

# Inner Ocean Empowerment Project

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*2014 Report  
&  
An Invitation to Support Our Ongoing Work*



*A Project of*  
**The Boulder Institute for Nature and the Human Spirit**  
*A Nonprofit Educational Corporation*

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*"Never doubt that a small group of thoughtful, committed citizens  
can change the world. Indeed, it is the only thing that ever has."  
~Margaret Mead*

Dear Friends,

October 31, 2014

What a journey this has been over the last 10 months from conception to birth of the Inner Ocean Empowerment Project!!! And here you all were along for the ride with me, supporting me and my vision from the very beginning. Your support of my vision early this year manifested into three months of pure heart-centered service in New Delhi, India, Kathmandu and Mustang, Nepal. Thanks to you, I was able to treat *hundreds* of women, children, and men for everything ranging from AIDS to bone tuberculosis to PTSD. I was also able to teach workshops on nutrition, psychological health, reproductive health, basic hygiene and meditation. Wow, what an offering to this great world.

I believe that as humans walking the Earth, we are not separate from the things that are going on all around us. I feel strongly that ALL the work we do in this world has a rather large impact no matter how seemingly big or small the work appears. When I am in my Boulder office treating clients one-on-one, I bring with me the medicine of all the work I have done, all the work of my ancestors, all the gifts from my experiences and gifts from the communities I have visited and served in. Every treatment is an opportunity for healing that becomes an offering to the world. My hands that were only a few months ago listening to the pulses and burning moxa with Indian women from one of the poorest places on Earth are now here in Boulder listening to pulses and burning moxa with members of my own community. What a beautiful and potent exchange.

Please, enjoy combing through the following pages of this booklet to see what we accomplished together this year! My hope is that you will feel proud of yourself as you look at the photos and read the stories of all the people and communities who were impacted by the work *you* so generously supported in 2014. May the sense of accomplishment enter your heart and never leave.

My strongest desire has always been to be of service to the people and the communities that I cherish. Thank you for believing in me.

With love,



Mindi K. Counts  
Founder, M.Ac., Dipl. Ac.



# Table of Contents

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Mission Statement .....	page 5
Aashray Family Home .....	page 6
Slum Communities .....	page 8
Saathi Women's Shelter .....	page 10
Umbrella Foundation .....	page 10
Swayambhunath Health Camps.....	page 12
Reflections on India & Nepal.....	page 14
My Methods: Acupuncture.....	page 14
Organizations We're Working With.....	page 15
IOEP's Future in India & Nepal.....	page 15
Stat Summary.....	page 16
What's Next for IOEP.....	page 17
Long Term Vision at IOEP.....	page 18
Long Term Financial Goals.....	page 19
Thailand/Burma 2015 Program Budget.....	page 20
How Can YOU Help?.....	page 21
List of 2014 Supporters .....	page 23

## What is an Inner Ocean, you ask?

The ancient Chinese recognized that even though we draw vital energy from many sources in our lives, we store it in a central channel held deeply within our bodies. This pool, often referred to as a *Sea* or *Ocean* in the Classics, is a reservoir of energy for the body, mind, and spirit to draw from throughout our entire lives. When our Inner Oceans are abundant and full of life, we also *feel* this way and find it easy to be *open-hearted*, to *share our resources*, to *feel connected to others and this planet*, and to *find resilience* in difficult times.

The opposite is true when we have taxed this life-giving resource: we may feel exhausted, careful to extend ourselves, and downright hopeless. When our Inner Oceans are depleted, we may not even have the energy for the simplest of things because it puts our nervous system into a state of survival-mode. This is where violence, addiction, and the cycle of trauma begins: in the powerlessness that a lack of resources fuels.

The Inner Ocean Empowerment Project is about finding what it takes to fill these reservoirs back up thus empowering one person at a time, all around the globe.

