

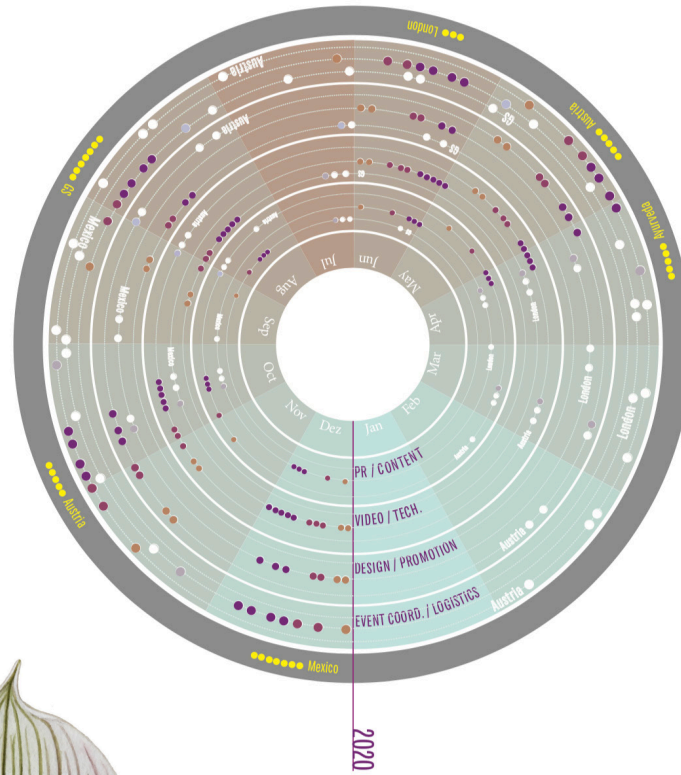
HELENA LAURENT
Creative Consulting

Pretty & Pure
ORGANICS

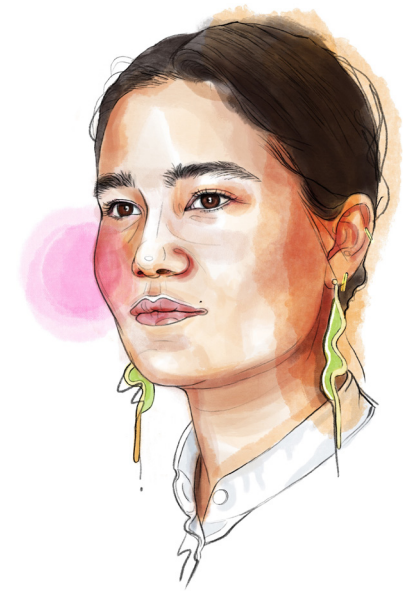
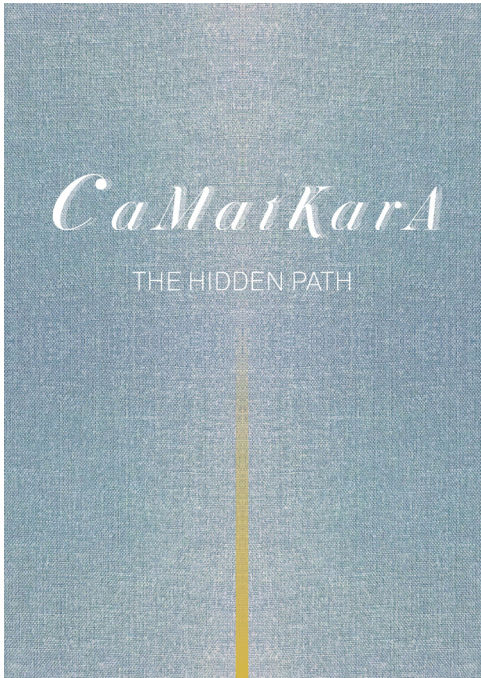
Beauty Oil
ALGEN, MANDEL, ROSE



