

Sample Questions for Suzi Lula

1. Why is Self Care important to parenting, and in particular, Mothers? Can you speak to Culture's Message that Self Care is Selfish?
2. Why do you consider Self Care a Spiritual Practice?
3. You call "mother guilt" an "epidemic". You see some mothers as "spiritually bankrupt". Please explain.
4. How is Self Care a portal to prosperity and abundance? Why is this important to Mothers?
5. What is Emotional Self Care? Why is it essential for every mother?
6. Discuss the term "Mutuality" that you use in your book
7. How is parenting the ultimate spiritual path?
8. You've stated your mission is to see millions of mothers meditating on mother's day and every day and that this will contribute to world peace. How do meditating moms contribute to world peace?
9. You've stated that when children learn self care, bullying will end. Bullying is a huge problem. Can you explain how self care adds to the solution?