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## **Meet a Scientologist—Heike Vierheilig Overcomes Anxiety Through Scientology**

*Heike Vierheilig of Berlin knew something in herself sometimes prevented her own happiness and success. Through Scientology, she found and overcame her “inner enemy.” Her profile is one of 200 “Meet a Scientologist” videos on the Scientology website at [www.Scientology.org](http://www.Scientology.org).*

In a video featured on the new Scientology Video Channel at [Scientology.org](http://Scientology.org), Heike Vierheilig, now confident and self-possessed, tells what life before Scientology was like for her.

Consumed with anxiety and fear, it was like being strapped into an emotional roller coaster.

“I was not doing well,” says Vierheilig, 41, of Berlin, Germany. “One day good—one day bad.” It was as though something inside her was fighting her and wouldn’t let her be happy.

"I always had problems—in life, at work," she says. But all that changed when she attended a Scientology seminar with her sister. What she heard made sense and wanting to know more, she read *Self Analysis* by L. Ron Hubbard. "I am a skeptical person," she says, so she tried the procedures in the book on herself. That was a turning point. "It really helped. I felt better, and the data in the book was so applicable in my life."

As she continued her study of Scientology and put to use what she learned, she began to put order into things and so resolved longstanding differences with her parents.

"I was no longer introverted," she said. "It was easier to approach people."

Vierheilg tackles things when they come up now, without fear of consequences. "On the job, when an argument breaks out, I can resolve it. People come to me with their problems. I enjoy being able to really help them," she says.

As a mother, Vierheilg finds Scientology enormously useful as well. She doesn't get rattled when her daughter has an "insurmountable" problem, difficulties with studies or gets sick. "I can simply remain calm—I know I can help her and I *do*."

"Scientology made me more stable and content. I am no longer afraid of life as I used to be. There is no pressure to be successful, all that has

disappeared," she says. "Life has just become easier for me. Now I can say *I love life*, which I could not say before."

Watch Heike Vierheilig's "Meet a Scientologist" video at [Scientology.org](http://Scientology.org).

More "Meet A Scientologist" profiles, images and videos at: [ScientologyNews.org](http://ScientologyNews.org)

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*The popular "Meet a Scientologist" profiles on the Church of Scientology International Video Channel at Scientology.org now total 200 broadcast-quality documentary videos featuring Scientologists from diverse locations and walks of life. The personal stories are told by Scientologists who are educators, teenagers, skydivers, a golf instructor, a hip-hop dancer, IT manager, stunt pilot, mothers, fathers, dentists, photographers, actors, musicians, fashion designers, engineers, students, business owners and more.*

*A digital pioneer and leader in the online religious community, in April 2008 the Church of Scientology became the first major religion to launch its own official YouTube Video Channel, which has now been viewed by millions of visitors.*