NÄHRT. REGENERIERT. SCHÜTZT
30 ML



PHASE	Logistics	Event Coord.	Design / Promotion	Video Tech	Content / PR
PREPARATION PHASE	<ul style="list-style-type: none"> ● Sending out design request sheet ● Create promotional art for event (Poster, cards) ● Create event on website (Eventbrite, openhouse) ● Create social media promotional material (IG Reels & NT etc) (check list) 	<ul style="list-style-type: none"> ● Print order of promo material with list of people (Photo board, literature) ● Social media campaign 1 (reposting the event, / story post) ● Filmmaker: Propose location for immersion ● Questions for interviews (filmmaker or sponsor) ● Check out local potential interview opportunities & get in touch, invite researchers, or future collaborations etc ● EIC or process location for sponsor ● Catering clarifications ● Email for participants / room allocation (booking confirmation) ● Organising missing material for event (lighter fabric? flowers etc.) 	<ul style="list-style-type: none"> ● Social media campaign 2 (reposting the event journal, IG, via credible journal covering the theme) ● Multimedia read to participants ● Filmmaker: Communicate planning for filming 		
EVENT PHASE			<ul style="list-style-type: none"> ● Team responsibilities ● Team meeting (light / table & material to bring etc) ● Team arrive one 24 hrs ahead ● Preparing the room ● Video setting installation / light ● Check in by guests 		
IMMERSION					<ul style="list-style-type: none"> ● Filmmaking / filming event ● Team meetings ● Equipment wrapping / recording double check
AFTER EVENT PHASE					<p>THINGS TO DO</p> <ul style="list-style-type: none"> ● Filmmaking / interviews filming ● Team meetings <p>Post immersion communications:</p> <ul style="list-style-type: none"> ● Post immersion letter send out ● Filmmaking letter send out ● Filmmaking ahead the event ● Upload all filmed material to the archive ● Decide on thumbnails to be published ● Cut and publish immersion videos on YT ● Restore them on social media



The UPRC aspires to become the first holistic place for Rwandans to share their positive stories of reconciliation with the 1994 genocide. UPRC is a long-term hearth project from CARSA Rwanda.

By building a future-oriented campus outside of Kigali, Rwanda. We will provide visitors with examples of reconciliation after genocide and mass killings, in order to increase awareness and understanding in post-conflict societies.

The UPRC's multimedia research campus will serve local and global audiences, providing a platform for researchers and local community members to work together. It will be a pioneering space of learning and knowledge exchange on the post-genocide journey of Rwanda.



THE CENTER



THE VISION

The vision of the Ubwungu peace and reconciliation center is to collect and exhibit Rwandas positive stories of post-genocide reconciliation, and to promote ways of solidarity and hope for future generations.



'UBWUNGO'

... IS A RWANDAN WORD THAT DESCRIBES THE AFRICAN TRADITION OF HEALING, OF MENDING TOGETHER THAT WHICH IS BROKEN.



MILESTONE #1

In order to rise from its own ashes, a Phoenix first must burn.
—Octavia Butler

LEAVE THE OLD PARADIGM

The Journey of the Luminary begins with leaving the ordinary and familiar. World. Not to never return, but with the intention to return with more self-awareness by embracing both the light and the dark within oneself. When the Luminary has reached this wholeness, she is ready to return to the World to share the wisdom and medicine she has cultivated from deep within her embodiment.

At this milestone, ask yourself the following questions: What are you still carrying that will not only be of no use to you, but it may even weigh you down and sabotage your journey of embodiment? This is a crucial step in creating anything and embarking upon a new endeavor, especially a healing center. Because at the most inopportune (yet divinely aligned time of course), these old paradigms belief systems and ways of being we carry will bring things to a halt, so we can have another opportunity to authentically digest it, reclaim the lessons and resign ourselves to our wholeness once again.

As Luminaries, if our deepest prayer is to be vessels for divine work and expression, then this willingness to look for cracks is a prerequisite to embodying this prayer. It is creating a true foundation of integrity. I'm not saying it's easy, in fact it is absolutely ego-shattering and sometimes, if not often, painfully heart-breaking but what else are we here to do on Earth?

It's time to get real and ask ourselves the following questions on the top 5 most pivotal areas in our lives.

#1 LOVE RELATIONSHIPS:

- What remains to be healed and transformed within me that my partner or multiple partners / lives have mirrored for me?
- How can I better show up for myself and come into wholeness individual of my partner or person(s) of interest?
- Is my current relationship supporting and inspiring my life work and wellness or is it distracting and draining me?

#4 FAMILY

- If I chose my family and consciously scripted the dynamics between me and my family members, what lessons and experiences are my family members reflecting to me? Vice Versa, what lessons and experiences am I reflecting to my family members?
- How are these lessons and experiences (receiving them and reflecting them) helping me grow and evolve as a soul?
- What destinies, roles and responsibilities that are not mine can I give back with love and gratitude to the rightful behavior in my family?

#2 HEALTH

- What areas in my body, emotions and mind do I feel disharmony?
- When I allow the disharmony to communicate to me and listen, where does it root to?
- What can I allow to flow through my mental, emotional and physical bodies? Where can I soften?