Be sure not to miss "What's Next?" for Inner Ocean Empowerment Project in 2015! (page 18)



## Mission Statement

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Inner Ocean Empowerment Project (IOEP) is an international organization that provides alternative medical, psychological, and spiritual resources to heal the effects of trauma in individuals and communities worldwide. IOEP assists women, children, and other vulnerable populations in building the necessary internal resources that weaken the impact of oppression and reduce the experience of shame. Using acupuncture, education, and guidance through nature-based practices, IOEP provides the tools to build confidence and to restore health in the individual, the family, and community at large. IOEP's goal is to empower these populations, thereby building resilience, leadership, and strength among their communities.

# Project Report: India

## Aashray Family Home, New Delhi, India March 20-April 20, 2014



### Trip Stats:

- 42 Women and Children treated at Aashray family Home
- 150+ Treatments provided total at Aashray Family Home
- 2 Educational Workshops (Nutrition, Psychological Health)
- 3 Clinics for STOP India and Aashray Staff
- Met with Salila Rising to discuss opportunities for the women at Aashray

Aashray Family Home is a safe haven for young women and children who have been rescued from sex-trafficking or similar oppressive situations. It was created by the most remarkable Indian woman named Roma Debabrata who went on to found STOP India, an NGO working to end the trafficking of women and children. STOP India headquarters is located in New Delhi, India however, the safe-house resides in an undisclosed location two hours away. The family home has a wonderful full-time staff and at any given time there are anywhere between 40 and 80 young women and children taking refuge there. While I was visiting, the youngest girl they have ever rescued arrived: age 4. Yes, it was heart-wrenching and even more so to hear the snippets of her horrific story. The oldest woman residing at Aashray during my visit was 34. She was rescued by STOP when she was 16 but hasn't had it easy trying to make a life for herself outside of Aashray as a single mother of two children born from brothel-life. So she has to return sometimes when life gets unbearable in order to get her basic needs met.

For some women Aashray Family Home is simply a resting place while STOP searches for family or friends who can provide support for this woman or child (sometimes they are kidnapped and sold into sex-slavery and other times they are sold by their very own family). For others, this will be a forever-home since returning to society for this low caste of women and children will never be easy.

Many of these young women and children arrive at Aashray afflicted with disease, both that of the body as well as the mind. HIV, AIDS, bone tuberculosis, PTSD, chronic pain, headaches and many psychological disorders are just some of the few conditions I saw and was able to address. Many of the young women and children have scars from the brothel where they were tortured. I found these during my treatments on their arms, scalps, abdomens and breasts. Though this was difficult to witness along with the taking in of their stories, I have no doubt of the potential that resides in their strength to heal.





Rama was rescued at age 16 with full-blown AIDS.



A 19 year old with degenerative bone tuberculosis receiving one of many treatments she needed.



Many young women suffer with unhealed broken tailbones. Without proper time to heal, these fractures can cause incontinence of the bladder and/or bowels, leg weakness and sometimes immobility.



I felt honored to hear the remarkable stories of survival for these young women.



Giving a tour of the "Acupuncture Clinic" to the little ones and answering their questions about this ancient medicine that felt so foreign to them. In the end, nearly all of them bravely received treatment!



A young woman suffering from PTSD looks out from the hallway at Aashray. She has been having dissociative episodes for two years.

# Project Report: India

Slum Communities of Bawana and Tughlakabad, New Delhi, India  
March 20-April 20, 2014

## Trip Stats:

- Worked in 2 different slum communities, one mostly Hindu and one mostly Muslim
- 8 Clinics held total, 4 in each slum community
- 250+ Treatments Given
- 1 Educational class taught in Tughlakabad on reproductive/ women's health
- 1 Educational (and fun!) class taught in Tughlakabad to the children on basic hygiene
- Met with and secured ongoing acupuncture clinic supply importing from India to Nepal



India's census bureau defines a slum as a, "residential area where dwellings are unfit for human habitation." That being said, there are nearly two million people in New Delhi who live in slums. That makes up about 20% of New Delhi's population. And out of India's total population of 1.2 billion, more than 62 million people live in slums. The people who are forced to live under these conditions are the untouchables (low caste) and Muslims. Residents of the majority of these slums do not have access to legal protection or municipal services. What that means is that if there are incidents such as violence, outbreak of disease, or children who have gone missing within the walls of these communities, there is neither authority to call upon nor timely assistance otherwise.

