

## An Odyssey into the Past to Heal the Present

My experience with Ia has been—and continues to be—profound and deeply transformative. “Even though I’ve been a spiritual aspirant all of my adult life, it hasn’t kept me from being plagued with many karmic issues that I haven’t been able to resolve—whether through devotion, meditation, study or service. I’ve scraped the skies for answers to my life (which, by the way, looks “fine” from the outside).

Working with Ia has been like getting on the “fast track,” cutting through the tangled web of many lifetimes to get to the core. An important aspect of what she does is to place full responsibility for everything squarely on our own shoulders—and that is extremely empowering. Ultimately, there are no victims and no perpetrators. We set our life up to learn this lesson and ultimately transcend the duality it creates. This insight has allowed me to work on myself without the usual judgment and blame and be less affected by the problems in my current environment. This is because I realize that current problems are based on old stories that are waiting to be dissolved and understood.

The best example I can give is in regard to my teenage daughter. She experienced depression a year ago and the painful odyssey I went through (how could this happen to her?) took me to the depths of my personal hell. I felt powerless to help her and broken hearted. I did find help along the way, but working with Ia allowed me to see that it was *my* depression that was the problem. She assured me that by going within myself and finding the old stories in order to release them and learn from them, would be the solution. And indeed, I was able to see past lives with my daughter which helped me understand the dynamic in operation between us in this life. We just can’t understand our current life without this awareness.

Ia would repeatedly tell me, “Your daughter is fine.” As I began to experience the release of the energy repressed in the tragic past life stories, I could literally feel the letting go from deep within my body of the subconscious hold that I had on her and the immediate relaxing of our relationship and the return of a love that we had shared earlier in this life.

It is incredibly empowering to know that the key always lies within. I continue to go through the layers of my stories—including ancient ones—and experience more of my true nature which is love—and the joy of sharing with others in a beautiful and significant way.

How can the life of the Spirit be explained in words? It can’t. It must be experienced and I am daily becoming more aware of that quantum shift that Ia not only talks about but embodies. It is truly a great gift to know her and be a benefactor of the great love and wisdom that comes through her.