



Sacred Service in Nepal: A Women's Journey

Ready to open your heart WIDE and offer YOUR medicine to our needing world?



Who Should Apply?

- *Acupuncturists*
- *Herbalists*
- *Wilderness First Responders*
- *NADA Practitioners*
- *Bodyworkers*
- *Nurses/Doctors*
- *Eclectic Healthcare Workers!*

**Holistic Health Clinics * Trekking the Himalayas *
Immersion in Traditional Medicine * Building
Community * Changing the World**

When: October 15-28

Cost: \$2645



Mindi K. Counts, MA, LAc, WFR, will be guiding you on your journey of both inner and outer transformation as you step into the vast and deep territory of world service & wisdom exchange. As the founder of Inner Ocean: Empowerment Project, she has been engaged life-changing world service in Nepal, India, Thailand/Burma, and into disaster areas in the US since 2013.

To apply, visit: www.InnerOceanEmpowermentProject.org

Can't join us but want to donate? We would love that. Please visit our website for more info.

Thank you!

Sacred Service in Nepal: A Womyn's Journey

with Mindi K. Counts, MA, LAc, WFR
and Beebal Singh Limbu, Adventurer

Trip Details:

Nepal is a gorgeous country, home to some of the tallest mountains in the world as well as jungles dense with wild elephants and rhinos. **Nepali culture and people are deeply spiritual, welcoming and resilient.** In April 2015, this country was hit hard with a devastating earthquake they will be recovering from for many, many years to come. Due to the extreme financial poverty, thousands are still without homes, schools, and medical care.



Founder of Inner Ocean Empowerment Project, **Mindi K. Counts has been working in Nepal since 2013**, creating holistic health clinics, especially in remote areas most devastated by the earthquake, volunteering for Acupuncturists Without Borders by delivering supplies and supervising their acupuncture programs, and consequently creating an extraordinary community in Nepal that is focused on sourcing health for all residents.

Join us on our next sacred service journey to **bring holistic healthcare and herbal medicine, education, and supplies into the heart of the earthquake's aftermath.** We will be trekking into the beautiful countryside of northern Nepal, spending time with the local shamanic communities, immersed in the delightful village life, and offering healing to (and being healed by!) everyone we cross paths with.



We will be heading into the district of Sindhupalchok, one of the hardest hit regions of Nepal in the 2015 earthquake. 96.8% of homes were completely destroyed in the district, nearly 4,000 people died, and 3,000 people are still missing.

Less than 3% of the building losses have been recovered and rebuilt.

Here we will work alongside local healthcare workers and shamans providing community clinics and teaching classes the villagers most need. **We will learn from them as much as they will learn from us** and we will have the opportunity to be immersed in rich Nepali village culture and their native, shamanic-based medicine. This will undoubtedly be a life-changing opportunity for all who come.

We will be an intimate group of 10 women/womyn/womxn on this journey. We would love to have a mixture of acupuncturists, NADA practitioners, herbalists, massage therapists, bodyworkers, energy healers, midwives, nurses, and other holistic and holistic-minded health practitioners interested in sharing their unique offering. We also welcome Wilderness First Responders and others trained in First Aid. Additionally, we invite participants who can document our journey with photographs or videos. If you fit in none of the above listed categories but your heart is still ALL IN or if you feel you have a unique skill to offer that isn't listed, please don't hesitate to reach out to us! Also, you do not have to be a world traveler to join this journey. But you will forever be one when you return! We promise! You also do not need to be a hiker/trekker or in the best shape of your life. You will however, need to be healthy!

