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

Your Honor,

My name is Kara Cozier. I'm a student of Liana Shanti's Health Mastery Institute (HMI) and various healing and spiritual courses. I hold an International Relations degree from the University of Minnesota. I was a Surface Warfare Officer in the US Navy for six years.

I'm an entrepreneur and began my first business in 2009 as a General Contractor and Real Estate Broker while raising twin daughters. In my current business in health and wellness my team sold $42 million worth of wellness products since 2014.

I'm also a Holistic Minister Practitioner and Health Coach. I've had the opportunity to speak to thousands of people about topics ranging from personal growth to business tips and strategies. My success in business is in large part due to my willingness to invest in health and wellness, personal development, and business coaching over the years.

The courses I've purchased from Liana Shanti have been some of the most beneficial of all of the courses I've invested in. The concepts she teaches in Mother Wound, Father Wound, and Narcissist Wound Healing are topics that are well known in the coaching and therapy fields. Liana has an ability to distill concepts in such a way that the student can understand and assimilate the information effectively, often through relatable life examples.

For busy professionals and parents like me, the independent learning method Liana uses is convenient and empowering. We can access the coursework and learn at our own pace. These three programs alone helped me to understand more of my childhood experiences and over the last year I've been navigating relationships with much healthier boundaries for the first time in my life. The therapist I see locally has validated what I've learned through Liana and has been a great in-person compliment to her work.

One of the things I have been impressed with is the way Liana is able to maintain strong boundaries and scale her business as it grows. Her interaction with the students who purchase her courses is streamlined to a group format or occasional chat Clubhouse app.

The way she answers questions is almost exactly the way all the coaches I've worked with answer them—she answers a question with a question. It's well known that if you phrase a question in a way where you are asking her to tell you what to do, she won't answer it.

Her goal is to empower everyone to trust themselves to make decisions, not rely on her for answers. This often reminds me of when I used to ask a teacher at school for the definition of a word and they'd send me to look it up in a dictionary. It's frustrating as that student but it empowers the student to do their own research and not rely on outside sources for answers.

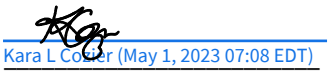
Liana is a well-educated professional and I'm reminded of that in every course I take. I've personally been through her Heal Candida Now and Heavy Metal Detox programs with success.

My mother's health was transformed through her 66 Day Health Mastery Program. When I've witnessed her answering a question in the HMI health coach group for example, she answers with links to peer reviewed scientific studies with commentary vs just her opinions. My local Functional Medicine Doctor validates much of what I learned in HMI as she provides similar health recommendations.

Liana Shanti's courses have empowered me to take charge of my own emotional, physical, and spiritual life and truly heal. I'm more at peace, I have consistent energy throughout the day, I've been able to reignite my creativity, and my children have told me several times that I'm happier now and they like this version of me the best. They're right.

I love and respect myself more than I ever have. I have stronger boundaries, consistent commitment to my goals, and I speak up for myself. Being stronger, healthier, and more empowered is not a version of me that everyone loves. I no longer live my life trying to make everyone else happy at the detriment to my own well-being. Liana Shanti's courses have been part of my healing process and for that I am truly grateful.

Thank you for your time.



Kara L Cozier (May 1, 2023 07:08 EDT)

Kara Cozier

(AKA: Makelina Alohilani)

May 1, 2023

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Date

May 1, 2023

Location