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:

Submission #1:

Whether I am writing about family cults, narcissism, toxic families, relationships, repressed emotions, death, autoimmune disorders, brain health, or how to improve your overall health, it is with a passion for understanding as I have experienced all of it. I'm also invested daily in healing my soul.

I grew up in a family cult (that also was enmeshed in a religious Catholicism cult) and also filled with narcissism, toxicity, and abuse (sexual, emotional, and physical), which led to everything else that I listed above.

The repressed emotions were buried deep. They were protecting me from what my inner children couldn't handle and did not want to remember.
Our brains will do all they can to protect us from 0-7, and knowing all I do today, I am grateful God created our brains to be as they are.

A pattern in my family cult was pain and suffering. I learned it well. As I had no skillset to understand how to release all I was holding onto emotionally, plus add in all that I had repressed, sooner or later, illnesses would happen.

I learned about how the body stores everything during my studies withHealth Mastery Institute and with individual work with Liana Shanti. Comically, inner children and their importance were hardly touched in my master's or doctorate programs in Mental Health.

Most professors I came across didn't have any understanding of inner children, nor did they choose to learn. I did. I am grateful as that is what began my healing process.

It takes courage to become aware and heal. If you are looking for awareness, understanding, or to find tools to heal, I am glad you found this page.

That is part of my service work.

To guide others to be their best and ultimately choose to heal their souls. I will not say it is easy to do any of this, but I can say if you do, the changes in your life will be amazing. I am living proof of that.

Often we do not believe we grew up in a family cult or that our illnesses are tied to our childhood. I get it. I struggled with this too. It's because our ego wants proof right now. We live in a society of quick fixes. I can say with honesty that awareness and healing will most likely not happen overnight. It will be the choices you make every hour to heal. Only you can decide.

If you are looking for guidance beyond what is offered on my pages or what you see on Liana Shanti pages, let me know. Check out our programs and offerings and educate yourself on what you deserve and what it takes to reach the place of peace, joy, happiness, and ultimately freedom.

Submission #2:

Show me an angry person, and I'll show you a person that has been hurt. The angrier the person, the more hurt they've endured.

When there is healing, I'll show you a person that has tremendous love, care and compassion, beginning with loving themselves.

Thank you God for the hurt for leading me to healing (TY Liana Shanti for your teachings, programs, and friendship), for it has shown me how to forgive myself, others, take accountability and love unconditionally.

Submission #3:

Ten years ago, I was searching for nutritional guidance and came across Liana Shanti and Rawganic Vegan. Her teachings in nutrition, then her online nutrition/health coaching program began the journey of me healing my body, mind, and spirit.

I had been sick for nearly 30 years living with the remnants of autoimmune and chronic illnesses when I found Liana. She guided me to more profound healing, and we developed a friendship I cherish.

As she grew into her online presence, many in her community encouraged (gently pushed) her to share all of her gifts. Her connection to Jesus was heard and felt in everything she taught and shared. She created programs for her students to heal their traumas and wounds. She encouraged us to heal and empower ourselves.

Many of us did. In the beginning, I questioned everything she said that didn't align with my beliefs and education. Yet, when I listened first, everything she said sounded familiar and meant for me. The more I listened to her programs and did the healing work, my life changed. I began to get better. I no longer had any leftover effects from autoimmune diseases or chronic illnesses.

One of the autoimmune disorders was secondary progressive MS. It had caused havoc with my body. I had stopped all meds before finding Liana, but aspects were still lingering in my system. Her protocols in nutrition cleansed and purged layers of toxins. My body and mind were clearing. I no longer needed any assistive devices. I was healing.

I went deeper. I looked at my family of origin in a new way. Liana's teachings showed me layers that I was never introduced to in studying clinical mental health counseling. I have both a master's and doctorate degrees in the field. Yet, it was Liana's teachings that guided me to the layers of narcissism, addiction, sexual abuse, incest, and more.

I began seeing layers of events I had blocked. Add in generational secrets in the family, many I was threatened with, and I clearly saw the family cult I was born into. Those lies led to many more, including my partner's relationship, continued abuse in the next generation, and more.
The more I uncovered, the more I knew this path of healing was for me. I left my relationship, then the family cult. I began healing codependency and enabling with my son. I changed every aspect of myself and continued to heal.

Liana has guided me to start businesses. One of my businesses is focused on health and wellness, autoimmune disorders, repressed emotions, grief/trauma, and more. The growth allowed me to retire from counseling in 2021. This year Liana brought to me a business/program to create. It was perfect for me. Family Cult Recovery was born and blossoming in a couple of weeks. It's growing steadily. My healing continues.

I am a vocal proponent of all of Liana Shanti's teachings. They have not only changed my life but saved me from where I was headed. I will be forever grateful to her. My life is blessed, and it's #lifeproof her teachings work.

Thank you for your time.

Kaia Alline (Apr 25, 2023 10:27 CDT)

Kaia Alline

Apr 25, 2023

Date

04/2522023

Location