Trip Highlights:

- Experience Nepal's regal Himalayan range, home to some of the world's tallest peaks
- Immersion in Shamanic-based community with opportunities to learn from the local medicine keepers
- Learn more about the rich ecosystems of Nepal, native plant medicine, and wildlife
- By participating in our holistic health clinics you will have the opportunity to treat hundreds of patients by the end of the journey
- Visit the famous Boudhanath stupa where you will join thousands of seekers on pilgrimage, circumambulating the stupa day in and day out
- Visit one of the oldest Hindu Temples in all of Asia called Pashupatinath, known for their open fire cremation above the sacred Bagmati river
- An opportunity to visit with the world-renowned Aama Bombo, one of the Thirteen Indigenous Grandmothers and first female shaman in her lineage, and to receive divination if you choose
- An opportunity to have a consultation with Bhutanese-Tibetan Doctor Amchi Sherab and have your pulses listened to the way nature-based doctors have been doing it for thousands of years
- An opportunity to meet with Lama Wangdu, a famous Chod practitioner (Chod is the practice of severing from the ego, generally speaking) and have ceremony with him, it's like going to see a spiritual counselor. Many locals bring sick family members or children to see him for this practice and you can even have him do ceremony for someone who can't be present.
- Learn about earthquakes including their environmental, political, and economic impact

- Visit monasteries, museums, and World Heritage Sites
- Expand your reach by contributing to life-changing global healthcare and education

We will be scheduling several optional get-togethers before this trip to discuss fundraising, clinic logistics, and we will be generally available for your questions or concerns! These meetings are set up so that 1) we can get to know each other, and 2) we can support each other in attending this trip, financially, energetically, emotionally, and spiritually. Please email us to let us know you are interested in attending a meeting: mindi@inneroceanempowermentproject.org

Group meetings can be attended either in-person at: 210 East Simpson Street, Lafayette, CO 80026 or via Skype, find us at: InnerOceanHealing.

Sunday, March 5 1pm-3pm (MST)

Sunday, May 7 1pm-3pm (MST)

Sunday, July 23 1pm-3pm (MST)

Sunday, September 24, 1pm-3pm (MST)

Sunday, October 1, 1pm-3pm (MST)

Sunday, October 8, 1pm-3pm (MST)

***Envisioned* Itinerary:**

(world travel is not always what we expect!)

Day 01: Arrive Kathmandu (15th)

Upon arrival in Kathmandu's Tribhuvan International Airport, you will be met by our group, who will assist and transfer you to your hotel where you can rest and begin your adjustment to Nepal culture and your new time zone!

Later in the day, once all of our group has arrived and checked in at the hotel, our guide will welcome us with Masala chai (a national favorite that you will have a chance to enjoy every single day of this trip!) and brief us on our journey.

Later in the evening we will enjoy a welcome dinner as a group in an authentic Nepalese restaurant. Depending on your arrival time, **Breakfast and Lunch will be at your expense.**

Day 02: Exploring Kathmandu Valley (16th)

We will spend the day adjusting further by getting to know more about Nepali culture, visiting sacred sites as well as beginning to see some of the damage from the 2015 earthquake and learn more





about the process of recovery. This day we will visit the famous open cremation grounds and hospice center of Pashupatinath Temple as well as meet some of the local Sadhus. Additionally we will visit the most famous stupa in the world, the Boudhanath Stupa, where

people on pilgrimage visit all year 'round.

While in Boudhanath, we will visit with Chod Master, Lama Wangdu as he will give us blessings and heartfelt visions for our trip into Sindhupalchok. This is always a life-changing experience! The afternoon/evening is at your leisure.



Lunch and Dinner will be at your expense today.

Day 03: Kathmandu to Yarsa (Driving Day - 17th)

After breakfast we will leave the hotel and begin our journey over to the village of Yarsa. The total drive time is around five hours by private jeep but we will be stopping regularly during the scenic drive along the Bhotekoshi River to enjoy views of the mountains and the lush, green terraced paddy fields. Half way through the journey we will stop at an amazing family restaurant by the river to enjoy our lunch.



During the second half of the journey we will be entering one of the most disaster-affected areas in the country and this will allow you to see the reality facing many people of Nepal.

The road to the villages of Mandra and Yarsa was severely damaged by the earthquake and the consequential landslides but now they have cleared the debris and we will get to enjoy a beautiful scenic drive via the villages of Tyanthali, Anthali, Mandra and finally we will reach Yarsa. At this point, we hike for about fifteen minutes while our team of Sherpas and our Kitchen staff will be anxiously awaiting our arrival and ready to serve us snacks and Nepali tea.

