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Liana Shanti

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SPIRITUAL TEACHER | LIFE PATH VISIONARY | SHAMAN | AUTHOR

MOTHERHOOD, MANTRAS, MEDICINE AND MANGOS

Hi my name is Liana and I'm a Homeschooling Mother of Two, Spiritual Teacher, Shaman, Plant Based Nutritionist, and Author living in Kaua'i, Hawaii. Through a series of intense initiation events (read more below), spirit called me to leave everything behind and go from being in the middle of New York City as an attorney at one of the largest international law firms, to living on a remote tropical island in the middle of the Pacific Ocean. My life flows together weaving the sacred path of motherhood, spiritual teaching, devotional yoga and Bhakti, shamanic medicine healing and plant based living (with lots of mangos). My personal journey has had many challenges, including divorce, serious health issues, the ending of two highly prestigious careers, moving 6,000 miles away from "home", motherhood, homeschooling, and the struggle with my ego to let go of everything I thought I was, in order to authentically BE who I AM.

THIS HEALING SANCTUARY IS MY OFFERING TO YOU, TO HELP GUIDE YOU ON YOUR OWN JOURNEY HOME.

Home is the that place within you where the Divine exists, that inner light where you connect fully with your Highest Self, and you reach a place of peace and deep love. I offer my guidance to help you find your own guru within, in order to heal your life and find your true Lifepath. I offer compassionate teaching, shamanic healing, energy medicine, intuitive guidance, empowerment life coaching, Human Design readings and healing processes that can bring you into harmony and balance with all of life, including Mother Earth, Pachamama.

I offer the path of Unconditional Love as a way to heal your shadow, bring your ego into balance, embrace your light, and uncover the truth of who you are after you remove all of the projected ideas of who you were told to be. I perform cord clearing, past life healing, flower essence therapy, plant medicine healing, women's empowerment coaching, health and nutritional guidance and much more. Each person's path is so unique, yet being incarnated on earth at this time we have many common wounds to heal from. My online group programs offer gentle pathways for healing: Mother Wound, Father Wound, Abandonment and Rejection, Guilt and Shame, and Lack of Self-Worth.

The Universal Christ Consciousness is my source, the Yoga Sutra are my tenets for living.

MY CORE TEACHING IS UNCONDITIONAL LOVE AND AUTHENTICITY. TO READ MY AUTHENTICITY MANIFESTO, CLICK HERE.

A rose from my garden...

I AM A PLANT BASED NUTRITIONIST AND MEDICAL INTUITIVE

I eat plants because they healed my body. I went through an incredibly difficult path of living with Lyme disease, which required heavy duty antibiotics, which caused a serious candida overgrowth. My thyroid, adrenals and digestive system were severely impaired and according to Western medical consensus, there was no choice but to intervene with medication. Thankfully the "medicate or operate" dogma was always shown to me as the fear paradigm, which I happily rejected.

Plants healed me, and at the same time clearly revealed to me my gift of being a medical intuitive. With each passing year I become more aware of how my actions impact other humans, animals, and the earth herself. I have personally experienced a much more clear channel to the Divine since choosing not to take on the vibrations of fear and pain that occurs from consuming living beings.

Homemade raw organic Criollo chocolate, crystals and flowers. Three of my favorite things.

CONSCIOUSNESS FLOW

I have always been fascinated with the brain. My very first library book that I picked out for myself as a child was "The Human Brain, a Medical Textbook". I was sure I was going to be a neurosurgeon as an adult, and carried that through my years as a premed major in college. My study of neuroscience led me to a deep understanding of the reptilian brain - the subconscious mind and its powerful effect on every single thing we do. I have studied NLP, and also became a Hypnotist. I continued on in my studies on both Neurogenesis and Neuroplasticity, and teach courses on these subjects. It is through the growth of new neurons that we can achieve a higher quality of life, and it is in deeply understanding our "reptilian" or subconscious brain, and its power to sabotage even our best efforts to change our lives, that we can truly THRIVE.

We are spiritual beings having a human experience, but I deeply connect with the fact that our body and mind are here for us as a powerful vehicle for transformation. ALL of the memories we have experienced throughout our lives have been stored in our tissues and cells, and this includes all traumas. All human beings have at one time or another experienced traumas that need to be released and healed from the body. It can be difficult to access these traumas and wounds through traditional therapy. Yoga, juice cleansing and plant medicine journeys all have the remarkable ability to help us purge painful memories from our cells.

AT THE HEART OF ALL THAT I DO, ALL THAT I AM, AND ALL THAT I TEACH, IS UNCONDITIONAL LOVE.

MY JOURNEY FROM EGO TO SPIRIT

It was only through death that I truly learned how to live.

The true shamanic path unfolds in quite a tumultuous way. Shamanic Initiation is a series of experiences that calls and prepares a person to become a shaman. The call from the helping spirits often involves a life crisis, such as a near-death experience, accident, serious illness or trauma, career or financial ruin, or all of the above. Another profoundly significant event is being struck by lightening. This is nothing new and has been written about for thousands of years.

