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Interview with Ann Nichols Roulac

Power, Passion and Purpose: 7 Steps to Energizing Your Life

Ann Nichols Roulac

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Today, Reader Views is happy to be talking with Ann Roulac, author of “Power, Passion and Purpose: 7 Steps to Energizing Your Life.” Ann is being interviewed by Juanita Watson, Assistant Editor of Reader Views.

Juanita: Thanks for taking the time to talk with us today Ann. Would you please tell readers what your new book “Power, Passion and Purpose: 7 Steps to Energizing Your Life,” is all about?

Ann: Power, Passion and Purpose is a primer for healthy living. It is a time tested field guide of wisdom that shows us how to achieve and maintain physical, emotional, mental and spiritual well-being in a complex world.

Juanita: What inspired you to write your book “Power, Passion and Purpose”?

Ann: I have been on a life-long mission of supporting individuals in discovering their hidden genius, passion, and purpose. My intention in writing this particular book, as well as How to Create the Life You Want, is to share the principles and practices that I have taught and used and that have proven effective in addressing the challenges of personal well being. They are focused on understanding how to increase your overall energy and health.

We all have the capacity to make choices that will lead us to greater happiness, health, harmony and a heightened state of awareness and insight. But most of us don’t understand how to conserve, manage and increase our personal energy in a way that makes those choices possible while protecting us from the stressful conditions of our lives.

Juanita: What are the biggest mistakes people make in their quest for a healthy lifestyle?

Ann: Most people turn the responsibility for their health decisions over to their doctors, the drug companies, and the federal government. Their solutions to healing themselves are to take a pill or have the offending organ cut out—both very expensive options. Although individuals have their lives

at risk they don't take the time to educate themselves. Individuals as well as doctors don't have the time to do research on alternative and self-care treatments—everyone's just too busy. Until you learn how you create your own illnesses—colds, flu etc.—you can't take responsibility for your health and the healing process.

Juanita: Can you explain energy management and how you apply it in your book “Power, Passion and Purpose”?

Ann: All energy practices, from meditation, toning and chanting to Chi Gung and yoga, support the development of personal power by helping us focus our attention on the skills of sensing, feeling and knowing rather than thinking, analyzing and speculating. These “right brain” abilities are the key to accessing our inner wisdom, consciously working with energy, and changing uncomfortable realities. In fact, “managing our energy” – not just figuratively but literally – has become a foundational element of good health.

Juanita: What are energy practices and how can they be the solution to the healthcare crisis?

Ann: The four modalities of energy practice are breath, movement, sound, and stillness.

They can be active: Chi Gung, Tai Chi, Meditation, Chanting, and traditional forms of Yoga; or passive: massage therapy, acupuncture, and chiropractic. The varieties are endless and I provide an overview in my book of all these practices. For over 50,000 years ancient cultures have acknowledged energy systems as the key to healing, mastery, and personal power. Plato wrote in 380 BC that physicians erred when they separated the soul from the body in providing healing and cures. Over 2,300 years later, we're still making the same mistakes.

Juanita: You also believe that a feeling of powerlessness is undermining the health of individuals. What do you mean and what is the key to feeling powerful and remaining positive in spite of the challenges we face daily in our personal lives and the affairs of the world?

Ann: People who feel powerless do not feel they have control over their health or the rest of their lives; they tend to give up, feel hopeless and give over their responsibility to authorities. The key to feeling powerful is to have a self-defined purpose and to be aware of your strengths, gifts, and unique qualities and what's “right” for you. Powerful, positive people realize they have the ability to deal with any problem they may face. They have the power to choose the right health, diet, and medical options; to make the right personal and business decisions; to diagnose their own illnesses; and to heal themselves.

Juanita: What is the key to feeling powerful and remaining positive in spite of our daily challenges?

