

INTERVIEW QUESTIONS

Born to Heal

By Luke Adler



1. Why did you write this book?
2. What does the title mean to you, and to the reader?
3. You have a diverse spiritual background. Tell us about it.
4. How did that history/philosophy impact your healing work and writing the book?
5. Tell us about the Sequence of Separation?
6. Can you explain Chinese medicine simply?
7. What balance do you see in the healing process between the role of the practitioner and the role of the client/patient?
8. Can you explain how the breathwork helps people heal?
9. What kind of people would benefit from following your guidance in *Born to Heal*?
10. Do they need more than the book?
11. *Born to Heal* talks about suppression as the source of disease, what do you mean by that?
12. If you were going to give one or two sentences of advice to anyone with a problem they want to heal, what would it be?