

INTERVIEW QUESTIONS

The Alchemy of Self Healing

By Jeannine Wiest

1. Why is alchemy important and valuable for each of us?
2. Tell us about the eight question quiz.
3. So...my body is speaking to me all the time? Tell me more.
4. What if I'm too exhausted or busy to listen?
5. How can your book keep family peace at holiday time?
6. What is Spear Carrier Energy?
7. Being neutral sounds dull...you say it's a secret weapon. Explain.
8. You reinvented yourself from a dancer on Broadway to an Emmy nominated costume designer to dissecting a cadaver as a holistic healer. What advice do you have for our listeners who are contemplating just one reinvention of themselves?
9. What role do our ancestors play in our daily life?
10. Tell us about how to make our own Transformation Circle (healing tool).
11. Lily Tomlin says in her endorsement of your book that the processes of healing and creating are both alchemical. Elaborate on that.
12. What are the three styles of relating and what can we do with the information once we've got that knowledge under our belts? How does that help in our personal life?
13. What about our professional life?
14. You say you don't kill bugs and that it's important to be in relationship with our animal encounters. Really? Bugs?

