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SUGGESTED INTERVIEW QUESTIONS

Women's Empowerment

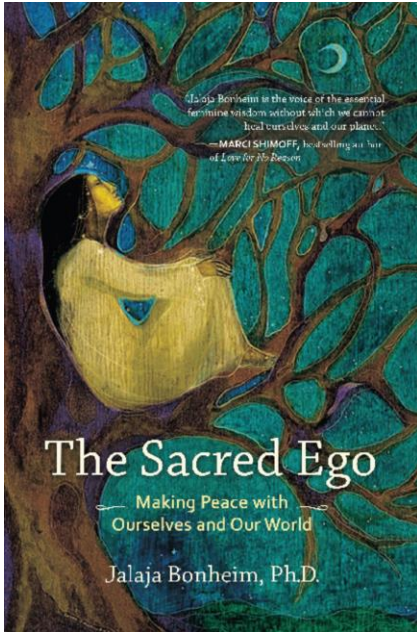
- What is “Women’s Empowerment?” Is this about gender equality, or is it more than that?
- What are the qualities of an empowered woman? And how can women be empowered while maintaining their femininity?
- How do you see the relationship between women and peace? Why do you say that the feminine may hold the key to the survival of our species?

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- You work with Jewish and Palestinian women in the Middle East. Can you talk about that experience? Are they dealing with different issues than Western women?
- How can circle gatherings and Circlework support women's empowerment?
- These days there's a lot of talk about women's spirituality. Isn't spirituality universal? How is women's spirituality different than men's?
- What others call patriarchy, you often call "the era of control." What do you mean by that?
- You say that patriarchy is nearing its end. Yet in many ways, it seems like we're moving backwards and the oppression of women is worsening. Comments?
- What is the sacred" feminine? And how can it help heal the world?
- You spent years studying and teaching Indian temple dance. How did that experience affect you?
- In your book *Aphrodite's Daughters: Women's Sexual Stories and the Journey of the Soul* you speak about the priestess as an archetypal presence within all women. What is the Priestess, and why is she important?
- Why are feminine archetypes important to understand?
- Are there specific exercises or practices you can offer to help women become more empowered?
- You train women to lead circle gatherings. Why do you think circle gatherings are important, specifically for women?
- Can you share your personal icons of empowered women and what sets them apart?

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The Sacred Ego



- Why do you consider the ego sacred?
 - Isn't the ego a hindrance to our spiritual growth? Why should we befriend our ego?
 - You're German, but you're also Jewish. How did growing up as a Jew in postwar Germany affect you?
 - Is the ego directly connected to violence or selfishness?
 - You speak about “heart-thinking” as opposed to “head-thinking.” Can you explain what you mean by that?
 - How do we place our mind in service of the heart?
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- In *The Sacred Ego*, you describe thought addiction as a major obstacle to inner peace. What is thought addiction?
 - In your book, you talk about something you call “relational education” as something essential to our personal and collective well-being. What is relational education?
 - You discuss the roots of greed. How does greed relate to the ego, and what is the difference between being greedy versus wanting financial success?
 - What advice would you give someone who has a busy schedule but would really like to do something to lead our world in a better direction? Towards wholeness?
 - Your book includes many exercises. Can you share one of them with us?
 - Your book describes Circlework as a tool we “need. Why is that?

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THE INSTITUTE FOR CIRCLEWORK

Using Circle Gatherings to Heal and Empower Women Around the World

Circlework®

- What is Circlework?
- Why do you describe the circle as the primary spiritual symbol for our times?
- You describe Circlework as an extraordinarily intimate experience. How is that intimacy achieved, and why do you think it's important?
- Most of your circles are for women only. Don't men need circles too?
- What are the 7 key elements of Circlework which you discuss in your upcoming book?
- Circle gatherings were part of many tribal cultures; we're familiar with them from the Native American tradition, for example. Are your circles similar to theirs?
- What is the difference between your proprietary Circlework and other circle gatherings?
- Why is the power of "connection" so important that you dedicated an entire chapter to it your book *The Sacred Ego*?
- How do you invoke a sense of sacredness in your circles?
- Why are circles so useful in conflict resolution?
- Why do you say that circles where people just talk aren't doing Circlework?
- Can you talk about the circles you lead and facilitate for Jewish and Palestinian women in the Middle East?
- Can you share an anecdotal story from your circles?
- How does someone get involved in circle gatherings? Are they for everyone?
- How can someone who is interested in your Circlework get involved? Can you tell us about your annual Circlework training /retreat?

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About Jalaja Bonheim, PhD

Jalaja Bonheim is an inspiring visionary, internationally acclaimed speaker and award-winning author of several books including *The Sacred Ego: Making Peace with Ourselves and Our World*, which won the Nautilus Award for best book of 2015.

Renowned for her work in empowering women, she mentors and trains female leaders worldwide.

She is the founder of *The Institute for Circlework™* and one of the world's foremost experts in the use of circle gatherings as a tool for connecting and healing individuals and communities. An

essential voice for peace, Jalaja provides 21st century tools based in ancient wisdom. She has gathered special acclaim for her groundbreaking work with Jewish and Palestinian women in the Middle East.

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