#3 CAREER & JOBS

- Would I be doing what my job and pursuing my career if money wasn't involved?
- If no, what would I be doing with my gifts, time and energy if I could choose any endeavor or vocation? What can be the first step I take to move towards this fulfilling endeavor?
- If yes, what can I continue to manifest to make my path even more joyful and meaningful?

#5 DEATH

- What gifts and essence have my loved ones who are passing away or have passed away, gifted me within and how can I continue to live their legacy in my life?
- Am I ready to die? If not, what would need to be completed and resolved internally and externally for my death?
- If I had 24 hours left to live, how would I live and create that day? Could I choose to create more moments like these during my day-to-day life?

A FILM BY Z AYA AND MAURIZIO BENAZZO

THE WISDOM OF TRAUMA

CAN OUR DEEPEST PAIN BE A DOORWAY TO HEALING?
featuring DR. GABOR MATÉ

3=mc²
SCIENCE OF NONDUALITY




PILLAR 2
WISDOM
Ancient. Reclaimed. Untamed.

MONTHLY LESSON: Inspiring, rich and relevant-to your life content on the current theme, recorded and available to watch when you choose.

DOWNLOADABLE WORKSHEETS: Journal prompts, resource library to help you deepen and integrate what you are learning

BONUS: Guest Expert Sessions - A few times a year, I'll be hosting guest experts to share their wisdom with you - available to members only and you will not find this content anywhere else!

Foundation membership opens for registration

Thursday **NOVEMBER 22**
and closes **NOVEMBER 30, 2020**

LAUNCH ON DECEMBER 1, 2020!

[BECOME A MEMBER](#) ▼

WHAT IS A FOUNDATION MEMBER?

Wild Women Membership Portal is being launched for the first time ever! It is in its birthing stage and as a founding member, you will be joining this community right at its roots. You will be an integral part of shaping this vision, building this sisterhood, and growing alongside each other to make this the best community that you are excited to belong to.



"UnTamed is an experience that has planted the seed for a long overdue bloom. Or jump. From the bottom of my heart, Alice is such a potent teacher of empowerment and grace."



"This month has left me feeling inspired, empowered to stand deeper in my truth, and to show up fully in life. In all my fierce, warrior Goddess-ness."



"This was undeniably the most amazing freeing time I have ever experienced. I am so grateful for this experience. Words will never be enough."




VaLoo –
WORLD TOILET DAY 2021
FRIDAY, NOV 19
ZURICH

Since the virtual WTD2020 event, we have been creating a network of actors collaborating to promote resource-orientated sanitation in Switzerland. Join the official founding of the association by registering [here!](#)

