



INTERVIEW QUESTIONS

Healing Self, Healing Earth: Awakening Presence, Power, and Passion

Written by Roy Holman

- Why did you write this book? Why another self-help book?
- Can you tell us about your own healing journey? Have you done inner work, or outer, activist, or service work?
- What do you mean by healing the self? What are some of the things an individual can do to heal themselves? What exercise or tip can you offer someone that can help them immediately?
- What are some of the things we can do to heal the earth? What are some of the bigger changes we as a nation or world need to make?
- Tell us how you arrived at such a grand title and topic: Healing Self, Healing Earth. How are they related? What is the difference between inner healing and outer or earth healing?
- You write about looking within. What does that mean, and what would you say to someone new to this inner journey? How would someone who has never meditated or gone to therapy, or gone to a yoga class get started looking within?
- Can you talk more about Earth changes and the shift that some say is occurring around 2012? What role does human nature play?
- You have a section in the book about dealing with pain and suffering. Can you talk more about how to handle pain and ease our personal suffering?
- You also talk about the importance of feeling and expressing our emotions, as well as dealing with our shadow or less acceptable aspects. Can you talk more about this?
- What is the heart, or essence of healing? How do people heal? What internal or external factors invite healing? What attitudes or behavior predict healing?
- What is your next book going to be about?

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