*What do the slums have to do with sex-trafficking?*

Slums are often the place where children are sold

into slavery because of the extreme poverty and lack of legal protection.

Because of this, STOP India has started programs in these two slum communities inviting several brave women to become the "watchdogs" of their community and to report violence, abuse, and missing children to the staff of STOP India. At that point STOP India then finds the resources that are needed to respond to the situation.

With their help, I was able to go into these infamous slums and offer weekly community acupuncture clinics to the women residents, as well as classes on reproductive health and hygiene. I can't tell you how amazing it was to unite a community of both Hindus and Muslims under one roof in the name of health. Additionally, even though these clinics were geared toward assisting women, there were a few men who boldly joined.





The very brave Watchdog Women from Bawana, one of the most dangerous slums in New Delhi. They waited patiently for treatment.



During my first visit, I was met with 18 women and children who wanted treatment. On the second, there were 36 waiting for me when I arrived. The numbers went up from there.



Here, Muslim and Hindu women sat side by side waiting for treatment. All the religious hatred was put aside for healing in the community.



The brave men in support of the rights of women and children in Bawana slum community.



In Tughlakabad I needed a whole crew of support including a translator, a social worker, and a counselor.



These children do not have consistent access to health care or education. Dr. Gerlinde and I taught them about basic hygiene and gifted them with soap, toothpaste, and toothbrushes.

# Project Report: Nepal

Saathi Women's Shelter & the Umbrella Foundation, Kathmandu, Nepal  
April 20-May 4, 2014



## Trip Stats:

- Consulted for 4 different community acupuncture clinics
- 200+ Treatments supervised
- 12 Treatments given to children with special needs and other special medical cases
- Imported \$2,000 worth of acupuncture supplies into Nepal for clinics and distributed them
- Provided 25 treatments for sherpas in remote valley of Mustang

Saathi is a non-governmental, nonprofit organization established in 1992 to address the contemporary challenges being faced by Nepali women. Most especially they work to bring attention to and intervene when there has been violence against women and/or children. In their efforts they have set up a women's and children's shelter as a safe place where victims of violence can live for weeks or months at a time until it is determined that they are out of danger or that a more permanent situation is needed.

Another great organization I worked with is the Umbrella Foundation, a nonprofit organization working to alleviate the impact of trafficking, poverty and war on children and their families in Nepal. They were established in 2005 in response to the increasing number of illegal orphanages that were neglecting children's most basic rights: food, education, safe

shelter, healthcare, and love. The Umbrella Foundation provides these things to this vulnerable population.

Three years ago, Acupuncturist's Without Borders (AWB) decided they wanted to establish a weekly ear acupuncture clinic at each of these locations. Their goal was to have each clinic run by local, Nepali acupuncturists. This was in an effort to help the women and children overcome stress, trauma, and to feel better resourced during and after these major transitions. After receiving a grant for this project in 2013, the clinics began in spring of 2014. During my time in Nepal, I visited each AWB clinic several times, overseeing the operations, troubleshooting with the acupuncturists, and giving valuable feedback to the Nepali volunteers to continue to make the clinics accessible and sustainable.





The boy's at the Umbrella Foundation don't have enough wall space for everyone to lean on so they cleverly use each other!



The women take turns holding each other's babies at the shelter so that the mother's have a chance to receive treatment.



All of these women arrived at Saathi Women's Shelter after reports of domestic violence. A few will stay for a year or more.



A total of 95 boys were treated in one single day at the Saathi Boy's Shelter.