The tents will have been pitched, the dining tent will be ready for our refuge. Once the tents are allocated, you can spend the rest of the day enjoying the astounding views of the surrounding mountain villages and making the most out of the golden hour through your lenses as the sun sets behind the mountains. It will soon be time for our evening meal followed by a campfire under the stars.

Day 04-05, Yarsa (Health Camp - 18th,19th)

We base ourselves in this beautiful campsite for the next two days treating as many patients as possible, who come as far as walking three hours from their villages. Sometimes the sick are carried in a basket by the local villagers so they can make it to the clinic. Some are elderly people who are in their seventies or older and there will also be young students rushing in to be treated before they go to school.

During this time we will also meet many local Nepali shamans and have plenty of opportunities to learn from them and about their work as healers. Before we leave Yarsa, they will invite us into a traditional performance they put on especially for us, as a “Thank you” for our offering to their communities. This ceremony is a magical experience.



Day 06, Namburjung Danda (Trekking Day - 20th)

After breakfast, we start the first day of our trek with a moderate climb towards the Sacred Lake of the Shamans, Bhayauli Kunda. Most of the stretch will be a climb so we can take our time, go at our own pace, and be sure to relax and enjoy the views of the mountains. We might be lucky enough to share the trail with the Dzo (a cross breed between a yak and a cow).

As we climb higher in altitude, we might experience the thin air (luckily this is a medical team you are with!) The last leg of the hike includes a solid climb for about ten minutes and then we finally reach our astoundingly gorgeous campsite. The rest of the day is at your leisure to enjoy the beauty of the land.

Later in the afternoon, we have the option of exploring the dense forest or going for a stroll to a little temple where the locals worship Mother Nature.

We will make our way back to the peaceful campsite before it's dark and enjoy the evening together with a cup of tea/ coffee/ local moonshine and a campfire under the stars.



Day 07 : Palate Jhyandang (Trekking Day & Small Clinic - 21st)

This is one of the best days of the whole journey. We will enjoy our breakfast and make our way to the beautiful campsite at Palate Jhyandang where we will no doubt experience the best views of the mountains and the mountain villages stretched miles apart.

It is a very beautiful walk and at times we notice few abandoned cattle sheds as it is too cold for them in that altitude and they are herded down to warmer grasslands. The change in the vegetation is noticeable and the rhododendrons become shorter and more like bushes and shrubs.

The camping site is wider and the most amazing views of the mountains with pine trees all around it. It is a long walk for our staff to get the water so having a shower can be a bit of a luxury on this night.



If we reach the campsite early enough we might treat the local cattle herders who spend their entire time with their lovely cattle and with Mother Nature. It will be roughly seven months for them in the wilderness.

Day 08, Gati (Trekking Day - 22nd)

After breakfast amidst the mountains, we make our way back down the mountains following a beautiful stream. This stream and its several small pools provides us an opportunity to clean some of your clothes or to simply experience the mountain spring water with your bare feet.

We soon carry on to enjoy our lunch and the next campsite at Gati via the beautiful village of Mandra. Most of the stretch today will be an easy and downhill.

Day 09, Gati (Health Camp - 23rd)

After breakfast, we head down to the health post that was built after the earthquake. This is where we will be busy running the camp for the villagers from Gati and the nearby villages of Tyanthali and Dandakateri.

In between, we will have a break for lunch and tea and finally head back again to the campsite calling it a day while the sweet local kids will likely be following us all the way to the camp site. It's yet another beautiful night under the stars and campfire.



Day 10: Borderlands (Health Camp & Trekking Day - 24th)

This will be our last day treating the villagers who could not make it the previous clinics. We will host a clinic until there are no patients. This could be 2 hours, or it could be 4.

