

Book Club Discussion Questions for  
*DO YOU DOUBT THE DAFFODIL?*  
*MEDITATIONS FROM THE GARDEN*

BY BOBBI JUNOD

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Do You Doubt the Daffodil? is a beautiful and provocative collection of meditations that explore Spirit through the purifying lens of nature. Set in the tranquility of the garden, it navigates the joys and trials of life with insight and humor. The author shares with her readers her personal journey of discovery from fear and uncertainty to self confidence and peace.

*“What is it about human nature that when we are touched in a way that is life changing we want to share the experience with others. I have to think it is about bringing gifts from spirit back to the spirit in humans. All I know is that after I experienced the four years of intimate conversations with God/spirit/my higher self/the universe and the resulting growth and healing, I would ask myself, “What should I do?” and the answer was always, relentlessly, write a book and share it.” Bobbi Junod, author.*

- Clearly, in Bobbi Junod’s *Do You Doubt the Daffodil?* The garden becomes a metaphor for the processes/cycles of life. Did it reveal new ways of perceiving your personal journey? If so describe.
- If starting the garden/journey begins with the question “What do you want” as described on pages 74/75, what found does that query bring up for you? Are you doing what you want or what makes you happy?
- How can change become your friend?
- It becomes clear that Junod’s spiritual connection is closely tied to the Earth/nature/the garden. Do you use a metaphor to access your spirit connection? What helps you connect to spirit?
- What responsibility/commitment do you hold as a steward of your home/Earth?

- Your future is determined by what you plant today. What are you planting? Is it what you want?
- “Balance is the key”. How does balance affect your life? How do you regain your balance?
- In the introduction, “Here’s the story...”, Junod talks about listening and hearing spirit, God, or your higher self and the trust required to take it seriously, to honor it. Speak of a time you have heard spirit and whether or not you honored it.
- Junod says “Love thyself and all your unique characteristics. They are your teachers. Behold yourself as sacred. In all the focus on sacred gardens, do not forget the most important sacred garden is you.” How do you honor yourself as sacred? Are there areas of your life you forget? Explain.
- Do you see chaos as an opportunity or a destructive force? Describe a time when chaos became a gift.
- What do you fear? Can you give it a name like Heebie Jeebie Phoebe?
- What transformation in your life has started as a hardship and become something beautiful?
- What do you think Junod means on page 78 when she says “You can build a temple with one apple.”
- In the Small Things on pages 96/97, Junod says “It’s in the small things that life is grandest”. What do you think she means?
- How do you live your life as “the blessed peacemaker”?