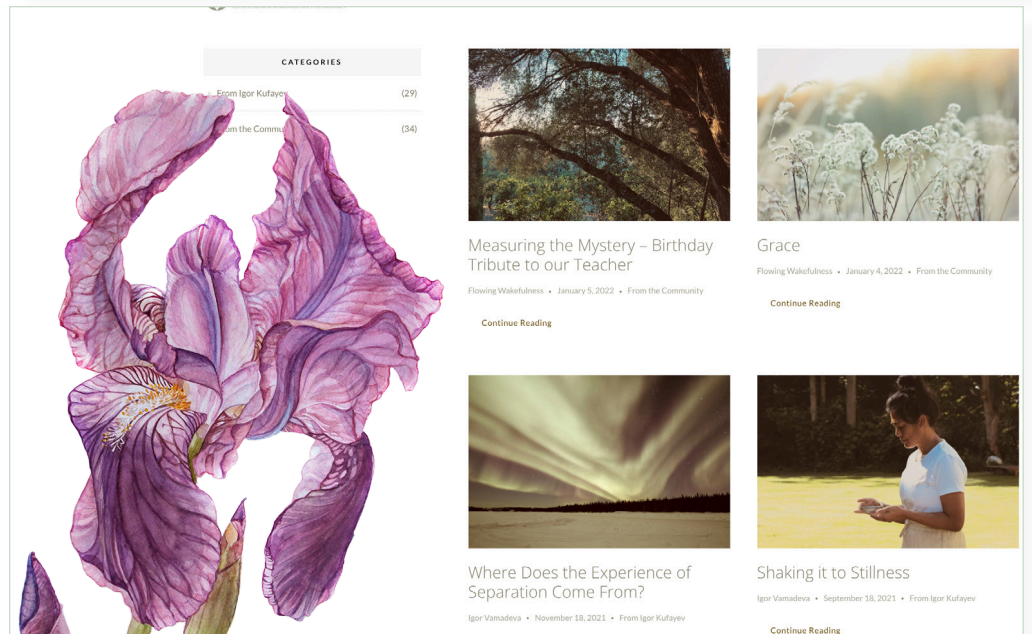
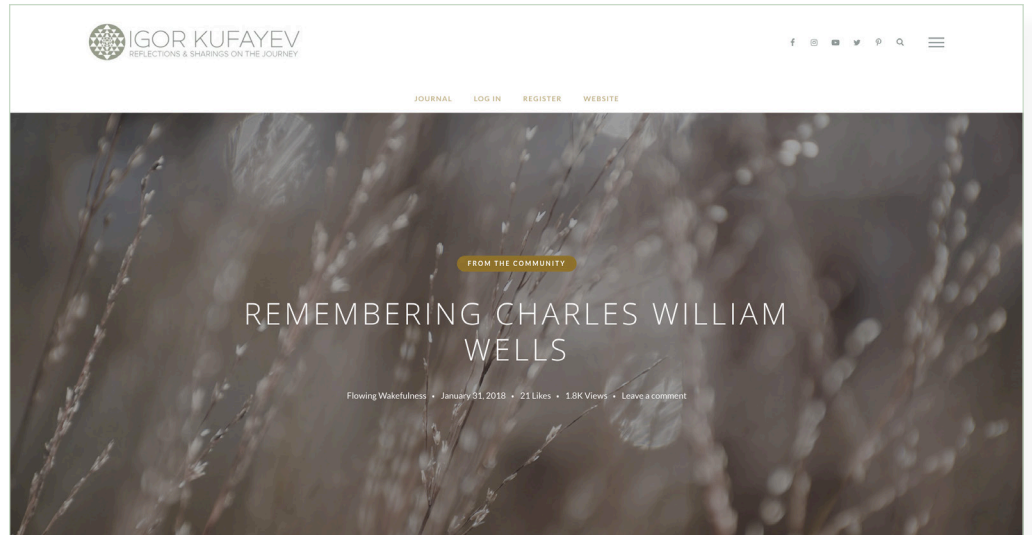
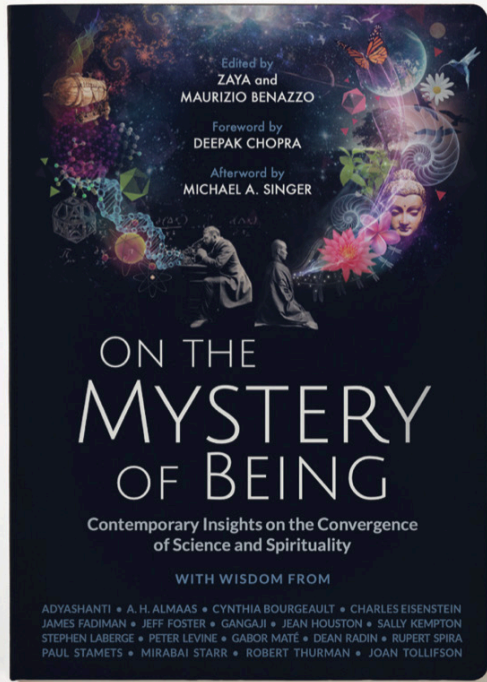

FOUNDING ASSEMBLY
 14h – 17h


BENEFIT DINNER
 17h – Apéro
 18h – Open End

Join in for an evening with good food, entertainment and engaged peers! **RESERVE YOUR TICKET** for the benefit dinner and register until 15.10.2021 [here!](#)

Are YOU working on an innovative way to create value from what ends up in the loo? Submit your project until the 15.10.2021 [here!](#) See the call for projects below for more details.


WORLD TOILET DAY AWARD 2021



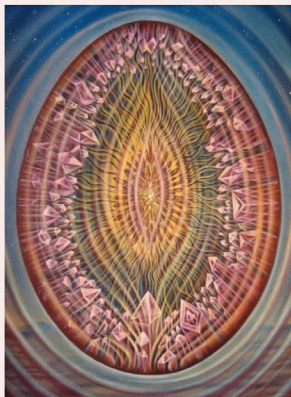


SchossRaumLiebe

Frauenheilkunde die in der Innenwelt ansetzt

KATI ALVAREZ

FrauSein - Ein Tor zur Quelle



Der Ursprung von Frauenleiden liegt oft tief in der Seele vergraben und wird darum von der Medizin meist nicht erkannt.

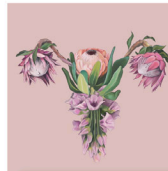
Was bedeutet es wirklich Frau zu sein?

