



# INTERVIEW QUESTIONS

## Your Journey to Enlightenment

By Simran Singh

1. Why do you think this message of Love, Courage & Commitment is coming through you in this way? And, is enlightenment attainable?
2. How does having a 'normal' life turn into excuses, a lack of motivation and an experience of settling?
3. You speak of humanity being in a great churning as opposed to a turning, what do you mean by that?
4. You have been on a Rebel Road Tour and you speak of the distinction between being a revolutionary and being a rebel. What's the difference and what does that have to do with enlightenment, love and courage?
5. *Your Journey To Enlightenment* is first divided into a series of 6 experiences of engagement. Discuss those six phases and how they work?
6. *Your Journey To Enlightenment* begins with a series of invitations, like wedding invitations, and within each you have a bridge that is to be crossed... is this communion with the soul?
7. As the book progresses, each section has an activation and then a sequence of play. What are we being activated to and what is the importance of play?
8. In becoming the newly evolved multi-sensory human, you believe it requires a new way of being. What is this new being grounded in?

9. The Initiation portion holds the 12 guiding principles; will you cover a couple of those?
10. In most cases, processes and techniques require integration. There is integration within the 12 guiding principles, but it seems to be integrated on many levels as opposed to one or two. What are these different degrees of integration?
11. Breath is inhaling and exhaling, but you speak of things like innocence, beauty and exquisiteness having breath. Explain this and...how do these ways of breath bring us to pleasure and joy?
12. You describe this book as a living relationship for oneness to occur, literally the space between the spiritual human and their Divinity or Enlightenment... and greater Oneness.
13. Would you take us through a Oneness experience of Love, Courage and Commitment as we finish the show?