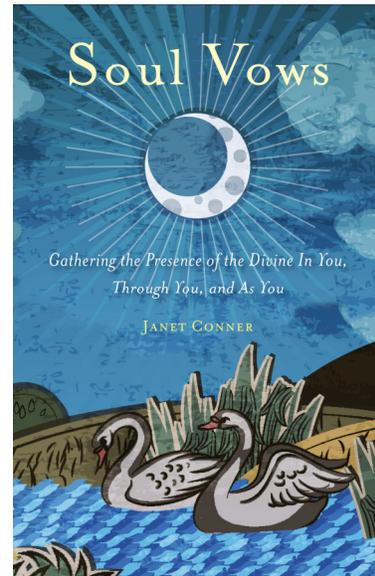


Bio and Suggested Interview Questions with Janet Conner and *Soul Vows*

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Book	<i>Soul Vows: Gathering the Presence of the Divine In You, Through You, and As You</i>
Also	<i>Writing Down Your Soul</i> (Conari 2009) <i>My Soul Pages</i> (Conari 2011) <i>The Lotus and The Lily</i> (Conari 2012) <i>My Life Pages</i> (Conari 2013)
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Endorsements

"*Soul Vows* represents a new and needed wave in spiritual teaching, where teachers like Janet Conner are not afraid to speak of divine intimacy—yet in a way that is far beyond mere sentiment—and which invites the reader to actual experience. Water is good, but Janet changes it into intoxicating wine."

-- Richard Rohr, O.F.M., *Falling Upward, Immortal Diamond*

"With her succulent writing, joyful spirit, and refreshing vulnerability, and celebration of paradox, Janet Conner expertly guides us into a sacred relationship with all that is."

-- Mirabai Starr, *God of Love: A Guide to the Heart of Judaism, Christianity & Islam*

"It is one thing to hold a theoretical sense of the Divine, and quite another to open to immersion in the Indwelling Beloved. I invite you to feast upon and savor the wisdom and practices within this powerful book."

-- Dr. Roger Teel, Sr Minister Mile Hi Church and author of *This Life is Joy*

"Opening this book is like lifting the lid on an ancient Treasure Chest, full of sacred secrets and invitations."

-- Gail McMeekin, author of *The 12 Secrets of Highly Creative Women*

"*Soul Vows* is no less than a map to discover your mystical heart. Read this book and you will discover the path that leads to the Divine within."

-- Joel Fotinos, author of *My Life Contract*

Soul Vows: Gathering the Presence of the Divine In You, Through You, and As You

On sale:	April 1, 2015	256 pages
Trade Paper	978-1573246422	\$17.95
e-book	B00U27GV9U	\$17.95 / \$ 9.99 Kindle
Brilliance Audio	978-1501224140	mp3 or CD set

Brief Synopsis

In *Soul Vows*, Janet Conner transmutes the familiar concept of core values into a mystical covenant with your self, your soul, and your Source. As you walk through seven deep soul explorations of the chakras, Janet gently guides you to listen to the wisdom of your internal voice as you discover the divine qualities your soul longs to embrace. Because your soul vows describe how you choose to live, they become your personal path to the peak experiences we all seek: authenticity, integrity, wholeness, and the vibrant presence of the Divine. And they are something even more. Your soul vows are a mystical prayer. As you live your soul vows you gather the Presence of the Divine *in you, through you, and as you*.

Bio SHORT—70 words

Janet Conner's landmark book, *Writing Down Your Soul*, transformed journaling into divine dialogue. Her second, *The Lotus and The Lily*, shifted our understanding of prosperity from asking for anything into living fertile conditions that nourish a truly abundant life. Her new book is *Soul Vows: Gathering the Presence of the Divine In You, Through You and As You*. Janet is the host of The Soul-Directed Life on the Unity Online Radio network reaching over 1.5 million listeners.



Bio LONG—200 words

Soul Vows is the third book in Janet Conner's signature series *Your Soul Wants Five Things*. Her landmark book, *Writing Down Your Soul*, connects readers to their "extraordinary voice within" and six years after publication is still the top book in the journal writing category. After facing bankruptcy, she wrote *The Lotus and the Lily* to share a unique deep soul exploration process that cracks the abundance code by linking the wisdom of the inner voice with the parallel teachings of Buddha and Jesus on how to create a life of true prosperity. Janet also designed two journals for soul writers: *My Soul Pages* and *My Life Pages*.

