

BOOK 2 · THE TRANSFORMATION SERIES

B O O K C L U B D I S C U S S I O N  
G U I D E

# Listen To Everything

*When the Universe Is Talking (And You're Too Busy Scrolling to Notice)*

S i g n s · S y n c h r o n i c i t y · I n t u i t i o n  
· T r u s t · A n c e s t r a l W i s d o m

*by Jazmine L. Ramzy*

*"The universe has been sending you a message. This guide is where your group finally talks about it."*

## *How to Use This Guide*

This guide contains 41 questions organized into thematic sections, plus 5 experiential exercises designed to move the conversation from your heads into your lives. You will not get through all 41 questions in one sitting — and that's the point. Use the questions that pull at something. Skip the ones that don't. Come back to the ones that made someone go quiet.

This guide works best when the group has agreed to three things: radical honesty, generous listening, and confidentiality. What is shared in the room stays in the room. What is heard in the room can change a life.

### **A N O T E T O T H E F A C I L I T A T O R**

*Book 2 is where the conversation gets mystical — and where some members may feel skeptical while others feel completely seen. Create space for both. The person who doesn't 'believe in signs' and the person who reads every license plate as a message are both in your group. Hold them both with curiosity, not judgment. The most powerful discussions will happen in the tension between those two poles.*

## Opening: The Frequency We've Been Missing

- 1 Before reading this book, how would you have described your relationship to intuition? Has that changed?
- 2 The book opens with the idea that the universe is always communicating — and that we've simply stopped listening. Do you believe that? Why or why not? What would it cost you to believe it?
- 3 Share a 'coincidence' from your own life that, in hindsight, felt like more than coincidence. What was happening in your life at the time? Did you listen to it?
- 4 The book distinguishes between the noise of the world and the signal beneath it. Where in your life is noise drowning out signal right now?
- 5 What did this book ask you to believe that felt hardest to accept? Where did that resistance come from?

## Part One: The Body Never Lies

- 6 The book argues that the body's YES and NO responses are the most reliable navigation system we have. Do you agree? Share a time your body said NO and your mind overrode it. What happened?
- 7 What physical sensations do you associate with your own YES? Your own NO? Had you ever named them before?
- 8 We often dismiss body wisdom as anxiety, overthinking, or irrationality. Where in your life are you currently calling your body's truth 'anxiety'?
- 9 The book talks about how people-pleasing disconnects us from body wisdom — because if we're always scanning for others' reactions, we stop reading our own. How has people-pleasing affected your access to your own intuition?

**10** Which member of your group do you think is most attuned to their body's wisdom? (Ask them to share their practice.)

## **Part Two: Signs, Synchronicities & the Language of the Universe**

**11** The book presents signs as the universe's language — repeated numbers, songs, dreams, unexpected encounters. How does your group feel about this idea? Skeptical? Curious? Convinced?

**12** What sign have you received recently that you either dismissed or paid attention to? What was it pointing toward?

**13** The book distinguishes between magical thinking (avoiding responsibility by outsourcing everything to 'signs') and genuine intuitive listening. Where is that line for you?

**14** Dreams are presented as a form of listening in this book. Does your group pay attention to dreams? Share one that felt meaningful — and what you thought it was trying to tell you.

**15** The book suggests that what we're drawn to — the music we love, the books that find us, the strangers who say the exact right thing — is not random. Do you experience your life that way? What examples come to mind?

## **Part Three: Ancestral Listening**

**16** The concept of ancestral wisdom — that we carry inherited intelligence, strength, and wounds from our lineage — is central to this book. How did it land for you? Did it resonate or feel foreign?

**17** What do you know about your family's history that helps explain patterns in your own life? What don't you know that you wish you did?

**18** The book asks: what are you carrying that was never yours? What came up when you read

that question?

**19** How has your family's culture, religion, or generational experience shaped how you listen — to yourself, to others, to the world?

**20** If you could receive one piece of wisdom from an ancestor, what would you most want to hear?

## Part Four: Nature as Teacher

**21** The book presents nature as one of the most consistent teachers of truth — the tree that bends, the river that reroutes, the seed that waits through winter. Which image from nature in this section resonated most with your current life?

**22** What season are you in right now — spring, summer, autumn, or winter? What does your season ask of you?

**23** Our relationship with nature has been significantly disrupted by technology and urban living. How disconnected do you feel from the natural world? What is that disconnection costing you?

**24** The book argues that we ARE nature — subject to the same laws of growth, rest, seasons, and cycles. How does seeing yourself as a natural being (rather than a productivity machine) change how you treat yourself?

**25** What would you hear if you spent one hour outside in silence — no phone, no agenda, just observing? What are you afraid you might hear?

## Part Five: Trusting What You Hear

**26** The book ends with a radical proposition: that you already know. Whatever you've been seeking clarity on — you already have the answer. Do you believe that about yourself? What stands between you and acting on what you already know?

**27** Trust is built in small moments, not grand gestures. What small act of self-trust could each person in the group commit to this week?

**28** Who in your life most models radical trust in their own intuition? What is their life like as a result?

**29** The book connects self-betrayal to intuitive disconnection — the more we betray ourselves, the quieter our inner voice becomes. How loud is your inner voice right now? What would make it louder?

**30** After reading this book, what is the one thing you're going to stop dismissing?

**31** What has this book asked you to be brave enough to listen to?

## Experiential Exercises

The best book clubs don't just talk about the book — they live it, together, in the room. These five exercises are designed to create exactly that: moments of genuine transformation that happen not in solo reading but in collective experience. Choose the one or two that feel most alive for your group, or work through all five across multiple sessions.

### Exercise 1 of 5

#### ◆ THE SIGN CIRCLE

Before your meeting, each member spends one week keeping a 'sign journal' — writing down anything that feels like more than coincidence. At the meeting, share your entries. Look for themes across the group. What is the universe saying to ALL of you collectively?

### Exercise 2 of 5

#### ◆ BODY WISDOM CHECK-IN

At the start of your meeting, do a 90-second body scan together. Sit quietly. Ask internally: 'What is my body saying YES to right now? What is it saying NO to?' Share one answer each. Notice how different (and how similar) the group's body wisdom is.

### Exercise 3 of 5

#### ◆ THE ANCESTOR LETTER

Each member writes a brief letter TO an ancestor — thanking them for a specific strength they inherited, and releasing one wound they no longer want to carry forward. Share as much or as little as you're comfortable with. Bring tissues.

### Exercise 4 of 5

#### ◆ NATURE SIT

Between meetings, each member spends 20 minutes outside in intentional silence — no phone, no music, no podcast. Simply observe. Write 10 things you notice. At the next meeting, share what you heard when the noise stopped.

### Exercise 5 of 5

#### ◆ THE 'I ALREADY KNOW' EXERCISE

Each person writes down one question they've been asking for guidance on. Then — without overthinking — writes the answer they already know underneath it. Share with the group. Discuss: what has been keeping you from acting on what you already know?

## *Until the Next Book*

*Book 2 is an invitation to expand your listening beyond the obvious. The universe is not quiet — you are simply in a loud room. This guide helped your group turn down the noise together. Between now and Book 3, practice listening to one thing you've been dismissing. And report back.*

### T H E T R A N S F O R M A T I O N S E R I E S . B O O K C L U B G U I D E S

Book 1: Shut The F\*\*k Up

**Book 2: Listen To Everything**

Book 3: You, Inc.

Book 4: The Investment

Book 5: You, Reborn

Book 6: The Currency You Trade In

Book 7: Listen Everywhere

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