

# 2019 Annual Report





*“This training changed my life  
and my family’s life.”*

*Iniya Tamang, Mother Certified  
in IOEP’s Wilderness First Aid  
and CPR Training*

## From the Founder

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Dear friends of Inner Ocean,

To be awake at a time like this is precious. Almost daily, we are invited to juggle so many concerns from human rights issues, to the climate crisis, to addressing poverty and systemic oppression. We are each impacted by it all no matter if you are diving in face-first (like my Sagittarian spirit likes to do!), or shielding yourself from the nightly news. We all know the struggle is there, we know it is happening, and it is up to us to sense our unique and personal bandwidth and honor that, above all else.

Being in-the-know often requires managing anxiety, fear, and overwhelm to a degree that sleepwalking simply wouldn’t allow. If you are a friend of Inner Ocean, you are choosing to be in-the-know. You are not sleepwalking, and for this I am bowing to you. I know it can be difficult. May your bandwidth be loud and clear and may you find yourself with countless resources to support you on your journey of wakefulness.

What a wild year this has been for Inner Ocean! From watching one of our littlest patients thrive after a much-needed operation, to creating life-changing Trauma Training Videos—we have been so busy and full!

Thank you for being a part of our heart-full and service-forward community.

Much love and many blessings,



Mindi K. Counts  
Founder & Executive Director





# What is an Inner Ocean?

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 each of our bodies. This pool, often referred to as a sea or ocean in classical medical texts, 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 cultivate 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 sometimes downright hopeless. When our Inner Oceans are depleted, we may not even have the energy for the simplest of tasks or responsibilities, 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, to have the resources they need to meet the challenges in their lives.

## Navigating the Inner Ocean Empowerment Project

### Generating Currents

- Women’s Health & Education
- Global Disaster Relief
- Holistic Healthcare Accessibility

### Training Wavemakers

- Educational & Leadership Programs

### Our Tools

- Integrative Healthcare Clinics
- Leadership Training
- Educational Health Classes
- Community Building Activities
- Bearing Witness
- Rites of Passage Ceremony

### Our Causes

- Trauma/ PTSD
- Sex-Trafficking
- Poverty
- Oppression
- Social Inequality
- Addiction Recovery



# Resupplying Medical Supplies for Mothers in Nepal

In August 2019, we sent Beebal, our Nepali guide, into the villages of Sindupalchok to resupply all of the women with the medicines and equipment they most need. This involves 1 day of driving and several days of trekking to reach each of the villages where these women live. These Mothers reported being very busy in their villages and report having served a total of about 800 (250 children, the rest adults) patients throughout 2019—these are patients who have ZERO access to healthcare. The Mothers love what they do, and love having the training.



Since we began training the Mothers, many other Mothers have inquired about receiving training in even more distant villages. We have found another 24 women who will be trained and stocked up with supplies in 2020.

We re-supplied the 24 Mothers with medical kits and supplies. We surveyed and found our next several villages we will visit when we return to Nepal where another set of 24 Mothers live and have reached out wanting training.



*“I love knowing how to help people”*





## Laxman's Story

In April 2015, a 7.9 magnitude earthquake hit the region of Sindupalchok in the Himalayas of Nepal. In a matter of minutes, 97% of the buildings throughout this region were destroyed. The village of Gati was one of the hardest hit. With a population of around 6,000, hundreds of loved ones were killed. When our team at Inner Ocean Empowerment Project learned of the devastation, we knew it was time to return.

