FREE FOR BOOK CLUBS & CIRCLES

The Sacred Defiance Book Club Guide

"Writing Sacred Defiance was not about teaching others how to heal, but about inviting you to witness what it looks like when a woman decides to stop abandoning herself."

This guide is for women reading *Sacred Defiance* together — a book club, a circle of friends, a retreat group. The words, rituals, and reflections in the book are meant to be touched, questioned, re-read, and embodied. They are not steps to follow, but invitations to feel. Reading them together lets each woman see herself reflected in the others.

TWO WAYS TO GATHER

Seven gatherings. One for each Part of the book. Best for a circle that wants to go slowly and practise together.

Four gatherings. Part I · Parts II & III · Part IV · Parts V, VI & VII. Best for a monthly book club.

AGREEMENTS FOR THE CIRCLE

- What is shared in the circle stays in the circle.
- Speak from your own experience — "I", not "you should".
- Listen without fixing, advising, or rescuing. Witnessing is enough.
- Passing is always welcome. Sharing is an invitation, never a requirement.
- Move slowly. There is no right answer to any question in this guide.

HOW EACH GATHERING FLOWS

1. **Arrive.** Begin with the 60-Second Grounding Breath together: in for four, hold for two, out for six, for one minute.
2. **Speak the statement.** One woman reads the gathering's Reclamation Statement aloud. Then let each woman say it once, if she wishes.
3. **Talk.** Choose two or three questions. You don't need them all — follow whatever comes alive.
4. **Practise together.** Each gathering has one short practice from the book, drawn straight from the pages of the book.
5. **Close.** Go around the circle, each woman naming one word she is taking home.

A GENTLE NOTE

Part I holds Julia's own story, including loss, grief, illness and the end of marriages. Some women will find their own stories stirring as they read. Let each woman choose how much she shares, and remember that a circle is a place of support, not a substitute for professional care.

The first gathering is here in full, so your circle can begin. The complete guide lives in the Sacred Defiance Companion.

The Descent & Awakening

GATHERING 1

READING PART I · CHAPTERS 1 – 7

BEFORE YOU GATHER

Read Part I, from The Separation to The Return to My Name.

OPEN WITH THE STATEMENT

> *64. I do not owe my past the rest of my life.*
>
> The Final Energy Cleansing Ritual

QUESTIONS FOR THE CIRCLE

1. Which moment in Julia's story stayed with you after you closed the book — and why do you think it was that one?
2. Julia describes endings that felt like death and beginnings that came disguised as loss. Where have you lived something like that?
3. Laura's story carries the line "a diagnosis describes today. It is not a sentence for the rest of a life." What has someone told you was fixed or final?
4. What did you notice in your own body as you read Part I?
5. Reclaiming her name was a turning point for Julia. What does your name — or a name you have been called — hold for you?
6. Which survival pattern in these chapters did you recognise in yourself?

PRACTISE TOGETHER

Begin with the 60-Second Grounding Breath from Appendix B, a little longer than usual, so everyone can land before opening a heavy part of the book.

Using the Sacred Defiance companion? Play the guided recording together.

I have lived through everything that tried to kill me.
And I am still here.

The Inner Landscape

GATHERING 2

READING PART II · CHAPTERS 8 – 10

BEFORE YOU GATHER

Read Part II — the neurobiology of love and illusion, the architecture of belief, and integration.

OPEN WITH THE STATEMENT

> *49. I do not have to choose between love and myself.*
>
> The Somatic Reclamation Meditation

A QUESTION TO BEGIN

Did the science of being “spellbound” change how you see a past relationship? What surprised you?

The full gathering is in the Sacred Defiance Companion.

Every question for the circle, the practice to share, Charlotte’s guided recording, and pages to write your own reflections.

Find it at julialongin.com

Not possession, but partnership.
Not destiny, but devotion.

The Medicine Wheel

GATHERING 3

READING PART III · CHAPTER 11

BEFORE YOU GATHER

Read Part III — the Wheel of Sacred Defiance.

OPEN WITH THE STATEMENT

> *76. I am not becoming someone new. I am remembering who I was before I forgot.*
>
> The Final Energy Cleansing Ritual

A QUESTION TO BEGIN

Which direction of the Wheel do you feel you are standing in right now — South, West, North, East, or the Centre?

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I am integrated. I am steady.
I am home in myself.

Embodiment

GATHERING 4

READING PART IV · CHAPTERS 12 – 17

BEFORE YOU GATHER

Read Part IV — the Body as Oracle, the Language of Energy, the Five Processes, boundaries and relationships.

OPEN WITH THE STATEMENT

> *1. I am willing to feel what I spent years trying not to feel.*
>
> The Somatic Process

A QUESTION TO BEGIN

“My body remembers what my mind learned to explain away.” Where have you felt this to be true?

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Let the body complete what it started.

Becoming

GATHERING 5

READING PART V · CHAPTERS 18 – 20

BEFORE YOU GATHER

Read Part V — identity, creative destiny and soul leadership.

OPEN WITH THE STATEMENT

> *40. I allow myself to make something imperfect and let it still be sacred.*
>
> The Art Therapy Process

A QUESTION TO BEGIN

Which identity, built to survive, are you ready to set down?

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Find it at julialongin.com

Becoming the woman your future needs is not a leap.

It is a series of choices.

Legacy & Integration

GATHERING 6

READING PART VI · CHAPTERS 21 – 22

BEFORE YOU GATHER

Read Part VI — Legacy and The Return.

OPEN WITH THE STATEMENT

> *29. What ends with me can become the beginning of something different for those who come after me.*
>
> The Ancestral Reconnection Process

A QUESTION TO BEGIN

What did the women before you carry that you are choosing to set down?

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Find it at julialongin.com

The cycle ends with me.
The freedom begins with me.

Everyday Sacred

GATHERING 7

READING PART VII · CHAPTER 23

BEFORE YOU GATHER

Read Part VII — The Everyday Sacred, and the 77 Reclamation Statements.

OPEN WITH THE STATEMENT

> *77. I am home in myself. And I will not abandon her again.*
>
> The Final Energy Cleansing Ritual

A QUESTION TO BEGIN

Which everyday rhythm — morning, rest, movement, creativity, boundaries — is already living in your days? Which is still an invitation?

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You are the medicine.
You are the alchemist.
You are the sacred defiance.

Julia