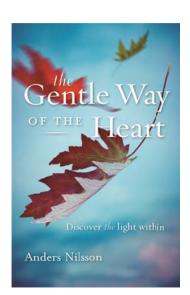
## Interview Questions

## The Gentle Way of the Heart

## By Anders Nilsson

- 1. Anders, you are a pre-eminent scientist. How did you as a scientist come to write this book and how do you reconcile the spiritual world with the scientific one?
- 2. Your subtitle states, "Discover the light within." How do people discover this light?
- 3. What is the "light?"
- 4. Have you considered this "light" from a scientific paradigm? Is it purely subjective or do you perceive it having an objective existence as well?



- 5. What is the single most important message of the book? What are some of your other teachings?
- 6. How might reading this book change a way a person lives their life?
- 7. What is new or different in your method as opposed to other spiritual teachings that are out there? Are you introducing concepts that might be difficult for people to accept?
- 8. How is your message the same or different from the major religions such as Christianity, Judaism, Islam or Buddhism?
- 9. Tell us about the practical side of the Gentle Way. What exercises do you teach? How are students advised to incorporate them into their lives?
- 10. What's next for you?