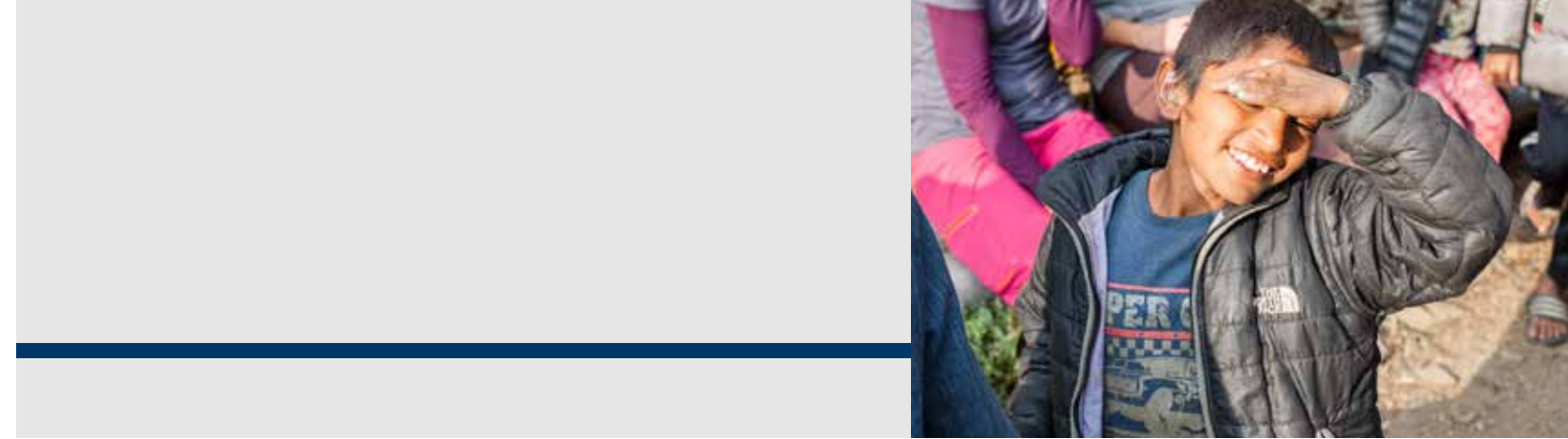
As news of the devastation spread, Nepalis who weren't able to consistently find work in their local villages began heading to Gati to look for work as laborers in the rebuild. And among those looking for new opportunities was the Bishwakarma family.

The Bishwakarmas decided to leave their home village in Western Nepal when intense flooding brought their work to a standstill. To make matters more challenging, their only son, Laxman, was unable to participate in the typical duties expected of him in Nepali culture. This is because he was born with a deformity in his spine, leg and foot. And the family anticipated that, instead of being an asset to the family and helping them survive extreme poverty, he would instead become a financial burden.

After a year of saving money, Laxman, his parents, and his 3 sisters finally had enough money to afford the months of trains, buses and walking it would take to get them to Gati. The amount needed was the equivalent of about 10 US dollars.

As the villagers and newcomers were hard at work rebuilding their infrastructure, we helped to rebuild the community by focusing on healing trauma, restoring health, and building resilience. It was here that we got to meet and hear the Bishwakarma's story.

Looking for any kind of help for their son, the family began bringing him to our clinic every day. We treated him with acupuncture and



gave him local herbs to relax his nervous system. We worked on his back and muscles that were so strained as they compensated for a body that formed differently.

Our entire IOEP team built a bond with Laxman through shared laughs and dance-offs, so when the final day of the clinic had come, we knew we couldn't leave Nepal without trying to help Laxman and his family further.

We had the idea of taking videos and pictures of Laxman so that we could present them to the doctors in the children's hospital in the capital, Kathmandu. With the village of Gati being so far away from Kathmandu, we wanted to see if the doctors thought anything could be done to help ease some of Laxman's discomfort. We presented our idea to the Bishwakarmas and they were over the moon. The decision was clear. And we headed to the doctors at the pediatric hospital the next day.

By looking at our pictures and videos, the doctors were able to build a rough treatment plan for Laxman's pain and discomfort, along with the issues with his back and right hip. They anticipated that it would take 2 surgeries and 3 months of physical therapy to help Laxman regain his mobility. But they also felt that because he is so young, the chances of him making a full recovery and living a healthy and full life were high. The biggest barrier for the family was the cost. So when we found out the surgeries and physical therapy altogether would be just under 500 US dollars, we were shocked. Without hesitation, we arranged for Laxman and his family to go to Kathmandu to start his healing journey.

It's been almost a year since Laxman underwent his first surgery in January of 2019. His second surgery was in March, followed by 3 months of physical therapy. Laxman's recovery has been fantastic and he's making progress with his walking and getting stronger every day.

We're so excited about Laxman's future as he begins this new chapter of his life, hopefully with many more dance parties in his days ahead!



## Trauma Training Videos

Thanks to the generous and heartfelt gift from the Scholl Foundation, we were able to create and publish the first two videos in a free five-part series, “Trauma Training Modules for Healthcare Workers and First Responders”

This training is designed for practitioners of all kinds—for first responders, acupuncturists, herbalists, nurses, doctors, and for those simply wishing to be of service to the most vulnerable in our world. It is our belief at the Inner Ocean Empowerment Project that this training is vital in order to create the lasting change we long to see in our world.

Our goal with these Trauma Training Modules is to support healthcare workers and first responders in becoming stronger, more well-resourced practitioners so that they can engender feelings of trust, safety, and connection in those they serve. Additionally, we hope these training videos will help practitioners better understand ways that they have been personally impacted by trauma.