Without fail, these women get quiet and deeply relaxed during their weekly treatments.



The young girls who are victims of domestic violence remain positive and take refuge in their very important friendships.



# Project Report: Nepal

Swayambhunath Health Camps, Kathmandu, Nepal  
May 5-11, 2014

## Trip Stats:

- 7 days overseeing public health clinic, teaching/ supporting Nepali acupuncturists
- 300+ Treatments provided for local Nepalis under my supervision
- Provided 14 treatments for Nepali volunteers
- Met with Dr. Shyam to discuss ongoing educational opportunities for Nepali acupuncture volunteers and the future of acupuncture in Nepal



While in Nepal I met a wonderful Nepali doctor named Dr. Shyam Maharjan who coincidentally, also provides acupuncture. He is the key player in charge of maintaining AWB's free acupuncture clinics in Nepal. Dr. Shyam is part of a growing cultural spirit of volunteerism and together we hosted what he terms: a Health Camp.

This is a clinic that is free and open to the public. We had a team of eight Nepali acupuncturists who volunteered their time during this camp. A Theravada Buddhist monastery located in Swayambhunath kindly hosted us, offering benches as treatment tables and feeding us lunch in gratitude for our service. We also had a team of young people who volunteered to help us with the *behind the scenes* running of our free clinic. With several people receiving treatment at the same time, there are many

ways to support the acupuncturists! They were helping out with paperwork and notifying us when someone's time was up. They were so important!

We hosted this one in May that was seven days long, running from 8am until about 12pm. Dr. Shyam and I would arrive by 7am for set-up to find several women, children and men already waiting in line to be seen. Each day I saw many of the same faces. They would come back as many times as they could during this offering. We had 25 benches and could therefore treat 25 people at a time doing full body acupuncture, electrical stimulation, massage, and make further recommendations for future care. We treated people for everything from burns to dysentery to cancer. It was such beautiful offering to the Nepali community and amazing team effort.



This gentleman is a farmer and suffered a devastating concussion after a long fall. He came every day for treatment.



Dr. Shyam Maharjan and myself discussing the often complex case histories.



At the end of each day, I offered ear acupuncture treatments to the staff of volunteers.



A man receiving treatment for chronic dysentery.



When we had a full house of 25 patients, our staff of volunteers was imperative.



A waiting line of men laborers who all came for treatment during their lunch hour.



# Reflections on India & Nepal:

## What Important Lessons Did I Learn?

My focus for those three months of service in 2014 was on providing acupuncture for several hundred Indian and Nepalese people with varying physical and mental health challenges. *That is, after all, what the bulk of my training has been focused in.* However, while I was there, and most especially in India, I discovered for instance that there were women in the slum communities who didn't understand how their reproductive systems functioned or have basic hygiene awareness. This made me realize that despite my focus, something more needed to happen.

The same opportunity arose when I was working in the Aashray Family Home and heard how disconnected and insecure some of the young women felt among each other, their very own community. The community clinics serve to bring the young women together but *how do we get them to connect with each other?*

So after arriving in India and Nepal where I was focused on offering acupuncture, I quickly learned that I needed to be flexible and adapt to what this community needs specifically. I listened and learned: I decided to offer educational classes in addition to acupuncture in both the safe house as well as the slum communities. This would give everyone an opportunity to come together, connect with each other, and walk away with something tangible.

This style of service work is a form of ***bearing witness***. So often we don't actually know what a community needs until we are right there with them, witnessing their lives, hearing their stories, and seeing their struggles.

