



## **Suggested Media Interview Questions for Marlise Karlin.**

- 1) Can you share the “shift” you experienced that changed your life?
- 2) What do you mean by connecting to your true essence and why is it so important when trying to live a more positive and balanced life?
- 3) How can we awaken ourselves “inside” to connect to our true essence?
- 4) What exactly is ‘The Simplicity of Stillness?’
- 5) You describe finding Stillness as a doorway that we can access that can change our perception of life in a positive way – can you explain?
- 6) How is Stillness different than meditation?
- 7) How will this connection bring more happiness into our lives, and guide us on the path to fulfilling our dreams?
- 8) Can Stillness help increase our own self-esteem and radiate positive energy outward?
- 9) What are Stillness Sessions?
- 10) When and where can we practice stillness?
- 11) Tell us about your Stillness Session Audio Downloads? How can we get copies of the music now?
- 12) When will your book be available? What will it be about?
- 13) Where can we find out more information about you and your Practices?