Ann: Until individuals understand what true power is they won't achieve higher levels of health and vitality. Most individuals think being powerful means you make a lot of money, can buy a big house, and drive a fancy car—but even with all of that stuff, many still feel powerless. As I point out in my book, true power is about becoming fully engaged—physically, mentally, emotionally, and spiritually. People who are in touch with their personal power are aware of their strengths, gifts, and

unique qualities and what's "right" for them. They have a self-defined purpose and are passionate about making a difference in the world. Powerful people realize they have the ability to deal with any problem they may face.

Juanita: Why is understanding your personal power, passion and purpose important today?

Ann: You and I were born to be passionate, alive, purpose driven, powerful people. It's a natural phenomenon that lives in all of us. But it's easy to settle for less. Power, passion and purpose is the essence of personal mastery. And personal mastery is the purpose of your life.

Our purpose – daily – is not to just go to work, clean the house, talk to our friends, family etc. Our purpose every day is to learn and grow. Each of us has our own unique genius, our personal contribution to make to the world. If you are not sharing your gifts and talents the world suffers.

Juanita: Ann, you talk about the spiritual, emotional, physical, and mental intelligences. Can you elaborate on this topic and what happens by balancing these aspects?

Ann: We all have four primary areas of energy and intelligence—physical, mental, emotional, and spiritual—but most people over-rely on their mental faculties. Because our other, more instinctive energies and intelligences have been compromised, we can no longer diagnose our own illnesses; even worse, we keep making poor personal and business decisions.

We all have that capability. In my book I show how you can develop your instinctive energies and intelligences to make choices and decisions with ease! You will learn the secrets to making life decisions in an instant.

Juanita: What would be the most crucial aspect to consider for individuals wanting to create more success and fulfillment in their lives?

Ann: What's crucial is to truly understand whether you have given your power to others and find the tools to reclaim your personal power. You know you've lost touch with your personal power when you:

- Don't take the time to understand your purpose or vision
- Have forgotten or given up on your dreams
- Lack focus and direction
- Are over-committed, tired and stressed
- Don't plan your day, week, month, year or life
- Don't return phone calls, letters or e-mails
- Are often late to meetings, appointments or engagements

Juanita: Ann, what do you want readers to ultimately understand by reading your book?

Ann: If you're stuck in feelings of powerlessness, there's a way out. It begins with the realization that real power is not about control or looking good or having more. Real power is about getting in

touch with your strengths, skills, talents and gifts—with your unique purpose and contribution to the greater whole. When you understand your source of personal power, connect with your passion, and identify your purpose, you can achieve anything.

Juanita: Ann, how did you go about compiling the extensive information you provide in “Power, Passion and Purpose”?

Ann: In my search for the keys to personal mastery, I have read over 2,500 books on religion and spirituality, health and healing, personal excellence and productivity, and wealth creation.

Juanita: How have the principles you’ve outlined in your book energized and changed your life?

Ann: I apply my knowledge of ancient and indigenous cultures to all of my personal and business dealings and decisions. From a business perspective I can get my work done in a lot less time as I’ve learned the secrets to remaining highly productive. From a personal perspective, I have used the principles in my book to reverse debilitating health conditions.

Juanita: Ann, who would enjoy reading your book?

Ann: People from all walks of life have enjoyed my book – business executives, nurses, teachers, homemakers, working professionals and therapists. Many coaches are using my book as a guidebook for their clients. And CEO’s have purchased my book for all of their employees.

Juanita: What sets your book, “Power, Passion and Purpose,” apart from others in bookstores these days?

Ann: Most people don’t have a lot of time to read today. The principles outlined in my book are a summary of the best beliefs and practices that can support busy people. While there are thousands of self-help books published every year, my goal was to provide the readers with the essence of the principles that would change their lives for the better. And I have provided a resource list in my book of other books if the reader wants to expand their knowledge further.

Juanita: How can readers find out more about you and your endeavors?

Ann: To find out more about my books go to www.power-passion-and-purpose.com.
To find out more about my consulting and coaching programs, go to www.annroulac.com.

Juanita: Thanks for talking with us today Ann. We have enjoyed hearing about “Power, Passion and Purpose: 7 Steps to Energizing Your Life,” and encourage everyone to look for your book, and start living a healthier, happier life today.

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