



Anna Katharina Lahs was born in Pottum, a small town in the Westerwald region of Germany in 1960. She has endured a fair number of health problems throughout her life. Her childhood was filled with various treatments, such as long term stays at clinics. She has even survived four near-death experiences. After having lived through the fourth experience, she announced her will to live to the world and the reason for her existence on this planet. Firstly, to have a healthy body and secondly, to help others. That is how she was able to heal herself little by little.

It was actually her life that led her to educating herself in healing. Mrs. Lahs has been living in good health for 13 years now. Since July 2004, she has been running a small practice in Pottum from which she works both locally and globally (www.akl-westerwald.de). Anna Katharina Lahs has studied in many fields and continues to expand her knowledge and range of skills. She has many teachers, one of which being Kurt Tepperwein, who suggested she open and run a Life School in July 2010. In August 2010 she made this a reality (www.lebensschule-westerwald.de).

..... Anna Katharina Lahs

I FIND MYSELF –
AND HEALING BEGINS


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- 9 FOREWORD
By Anna Katharina Lahs
- 11 LIFE SCHOOL WESTERWALD
Life, light and balance
- 17 DEDICATION
To life itself
- 30 CHAPTER 1
I find myself – and healing begins
- 66 CHAPTER 2
Possible risks and side effects
- 68 CHAPTER 3
Questions
- 72 ACKNOWLEDGEMENTS
By Anna Katharina Lahs
- 82 APPENDIX
The spiritual laws

Contents

*When people often
look inside themselves,
they are less
beside themselves!*

Kurt Tepperwein



*The world is
a classroom
and life
is our teacher.*

Kurt Tepperwein

FOREWORD

By Anna Katharina Lahs

In the summer of 2010, I attended a course of Kurt Tepperwein's to become a Life Teacher. At the end, he gave me the following list of tasks:

1. Found and run a Life School
2. Write a book
3. Make a CD
4. Create a DVD

I've founded the Life School Westerwald, which I run to this day (www.lebensschule-westerwald.de).

You are currently holding my first book in your hands. The aim of this book is to bring readers back to THEIR true size and to use these qualities in the HERE AND NOW.

This is effective for one's own life as well as the lives of all the other individuals with whom one has contact. The content of this book serves the purpose of enabling the pleasant side of life.

For those who have had enough of the unpleasant side of life, this book should act as the perfect motivation to optimize their own quality of life.

Life, light and balance.
Anna Katharina Lahs



How did I create my logo: Life School Westerwald?

One night the glowing heart with the burning candle appeared to me in a dream. For a split second, the words 'life, light, and balance' were present in my consciousness.

And then it became clear to me. This is how it is supposed to be – this wonderful logo for the Life School Westerwald.

LIFE SCHOOL WESTERWALD

Life, light and balance

I was born in the Westerwald and live there. With all of my heart, I would like to make my contribution to expand consciousness in this region and beyond. The Life School Westerwald is neither a building with walls nor does it have windows and doors. It is of a spiritual nature. I conduct my talks and seminars in extremely diverse spaces. After all, the world is a classroom and life is our teacher, like Kurt Tepperwein says.

My goal is to help the light in our hearts stand upright and to shine from our eyes again. In what condition is our aura? Our radiance? In many cases, people have a tilted candle. Their lives are just as skewed! For some people, the candle (our light of life) is almost lying prone and barely glowing. This is what is generally known as a 'burnout'. Robert Betz says: 'It is better to be relaxed than burnt out!'

The logo is round. In other words, well-rounded. It is complete oneness like the image of Yin and Yang.

Love is the essence of all of us. We are created from **light**, from pure potential and thus from pure energy. Oneness requires **balance**. It represents the SPIRITUAL LAWS.

We humans say 'good and evil'! Universally speaking, that is without existence. There are only experiences.

We have these and other experiences: Pain and painlessness, sadness and happiness, difficulty and ease, disorder

and order, filth and cleanliness, conflict and reconciliation, weakness and strength, etc. All of this belongs to oneness. All of this together we then book onto our 'life account' – EXPERIENCES! Once this account has been filled up equally, we return 'home' to oneness. This all takes place piece by piece for every person, at his or her own pace and quality.

I would like to lead you from 'being-alone' to 'being all-one'. The path from alone to together in the quality of our time: the quality of BEING TOGETHER! This includes relationships, families, shared living spaces, neighbourhoods, pre-schools, schools, and universities.

For politics, agriculture, companies, the financial world, administration, the building and health industries in every continent on this planet EARTH! THIS IS OUR TIME QUALITY. If **EVERYONE contributes to what he himself can really do, he already does enough**. This is precisely where I would like to foster inspiration. TOGETHER WE ARE STRONG!!!!

Let's take the path back to OURSELVES again. Back to LIVING SELF-AWARE in reverence, honour and respect for one another and with each other. We always have a choice!

What will you decide?

Let's move on to the colours:

The heart is a fresh bright red. Red represents fire, strength, creation, and fulfilment of new potential and of course, for LOVE.

Golden yellow represents happiness, lightness, worth and ancient knowledge. We remember WHO WE ARE, WHAT WE REALLY CAN DO, WHAT WE WANT ON THIS EARTH and WHERE THE JOURNEY WILL CONTINUE. The white in and around the logo represents our 'home'. Everything is unified in white light.

