

Circles

The Secrets of the Stones

Beyond the Stones

*A Discussion & Reflection
Guide*

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Welcome

Thank you for reading *Circles – The Secrets of the Stones*.

When I began writing *Circles*, I set out to tell an exciting adventure about William, Anna and Arthur embarking on a quest to discover the long-lost teachings of Kuva. As the story unfolded, however, it became something more. It became an invitation to pause, reflect, and perhaps see the world a little differently.

Along the way, you may have found yourself considering questions such as:

- What makes us who we are?
- What responsibility do we have towards our planet?
- How much difference can one person truly make?
- Can science and spirituality coexist?

There are no right or wrong answers.

This discussion guide is designed to encourage thoughtful conversation, new perspectives, and meaningful reflection—whether you're reading with a book club, in a classroom, or simply sharing ideas with family and friends. I hope the discussions it inspires are every bit as rewarding as the journey that led to them.

David

"The greatest discoveries are not those we make about the world, but those we make about ourselves."

—Kuva



Part 1 - Before You Read *Circles*

1. What drew you to this book?
2. Looking only at the title and cover, what did you expect the story to be about?
3. Do you generally believe that science can explain everything?
4. Have you ever visited an ancient historical site? How did it make you feel?

Part 2 - First Impressions

1. What scene hooked you first?
2. At what point did you start to realise this was more than a simple mystery?
3. What surprised you most?
4. What emotions did the ending leave you with?



Part 3 - Characters

William

William begins believing that everything can be explained by science.

- How does his worldview evolve?
- Does he ever abandon science—or does it become something larger?

Anna

Anna cares deeply about environmental issues.

- Is she portrayed as idealistic or realistic?
- How does her perspective complement William's?

Arthur

Arthur is often the emotional centre of the group.

- What qualities make him such an important friend?
- How did Arthur's character change as a result of their adventure?

Thomas

Thomas followed his passion for science at Cambridge University

- What role does he play in shaping William?
- How important is he to William's development?

Kuva

Although Kuva remains mysterious for much of the novel:

- What kind of leader does Kuva represent?
- Which of Kuva's teachings resonated most with you?



Part 4 - Themes

Science vs Belief

One of the central tensions throughout the novel is whether science and belief are opposing forces.

- Is everything explainable by science?
- Is there room for wonder without abandoning reason?
- Does the novel argue against science, or for a broader understanding?

Friendship

The friendship between William, Anna, and Arthur drives much of the story.

- What makes their friendship believable?
- How do they challenge each other?
- Which character would you most want as a friend?

Courage

The protagonists experience fear during their quest. Yet courage is choosing to act despite fear.

- Which act of courage was the most significant?
- How would you have reacted in that situation?



Part 4 - Themes continued

Environmental Stewardship

Rather than focusing on climate politics, the novel explores humanity's relationship with nature.

- What message do you think the novel is trying to convey?
- Did it make you think differently about your own relationship with the natural world?

Purpose

Some of the characters experience major transformations.

- Which character changes the most?
- Did any part of their journey remind you of your own life?



Part 5 - The Five Teachings of Kuva

1. Kindness

– The Foundational Teaching

- Why is kindness presented as strength rather than weakness?
- Can kindness genuinely change the world?
- Describe someone who has shown you unexpected kindness. How did it make you feel?

2. Nature

– The Source of Energy & Perspective

- Why do you think modern society spends so little time in nature?
- When do you personally feel most connected with nature?
- Does nature change how you think?

3. Quieting the Ego

– Finding Fulfilment in the Present

- What do you think "quieting the ego" actually means?
- Can ambition exist without ego?
- Have you experienced moments when letting go of pride improved an outcome? Was it hard?



Part 5 - The Five Teachings of Kuva continued

4. Circularity and the Living Planet

– Living in Balance

- What does this teaching mean to you?
- If people genuinely adopt this teaching, how might society change?
- Is this practical? What would need to change in our society to fully embrace this?

5. Ripples Through the Universe

– Our Lasting Legacy

- Do you believe our actions create ripples beyond what we can see?
- Has someone ever changed your life without realizing it?
- What ripple do you hope to leave?



Part 6 - Favourite Moments

What was your:

- Favourite quote
- Favourite chapter
- Favourite location
- Biggest surprise
- Most emotional scene
- Funniest moment
- Most impactful learning

Part 7 - Going Deeper

If you were William, Anna or George...

...how would you have reacted to the finding of the satchel containing Albert Hastings' notebook and the crystal?

...what would you have done differently?

If you could ask Ruva one question...

...what would it be?

If one teaching became part of every school curriculum...

...which should it be?

What single decision made by one character changed everything?



Part 8 - Reflect

Complete these sentences:

The character I most related to was...

The teaching I needed most was...

The scene I'll remember longest was...

This book made me think differently about...

One action I'll take after reading this book is...

Continue the Journey

Explore more about *Circles – The Secrets of the Stones* and the teachings of Kuva at www.DavidHorsup.com

- Explore further the Five Teachings
- Behind-the-scenes insights
- Climate change and the case for optimism
- Inspirational content
- Join the Circles community



Download other companions to *Circles – The Secrets of the Stones*.

- Overview guide to the Teachings of Kuva
- Climate change – Challenge & Opportunity



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Notes

*"There exists
a higher
state, one in
which we seek
to bring out
the best in
others by
uplifting them
through the
energy we
give."*

