

INTERVIEW QUESTIONS

Experiences From the Light

By Keidi Keating



1. Why is it that some people have spiritual experiences and other people don't?
2. What have you found to be a common thread between the people who contributed stories of spiritual experience to your book?
3. Can you describe one of your most potent spiritual experiences and how it made you feel?
4. Are there exercises that people can do on a daily basis in order to more likely have spiritual experiences?
5. One of the things you write about in the book is having many out of body experiences. Can you describe one of them to me, and what happened?
6. I like that you also included a section about Subtle Experiences. Can you give an example of one of those in your life, and why it doesn't always have to be seeing angels or spirits in order to know that you're connected to spirit?
7. Why is that those who have Near Death Experiences tend to then go on to have an increasing number of spiritual experiences in their daily life from then on?
8. Why did you decide to put together this book? What did you hope that readers will get from it?
9. Can you describe a little bit about your own journey and how you came to putting together this book in the first place, plus tell us a little bit more about your first book, *The Light: A Book of Wisdom*?
10. What are your plans for future books?