

## Enlightenment and Burnout - Chapter 34.

By Sophia Hildebrand

Let me describe shortly my own spiritual development before I came to know Kiara and Ilahinoor. As a child I had the ability, as many children do, to discern spirits, and had a natural talent for being clairvoyant. My parents were quite distressed when I talked about my experiences and dismissed them as nonsense. So I kept everything to myself.

For many years I suppressed these abilities, until I traveled to Italy with a friend where I had two special experiences. The first experience took place during a tour of Pompeii. Suddenly I found myself, as if in a film, in the city as it was 2000 years before. Not only was I in this ancient city but I could also see the people who lived there at that time. When I got home I did some research and could verify that

what I had seen was accurate. The second experience was on the island of Capri, where again, in the middle of the day, I experienced myself as a priestess who was thrown off a cliff. Afterwards I could not walk for two hours.

These experiences motivated me to rediscover my long forgotten abilities. My interest in shamanism grew. I had always felt a strong connection to indigenous people. I had also known that there is so much more between heaven and earth than meets the eye. When my husband Peter came into my life twenty years ago, a new spiritual journey began together. We lived almost two years in northern Greece, and established Kung Fu schools there. We trained in *cluster medicine*, which is a complementary holistic diagnosis and therapy method. We read a lot of spiritual and esoteric literature, experimented with out of body experiences, and visited many shamans and teachers. We were particularly

interested in the *advaita* teachings focused on enlightenment and non-duality.

I met Kiara in 2006, and since then have taken many seminars with him. Each experience was different, and it has opened up a profound path of discovery and healing for me, including healing from alcoholism. I am delighted to say that I have not touched alcohol nor even felt the need for it for over four years now.

Since I started working with Ilahinoor I have become closely connected with the whales and the dolphins. They live in my heart, communicate with me, answer my questions, share with me how they are feeling and tell me about the changes that will take place on our earth.

What happens with us when we become a channel for the Ilahinoor energy? First and foremost, this opens our hearts. It connects our bodies with our spirit and souls. The more often we work with the energy the more we are connected with the

Ilahinoor field. For me it is enough just to think about Ilahinoor and the energy is there. I AM the energy! It brings forth latent abilities and strengthens individual gifts. After working with Ilahinoor for five year now, these are some of the ways Ilahinoor has blessed me:

- An ancient knowledge of healing and shamanic skills has manifested.

- My natural talent for clairvoyance has developed.

- When healing with my hands I can visualize where the energy is blocked in the body and understand which level of the soul is involved.

- I find myself able to simply merge with nature, water, trees, leaves, clouds.

- I have taken wonderful journeys to other dimensions.

- When totally connected with the Ilahinoor field, I receive messages from shamans or spirit beings about future events. I can communicate with them and my questions are

answered. I combine Ilahinoor with different kinds of methods of healing, but also in the activities of daily life. It has helped me become aware of my shadows, and also to release them. I am not afraid to go into these shadow places anymore, neither to go into the depths of my soul.

Being a channel for Ilahinoor makes it easier to access other energy fields as well, as I discovered at one of Kiara's seminars in Switzerland. A massive ray of white light entered into me through the crown chakra and passed through my spinal column. I identified this as an energy field from Sirius. Since then I have been working with both these light fields, and one or both of these energies might come through in a healing, depending on what is needed.

One day I had the following extraordinary experience of awakening. I was on my way to a lovely spot in nature where I go to replenish my energy. I was feeling totally one with mother earth and the cosmos. I connected myself with the

energy field of Ilahinoor and Sirius. I asked them to show me what enlightenment is. I got the answer already on the way back to the car. I didn't expect it so soon! While I was walking a window opened in my mind and everything was quiet all of a sudden.

There was no thought, no identification with a *me*, no fear, no emotions, no evaluations, just pure awareness and absolute stillness. I have no idea how long this lasted because I had no feeling for time or space. Then I understood that thought, identification, fears, evaluations etc. existed only in the duality. I felt bliss; I was absolutely free, blessed with an all comprehensive love. The tears ran down my cheeks with joy. I laughed and danced!

I just could not believe how simple everything was! How can I find the right words to describe this? It is glorious to feel so connected with everything. It changed me and the quality of my life. When I got to my car (I can't remember

how I got there) I could not move. I was in a completely different mode of being. After a while I could move again and drove home. Well actually the car was driven home with me in it. That is how it felt! Once at home I ran around constantly crying out “I can believe this, everything is so simple!” I knew intuitively, without needing a confirmation by someone else, that this was an experience of awakening. For ten weeks I remained in this wonderful state. I recognized also that awakening means being constantly aware of myself and that it would take a steady effort to integrate and cultivate this newly won consciousness.

Two weeks after this experience my daughter became seriously ill. She experienced a total collapse of body, mind and soul, accompanied by nausea, dizziness, cramping and trouble with breathing. She was eventually diagnosed with a bad case of burnout syndrome. My awakening has been an

incredible support helping me and my daughter deal with this situation.

For two months she was bed-ridden with violent pains in her spine, bones, inner organs, muscles, and skin problems. She was treated medically, given pharmaceutical medicines and infusions, but nothing helped. Her complaints even worsened. At some point she was diagnosed with burnout, which led her to psychologists and behavioral therapists. Further prescriptions of allopathic drugs just aggravated her condition. She stopped all medications.

During these weeks the only thing that helped her was when I gave her energy transmissions. I have no idea how often we worked in this way. Whenever she had a psychosomatic episode, day or night, we worked with the light fields of Ilahinoor and Sirius. It was the only thing that could relieve her pain and relax her enough so she could fall asleep. Every time she was overcome by panic or pain I would first

softly stroke the physical and subtle bodies, which cooled down areas of the body that were overheated.

Afterwards I would do an energy transmission, letting light and love flow down through the crown chakra, along with some grounding exercises. Massage helped, and I found I could also stimulate the internal organs with light energy. I developed a new way of working with the spine using subtle vibration, which was also very useful. Sometimes mental and physical blockages dissolved immediately and other times the healing took place slowly and quietly. Sometimes a complaint would intensify and then suddenly dissolve. Positive changes of my daughter were to be recognized by the light work. In some parts of her body the pain fully disappeared.

During the last two months we have seen definite improvements in our daughter's health. The fear comes less often and less intensively. Her psychosomatic complains are much better as well. After searching for months we have

also found a health center which treats burn-out with holistic healing methods. We are very confident that the roughest part of her journey is over and that Alexandra will soon be healthy enough to master her life again independently. She has developed a deep sense of her own spirituality during these long and difficult weeks, and it is also very impressive to see how clearly her latent psychic abilities are beginning to manifest. We are all connected with each other. Our hopes, desires, thoughts, feelings and knowledge all flow into one cosmic river which holds us all. Everything is a dream, which can be changed and be transformed in any moment. We can bring light and love into this great cosmic river, to share and pass on to others. May each of you be embraced and blessed by the divine grace of these cosmic energy fields!