



## *The Power of Naming, The Journey toward Your Soul's Indigenous Nature*

*The Power of Naming: A Journey toward Your Soul's Indigenous Nature* answers your soul's yearning to be known, to live on purpose, and to be in integrity. The chapters build on each other, so work your way through each chapter. You will see below that the discussion questions are organized by chapters. Take your time, but don't make this a huge project that sits on your desk for months. Yes, there is work to be done, so do the work. You don't need to process it, intellectualize it, or even understand it. You need to want yourself whole. You are on a quest of sorts about who you really are in this world. Do your best with each section and let it be enough. You'll know if you've put your heart and soul into it, or if you've skated.

You may decide to do this work with other liked-minded souls. I highly recommend group work, as long as you are doing your own work and are not overly influenced by the insights of others. Share what feels comfortable to share, and hold off on the parts that you're not ready to share or receive feedback. Group work can make the hard to do possible with love and creativity. Too often we are on the spiritual path alone. In my Native community, many of our ceremonies are done together because the work is taxing as we dig deep to touch the soul and evade the lure of the ego. Together we are there to support each other. We may not even speak to each other, but our physical and spiritual presence inspire us to stay in the practice of the ceremony. There is something beautiful about a group of beings walking a spiritual

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path together. You can see yourself more clearly as you witness others moving along their path.

However you do this work - to hear and elicit your name - you will need to be honest with yourself and admit that deep down inside you have always had at least an inkling of your truth and your essence. You've just played a game of hide and seek with your soul, where you hide the truth of "you," and seek it when it is safe to be you in the world. You are not alone; everyone is playing the same game.

### **Take it All Off**

Being named is a journey. On the Red Road (Native American spirituality) my elders say, *"it's not always easy but it is good."* Your journey may not be easy at every turn, but it will always bring richer soil and a deeper rooting of you. At some level we all know who we are, yet we became masterful at masquerading ourselves as requested by others. This was our survival plan at work. It's time now to come out of your bunkered self. This universe is calling for you to attend to your thread of beauty, truth and love. It's time to take a look at the ways you might have masked yourself. It's time to take a look at what treasures you have denied, hidden, or have fought against for us to see.

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### **A Brief Biography:**

Melanie DewBerry has worked in the business of spirituality and consciousness for over twenty years. Her passion for the deep dive into soul work was nurtured by her Native American elders and her walk in the traditional "Red Road" ceremonial way of life. She is the author of *The Power of Naming, The Journey toward Your Soul's Indigenous Nature* (Hay House, 2017).

A professional speaker, Melanie takes the woo-woo out of spirituality, making it grounded and relevant for her audiences. She has spoken around the world, including two TEDx talks in Austria and [Canada](#). Melanie is passionate about supporting people in their spiritual evolution.

She co-founded the first coaching magazine, **choice**, and wrote the "Soul of Coaching" column for five years. Melanie was a Senior Leader with Coaches Training Institute for nine plus years. Today she works one on one-in-person in New Mexico with clients for Soul Dive Breakthroughs. You can email her at [courage@melaniedewberry.com](mailto:courage@melaniedewberry.com). Visit her at [www.melaniedewberry.com](http://www.melaniedewberry.com)

## **Discussion Questions**

This guide is meant to support deepening your consciousness and your communion with your book mates. Use this book guide to facilitate discussion, deepen your own learning, and discover how to support one another if your club allows for such.

### **Visualizations + Blessings Support**

Most of the visualization practices and blessing are on my [website](#) (go to [The Power of Naming](#) page and scroll down). Turn to page 197 in the book to find the access codes.