Initiation offers one an opportunity to connect with the inner life of the spirit, laying the groundwork for tapping into the gifts and unimaginable potential stored within. There are three big stages in the initiation process: suffering, death, and resurrection. It is not a path one chooses. It is a path chosen many eons ago.

For the shaman, initiation is what the soul has been longing for — ecstatic connections with the power of the universe.

In traditional cultures the role of the shaman is often an inherited one, with the power passing directly from one relative to another, based solely on their readiness for this path. Experienced shamans may also select an apprentice to study with them. The Ascended Masters have found other ways to awaken us to our true calling to the path with heart. My initiation as a plant medicine carrier in the traditional sense came from working with the Master Plants themselves through the careful guidance of shaman from the Q'ero lineage in Peru. It was through those profound experiences that I accessed and awakened an ancient lineage that I have been connected to for thousands of years, and a deeply rooted history as a Medicine Carrier. But I have worked with other master healers combining many different wisdom schools, ultimately integrating a healing practice that is uniquely suited to the Life Path I was shown.

Those on the healing path also receive "wake-up" calls that tear the fabric of daily life, where feelings of disconnection, disorientation and suffering often accompany the inner call to a spiritual path. My own journey to the path of the healer included serious health issues that began with Lyme disease and quickly led to candida, adrenal fatigue and hypothyroidism; to my initiation into motherhood which included being 8 months pregnant in New York City on 9/11 and suffering PTSD. I have lived through two near death experiences (one during pregnancy and a near drowning incident), I was also struck by lightning while swimming as a pre-teen, and went through a period of life-numbing excruciating pain from a herniated disc that went on for months (I refused to take any pain medication) - resulting in emergency back surgery. Upon awakening from that surgery, one of the top neurosurgeons in the US who performed that surgery said to me "to be honest, I have no idea how any human being could have lived through that pain. In all my years performing these types of surgeries, I've never had anyone who went for weeks with that pain, let alone months."

I went from a very high point in not one, but two careers, to no career at all. Two careers with high incomes. Two careers with status and recognition. To a bare soul facing an uncertain future.

Even with all of those initiation events, I refused to accept my path as a spiritual visionary. I was called by other shaman. I was given initiations and openings from a highly regarded Peruvian shaman. I still said "this isn't my path". It was hard to accept. My ego didn't like that it wasn't a path of worldly approval. It wasn't a path that would utilize my education, and my "resume" filled with things the "world" gave me praise for. It wasn't related to my doctorate degree, and I was apprehensive due to the proliferation of the "new age fake sage", spiritual bypassing, or "pop spirituality", that masquerades on the covers of pop culture magazines and talk shows as healing. I only know one way to do things, REAL and AUTHENTIC. And real and authentic means digging deep into the shadow.

From my very first true ego death experience during a plant medicine journey, Jesus kept speaking to me: "Do what you came to do." I started to yield to it slowly. Little by

little. Although death would have been better than living life as a drone, a sheep, a cog in the machine, I still wasn't comfortable with the path being opened widely for me. And as is often the case when you go deep with the Master Plant Teachers, I was given a real dose of the medicine I often share with others "if you don't listen to the whispers from God, they get louder".

Well I can tell you, if you don't listen to the man hole covers landing on your head (like all of those I describe above that had already happened to me), Goddess doesn't just get louder. She brings you something so bizarre, so "Twilight Zone", so literally insane, that you have literally no choice but to say I GET IT. I GOT IT. OK, HERE I AM. 2016 was that year for me. I have truly been shown that the closer you get to the light, the dark ones who live in the shadows come out to try and pull you away from your light, to scare you, to threaten you, to deceive you. The details and events are a modern day parable of surrendering to the Divine, a story of a Divinely guided journey. I have immense gratitude that for every single second of my 45 years of this incarnation, Jesus and the Goddess were and are, by my side. An adventure that had I not lived it myself, and had a large group of people not been there with me to witness these trials and tribulations, I would be certain it was a work of fiction not unlike the Harry Potter series.

My message to you is.... whatever YOUR call is. I get you if you are ignoring it. I understand your fears in accepting your true path. My patience is never ending for all those who suffer at the acts of their own unwillingness to see their true light. This space, my programs, my writing, are dedicated to YOU. To share with you where I've walked. To offer a clear vessel for transmission of healing, a true mirror, a reflection, a glimpse of your own light, in the hope that having a guide can somehow ease the journey to your soul. **Your** journey from death, to life.

READY TO HEAL AND LOVE YOURSELF?

YOUR FIRST STOP: THE BLOG

NEXT: SUBSCRIBE TO ILLUMINATIONS

THEN: CHECK OUT MY PROGRAMS

LOVE TO... Chant the Names of the Divine Play with my Kids Practice Yoga Dream with My Husband Swim With Dolphins Read. A lot. Heal With Sound Journey with Cacao Medicine Make my Own Flower Essences Hold Sacred Fire Ceremonies Eat Mangos and Watermelon

MY POWER ANIMAL

Polar Bear

MY CURRENT FAVORITE MUSICIAN

Xavier Rudd

MY FAVORITE BOOK

Love Everyone

MY PHILOSOPHY

Gratitude

MY FAVORITE PLACE ON THE PLANET

Kaua'i

