

# Interview of Lois Schwarz

I chose to interview my neighbor Lois because in many conversations with her, I have learned that she has had many life experiences. She has traveled around the world, written many books, and married a famous Naturopathic doctor who passed away a few years ago. As I sat down with Lois, this is the story she chose to share with me.

It was the 1950's and she was in high school. She wanted to be a doctor so she had taken her pre-med classes. She had been attending a Catechism at church and had met a minister there. He told her that "No matter what you do in life make sure you are helping people." Another thing she said she will never forget is one of her chemistry professors that told her "You can't know everything in life, Aristotle was the last person to know everything." That bothered her because she feels that life should not be that complicated. Therefore she said that she had two wishes for her future, the first was to be involved in a life's work that was helping people and the second, was to not be trapped in knowing one small part in life.

She later picked a liberal arts college called Whitman College that had a good pre-med program. It was 1959 and women's liberation didn't happen until 1970 so she was talked out of being a doctor because she was female. She ended up going into physiological psychology. It bothered her that she didn't know more about the brain and the immune system. She then graduated with a BA in psychology with a curiosity of what life was all about. She spent 5 years in the retail business in the San Francisco area. There, she also met a beautiful woman who was able to direct her into different philosophies of life. The lady also directed her to meet 2 new teachers in that field. Another person she had met was a man named Jack Schwarz who later would become her husband. He was a holistic health educator and a naturopath from Holland. The first thing he taught her was about the pineal gland in the brain. Her first wish to know more about the brain had come true. Six months later he asked her if she would work with him. Now her second wish had finally come true- to be involved with life helping people. That was 43 years ago.

In that time she has met many people, realized that ancient cultures may have known more than we know today, and learned how beautiful the world is if we live from our heart and divine love. I think Lois is a person who can teach us a lot through her life experiences.

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