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

Your Honor,

My name is Stephanie Rinzel and my soon-to-be ex-husband is Mitch Tarras. He is a person that has continually harassed and slandered Liana and made individual threats in her private messages. I want to share my experience.

I was first introduced to Liana in 2019 by my sister. I didn't consider myself a student at that point but I was very curious about Liana. I listened to her free abundance workshop in late 2021. I was awakened and fascinated by Liana's wisdom. Next, I listened to the free mother wound session and the free father wound session. That did it. I knew. I just knew that Liana was pure and unconditional love. How can a person who teaches women how to be better mothers, or guides people to believe they are capable of success, or provides vital and free health information like in some of the clubhouse calls, be anything but pure love and generosity?

After that my journey increased rapidly. I dived in without looking back! I started praying more and connecting to Jesus. This lead to me quitting my stressful job as a first-grade elementary teacher because I knew that my role was to stay home to raise my two very young children. I also subscribed to Illuminations because, after listening to a few messages that my sister shared with me, I discovered that Liana's weekly messages were ALWAYS ones of strength, love, and often hope.

I also started making changes that improved the quality of my life in every way! A few of these changes were: I quit eating animals and drinking alcohol. I adopted a plant based diet that has me feeling physically better in so many ways! I stopped attending a church whose dogma I didn't agree with. I implemented some strategies to improve my health like dry brushing and getting daily sunshine. I started to listen to my inner children and connect with them. I started journaling and praying every day leading to a deep inner peace. I finally began to love and value myself. All these changes have led to me becoming a better and stronger version of myself! I feel healthier mentally, spiritually and physically! And these changes have certainly made me a kinder, more patient and gentler person and mother to my own children.

My parents, my siblings, and especially my husband were "concerned" by the changes in me. I often heard, "Why are you letting Liana tell you what to do?" They couldn't fathom that I was the one finally making my OWN empowered and strong choices. This is probably because prior to becoming a student of Liana's, I was never making my own choices. I was allowing my ego and fear of what other people thought about me, guide my decisions. I was very easily swayed by other people's opinions. They didn't understand that Liana NEVER tells people what to do. Her guidance, of course, is highly valued, but I have never been forced or coerced by Liana to make any choice. Liana always teaches us to be sovereign and make decisions by listening to our own hearts.

In May of 2022, I enrolled in Liana's launch of 12D Business School! I was thrilled! To enroll in 12DB was a big financial commitment for me, but I knew in my heart that by making this choice, my life would be forever changed. It was one of the most powerful choices of my life. In December of 2022, I also made a very empowering choice by enrolling in Health Mastery Institute. Liana was very generous and provided a 12 Days of Christmas bonus for her students. I was able to enroll and save over $1000! My dream of being a children's health and wellness coach is in reach! With the knowledge from 12DB and HMI, I will be radically successful and abundant! I already am in so many ways!

In May of 2022, another event occurred that forever changed my life. On May 21, I went out to eat with my twin sister to celebrate our birthday. Upon arriving home, my husband confronted me. He had read my private journal and demanded to know what and who I was writing about. An argument ensued and he took my son and left for the rest of the day, not returning my son until 10 pm. The following day we had a discussion. We talked about many things including Liana. The discussion ended with him giving me an ultimatum.

My husband said to me, “It's either me. Or her (Liana). You choose.”
I responded, “It’s not choosing you or Liana. It’s choosing you or ME. And I’m choosing me.”

The next day, I moved out. It has been almost a year since the separation. We have a pending divorce that is considered high conflict as I have been a victim of post separation abuse. To keep it brief, my husband has threatened me, harassed me and has exerted coercive control. The things he has done and have said to me are repulsive. He has made up lies about me and about Liana. He has slandered and defamed both of us, preaching a ridiculous “cult” narrative. He is now colluding with a group of very dangerous people! He has harassed Liana in her Direct Messages on Instagram verbally attacking her and her work! He lied about me and threatened to take my children away from me! Recently in my temporary court hearing, lies were spoken about me, Liana, and her programs. I now have 50/50 custody with this man. A man who would rather send his children to daycare, then allow them to be home with their mother. A man who is tearing his breastfeeding child from his mother’s breast.

People like my soon-to-be ex-husband are vile. He, and everyone else involved in the cult narrative, refuse to take responsibility and accountability for their own actions. Instead, they are taking out their anger and projecting their insecurities and self-hatred on Liana. They are blaming her for breaking up relationships that were abusive and sad. The glaring truth is that my relationship with my husband was terrible long before Liana came into my life. It’s only because of her programs that I became strong and actually have a voice for MYSELF.

So, from the depths of my heart, I want to thank Liana. I want to thank her for teaching me to love myself. I want to thank her for helping me find Jesus. I want to thank her for modeling what a powerful, loving, and independent woman is. I am not where I want to be YET. But that’s OK because I am a million times happier, healthier and more peaceful because I became Liana’s student.


Stephanie Tarras-Rinzel (Apr 29, 2023 22:16 CDT)

Stephanie Tarras-Rinzel

Apr 29, 2023

Date

Allenton, WI

Location