Afterward, we will begin our hike down to Borderlands which is about an hour downhill and nestled right on the river. It will finally be a place to enjoy a hot shower and our last night listening to the sounds of the mighty Bhotekoshi river before heading back to the civilized world (is it truly civilized, or no?).

Day 11: Kathmandu (Driving Day - 25th)

It will be approximately four hours drive back to Kathmandu but the time will fly by as we share stories from the last few days. We will have the option of visiting some of the monuments or medieval villages like Khokana and Bungamati on the way back, or just return to Kathmandu and recuperate after our journey.

Dinner will be at your own expense.

Day 12: Kathmandu (Rest, Divination - 26th)

This day is about recuperating and gently working our way back into Kathmandu, body, mind, and spirit. We will casually make our way over to Boudhanath to visit with the famous Amchi (Tibetan Doctor) and have our pulses listened to and our bodies massaged if you prefer.

Afterwards, we will have the opportunity to visit with Aama Bombo, one of the Thirteen Indigenous Grandmothers and the first female shaman in a lineage of male shamans. She is a Master Diviner and we can take our most pressing questions/ dreams/desires her way and she can give us guidance from the spirit world. This is a truly remarkable experience.

If there is still time in the day, we will head to Monkey Temple



and take a romp up the stairs for a breathtaking view of the city of Kathmandu.

Lunch and Dinner will be at your expense.

Day 13: Kathmandu (Health Camp & Final Day - 27th)

Today we have the honor of visiting the Disabled Services Association of Nepal and spending the day with children who have special needs, most of which are also orphans. While many of their stories are heart-wrenching, it is a rather joyful place to be and they are going to LOVE having us

visit and showing us around. We will get to enjoy their company, playing and making art or music and also offering our services to the children who need it the most. This is a life-changing experience. On the group's behalf, we will make a sizable donation to their organization and bring with us plenty of children's toys.

Later in the day, we will get to explore the touristy markets and streets of Thamel. We will get to shop and eat delicious food meanwhile taking it easy and enjoying the wrapping up of our time in Nepal.

Come evening, we will enjoy a final group dinner at one of the best restaurants in town.

Lunch will be at your expense.

Day 14: Departure (28th)

You have made an incredible contribution to global health. Thank you. You will have a safe journey home from here.





Trip Fee Information:

Trip Cost: \$2,645

Early Bird Cost: \$2,345 (deposit must be received by June 1st)

Deposit: A non-refundable deposit of \$500 will secure your spot.

*There are only **10 spots available** and they are on a first come, first serve basis, so if you are jazzed about this trip - don't delay!*

Trip Dates: October 15th-October 28th

*This means you will plan to arrive in Nepal on October 15th (often this means you will depart from the US on the 13th or 14th) and will depart from Nepal on the 28th (meaning you will likely arrive in the US on the 29th or 30th). Nepal is

almost exactly 12 hours ahead of us here in Colorado!

Trip Fee Includes:

1. Kathmandu International Airport Arrival and Departure Transfer
2. A fabulous English-speaking, experienced guide
3. Several English-Nepali translators during our clinics
4. Sherpa and porters to assist you in carrying all of your belongings/supplies while trekking
5. A wonderful cook and kitchen staff for our meals while trekking
6. All meals during your trip minus the few meals highlighted in the itinerary
7. Double-occupancy hotel rooms in Kathmandu
8. All monastery entrance fees and tickets to visit world heritage sites
9. All Nepal restricted area daily use permits
10. Coordination for emergency rescue helicopter evacuation

Trip Fee Does **Not Include:**

1. International Airfare to Kathmandu
2. Nepal Visa (Purchased onsite for approximately \$25)
3. Travel Medical Insurance (Approximately \$50, see below for more info)
4. Sleeping bag during trek
5. Alcohol
6. Excess baggage
7. Tips for guides, porters, kitchen staff while trekking, etc.
8. The occasional lunches and dinners outlined above. These meals typically run \$5-\$8.

