

AUTHOR INTERVIEW INFORMATION SHEET

[Raise Your Frequency, Transform Your Life](#) **How to Respond with Love to Life's Difficulties** By (Author) Selina Maitreya

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Biography

Selina Maitreya is a lecturer, author, and spiritual teacher. The creator of Clarion Call, an online conference of spiritual teachers, she is a founding member of the Manhattan Holistic Chamber of Commerce and a past board member of the Boston Theosophical Society. She lives in Arlington, Massachusetts.

About the Book

Sharing a radical process of self-transformation, Selina Maitreya explores how to recognize and transform the difficulties and challenges you experience into opportunities to find deeper peace. She shares practical methods, exercises, and action steps to help you access and raise your inner vibration and build the foundation for a truly abundant life.

Website: practicalspiritualitywithselina.com

Facebook Profile: facebook.com/practicalspiritualitywithselina

Instagram Profile: @practicalspirituality

LinkedIn Profile: linkedin.com/in/selinamaitreya

YouTube Profile: youtube.com/user/selinamaitreya

Questions & Talking Points

- / Can you please explain the content and purpose of the book?
- / Is the book mostly narrative or is it a workbook as well?
- / Who is the book written for?
- / Why did you decide to write this book and why now?
- / Tell us what the book teaches
- / What is the value that the book delivers to readers?
- / It seems almost impossible for us to use daily irritations as a way to increase our consciousness how does that work?
- / Can you give us an example of how we would use one of your practices in daily life?
- / Is this a quick fix process or one that takes more time?
- / How are the practices in the book different from meditation or prayer?
- / For people on a spiritual path how do the teachings and practices in the book increase their efforts to become more conscious?
- / Is the book accessible to people who currently hold religious beliefs?
- / Is the book accessible for people who are not on any spiritual path?
- / What changes in life can readers expect as they bring the practices you share into their daily life?
- / Will there be a work study group with you at some point that readers can sign up for now?
- / You want to take us through a practice to shift energy in the moment.. lets do that.
- / When is the book available and where can listeners find it?
- / How can viewers be in touch with you?
- / Is there anything else we should know?
- / Can you take callers questions?

From simple daily irritations to traumatic experience, we have long been trained to respond to chaos by responding back to it with more of the same.

This one habitual pattern is responsible for much of the pain we create and amplify as we walk in our local and universal world.

How we vibrationally respond to our daily difficulties, is the key to living a peaceful and abundant life.

We have the capacity to learn to respond to any form of pain with Love, which looks like patience, kindness, tolerance, and compassion.

As we are not trained to respond from these frequencies, we must learn to identify moments of change and be ready to raise our frequency to transform our life.

This revolutionary concept is the key to living an extraordinary life!