

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?

