

Q: Why did you title your memoir *The Necktie and the Jaguar*?

Q: *The Necktie and the Jaguar: A Memoir to Help You Change Your Story and Find Fulfillment* is your story of making big changes in your life to answer the call of what you say is your “mythopoetic self.” Can you explain what that is?

Q: How can changing our stories change our lives?

Q: Part of your story is about service to others. Can you tell us about your service and why you do it?

Q: What is the connection between Jungian and shamanic work that has made both of them valuable for your work helping others—and for your own healing work?

Q: In your memoir, you talk about a few dreams you or one of your clients had that was life-changing. How can a dream change your life?

Q: Many people know they want to change their lives but don’t know what they want to create or experience, or at least, they don’t have specific ideas. How can a shamanic journey help us to create a vision for ourselves—or as you say, write a new story?

Q: In your memoir, you talk about growing up in a household your father and stepmother influenced you to compartmentalize your emotions, which had its drawbacks and its upsides. Can you talk about that experience and how people can change how they relate to their own childhood experiences?

**Q: You wrote about being isolated as a child and a loner who was allowed to wander off without your parents knowing where you were, and later, spending two summers hitchhiking. How did these experiences shape you?
What would you like others to know about the benefits and drawbacks of spending time alone?**

Q: You were a president of an oil and gas company, for many years, but in midlife, you became a clinical psychologist and Jungian analyst, and later, a shamanic practitioner as well. What can others learn from your decision to undergo such a profound shift and how you went about it?

Q: As a Jungian analyst and retired clinical psychologist, you didn’t burn out after a few years as many psychologists and psychotherapists do. Why do you think that is and what can others who feel stuck in a rut learn from your experience?

**Q: Your midwestern, midcentury upbringing as a white male headed for a career in business didn’t involve encouragement to be self-reflective. How did you get past that old story about “real men don’t show their feelings” when you began Jungian analyst while studying psychology?
What were the payoffs?**

Q: Self-reflection at midlife or in later years is common for many, but it can be done at any age. You began self-reflecting in midlife and learned some payoffs to looking at your inner life and any unconscious habits or beliefs you had. Can you tell us about that?

Q: Your process of midlife reassessment led you to explore an interest in shamanism that led to your learning shamanic techniques and performing shamanic rituals in Peru after age 60. What would you say to people haven't made time to explore their spirituality and relationship with Spirit?

Q: You were raised in a traditional religion like so many people were but adopted different spiritual beliefs as a result of your experiences learning shamanism and becoming a shamanic practitioner doing rituals with shamans around the world. What are some of those beliefs and how do you reconcile them with what you were taught in Sunday School and confirmation class?

Q: In *The Necktie and The Jaguar*, you talk about a trip to a diner in the Midwest a few years ago and hearing people talk nostalgically about the good old days, but you say it seemed they were stuck in the past, unwilling to write a new story. Can you explain what you mean by writing a new story and what that does to change people's everyday lives?

Q: Nostalgia can be a trap as people resist change. What are some of the changes you have given into over the years and found to be improvements on or at least as positive as the way things used to be?

Q: People often talk about the "good old days" being simpler. Having done a lot of reflection on your experiences over 80 years, do you agree with that perception? Why or why not?

Q: Today, people often talk about the need for self-care and balance. Back in the 70s, 80s, and 90s, when you were a businessman, did you practice self-care and achieve balance? If so, how did you do it—and how do you do it today as a shamanic practitioner, businessman, and philanthropist?

Q: What's the biggest takeaway from your book?