

Sample Interview Questions

Media Kit for Axel Magnus

Consciousness & Awareness

Opening Questions:

- < What is "inner knowing" and how does it differ from intuition or gut feeling?
- < How can someone distinguish between genuine inner knowing and wishful thinking or anxiety?
- < What role does consciousness play in personal transformation, and where does science meet ancient wisdom on this topic?

Deep Dive:

- < You work across cultures exploring consciousness practices. What universal patterns have you discovered, and what surprised you most about cultural differences?
- < How has your understanding of awareness evolved through your work, and what misconceptions do people commonly have about consciousness?
- < Can you explain how sensory perception connects to deeper states of awareness?

Personal Transformation

- < What makes a transformative experience truly stick versus just being a temporary insight?
- < In your work with paradoxical challenges and resilience-building, what's the most counterintuitive lesson you've learned?
- < How do you help people navigate the gap between knowing what they should do and actually doing it?
- < What's the relationship between discomfort and genuine growth?

Sensory Exploration & Illusions

- < How do sensory illusions teach us about the nature of reality and our perceptions?
- < What's the most fascinating sensory illusion you've encountered, and what does it reveal about human consciousness?
- < How can understanding perceptual illusions improve our daily decision-making and self-awareness?

Educational Innovation

- < You've developed gamified approaches to personal development. What makes games effective vehicles for transformation that traditional methods aren't?
- < How do you balance making content accessible while maintaining depth and rigor?
- < What role should playfulness have in serious personal development work?

Cross-Cultural Wisdom

- < How do you bridge ancient wisdom traditions with modern neuroscience without diluting either?
- < What practices from different cultures have you found most universally applicable, and which require cultural context to be meaningful?
- < How does studying wisdom across cultures change one's perspective on "universal truths"?

Writing & Creative Process

- < What inspired you to write about consciousness and transformation? Was there a specific moment or realization?
- < How do you structure a book to create genuine transformation rather than just convey information?
- < What's your writing process like when dealing with complex, abstract concepts?
- < What challenges do you face making esoteric concepts accessible without oversimplifying them?

Practical Applications

- < What's one practice listeners could start today that would most impact their self-awareness?
- < How can busy people incorporate consciousness practices into demanding schedules?
- < What's the biggest obstacle you see people face when trying to develop inner knowing, and how do you address it?
- < Can you share a specific technique for accessing inner wisdom in decision-making moments?

Current Work & Future

- < What project are you most excited about right now, and what question is it trying to answer?
- < Where do you see the field of consciousness studies heading in the next decade?
- < What's one question about consciousness or transformation you're still exploring?

Personal Journey

- < What personal experience first opened you to exploring consciousness and inner knowing?
- < How has your own practice evolved over the years?
- < What mistake or failure taught you the most valuable lesson about transformation?
- < If you could go back and tell your younger self one thing about this journey, what would it be?

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