# My Methods:



## How Is Acupuncture Helping?

- Effective at treating both acute and chronic illness.
- Addresses physical, mental and emotional distress
- Helps repair the nervous system especially after trauma and/or prolonged exposure to stress
- Versatility makes it easy to set up clinics just about anywhere
- Supplies are inexpensive making it economical to treat many people
- Relief or elimination of symptoms can be felt often between 1 and 4 treatments
- Patients can stay clothed allowing for multiple treatments to happen at once
- Proven, effective and holistic solution to health-related issues where conventional medicine is not accessible or hasn't been successful



## Because Collaboration is SO Important:

Here is a list of organizations IOEP is currently working with:



STOP India: [www.stopindia.org](http://www.stopindia.org)

Nada India: [www.nadaindia.info](http://www.nadaindia.info)

Salila Rising: [www.salilarising.com](http://www.salilarising.com)

Waking Up Together: [www.wakinguptogether.org](http://www.wakinguptogether.org)

Acupuncturists Without Borders: [www.acuwithoutborders.com](http://www.acuwithoutborders.com)

Saathi Women's Shelter: [www.saathi.org/np](http://www.saathi.org/np)

The Umbrella Foundation: [www.umbrellanepal.org](http://www.umbrellanepal.org)

## What Are My Thoughts for Future IOEP Work in India and Nepal?

**India:** Since returning from my trip to India I have thought about many ways to continue supporting the young women rescued by STOP India, as well as the women, children, and men in the slum communities who are ready for change. While going for one month and offering acupuncture treatments, classes, and community clinics was all extremely helpful and a welcomed service in the communities, my goal is to find a more sustainable way to offer continued support that draws on Indian communities and resources.

During my visit I met Suneel Vatsayan, the founder and executive director of an organization called Nada India that provides acupuncture treatment in impoverished communities along with acupuncture training for counselors, social workers, nurses and doctors. At this moment in time I am working on co-creating a six month pilot clinic in the slum communities that would be run by Indians and overseen by an Indian physician. Additionally, the more professionals we can get trained in acupuncture, the more accessible the care becomes.

My dream would be to see weekly clinics in Bawana and Tughlakabad slum communities as well as monthly clinics for the young women who call Aashray home. And my even BIGGER dream would

be to see a few of the young women at Aashray running these clinics by offering ear acupuncture and teachings on leadership. That being said, things in India are quite difficult at this moment in time. There were so many socio-political blockades to working for change. The economic disparity is shocking and the degree of poverty is unlike anything we have here in the U.S. I'm not in any way implying that the situation in India is hopeless! I am saying it will require patience, perseverance, and resources.

**Nepal:** There are so many great organizations in Nepal that I had the pleasure of working with. Several of the clinics I consulted for are being overseen by Acupuncturists Without Borders (AWB) and are part of their wonderful ongoing, international projects.

Additionally, while I visited a remote region in Nepal called Mustang, I discovered a valley with a significant lack of access to resources. Most of the residents in this valley are Tibetans living in exile, some for generations now. While passing through one village after another, I saw many rotting teeth, crippling back pains, and undernourished children. I am concerned about these communities and am currently researching Nepali organizations that would be able to provide immediate support.

# Congratulations, we did this!

## Stat Summary:

- Nearly 500 acupuncture treatments provided
- Hosted 12 clinics throughout India and Nepal
- Provided for diverse populations:
  1. children and women who have been rescued from sex-trafficking
  2. low caste Hindu and Muslim residents from slum communities
  3. sherpas from remote region in northern Nepal
  4. women and children who are victims of domestic violence
  5. Nepali, Tibetan, and Bhutanese orphans
  6. children with special needs/special medical cases in Kathmandu
- Taught 4 educational workshops (Nutrition, Psychological Health, Reproductive Health & Basic Hygiene)
- Consulted for 4 community acupuncture clinics
- Supervised more than 500 treatments by Nepali acupuncturists
- Created supply connection for Nepal from India and imported \$2,000 of supplies
- Made countless connections with amazing organizations that are all chipping away at the violence/oppression against women and the consequences of extreme poverty



All in all, I was amazed by the glimmers of hope and progress in these impoverished communities I worked in. And I was equally devastated by the pervasive suffering and denial of resources to those who most need it. Again, it was YOU who made this possible. For more personal stories on this journey, please visit my blog: [www.InnerOceanTides.com](http://www.InnerOceanTides.com).

