

Liza J Rankow

WRITER * HEALER * ACTIVIST

Bio:

Dr. Liza J. Rankow is an interfaith minister, educator, activist, and writer. Her lifework centers the deep healing that is essential to personal and social transformation. Liza is the founder and former executive director of OneLife Institute, supporting the well-being of frontline activists and caregivers. She has provided counseling and offered classes in healing and spiritual development for over three decades.



Possible Interview Topics:

- Soul Care for Difficult Times
- Mysticism and Social Action
- Discovering Your Soul's Purpose
- The Medicine in Our Wounds
- Healing Across Your Timeline

Sample Questions:

- What's the difference between self-care and soul care, and why does it matter?
- What do you mean by "mysticism" and how does it relate to social transformation?
- How can we tune in to our inner wisdom and authentic purpose?
- You have been profoundly influenced by Dr. Howard Thurman, can you talk about why?
- Will you lead our listeners through a short practice now?
- Your forthcoming book is called "Healing Self / Healing World: Soul Medicine for Apocalyptic Times"... Can you unpack what you mean by that?