Every colour has a specific frequency, a specific quality, and a specific energy. This is why we all like to use the **power of colour**.

Whether it is colour in our living area, our car, our clothes, when designing our work place or elsewhere, the **game of colours** speaks to our senses – and thus to our etheric bodies.

The light of our heart can only shine once we have completed a process of maturation again. Our quality of life is optimized over and over again when we are prepared for our own TRANSFORMATION!

Once you are prepared to change the course from being a victim of your life to becoming a creator of your life, you will find opportunities everywhere. These will nurture you and 'nourish' you both mentally and spiritually. This powerful nourishment is then transferred to our ambassador, the 'body'. Our physical body is a participant. It can only reflect what resides in our etheric bodies. Everything begins in the mind/spirit with pure potential, pure energy.

During this great change of our CONSCIOUSNESS, there are very many opportunities that become available to us: in books, CDs, DVDs, seminars, lectures, workshops, organics, Ho'oponopono, Life Schools, and much, much more.

*He who can recognize
can also change!*



Anna Katharina Lahs

A teacher of mine once said: 'There is a feast on the table. However YOU must do the eating!'

Either we ignore our spirit of the time, stand still and begin moving backwards, or, we recognize that we can actually close 'our construction sites' by actively participating in our own DEVELOPMENT year by year and by always using the right things offered to us: help becomes self-help.

Yes, all of this inside this splendid logo: Life School Westerwald.

Visit my website www.lebensschule-westerwald.de to get inspired by diverse suggestions and ideas. ☺

Love, light and balance.

DEDICATION

To life itself

I dedicate the text of my first book to: LIFE ITSELF.

As a child I lived through four near-death experiences caused by severe asthma. They occurred in the middle of the night. No one noticed.

I kept this silent for over 25 years (for my own protection). After that I told only a few select people. Today we live in a time where we can talk about it openly, even make it public.

When I survived the fourth near-death experience and could breathe once again, I plainly told my life, my guardian angels, the archangels, and everyone who was spiritually present at that moment, what I want here on Earth:

1. To have a healthy body and
2. That I would like to help others.

I had finally announced why I am here on Earth!!!! From that very second onward, my own healing began to take place, piece by piece.

For 25 years my health was strongly impacted by severe asthma, severe neurodermatitis, many allergies, and severe depression. My state of health began to improve. And now I am healthy since 13 years.

What a PARTY IN MY HEART!!!!

I have made a complete recovery from severe asthma, severe neurodermatitis, from countless allergies, and severe depression. THANK YOU

During this difficult time I thought about committing suicide. Thank God that I was saved by the voice of my heart.

After I had lived through my fourth near-death experience, I vehemently told my life, with iron-clad intention, WHY I want this life on Earth and WHY I am here. From that point on, a wonderful healing process began for me.

It was LIFE ITSELF that brought me to finding training positions that dealt with healing. And so I studied conventional medicine, alternative medicine, as well as energetic-spiritual healing methods.

This knowledge helps me time and time again and I use it when accompanying or supporting anyone who comes to me seeking help in finding their way to self healing. (For ideas go to www-akl-westerwald.de).

We are all on the path to self healing – **returning TO OURSELVES**. Back to our **TRUE NATURE**: to **PURE POTENTIAL**, to **PURE ENERGY** – to the **POWER** that is in all of us and ultimately contains everything... to **UNCONDITIONAL LOVE**.

This power is the essence of all of us. It is completely independent of religion, nationality, skin colour, or social class. This **OMNI-LOVE** is found in every stone, in every plant, in every animal, in every human being, in water, in air, in soil, in every galaxy, and every universe.

It is the **'glue'** that binds everything together and contains everything. As the saying goes: 'Back to the roots'!

We are put on this Earth as babies and see the light of this world. Here we still 'know' WHO we are and WHAT we want.

As we grow and are able to say 'me' for the first time, we have passed through the **'tunnel of oblivion'**; we have fully arrived on **Mother Earth**. We become toddlers, then go to pre-school (if possible) and then to school (if possible). At this point we have the strongest connection to our **'internal guidance'** and our **'universal computer'**. Our intuition works impeccably.

Soon after that we reach 'puberty'. Changes take place. Our ego phase is in full swing. Ego means ME! This means that we find ourselves in a phase where we undergo experiences for this incarnation and the roller coaster ride begins. It goes from happy to painful, satisfied to unsatisfied, healthy to less healthy, successful to unsuccessful. There is no good or evil. It is duality! Like the saying goes: 'there are two sides to every coin'.

In summary, we book everything to our life account: EXPERIENCES.

And it is exactly for this reason that we are on the planet **EARTH**.

Here we EXPERIENCE LIFE. To experience life in completeness, which is our true essence, is impossible! Everything in life is in fact: complete!

How is my River of Life doing?

*Is it bubbling happily and flowing
powerfully?*

*Or is there blockage and
stagnation?*

*If it is fresh and flowing forward
then all is well.*

*If there is blockage and stagnation
then I'll go have a look and fix it
again with love and my River of Life
is flowing again fresh and freely.*

And so it exists in harmony.

Anna Katharina Lahs