To help listeners recognize and respond to the calls of their own souls, Janet hosts *The Soul-Directed Life* radio show on the Unity Online Radio network.

Janet's work has been featured in *Daily Word*, *Unity Magazine*, *Science of Mind*, *DailyOm*, *Patheos* and many more. She lives in Ozona, Florida on the Gulf of Mexico.

For more on Janet, her books, courses, and radio show, visit janetconner.com

Some Suggestions for a Conversation with Janet Conner about *Soul Vows*

1. You stumbled upon *Writing Down Your Soul* during your divorce, and discovered the prosperity process in *The Lotus and The Lily* when you faced bankruptcy. What's the story behind *Soul Vows*?
 - One of my earliest conversations in deep soul writing was about vows
 - Read David Whyte's "True Vows" and knew what I wanted
 - First had to acknowledge all my "false vows" running the show
 - Released my false vows and received my soul vows
 - Declared my Covenant on 11-11-2000, a repeating miracle date
 - In 2013, I discovered the "new I"—when I speak my soul vows the divine speaks them—that's when I realized that soul vows are a mystical prayer practice

2. What are your soul vows?
 - They match the chakras, which was a surprise
I unite to create good
I live in partnership
I honor myself
I come from love
I surrender, there is no path but God's
I seek truth
I pray always
 - Each person's soul vows are unique

3. How are soul vows different from other kinds of values or attributes like The Seven Habits of Highly Effective People?
 - Different in nature
Soul vows are personal—other attributes are universal
Soul vows are how you choose to live—not external expectations to follow
Soul vows are divine qualities—way beyond good habits or positive affirmations
 - Different in format
Human contracts are lengthy with obligations, and consequences; soul vows are short, simple, no details, no definitions, no clauses, no consequences
Human contracts don't change; soul vows are a mystery, they evolve
 - Different in impact on your life
Corporate values have little influence; soul vows affect everything
Human contracts get broken; you can't break your soul vows, they define who you are
Popular qualities support human interaction, soul vows create divine relationship

4. In *Soul Vows*, you tell the story of discovering the "new I" and how it showed you the true nature of soul vows. What's the "new I"?
 - 2013 live course had just started, I was reading a new book outside in the sun
 - Saw the pronoun "I" in quotation marks
 - Wrote "Soul Vows brings the new I" in the margin in a haze
 - In that moment, I knew when I speak my soul vows, I'm not the only one speaking
 - Rushed inside to say my vows with the "new I"
 - "I unite to create good" became "I, the Divine, unite to create good in Janet, through Janet, and as Janet." And then "I the one who unites is the one who is united"
 - That was the moment soul vows transformed from a spiritual to mystical practice

5. The subtitle is provocative: *Gathering the Presence of the Divine In You, Through You, and As You*. Is this literal or a metaphor? And how do soul vows gather divine Presence?
 - This is the mystical heart of soul vows; Mystics all speak of being one with the divine. Meister Eckhart said “God must simply become me and I must become God, so completely that this ‘he’ and this ‘I’ share one ‘is’ and in this ‘isness’ do one work eternally.” THAT is soul vows
 - As you live your soul vows, you physically embody those divine qualities in the world. When I live in partnership, the divine partners with people in and through and as me, planting more partnership in the world. When I come from love, I plant more divine love in the world. Each of us becomes a vehicle of grace in the world in a few special ways

6. In *Soul Vows* you walk the reader through deep soul explorations of the seven chakras. Why? What do the chakras have to do with soul vows?
 - Another big surprise my soul vows had for me
 - As I was preparing a class, I noticed the steps to receive our soul vows match the chakras
 - Chakras are a perfect mystical map, help us see where we are and where we’re going

7. Can you give us a taste of what happens when a person moves through the chakras?
 - The path through the chakras parallels the story of Shakti—the soul—longing to unite with Shiva—the transcendent
 - 1st—awaken to your dual lineage, fully human, fully divine and get ready
 - 2nd—recognize your false masters and feel finally free
 - 3rd—release your false masters and gather yourself into wholeness
 - 4th—listen from your spiritual heart and receive your soul vows
 - 5th—declare your soul vows aloud, learn their sacred chant
 - 6th—gather the presence of the divine as you live your soul vows and meet the swan
 - 7th—live in sacred unity, the mystical life

