

MEDIA QUESTIONS FOR:

“YOU CAN MAKE IT HEAVEN: How to Enrich Your Life with Abundance and Loving” by Rebecca Skeele

Your book is called “You Can Make It Heaven.” How do you define “*heaven?*”

What do you think stands in the way, for many of us, of making our lives “heaven?” (a need for “quick fixes,” a belief that we can’t do anything to change the hand we’ve been dealt?, a fear of change? But I think we *all* can change things for the better—it comes down to shifting perspective—to “*magic eye...*”)

You talk about “Life’s 2x4’s” and answering their loud knock on our life’s doors: what’s a “life 2x4?” (list: divorce, illness, money problems. These things that bring pain to our lives are often a wake up call, not a bad thing at all...and personal story.)

One of the favorite pastimes that our minds play is something you call, “*spinning a web of belief.*” How does that hold us back? (P. 105 Story! Chris? Or Current Events. Or Sports figures in a slump)

How are “*casual conversations*” great opportunities for us to look below the surface and gather new insights?

What does the Wizard of Oz’s *cowardly lion* have to teach us about fear? (p. 77)

Using the a question “Is this a real concern or just some mental script?” is something you recommend we ask ourselves. When do we think we need to ask ourselves this question and why?

It seems like we get little glimpses of insight and then, in a blink, they’re gone. How do make them last longer?

You’ve said that perfection doesn’t matter. If it doesn’t, what does? (p. 90)

If there was one piece of advice that you give to others that you wish *you yourself* would always stick to, what would that be? (p. 121...to remember to always look for the blessings. In every act, and everything that happens to me...good, bad or neutral.)