



ANGELA ROSE HARRIS

*Exploring the luminous thread of who we are,
what connects us, and what survives.*

Book Club Package

WILL I STILL BE ME?

A facilitator and participant guide for thoughtful conversations about identity, suffering, love, death, and the meaning we make while we are alive.

DESIGNED FOR 4-12 READERS | 60-120 MINUTES

Includes facilitator guidance, discussion questions, group activities, and participant pages

Group or host _____ Meeting date _____



What's Inside

Use the whole package or choose the pages that best fit your group.

Host Preparation

Invitation language, preparation checklist, and the facilitator's role

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A Grounded Conversation

Group agreements and guidance for emotionally sensitive moments

4

90-Minute Meeting Plan

A complete agenda with flexible timing

5

Opening the Conversation

Low-pressure prompts that help everyone enter the discussion

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The Three Central Questions

Dedicated discussion pages for existence, suffering, and love

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Across the Book

Questions about evidence, interpretation, identity, and meaning

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Group Activities

Two structured ways to deepen the conversation

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Participant Reflection

A reproducible page for personal notes and present answers

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Closing and Follow-Up

A closing circle, host debrief, and follow-up message

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CHOOSE YOUR FORMAT

60 MINUTES

Opening, one question from each section, and a short closing round.

90 MINUTES

Use the complete meeting plan on page 5. This is the recommended format.

120 MINUTES

Add both group activities and allow more time for personal reflection.



Host Preparation

A little preparation creates more room for honesty, difference, and meaningful connection.

ONE WEEK BEFORE

- Tell readers that the conversation includes death, grief, trauma, spiritual experience, and uncertainty.
- Invite participation without requiring personal disclosure.
- Choose a private space with comfortable seating, water, and an easy way to step out.
- Send the group agreements on page 4 in advance.
- Select the questions you most want to discuss. Fewer questions often create a deeper conversation.

THE DAY OF THE MEETING

- Arrange chairs so everyone can see one another.
- Print page 12 for each reader and keep extra paper nearby.
- Decide who will watch the time and who can support the host if emotion rises.
- Mark the questions you will skip if the conversation needs more breathing room.
- Remember: your role is to guide the process, not settle what happens after death.

INVITATION LANGUAGE

You are invited to a conversation about Will I Still Be Me? by Angela Rose Harris. We will explore the book's three central questions: Will I still exist? Will I suffer? Does love survive death? You do not need to share the author's beliefs, disclose personal experiences, or reach a group conclusion. Our purpose is to listen carefully, think honestly, and notice what the book changes - or does not change - for each of us.

Date _____ Time _____ Location _____

Please bring the book and any passages you marked. Passing on any question is always welcome.



Create a Grounded Conversation

Begin by reading these agreements aloud and asking whether the group wants to add anything.

- 1 Speak from your own experience. Use 'I think,' 'I felt,' or 'I wonder' rather than telling others what is true for them.
- 2 Passing is participation. Anyone may decline a question, take a break, or return later.
- 3 Do not fix, diagnose, convert, or interpret another person's experience.
- 4 Make room for religious, spiritual, agnostic, and scientific perspectives without requiring agreement.
- 5 Distinguish the author's direct experience, later interpretation, supporting evidence, and what remains unknown.
- 6 Protect confidentiality. Share your own learning outside the group, not another person's story.
- 7 Notice impact as well as intention. If harm occurs, pause and repair before continuing.
- 8 Keep the conversation connected to life. Insight should support relationships, wellbeing, and ordinary responsibilities.

WHEN EMOTION RISES

THE HOST CAN SAY

- Would it help to pause?
- Would you like listening, space, or practical support?
- We do not have to resolve this tonight.
- Let's return to what is happening in the room right now.

THE HOST SHOULD AVOID

- Pressing for details
- Explaining why the experience happened
- Treating distress as spiritual failure
- Promising certainty or making clinical claims



A 90-Minute Conversation

The times are guides. Let depth, not the number of completed questions, determine success.

0-10
WELCOME AND AGREEMENTS

Introduce the purpose, review page 4, and remind everyone that passing is welcome.

10-20
OPENING ROUND

Invite each person to answer one low-pressure prompt from page 6.

20-35
WILL I STILL EXIST?

