

Questions for Interviews

1. Tell us about your book. Why did you write it?
2. In your book you mention meeting many yogis, sages and a living Saint. How did you learn from them?
3. Tell us about meditation.
4. Your book touches upon many different spiritual practices and their benefits. Can you talk about that?
5. What can I do if I want to learn to meditate and enjoy the benefits?
6. What happens when a person commits to spiritual practices?
7. What does your book say about the other realms of reality that a soul encounters with certain meditation practices?
8. Can you tell us a little bit about who a living Saint is?
9. What has all your study and research shown you about the true origins and purpose of the human soul?
10. How do we know if all of this is true?
11. In your book, you explain that spiritual practices are a science and that they bring scientific results that we can actually become mystics and become like Saints by following certain practices. Can you explain?