

Chapter 33. A Grandmaster's Story

By Peter Herriger

Peter is a grandmaster in the Pit Kune Do tradition and has been working extensively in the field of energy medicine. He also maintains an academy for teaching self defense and close-quarter combat systems. He and his partner Sophia live in Ludwigsburg near Stuttgart, Germany, and can be reached through Ilahinoor4you.com and p-k-d.info.

I first met Kiara about five years ago at one of his lectures in Stuttgart, Germany. He spoke about the evolution of earth and humanity with a simplicity and conviction that touched me. As he spoke about Ilahinoor I felt an energy in the room which rippled through my whole organism and subtle bodies. My perceptions felt more expanded, and I could

feel my energy centers responding to an inner light, which convinced me that something profound was happening.

For over 35 years I have been involved in martial arts as well as different healing systems and meditation practices. I have been studying psychology and esoteric wisdom for many years. I hold the titles of Grandmaster and Professor in Martial Arts and Psycho-Physiology. I have studied shamanism and trained my body to survive in wilderness situations. I have studied nutrition and preventive health systems. All this has served my own health, cultivated my life energy, and helped me to advise others.

I resonated with Kiara's methods for expanding consciousness, his ability to convey this message, and his energy frequency. I liked his philosophy of sharing Ilahinoor generously so that many humans could enjoy its healing benefits and participate in the collective awakening of consciousness. I liked the idea of having a tool, a spiritual

vehicle, which enabled us to connect with cosmic energy fields for the greatest possible benefits, so that we could transform our nature from human to divine.

My partner Sophia and I decided to attend his weekend seminar. We learned to practice Ilahinoor with each other, along with shamanic breath work and Sufi dancing. We experienced a loving, feminine, gentle energy that permeated all our cell structures as well as the subtle bodies. It created feelings of oneness and being connected with everything.

This feeling accompanied each participant and endured even after the seminar ended.

Sophia and I continued practicing the Ilahinoor techniques after this weekend. Kiara had told us these tools were useful for self healing, and for cleansing the body and mind of addictions and negativity. He was right. They were easy to apply, and a few minutes of daily practice gave us wonderful experiences of this powerful energetic work.

Later I attended a 5 day retreat with Kiara. I had no special expectations, but was curious about what I would experience. Most of the participants at the retreat were also healing arts professionals. Kiara's teachings and the treatments we practiced on each other worked very deeply on mental, emotional and physiological layers. I had uncountable visions of past life experiences, and encounters with my shamanic guides. From time to time I felt like my body was cooking from the intensity of the energies passing through. Various parapsychological phenomena were happening, but without painful physical symptoms. I found I could watch the whole process with a kind of humorous detachment as my body went through all kinds of spectacular reactions.

There was a quintessential moment of awakening, when I came to realize that the individual self does not exist. This cosmic joke, an indescribable, incomprehensible paradoxical self realization had revealed itself to me. I was pure

awareness, a universal consciousness which could not be identified with any physical reality in time and space. I can confirm that illumination indeed happens in one instant of recognition. The conception of the old self had died and a new perception of reality was introduced into my consciousness.

I understood that in order to maintain and cultivate the awareness of this creative consciousness, which was accompanied by an inner peace and silence, would require lifelong, loving care. Something pure and natural which had always deeply been a part of me had been re-born. We all carry IT in us from birth. To recognize this truth was for me an experience that burst all the conceptions I had known in philosophical writings of world religions and philosophies, because the process of awakening has nothing to do with our intellect. It is a pure biological human process of development soaked in divine grace, light and love.

The following remarkable episode describes a further experience of the Ilahinoor field, which took place after several years of integration. I was taking my usual after lunch nap with my cat Lucas, when suddenly and unexpectedly I found myself in Egypt, amongst the Pyramids, immersed in Ilahinoor rays of light.

I was lying on the couch with my eyes closed and hands resting on the belly to help my digestion when Lucas came and settled down on my chest. I was dozing along, not really thinking about anything in particular. Suddenly a vision appeared before my third eye. I was standing in between three enormous pyramids. Above me there was a point where the energies of the pyramids were focused together. The sun was just above the horizon to the left of me. I heard an enormous roar above me. As I looked up, there were three rays of light coming from the pyramids around me, meeting together and splitting into two directions, one downward and one upward.

Out of this bastion of light a bright current flowed into my chest and filled my body. Simultaneously a flash of lightening penetrated my chest, expanding my heart chakra and spreading to the rest of my body.

At that very second my tomcat jumped as quick as a flash from my chest and leaped off to the side. All his hair was standing on end which made him appear oversized.

Astonished we looked at each other. His questioning eyes stared at me from safe distance.

Then I closed my eyes again, wishing to go back to the scene of the pyramids. However, the visual experience among the pyramids was over. Only the immense energy of these light rays, brighter and more radiant than any sunbeam, was still clearly perceivable. It filled my entire body and beyond. I felt waves and waves of expansion and needed a good thirty minutes to calm down. Breathing deeply helped my nervous system to adapt to these subtle light frequencies.

