

# From the diary of a stranded woman

## Report by Sabine

I am stranded here, in Peru, in Urubamba, in the Sacred Valley of the Incas, in March 2021. Coming from Mexico, where I had already spent a few weeks and had also left my luggage behind, I wanted to visit friends who had invited me here to the Sacred Valley of the Incas for two weeks.



I wanted to spend 3 months travelling through Central and South America, with the exception of Mexico. I had come to Mexico to spend some time living and studying the 'Course in Miracles' together with like-minded people, as I had done the year before.

Through the 'Course in Miracles' and above all through the influence of a friend and teacher of the course, I had come up with the idea of doing a 'Spirit guided tour through South America', a journey through South America guided by the Holy Spirit. Apart from the return flight from Mexico, nothing was planned.

Of course, there was a lot of fear and doubt involved, partly because I didn't speak Spanish at the time, but I had a strong urge to embark on this adventure. When doubts and fear of the unknown became too great, I always received encouragement from somewhere.

In 2021, when the lockdown slowly eased and flights could also be booked during the year, I initially wanted to continue travelling and getting to know Peru until it slowly became more and more certain for me in 2022 that I wanted to give up my life in Germany, at least for the time being.

Thanks to the help of dear friends in Germany, I was able to sell my car and give up my flat, which wasn't easy from a distance. Above all, the process of letting go of the life I was used to, the comfort I was used to and the leap into the unknown involved a lot of inner work and pain, but that was important and was and still is liberating.

I kept passing a building site on my walks with my dog and one day on 1 July 2023 I met Kurt Schibler there, who, to my great astonishment, spoke German and introduced himself to me as the builder. During our first conversation, he gave me a head of green lettuce fresh from his own garden.



In the time that followed, we talked more and more often. I saw the emergence of a large house built from natural materials, with incredible stability and precision, with smaller outbuildings. It was simply impressive and, in my experience here in Peru, actually impossible to realise unless you put as much dedication and passion into the project as Kurt did. It is also situated in an incredibly beautiful location with a direct view of the mountain range of the Pumahuanka ruins, which exudes a strong energy and fascination for me.

I now also knew that a health centre was being set up here and that Kurt was a spiritual healer, but nothing specific, neither about the nature of the centre nor

about Kurt's healing practices. Now I was curious and wanted to find out more through my own experience. I made an appointment with Kurt.

In the house, Kurt Schibler showed me an exercise in which, among other things, I should let the divine light flow in through my left hand, from the left hand up to the left shoulder. Then over to the right shoulder; from there down the right arm into the right hand. And finally I placed my right hand on different parts of the body to let the divine light flow into them. Kurt then placed his hands on various parts of my body that probably needed healing.



During this whole session I first felt a warmth and then also a slight tingling in different parts of my body, very subtle at first, then getting a little stronger. I also got a slight headache, for me a sign of healing, the effectiveness of the exercise and the work. Kurt recommended that I do this exercise for the next 30 days.

I know from experience how important discipline is in all areas of life. For example, I am currently learning to play a musical instrument and so I have been doing the exercise every day since then, often twice, in rare cases even three times. I feel a slight tingling sensation in my hands as soon as I start the exercise. Sometimes I place my right hand on painful areas of my body and I often get relief. Consistency is also necessary here.

Recently, I have begun to use this exercise not only on myself, but also to pass on the healing power of the divine light. Firstly to the animals that are here on our property. To 2 little sheep that had just arrived and were still missing their mother and were very unsteady on their legs. I noticed that they became calmer and also stronger when they tried to stand on their own legs.

The two bulls, the farmers' workhorses, who were also in the field, also became calmer. At one point, one of them lay down completely relaxed during the exercise. I was very surprised by this effect myself and naturally doubted whether it was really due to this exercise. I think it's normal for us 'cerebral' people to always look for explanations, confirmation and security.



With my report, I would like to encourage people to learn this exercise that Kurt teaches and to allow the divine light to flow. Healing happens when it is allowed to happen. Not our will be done, but the will of God.

It seems that the world is getting crazier and crazier, more and more people need help. And through this exercise, each individual can do something to alleviate the suffering. All that is needed is trust and discipline.

Urubamba, August 2024