Honorable Judge Susan Oki Mollway
Judge of U.S. District Court of Hawaii
300 Ala Moana Blvd C-388
Honolulu, HI 96850

Your Honor,

I submit to you the following statement about how the work of Liana Shanti (Liane Wilson) has helped me change my life. I submitted this story of my own free will, uncoerced, with no conditions or promise of financial gain, compensation or other reward, directly to Aaralyn Shiri, who is the moderator of a page called, "Liana Shanti Saved My Life" on Instagram.

Aaralyn Shiri is a 10+ year student of Liana Shanti, having had weekly one on one phone consults with Liana for many years. Aaralyn started the instagram page to serve as a space for the women and men who have benefitted from Liana Shanti's work to share their experiences and testimonials. I now wish to submit my personal story, in my own words, on behalf of Liana Shanti (Liane Wilson).

My submission to the "Liana Shanti Saved My Life" Instagram account:

Liana Shanti's work helped me to free myself from a lifetime of guilt and shame.

As I began to heal my physical body I was able to access emotions that were being suppressed. I was socially drinking, eating meat and dairy products, consuming coffee daily, and reaching for deserts like ice cream every evening.

I felt guilt around each of those actions. My body just knew none of those things were self-loving. But how could I truly love myself? There was something gnawing at me deep inside. I wasn't addressing the root of my pain.

I began to feel the pain I was masking after juicing and changing my diet. I saw the truth of my life and the people in it. I felt the shame. As I dove into that feeling I found the root; my childhood abuse. I pieced together my memories and things I knew for my whole life but never understood. A picture came together of the the truth. It shook me to the core but I was relieved to finally understand what my body was trying to show me for decades.

Through Liana's health and spiritual courses I was able to support myself as I dealt with the truth and began my walk to true healing. I felt more empowered than I ever have in my life.

Today, I live a life free of the guilt and shame of the past. I love myself enough to make healthier choices every day. My creative spark has been reignited in my business and I've been an even better mother for my children. I'm present in every moment with a strong connection to Jesus and belief in my ability to be of service in this world.

Thank you for your time.

Kara Cozier (Apr 27, 2023 12:19 EDT)

Kara Cozier

Kara Cozier

Date

Greenville, SC

Location