Choose two or three questions from page 7.

35-50
WILL I SUFFER?

Choose two or three questions from page 8. Slow down if personal material enters the room.

50-65
DOES LOVE SURVIVE DEATH?

Choose two or three questions from page 9.

65-78
GROUP ACTIVITY

Use either The Three Layers or The Luminous Thread on page 11.

78-88
CLOSING ROUND

Invite one insight, one open question, and one way the conversation may shape daily life.

88-90
SUPPORT AND GOODBYE

Point to the book's resource list and make space for anyone who wants to check in privately.

For 60 minutes: use one question from each section and skip the activity. For 120 minutes: use both activities.



Opening the Conversation

Choose three or four prompts. Begin with observation before moving into personal meaning.

- 1 What word or phrase best describes your response to the book?
- 2 Which scene or image remained with you after you stopped reading?
- 3 What question brought you to this book, whether or not you expected it to?
- 4 Where did you feel most surprised, comforted, skeptical, or challenged?
- 5 When did the book feel most personal to you?
When did it feel most intellectual?

- 6 Which part of Angela's ordinary personality made the extraordinary material easier - or harder - to receive?
- 7 Did humor change the way you engaged with difficult subjects? How?
- 8 What did you underline, reread, resist, or want to discuss with someone else?
- 9 If you had to describe the book's central tension in one sentence, what would it be?
- 10 What are you hoping to understand by the end of this conversation?

ONE-SENTENCE OPENING ROUND

Before we begin, what is one question about death or continued existence that you have rarely felt able to ask aloud?



Will I Still Exist?

Explore continuity of identity, expanded consciousness, memory, and the possibility of remaining oneself beyond the body.

- 1 Which moment most clearly conveyed that Angela remained herself outside her body?
- 2 What details suggested continuity of personality rather than a blank or impersonal consciousness?
- 3 How did becoming aware of a larger soul identity expand Angela without erasing her human identity?
- 4 What did the altered experience of time add to your understanding of consciousness?
- 5 How did encounters with deceased people affect the question of memory and recognition?

- 6 What do the Mantis and Arcturian selves suggest about individuality across different forms of embodiment?
- 7 Did those other selves strengthen or complicate the claim that Angela remained Angela?
- 8 How persuasive did you find the possibility that the brain filters or mediates consciousness? Why?
- 9 What aspect of identity matters most to you: awareness, memory, personality, relationships, moral character, or something else?
- 10 After reading, how would you answer 'Will I still be me?' What remains uncertain?

HOST LENS

Keep the discussion close to the book's language: Angela reports both expansion and continuity. Members do not need to choose between individuality and oneness in order to participate.



Will I Suffer?

Explore physical pain, fear, judgment, accountability, trauma, and the difference between understanding harm and excusing it.

- 1 How did the absence of physical pain change Angela's understanding of how much pain she had been carrying?
- 2 What parts of the dying process seemed frightening from inside the body? What changed after she left it?
- 3 How did the life review differ from a trial, punishment, or sentence?
- 4 What is the difference between experiencing the effects of one's choices and being condemned for them?
- 5 How did the book hold compassion for Angela's father alongside accountability for the harm he caused?

- 6 Why is it important not to universalize Angela's understanding of her own trauma to every survivor?
- 7 What did Angela's impulse to send herself to Hell reveal about learned expectations of judgment?
- 8 Did the book change any fear you carry about punishment, aloneness, or the moment of death?
- 9 How can uncertainty about death be held without turning it into either terror or false certainty?
- 10 If love rather than punishment is the context for honest self-knowledge, how might that change the way we live now?

HOST LENS

This section may bring grief or trauma into the room. Never ask a member to disclose personal harm. Keep returning to choice, consent, and the distinction between compassion and excusing abuse.



Does Love Survive Death?

Explore continuing bonds, reunion, family, recognition, grief, and love as both a feeling and a way of being.

- 1 Which encounter most strongly conveyed that love continued beyond bodily death?
- 2 How did recognition work when deceased people appeared young and yet were known through every age they had lived?
- 3 What did the embrace with Angela's uncle reveal that ordinary conversation could not?
- 4 How did Angela's awareness of Scott's fear complicate the idea that death creates immediate separation?
- 5 Why was Angela's love for her children present alongside her desire to remain Home?