8. In the introduction, you encourage the reader to make friends with paradox. And each chapter ends with a paradox readers solve for themselves. Why is paradox so important?
 - I love paradox! How can two opposites both be true at the same time!
 - The divine lives in paradox
 - As you wrestle with a paradox in each chakra, you uncover a divine truth hiding in the supposed opposites, like in the 2nd chakra, as you talk with your “enemies” your critical voices, you discover they’re not your enemies; they’re actually your friends. So by the end of the chakra, your foe has become your friend.
 - Learning to recognize paradox and unravel its wisdom, brings life into divine perspective
 - Your soul vows themselves are a paradox; you think you chose them, but they chose you

9. *Soul Vows* opens and closes with a Sufi poem from Hafiz. Throughout the book, there are dozens of heart-opening, head-scratching quotations and poems from mystics of all traditions. Why are the mystics so central to this process?
 - Soul vows are a mystical practice; so who better to help us walk the path than the mystics
 - Mystics across time and traditions know the way into an experience of divine Presence
 - Mystical poetry is my constant companion, I open and close classes with mystical poetry
 - I was searching for a perfect poem to open *Soul Vows*. Daniel Ladinsky was on The Soul-Directed Life and suddenly veered off script and read “Each Soul Completes Me”
 - In the 7th chakra, Shakti and Shiva unite. To give readers a taste, I offer snippets from mystics from the ancient Upanishads in India to medieval Christian saints like Teresa of Avila to modern Inuit shamaness Uvavnuq describing that sacred union.

- Funniest thing happened, as I immersed myself in mystical poetry every day, the top of my head got so cold I had to take a long hot shower in the afternoon. Turns out when Shakti and Shiva unite in bliss....bliss is cold!
10. There's an animal with big spiritual symbolism on the cover of all your books: owl on *Writing Down Your Soul* representing wisdom, a butterfly on *The Lotus and The Lily* representing total transformation. Why is there a swan on *Soul Vows*?
- When Conari told me they saw an iconic animal, I was so excited I couldn't write, so I took a shower and saw the cover of all the books, *Soul Vows* had a swan.
 - I looked up swan and they mate for life. I didn't tell anyone.
 - As I studied the Vedic tradition, in the 6th chakra, when you meditate on "soham" sacred formula, "I am that," it changes to "humsa" swan. The swan pierces the veil of time.
 - I wrote to the art director, Jim Warner, and told him the cover *had* to be a swan
 - He sent the cover
 - Later, Annie Kagan was on my show for *The Afterlife of Billy Fingers*. Billy told her to listen to Sibelius' "swan music" to get a sense for celestial music. I googled it and it's the story of "The Swans of Tuonelo" a mythical river in Finland where two white swans swim under the moonlight. Jim had downloaded THE perfect image for *Soul Vows*
11. You've been living with your own soul vows for 14 years. What gifts have they given you? And at some point will you be ready for new ones?
- They've created me, my career, my life, and everything in it
 - They carried me from who I was in a toxic marriage doing toxic work, into the life I have
 - They are a divine partnership; as I live them, they activate a divine response, showering me with everything I need to live the life that wants to be lived in me
 - They taught me how to pray, they introduced me to mystical practice
 - They are still teaching me, and will continue to carry me for the rest of my life
12. All your books and course are parts of your signature teaching *Your Soul Wants Five Things*. What are the five things and were does *Soul Vows* fit?
- I was awakened one morning in 2011 with a voice in my left ear saying clearly and empathically: your soul wants five things.
 - The five things are
 1. to connect with Source—Writing Down Your Soul
 2. to commit to values—Soul Vows
 3. to serve a purpose—Soul Direction
 4. to express beauty—Soul Expression and Plug in for Writers, two creativity courses
 5. to create life—The Lotus and The Lily
 - Soul Vows is the third book in the series published by Conari
 - I'm writing *Soul Direction*, the soul purpose course right now
 - I teach all courses live once a year, and WDYS and L&L are available OnDemand
13. As we say goodbye what wisdom from *Soul Vows* would you like to leave with listeners?
- The Presence of the Divine is in you. At the soul level you know this Presence is in you
 - We may ignore it, but it is patient, waiting for us to recognize our true longing
 - That Presence is now calling you to step into its tender embrace.
 - A life of sacred unity is not just for the ancient mystics, it's for us, too. It's possible, even in our wild wacky wired world. It's possible. And it's actually quite simple.

Listeners can learn more about Janet Conner, *Soul Vows* and her other books, courses, and radio show The Soul-Directed Life at janetconner.com