

# INTERVIEW QUESTIONS

## *Making Your Wisdom Come Alive*

By Michael Gluckman

- 1) What is self knowledge? Why it is important?
- 2) How does self knowledge relate to happiness? Is happiness a state of mind?
- 3) Can a person be happy even when he or she is working?
- 4) What does it mean to step free of the pendulum of repression and indulgence.
- 5) You talk about the importance of curiosity. Why is this important?
- 6) You urge people to question "being normal"? What is this about?
- 7) You don't agree that we each have a subconscious mind. What do you mean?
- 8) How does a person find peace, even when they are in pain?
- 9) You say a person can "change his or her life on a dime." What is the meaning behind this?
- 10) Talk to me about the New Testament and your view of it.
- 11) Why you do recommend meditation and what should people do?
- 12) Does self knowledge point to freedom from death?

### Questions focusing on needs of listeners:

- 1) I lost my job about 10 months. I am having trouble finding another one. Our money seems to be flying out of the bank. I am feeling insecure. I feel helpless, is there anything that I can do?

- 2) For the past few years I've had a sore back. It hurts when I sit, it hurts when I stand, and it hurts when I try to sleep. Is there a way that I can still find peace?
- 3) I was just diagnosed with Parkinson's disease. I heard that when you have this disease you have a shortened life. In fact my doctor told me I might only have eight years to live. I am only 54 and want to live a longer life. Is there any hope for me?
- 4) I am always hearing about the problems going on in the world. Wars, famine, and crime seem so pervasive. I don't think we can do anything about all of these problems. Is there any hope for us?
- 5) Although my situation in life is good with a family, children and a good job, my mind seems to sabotage me with unwanted thoughts. I don't want to act on these delusional thoughts. On the other hand I don't want to take drugs for the rest of my life. I hate the side effects of these drugs. Is there any hope for me?
- 6) When I was young I was famous and wealthy. Now that I am old I feel isolated and alone. I have few friends and it feels as if my children are more interested in their inheritance than in me. Is there a way that I can find contentment as my life comes to a close?