

EXHIBIT 3

From: Liana Shanti <liana@lianashanti.com>

Date: March 21, 2018 at 6:30:17 PM EDT

To: J [REDACTED] M [REDACTED]

Subject: Re: Soul retrieval questions

READ 2

Hi J [REDACTED],

It is 100 percent normal to question your sanity when an illusion-busting truth comes to light. The mind doesn't "want" the accept the new truth. Ego has a vested interest in the old paradigm because it was known. An uncovering of deep trauma is like an earthquake - it breaks down all the fake walls. That is destabilizing for the mind and more often than not, it reacts with doubt, questioning and confusion. That dies eventually settle. I have never worked with a person who has a lot of very clear early childhood memories... so when trauma that has been locked away in the body - comes out - it's always a bit confusing. Although I will say... in your cells... in your bones... in your gut... you could feel this... you "know" this on a deep level (not the mind).

Last week when you started to get glimpses... your body knew
When you did plant medicine journeys and didn't purge... your body knew
Not going to your dads... your body knew

So intuitively you had signs and were aware... your mind may take a bit to catch up.

You were not being tested and you did not fail. You responded to sexual trauma the way most people do. You looked for ways to "check out" of pain. Ways to numb yourself... the most common of those are drugs, alcohol, sex, shopping, workaholic. You had no other known tools at that time to deal with the inner turmoil. You may have had that dream because deep down you are your own harshest critic.... so it is internal disapproval... internalized judgment maybe coming from ideas you accepted from your mom, or society, about what indicates failures.

I can promise you that you have failed nothing. Your journey has been woven together in a way that is perfect for you to heal lineage pain once and for all, and to provide you with everything you need to fully embody all of your gifts.

Aloha, Liana

On Mar 21, 2018, at 11:36 AM, J [REDACTED] M [REDACTED] wrote:

Hi Liana,

READ 1

Just curious... is it normal to question my sanity through this? I'm purging so many emotions but because I don't have clear memories it's making me question myself. I literally woke up with a ton of anxiety doubting myself. I also dreamed that I was being judged by some force outside of me for my actions (all the acting out ie drinking, drugs and promiscuous sex over the years). The voice was saying it was some sort of test for me and I reacted in the wrong way.

Also, I lost a ton of hair post pregnancy and it was just starting to slow down. Now it's coming out in handfuls today. Could my body be adjusting on a physical level? Just curious if there is a connection. Thanks so much for answering. My head is spinning a bit right now.

Much love,

J [REDACTED]

Sent from my iPhone