- 6 What do the visions of her children's possible futures suggest about love, free will, and responsibility?
- 7 How is love described as more than an emotion shared between separate people?
- 8 Can a continuing bond be meaningful even when a reader remains uncertain about an afterlife?
- 9 Did the book change how you think about grief or the people you have lost?
- 10 If love survives death, what might that ask of the way we love before death?

HOST LENS

Do not assume every member wants to discuss personal loss. Questions may be answered through the book, another text, a cultural tradition, or an abstract idea rather than private grief.



Across the Book

Use these questions to explore how the story is told, supported, interpreted, and carried into life.

- 1 Where does the book clearly separate direct experience, later interpretation, medical documentation, and another person's corroboration?
- 2 What kind of evidence felt most meaningful to you: medical measurements, Scott's witness, veridical details, later events, or the consistency of Angela's account?
- 3 What evidence did you want but not receive? What does that reveal about your standard for belief?
- 4 How did Angela's identity as a mother, teacher, wife, skeptic, and practical person shape your response to the NDE?
- 5 Which extraordinary element was hardest for you to hold - and what happened when you stayed curious instead of deciding immediately?

- 6 How did the Mantis and Arcturian selves expand or complicate the book's question about remaining oneself?
- 7 What did the visions of Angela's children add to the story? How should future information be discussed responsibly?
- 8 How did the life review hold compassion and accountability together without erasing harm?
- 9 If the brain is a filter or receiver rather than the sole producer of consciousness, what questions follow? What remains unproven?
- 10 Does the book ultimately ask readers to believe an account of death, or to live differently? What supports your answer?

Deepening prompt: What can remain meaningful even when members of the group interpret the same passage differently?



Two Ways to Deepen the Conversation

Choose one for a 90-minute meeting or use both when your group has two hours.

ACTIVITY 1 THE THREE LAYERS | 12-15 MINUTES

Choose one memorable claim or scene. On a shared page, divide the conversation into three columns:

DIRECT EXPERIENCE

What did Angela report seeing, hearing, feeling, knowing, or remembering?

INTERPRETATION

What meaning or label was applied during or after the experience?

OPEN QUESTION

What is not established, or what might support more than one explanation?

Close by asking: Did separating the layers weaken the story, strengthen it, or simply make the conversation more precise?

ACTIVITY 2 THE LUMINOUS THREAD | 12-15 MINUTES

Give each person a strip of paper. Invite them to complete one sentence:

- *The thread that connects who I am, what I have suffered, and whom I love is...*

- *One thing I want to carry from this book into my life is...*

- *One question I am willing to leave open is...*

Invite anyone who wishes to read a sentence aloud. Do not interpret or respond. Let each contribution stand on its own.



My Present Answers

Use this page during the conversation. Certainty is not required, and every answer may remain unfinished.

WILL I STILL EXIST?

WILL I SUFFER?

DOES LOVE SURVIVE DEATH?

A LINE, IMAGE, OR IDEA I WANT TO REMEMBER

ONE WAY THIS CONVERSATION MAY SHAPE HOW I LIVE



End Without Forcing Resolution

A good closing helps readers leave connected to themselves, the group, and ordinary life.

CLOSING CIRCLE

- 1 One idea or feeling I am taking with me is...
- 2 One question I am willing to leave open is...
- 3 One way I want to make love more visible is...
- 4 One thing I need after this conversation is...

HOST DEBRIEF

- ☐ Did everyone have room to speak or pass?
- ☐ Did the conversation make room for disagreement without debate?
- ☐ Was any participant left activated, isolated, or needing a private check-in?
- ☐ Which question created depth? Which question should be revised or omitted next time?
- ☐ What follow-up resource or connection did the group request?

FOLLOW-UP MESSAGE

Thank you for bringing honesty and care to our conversation about Will I Still Be Me? No one was asked to reach the same conclusion. I hope you will continue noticing what feels meaningful, what remains uncertain, and what the discussion invites you to live more fully. If the conversation stirred grief, fear, trauma, or spiritual questions that feel difficult to carry alone, please use the resource list in the book and reach toward appropriate personal, spiritual, medical, or mental-health support.

What will we do with what we have considered together?