I needed a few days to digest this intensive adventure. I am infinitely grateful for this spiritual highlight! For one, it was for me a convincing living proof that an age-old, preserved consciousness and light field, which is active on the Giza plateau in Egypt, exists. It also confirmed that I personally have a connection to the world-wide pyramid culture and its energy field, which I had fostered for years.

The vision leading up to the energy transfer took some minutes. The light contact afterwards was short, but enormous amounts of information, bundled in rays of light, flowed in through my body and spirit, where they are stored.

I have so far had extremely positive experiences with the Ilahinoor field. The more this energy flows, the more it uncovers light codes within the cells, allowing a deeper rejuvenation to take place. Friends who have known me for decades are surprised at how little I seem to have aged. When the physical body connects with the light body, a divine ascent

starts to happen. I feel young, happy, dynamic and joyful. Inside I feel calm, centered and balanced – tranquility in motion!

I guess we could call this *youth research*. Interestingly, since this light experience, my past urge to follow the mystic call and plan a longer journey to Egypt isn't as strong anymore. This was most certainly a key moment on my spiritual journey.

I find whether I am treating myself, someone else, or giving Ilahinoor through a distance, Ilahinoor flows through my organism, reaches the recipient and goes to where it is most needed. If no special intention was expressed before beginning, the physical intelligence directs the energy flow. As I review the last five years in which I have been working with the Ilahinoor field, I realize that several abilities and latent talents have come to light and further developed.

After practicing Ilahinoor regularly for a while, this light frequency has become second nature and appears whenever it is needed. Once we have activated ourselves as a channel, letting the energy flow through us, an internal light fills our heart and physical organism. Each time we connect with the field, even if just by thinking of Ilahinoor, it enhances our ability to trust in divine guidance. I am learning to think with my heart and feel with my intellect. Harmony, peace, love, understanding, intuition, introspection and mindfulness have become steady companions on my journey.

There is not an area of our lives where we do not feel protected by the Ilahinoor field. Here are a few examples:

We live in an area of Germany that is often very stormy. Between the years 2000 and 2005 the neighborhood we moved into was regularly flooded and basements had to be pumped dry. After moving to our block in 2006 my wife and I applied a ritual that we call the *Ilahinoor Pyramid*. Since then not just

our house but those of the neighbors have been protected from flooding, even though we often read in the morning's local newspaper that there was damage done by storms in the vicinity.

Many times while driving long distances I have also felt the protection and guidance of Ilahinoor. My attention span is much greater and my intuition keener. I always arrive at my destination with ease, and without uncomfortable incidents, even if things do not go according to plan. There seems to be a pattern of Ilahinoor intervention which has often revealed itself. When driving I have sudden impulses to react in a way I had not planned. This often happens when there is a potential danger, traffic jams or other obstacles ahead.

Using Ilahinoor in our healing practice has been very beneficial. We work with a variety of holistic healing methods combining Ilahinoor, meditation, movement and manual therapies. By using Ilahinoor in this way we have obtained

better results with our treatments. Many people find relief from physical pain, motor disorders, joint problems, paralysis, and posture problems. The Ilahinoor treatment of the spine is especially effective.

Of course our nutrition plays an extremely important role in health prevention. Before eating we energize and bless all food with Ilahinoor divine energy and grace. We let the light energy simply flow from our palms transferring it to our food. In addition one can to speak a prayer, sing a song, make a positive affirmation or express an intention for a specific healing purpose.

My wife and I have 5 cats. They all love and enjoy receiving Ilahinoor transmissions from us. One day our cat Lucas experienced kidney failure, which is common for cats his age. The vet had given him a few hours to live. For three days we gave him an infusion with vitamins and minerals, because he refused to eat and had lost so much weight, while

treating him several times a day with Ilahinoor. He recovered, and would afterwards come for an Ilahinoor session on his own whenever he felt a need for it. Animals also respond well to remote treatments with Ilahinoor.

Ilahinoor treatments on the joints and the spinal column help my Kung Fu students develop greater flexibility and coordination. I personally use these treatments as I lay in bed each morning, energetically and physically connecting the joints and skeletal system. Morning stiffness disappears, and injuries heal quickly.

I also include Ilahinoor when I teach Kung Fu to children. They are very enthusiastic and easily feel the energy. Parents confirm that their children are always more balanced on the days we practice Ilahinoor, and it seems to help them in the rest of their schoolwork as well. These are the only lessons in which the children are totally concentrated. The whale

music which I use to accompany these lessons seems to have a calming effect on them as well.

Sophia and I feel so guided and blessed by Ilahinoor. We feel a deep gratitude for this divine blessing, and are honored to serve earth, humanity, and our collective awakening in this way. We thank Kiara for his untiring enthusiasm and love, and for allowing himself to be a doorway in this evolutionary process.