In unserem Schoss liegt ein kosmisches Tor und somit auch der Zugang zum Unterbewusstsein, das alle Informationen unseres Lebens speichert.

Das alte Wissen um den Ursprung von Ungleichgewichten in unserem FrauSein ist unserer Kultur fast verloren gegangen. Das Erkennen seelischer, emotionaler und energetischer Ursachen für Symptome rund um den weiblichen Schoss ist darum ein wertvoller Ansatz, wenn wirkliche Heilung an der Wurzel gewünscht ist. FrauSein muss nicht schmerzhaft sein.

Das Erleben unserer Weiblichkeit, unseres Zyklus, unserer Sexualität und der Geburt unserer Kinder soll ein Genuss sein, ein Segen, der uns mit dem Universum und unserer innewohnenden Kraft verbindet.

Gemeinsam entdecken wir deinen Zugang wieder.



Teta Healing & Schamanische Begleitung

Ich verbinde mich mit deinem System und das Göttliche zeigt mir was wichtig ist für dich zu sehen. Das Erkennen und die Transformation von Glaubenssätzen, Wunden aus der Ahnenlinie, Seelenprozessen, Traumata, Anteilen aus dem Kollektiv-Bewusstsein u.ä.



Yoni Steaming & Kräuter

Uralte Heilmethoden zur Heilung von Wunden, Infektionen aber auch zur Unterstützung von Seelenprozessen, Selbstliebe, Herzensprozessen und Wandelzeiten.



Sexualität, Sinnlichkeit & Canzeitliche Heilmassagen für Frauen

Was bedeutet es bedingungslose, sinnliche Körpererfahrungen empfangen zu dürfen? Weibliche Empfänglichkeit wieder zuzulassen heilt tiefe Ebenen von Konditionierung und stärkt innere Geborgenheit, Urvertrauen und die eigenen Grenzen.

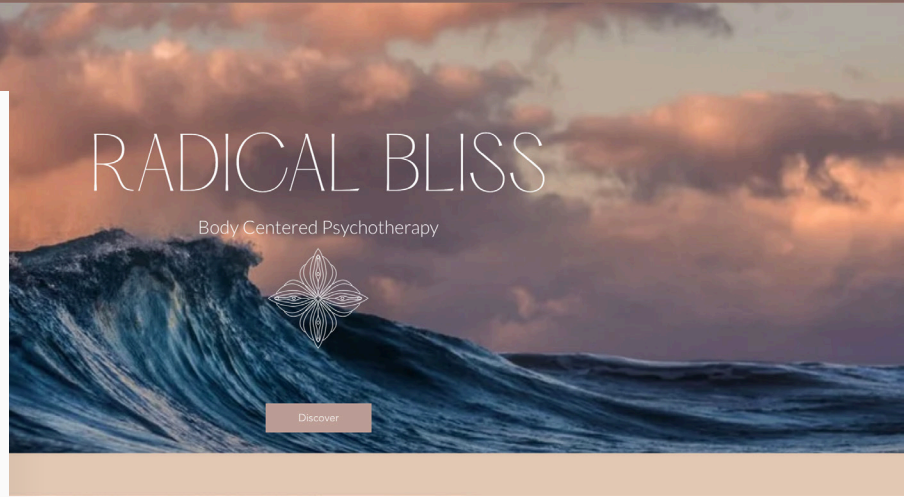
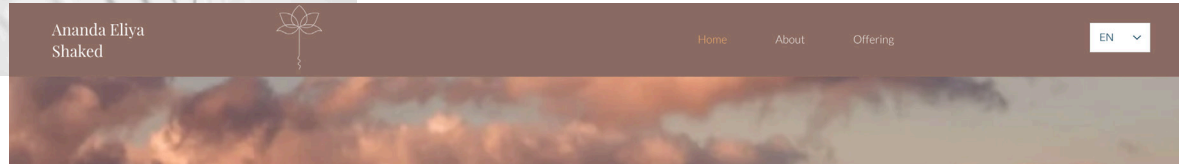


Nähren und genährt sein - Geburtsprozesse

Seelen in unserem Schoss zu empfangen, aber auch zu verabschieden ist so vielschichtig und weckt neue Dimensionen in uns. In Liebe und Ehre helfe ich bei Prozessen rund um das Muttersein.



Divine Relation



RADICAL BLISS

Body Centered Psychotherapy



Discover

HOW DOES IT WORK ?

Follow these easy steps to receive a TruthLetter, whenever you need to talk to someone when there isn't anyone. Oldschool.



ORDER



WRITE



RECEIVE