional wellness and transformative growth. Without dogma, beliefs, or specific practices to follow, we meet to notice and share what is arising within us.

Who We Are

Have you read *The Inner Space Traveler* and wish to practice what it talks about? You are in the right place.

These are small online sharing groups, from five to a maximum of sixteen people. Each of us practices being the impartial observer of ourselves, out loud, in good company.

What Are the Results

Participants learn and grow from their interactions with each other. Subjects are not assigned. They arise from what members notice, reflect on, and share — while in session and between sessions. Awareness itself is transformative, and participants often see themselves evolving in real time.

Groups have a facilitator, not a leader. No one directs, teaches, or advises.

Groups are free of charge.

About the Groups

Most support groups organize around a set topic. Our Sharing Groups don't follow this design. What we talk about arises from the participants themselves — what

you noticed this week, what surfaced while someone else was speaking, what you observed in yourself just now. The material is always personally relevant because it grows out of the people in the room.

We reflect on what is shared from our own experience. One person's noticing becomes another person's mirror. This builds awareness in each of us. We don't analyze, advise, or repair each other. We don't explain another person's reality.

Many participants find that what once felt like a fixed problem loses its grip as awareness grows. We make no clinical claims about this, and we make no promises. We simply notice — and let what happens, happen.

Attendance requirements: reading *The Inner Space Traveler* and a genuine interest in practicing its principles. The book gives every group a shared vocabulary and a shared starting point.

What happens now for You!

Want to learn more about the book?

[Click here](#) and read sample chapters.

Ready to purchase the print or ebook edition?

[Click here](#) and order from many options.

Ready to indicate interest and receive more detailed information about Sharing Groups?

[Click here](#) to let us know and we will send more information.