



Healing trauma. Restoring health. Building resilience.

[www.InnerOceanEmpowermentProject.org](http://www.InnerOceanEmpowermentProject.org)

January 15, 2018

Dear IOEP Supporter,

I want you to meet Anshu.



Anshu is a young Nepali girl from the village of Gati who I met and fell completely in love with last year in 2016. You see, she lost her dad in the 2015 earthquake after their house collapsed. This left her mother with no income and so she went to go find work in Kathmandu two years ago and has yet to return.

As you may know, this is often the case after disasters, leaving young children like this alone to roam around the village and get their needs met sporadically from extended families or other generous villagers.

When I met her last year, while she was friendly and outspoken, she was isolating herself quite a bit from the other kids. They called her the Nepali equivalent of a “loner” which is so very odd for a village like this.

We took her under our wing last year and she received several treatments from us. We focused on healing trauma and repairing her nervous system in order to restore health. Then we gave her some tools to help her build her resilience back up. Seeing her again this year, she is like a completely different kid.

Anshu is an incredible young girl, trying desperately to learn and speak any english that she hears! She has a boisterous and extroverted personality and so she became the star of the clinics (when she could make it past all the village boys and into the front door!). She is no longer isolating herself and she has a sparkle in her eyes that all children that age should carry! I share this with you because this is the heart of our work, no matter where we are or who we are working with.

**Healing Trauma, Restoring Health, Building Resilience.**

Thank you for all your love and support this last year. May your kindness return to you ten-fold.

Many Blessings,

Mindi K. Counts, Founder and Executive Director

P.S. Stay tuned for an email with our 2017 Annual Report! It will be chocked full of photos of all the amazing work that we couldn't have done without you!