## **Book Club Guidelines**

- I encourage the group to design what works best for them. How often you meet, (will you meet between the chapters or when you all have completed then entire book etc), the structures should be considered before reading the entire book.
- There are times to share and times that you have to keep things close to you to allow yourself to inhabit them before they are shared. **Trust your own judgment before another's.**
- Create group agreements for how you share. Make sure to include how or if feedback will be given.
- Stay away from comparison. It never holds encouragement. Anything comparison makes up puts you in a prison.
- Give the book club or group plenty of time to do all the work. I suggest a few people skim the book, looking at each of the Practices to know what is being asked.
- It may be helpful to have a check-in buddy to have while doing the work.
- You can do the chapter-by-chapter discussion or pick out themes or discussion questions, and then do a summation. This is not necessarily a linear journey.
- If your chapter group has decided to hold a naming ceremony follow the guidelines in the book.

### **Before you read The Power of Naming**

Before the group reads the book, here are a few questions to consider and discuss. This body of work is ultimately about you standing in your authority. The road to naming isn't an easy one, but it is a good one (as my elders say).

- What makes you want a soul name?
- What are you looking for?
- What makes now the right time?
- How do you know you are ready to do be who you really are?
- What might be your obstacle(s) to the work?
- What will do you to advert your obstacle or fear?

## **Chapter Discussion Prompts**

### **Chapter 1: Who are you really?**

- How did you answer: Who are you really?
- Did what you answer surprise you?
- What was it like to admit to yourself who you are?
- Which mask(s) do you wear and what are its benefits and limitations?
- If you wear multiple masks, which one is dominant?

### **Chapter 2: Sacred Listening**

- What alternative news or what person did you give your attention to?
- What did you learn from being present and truly listening to someone who thinks/acts/believes differently from you.
- How are you at giving yourself the space to become? p.s. this is a form of self-love + self care.
- What did you retrieve from your Soul Self as you listened?
- What will you become now that you have more access to yourself?

### **Chapter 3: Childhood Interrupted**

- What was the impact of facing your interruptions?
- What are the gifts of being vulnerable?
- What is the cost of not being vulnerable?

#### **Chapter 4: Your Original Story and Original Medicine**

- How will you use what you discovered about your Story and Medicine?
- What medicinal properties outside of your own do you need for healing?
- At what age did you discover your Original Medicine and/or Story?
- What medicine do you deny?

#### **Chapter 5: Unlocking the Closet**

- What "Jewels" had you hidden away?
- Did you lock them up for safety, fear, both, or something else?
- For what will you be dangerous?

#### **Chapter 6: A Little Lesson in Passion and Curiosity**

- How do you hold your passion now that you've read the book?
- What is new and available for you now?
- How will you use your danger to enliven your passion?

#### **Chapter 7: The Council of Elders**

- How open are you for support and to support another in the way the elders do?
- How else do you use the power of visualization in your life?
- If visualizations don't work for you, what do you use instead?
- How do you define faith?

### **Chapter 8: Evocative Word Resonance**

- What did you experience as you spoke each word?
- How would you use the words to shift your thinking and interactions?
- Which words most and least resonated with you?

### **Chapter 9: Life as the One Who Belongs**

- To what and whom do you belong?
- What is safe for you in belonging?
- What is threatening?
- How are you challenged to be you - authentically?
- What are you willing to do and let go of to be more self-owning?

### **Chapter 10: Declaring Yourself: Writing Your Manifesto and Vow**

- What had to be destroyed for your freedom to be ensured?
- What was the experience of writing (and now living) your manifesto and vow?
- How will the manifesto and vow hold you accountable?
- What does your ego have to say about them?

### **Chapter 11: Be Named**

- Which ceremony did you decide to do, and what influenced your decision?
- What does having your soul name mean for you and your life?
- How will you be sharing your name, or how will it show up in how you walk in life?



**Chapter 12: Living as the Named One: Walking Between Two Worlds**

- What else do you need?
- How will you stay in your name?
- How will you balance life between the worlds?

**What Else?**

- What else is do you want/need?
- What is your devotional practice to yourself?
- If you asked for support in this work, what was the impact of asking and receiving?
- How did you experience the book?
- Which of the Practices were the most rewarding? Why?
- Which Practice was the most challenging? Why?



***In Beauty It Is Done,***

I thank you for reading my book and doing your work.  
You are loved. You are free to be you. You are named.

*Melanie Dewberry*