

1. What was the pivotal moment that inspired you to write *My Broken Wheel*, and how did you know your story needed to be told?

The pivotal moment came during a deep ceremony with plant medicine where I realized I had been living behind walls of fear, addiction, and ego. In that space of surrender, I felt an undeniable call to share my truth - not for validation, but because I knew that in sharing my brokenness, others might find their own healing. It wasn't a choice; it was a responsibility.

2. You discuss the concept of ego death in your book. Can you describe what that experience was like for you and how it changed your perspective on life?

Ego death was like being stripped bare of everything I thought I was - my roles, my identities, my masks. It was terrifying and beautiful. In the aftermath, I realized that true freedom comes not from holding on, but from letting go. It changed my life by teaching me that my soul is far greater than the small story my mind had been telling me.

3. Music and plant medicine play a big role in your journey. How did they help you navigate your path from addiction to spiritual awakening?

Music was the bridge to my soul, and plant medicine was the doorway to my heart. Together, they cracked me open. Music gave me permission to feel again - to cry, to hope, to dream - and plant medicine helped me confront the deepest wounds I had buried. They worked hand in hand to guide me out of numbness and back into life.

4. What was the most challenging part of confronting your past and writing so openly about it, and how did you overcome it?

The hardest part was facing my own shame without running from it. Writing this book meant revisiting the darkest corners of my life and sitting with emotions I had long avoided. I overcame it by remembering that healing doesn't happen in hiding - it happens in the light. Sharing openly was an act of reclaiming my power.

5. Your book emphasizes living authentically and beyond fear. What advice would you give to someone struggling to break free from their own fears or addictions?

Start with radical honesty. Fear and addiction thrive in secrecy. Find safe spaces where you can tell the truth - even if it's just to yourself at first. And know that healing is not about perfection; it's about persistence. One small act of courage at a time can change your whole life.

6. How has the process of writing and sharing *My Broken Wheel* impacted your ongoing journey of self-discovery and healing?

Writing this book deepened my healing in ways I never expected. It showed me that vulnerability is strength, not weakness. Every time someone tells me the book helped them, it reminds me that the pain I endured had a purpose. And that healing is not a destination - it's a lifelong dance with grace.

7. Looking back, is there anything you would tell your past self before embarking on this journey?

I would tell him: 'You are not broken. You are breaking open. Trust the pain. Trust the process. Everything you are running from is leading you home.'

8. The title *My Broken Wheel* is powerful and symbolic. Can you explain what the 'broken wheel' represents in your life story?

The broken wheel symbolizes a life that could no longer keep turning the way it used to. It's the collapse of old patterns, addictions, and illusions. It's the moment the journey forced me to stop, to dismantle, and ultimately to rebuild - not as who I was, but as who I was always meant to be.

9. You incorporate poetry, music, and spirituality throughout your narrative. How important was it for you to blend these creative elements into the book, and what do they represent for you?

Creativity is how my soul speaks when words aren't enough. Poetry, music, and spirituality are the languages of healing. They allow the heart to express what the mind cannot explain. Blending them

into the book was essential because this isn't just a story to read - it's a journey to feel.

10. What do you hope readers take away from My Broken Wheel after they finish reading it?

I hope they see that no matter how broken they feel, they are never beyond repair. I hope they feel inspired to forgive themselves, to tell their own truth, and to believe that healing is possible. Not someday - but right now, in the middle of the mess.

11. Are there any particular rituals, songs, or practices you still use today to stay connected to your healing journey?

Absolutely. I still use music as medicine - singing, writing, or just listening deeply. I maintain a simple daily ritual of gratitude, breathwork, and being in nature. And I return to ceremony when I feel called, always remembering that healing is a living, breathing relationship with spirit.

12. What's next for you after My Broken Wheel? Are there any new projects, performances, or books on the horizon?

Yes - My Broken Wheel is just the beginning. I'm currently working on a music project that weaves the themes of the book into song. I'm also dreaming up a second book that dives even deeper into the mystery of transformation. And there are live performances and healing gatherings in the works. The journey continues, and I'm grateful for every step.