Travel Medical Insurance:

This is important because it covers you in case of basically ANYTHING that could happen in the back country. Since we will be in a remote area for several days in the middle of the trek, you will want to have helicopter evacuation as part of this. Below are two companies we have used:

Alison Bacus at Travel Abacus. Her email is here: alison@travelabacus.us

James Smith at Global Benefits, LLC. His email is here: james@globenefits.com

Vaccinations:

The vaccinations recommended by the CDC are Hepatitis A and Typhoid. Both are transmitted through food and can cause terrible sickness. I say to follow your intuition with this one. Most of our meals will be prepared by a very skilled cook and his staff who are all very aware of the risks of food contamination. And the meals we will eat together in Kathmandu will all be meals cooked by chef's who are also very aware. However, if you plan to venture out on your own, into restaurants that are off the beaten path and/or to eat street food, then perhaps consider getting these vaccinations before your trip! Vaccinations should be done 4-6 weeks prior to departure.

FAQ's

Q. What essential Documents do I need to bring with me?

A. Passport, 2 copies of your passport, travel insurance card and copy of travel insurance card, copy of flights, emergency contact info.

Q. What will the weather be like?

A. Weather in the Himalayas can be difficult to predict however in October we will have the most temperate climate all year. Daytime will be about 65-75 degrees and nighttime will be about 35-40 degrees.

Q. Can I use my credit cards?

A. While we are in Kathmandu, credit cards are easily used however not at small shops or in markets. In these situations, cash is preferred. Once we are trekking, only cash will be used.

Q. How much cash should I bring?

A. This will depend on your spending habits! Nepal is considered to be a shopper's paradise as you can find very affordable, local, beautiful, handmade crafts that are also VERY affordable. Also, tipping for services such as sherpas and porters is part of the local custom. We recommend between \$150 and \$500.

Q. Will there be phone service?

A. While in Kathmandu you are better off planning to use wifi for Skype or FaceTime. If your phone has NTC or N-Cell capability, you will be able to purchase minutes. We will have a cellphone with us for emergencies. If you have a SAT phone, feel free to bring it.

Q. What about drinking water?

A. The water is NOT safe to drink from the water fountains or from the tap while in Kathmandu. Our hotel will provide filtered drinking water for us however, if you have a Steri-Pen, please bring it

with you. While we are out trekking, you will be provided drinking water that has been boiled and is therefore safe.

Q. Will we have access to electricity during the trek so that I can charge my camera battery, etc?

A. Yes, but very limited. I recommend you bring your own back-up batteries and/or a solar charger. Also, you will need to bring a voltage converter for the outlets in Kathmandu if you plan to bring a laptop or phone that you will need to charge while in town.

Q. Will we have a bathroom while we are trekking?

A. Yes! Our sherpas will be so kind and creative as to set up a canvas-covered pit that they dig out for us. Not only that, but they also bring a toilet seat for us to sit on. It's the most amazing outdoor toilet situation we could imagine.

Q. How will you handle food allergies and/or preferences?

A. We are happy to accommodate any food allergies or preferences during the trek and trip in general, no problem. In the past we have easily accommodated gluten-free, dairy-free, canola oil-free, chicken-free, and vegetarian diets.

Your Guides:

Mindi K. Counts, MA, LAc, WFR and Founder of Inner Ocean Empowerment Project will be guiding you on your journey of both inner and outer transformation as you step into the vast and deep territory of world service & wisdom exchange. As the founder of Inner Ocean: Empowerment Project, she has been engaged in life-changing world service in Nepal, India, Thailand/Burma, and into disaster areas in the US since 2013. Being of true and genuine service is her life's passion and she is more than delighted to share this experience with a community of incredible women/womyn/womxn.



Beebal Singh Limbu, Founder of Into The Wild guiding company, is a true adventurer. His love for Mother Nature and the outdoors has led him into guiding people from all walks of life through the vast Himalayas for over a decade. As a humanist, he has been providing relief aid to the victims of the devastating earthquake of April 2015. And at the same time running Dental and Acupuncture camps as well as sponsored charity treks in the Sindhupalchowk district, one amongst the most affected regions in the country.