# What's Next for Inner Ocean Empowerment Project?

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**Sweet, sweet, Collaboration!** After hearing of my work in India and Nepal, I was contacted by **Rabia Elizabeth Roberts**, a 40+ year social activist who began her service in Selma, Alabama with Martin Luther King. She is the Founder of **Waking Up Together**, a nonprofit organization dedicated to global transformation through embodying feminine wisdom. She has offered limitless service in Southeast Asia often working alongside **Sulak Sivaraksa**, Right Livelihood Award Winner and Nobel Peace Prize Nominee. **These two revolutionary social activists have asked me to join in their efforts, offer my heart-centered service, and expand my teaching capacity to the people of Southeast Asia for current and future work.**

**What exactly will IOEP offer?** With your support, I will travel to **Thailand and Burma** for five weeks in January 2015 to conduct several **acupuncture clinics** and to co-lead two trainings including: **bearing witness** and **non-violent conflict resolution**. We will be focusing our work for long-term social activists, Buddhist nuns, Burmese refugees, Shan women refugees and the tens of thousands of Muslims being held in the internment camps of Burma.

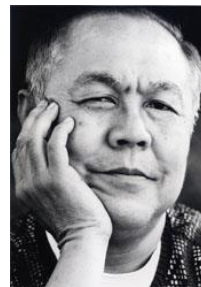
**The Details:** Inner Ocean's international focus on community-style acupuncture allows for the people of a specific locale and often oppressed situation to sit together in a safe place, have their needs voiced, and to obtain direct healthcare. **This offering is a much-needed reprieve.**

**Acupuncture** clinics will be set up in two locations in Thailand and in the internment camps of Burma. The acupuncture clinics in Thailand will focus on offering treatment for Shan women refugees and Buddhist nuns, who make up the majority of Thailand's social activist population. In Burma, there are tens of thousands of Rohingya Muslims being held in internment camps where conditions have been compared to the Nazi concentration camps of Germany. While in Burma, I will provide clinics for these refugees in despair.

**Bearing Witness** is a style of peaceful social activism that involves giving another human being absolute and total recognition. The practice includes listening deeply from a place of non-judgment and openheartedness. When we can practice this with someone or a group of people who are experiencing suffering, it becomes a tool to create connection. When we can lend our moral authority and bear witness to oppression, domination, and injustice, we realize we are not separate in our pain. In addition to co-leading a workshop on this model of social activism, I will be putting this to practice in the internment camps of Burma as part of this service project.

**Non-violent conflict resolution** is a training provided to social activists as a way to meet the violence arising out of injustice, human rights violations, and religious hatred that permeates Southeast Asia. Non-violent conflict resolution is an efficient, active, and disruptive form of struggle that creates strength and unity among the oppressed.

***Please join us in this effort to bring important resources into extremely devastated areas of Burma and Thailand!***



Sulak Sivaraksa



Rabia Elizabeth Roberts

*"Individually we are one drop.  
Together we are an ocean."  
~Ryunosuke Satoro*



## Long Term Vision at IOEP:

**“There are *extremes* of suffering happening all around the world that we would like to address.”**

.....

**Great Need:** As a part of continuing to be of service, IOEP will travel both within and outside of the USA. Our efforts will include offering services (acupuncture and educational) as well as funneling resources into the places of great need.

**Education:** IOEP foresees needing to keep education as a strong part of its mission in addition to offering acupuncture and other medical and psychological services. Education is a gift that can't be taken away through poverty and oppression and its impact can be seen permeating communities generation after generation.

**Long-term Programs:** IOEP will assess the possibility of setting up long-term programs that continue to funnel resources into the areas we visit. In order to uphold our long-term efforts, our goal is to draw from local, sustainable resources/leaders in the communities we are working in.

