



INTERVIEW QUESTIONS

Path of Emotions

By Dr. Synthia Andrews

1. In your book you say that “the key to understanding subtle energy lies with our emotion.” What do you mean by this?
2. You claim that even negative emotions have value and even enjoyable emotions can cause harm; can you explain?
3. Why do you emphasize the role of the body in understanding emotions?
4. How are emotions related to intuition and gut instinct?
5. What do you mean by “human energy structures” and how are they related to emotions?
6. Why do you consider emotions to be an aspect of consciousness?
7. Is there a technique or process for working with difficult emotions?
8. How do emotions translate subtle energy information coming to us from our environment and transmit our response back into the world?
9. How can one learn the message of an emotion?
10. How do we lose, or not recognize, the benefit of emotions?
11. How are suppressed emotions expressed in the body and by behavior?
12. We often feel torn in half with the mind going in one direction and emotions another. How do emotions and intellect work together?
13. What is the difference between suppressing vs. repressing emotions?
14. How do emotions help us access our personal power?

15. Are there specific states of mind that help us access our emotions?
16. What is the most compelling research you have seen that backs these ideas?
17. What is the ultimate goal of emotional mastery?
18. Why are you interested in this? Where does your passion for emotions come from?
19. Can emotions be used for developing psychic or telepathic abilities? Is there research on this?
20. Is love an emotion?