



River to Ocean – Living in the Flow of Wakefulness

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Media Questions

1. What is “embodied wakefulness”?
2. What does it mean to have a relationship to yourself?
3. What does mindfulness really mean, and how do you practice it?
4. One of the aspects of wakefulness is called Cherishing the Body...another is Embracing Death and Dying; how can you embrace something or cherish it if you don't like it or are scared of it?
5. How do you nurture conscious relationships?
6. How can someone be wakeful, or even happy and at peace, when the world is in such turmoil; what are tips for navigating a troubled world?
7. What do you mean by “wake up call” and what were the wake-up calls in your life?
8. How is ***River to Ocean*** different from other books on wakefulness, mindfulness and/or spirituality?
9. What does “your awakened self” mean?
10. Is ***River to Ocean*** a political book or does it take a political view? (Example- the climate crisis and the aspect called Nature as You)
11. What are your thoughts on depression/suicide since you share that you attempted suicide at 16?
12. There is an aspect called Freedom from the Mind. How can we, or should we even, be free from an essential part of us?
13. Is ***River to Ocean*** religious?
14. What is involved in finding your own spiritual path?
15. You include sections called “story from the field” What is your favorite of your own and someone else's and why?
16. Where can people find your book? Online? Local bookstores? Retreat centers?