**Local Projects:** Even though America is the second wealthiest country in the world, the resources are not distributed equally. This leaves Americans with their own struggles of poverty, leading to violence, addiction, and injustice. This is why for every project IOEP engages in overseas, IOEP plans to keep some portion of its budget to work locally. Right now it is the offering of free acupuncture every Monday at an addiction recovery center in Boulder, Colorado.

**Creation of a Stable Foundation:** With the mission of IOEP to become an organization that is able to funnel alternative medical, psychological, and spiritual resources as needed in a particular environment and for a specific cause, the financial support for the organization will need to be steady

and stable. With preliminary short and long-term financial goals laid out (page 19), creating a stable financial foundation furthers our ability to reach them.

**Volunteerism:** Eventually IOEP would like to offer access to individuals, professionals, and students of all ages and backgrounds to have an opportunity to participate in heart-oriented service work. This would mean joining in any of the projects that one feels called to and offering *your* unique skills to the vision.

**Collaboration:** IOEP is always seeking to collaborate or partner with organizations and individuals on a similar mission of service. If you or your organization has a vision that you feel would parallel with IOEP's, by all means get in touch.

As Helen Keller says, “Alone we can do so little; together we can do so much.”



# How can YOU Help?

## Ways to Support the Inner Ocean Empowerment Project

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1

One way to offer your support to IOEP is to donate on a **PROJECT BY PROJECT** basis. So when you hear of something we are up to that also fuels the passionate activist inside of you, you could offer some support to that specific project and you will know exactly what you are purchasing (i.e. Acupuncture Treatment for 10 Shan Refugees).

2

A second way to offer your support could be if you connect with the whole vision and mission of IOEP and want to see it turn into something great but don't have a significant amount of financial support to offer at this time. You could set up **RECURRING MONTHLY DONATIONS** for as little as \$5 per month and it could make a huge difference for a small organization like ours.

3

If you are feeling truly excited about our work and can't wait to see what we do next, you could offer to **SIGNIFICANTLY SUPPORT** the organization's financial goals precisely because you see the value in the work we do! This type of support would tremendously accelerate our mission. In this arrangement, you could also specify how your donation gets used (i.e. I would like 50% of this donation to go toward...your call!)

4

Perhaps your finances make it completely impossible for you to donate right now but yet you still feel driven by our mission and compelled to support IOEP in some way? There are countless other ways to support IOEP! You could start by sharing IOEP and its mission with your community! Or if you want to get your hands dirty, there are organizational, marketing, researching or administrative tasks that we could use support with right now, just let us know! IOEP is a community-generated, community-supported organization; therefore, it's important that if you feel called, you **FIND YOUR WAY** to offer your unique support to IOEP!

5

Maybe instead of donating money or administrative support to IOEP you actually feel like you want to **BE A PART OF AN IOEP PROJECT**? That's possible, too! What's your calling? Are you a professional looking to offer your time and energy to a cause? What is your unique skill-set and to which project does your heart feel so aligned? Contact us!

\*Currently we are in need of a Grant Writer who may *initially* be interested in donating their time and skills to IOEP or willing to fundraise for their position. As IOEP becomes more financially stable, this position could become a paid position

All donations are now tax exempt through The Boulder Institute for Nature and the Human Spirit 501(c)(3).

Regardless of how you choose to show your support for the Inner Ocean Empowerment Project, know that your support is **INVALUABLE**.

Thank you for taking the time to learn about this  
important work!





# How to Donate:

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

EMAIL: [InnerOceanEmpowermentProject@gmail.com](mailto:InnerOceanEmpowermentProject@gmail.com)

CALL: (720) 441-2392

## Thank You to our 2014 Supporters

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Karen DeClerk  
Dr. Margot Longenecker



"This is love: to fly toward a secret sky, to cause a hundred veils to fall each moment. First to let go of life. Finally, to take a step without feet."  
~Rumi