Recognizing the signs—and cultivating compassion for those who have experienced trauma—are important skills. These videos go a step further by supporting practitioners to develop a greater understanding and grow their capacity in working with vulnerable populations.

**In less than 6 months, our two new Trauma Training Modules have been viewed more than 300 times, by 13 world service leaders, 8 nonprofit organizations, and 1 US-based university and 1 university in Bangkok.**

Stay tuned as we fundraise to complete the 5-part video series!



## Women Powering Change

We were honored to participate in Women Powering Change 2019. Women Powering Change began when peace and security activist/philanthropist Cynda Collins Arsenault recognized the incredible wealth of skills and passion of women who were leading change for/by/about women right here in Colorado. At the same time, she was also hearing from many women who felt disconnected from their own community and were not aware of the work being done locally and internationally to address and solve the issues we all face, e.g. social, political, cultural, etc. She hosted a garden party in 2013 to showcase the work being done and connect these two groups. The response was overwhelming. Outgrowing her backyard, she hosted a second event one year later at Denver’s Redline Art Gallery, with over 500 people in attendance. Recognizing the power and potential of this event, other women stepped up to create a volunteer-led committee to carry Women Powering Change forward.

Women Powering Change has been sustained through the dedicated efforts of volunteers committed to furthering this vision. Events in 2015, 2016 and 2019 each hosted almost 1,000 attendees.

It was so inspiring to meet and network with those impacting change and progress. All of the incredible people that we met made such an impact on us,

that we will be attending again in March 2021! Come join us to learn what is being done in Colorado, and explore how you can also be a part of it all.

Learn more at  
**womenpoweringchange.org**

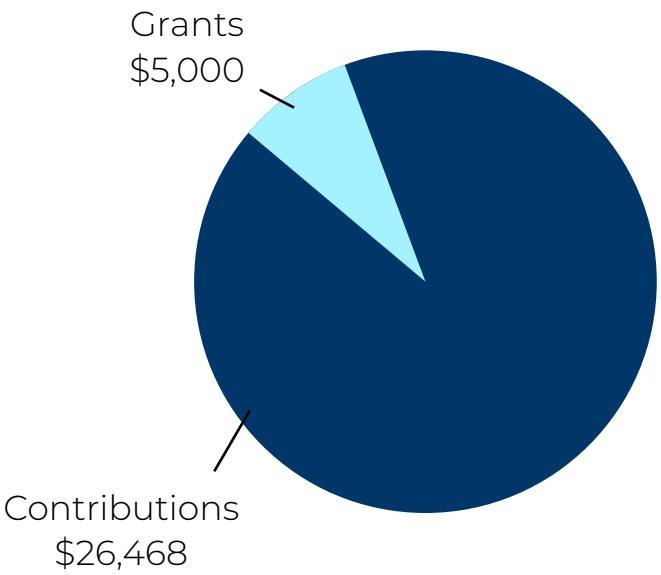




# 2019 Financials

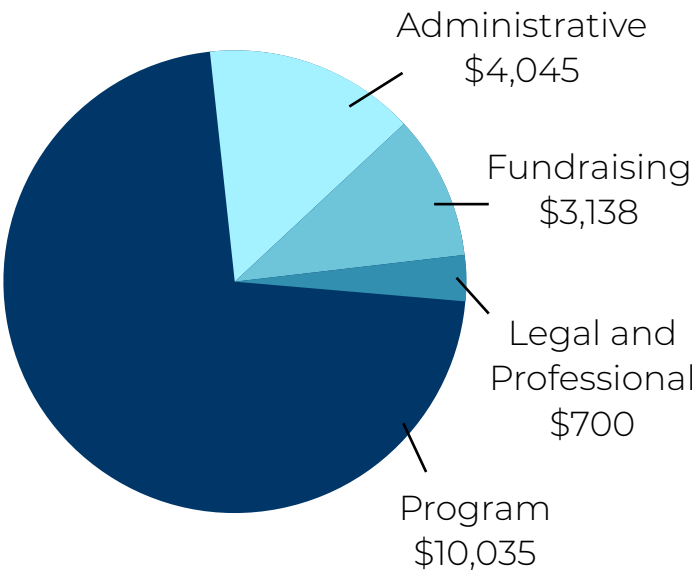
## Income

Total: \$31,468



## Expenses

Total: \$17,916



**The majority of our 2019 net income is related to timing:** Some of our expected program expenses for 2019 were pushed back to 2020. Our Board of Directors has allocated all of our 2019 net income to our 2020 program goals, allowing us to move forward on important offerings for those we serve.

## Matching Gift Project

**We raised \$30,000 in 30 days** and simply could not have done it without you.

Martin Luther King once said, *“You don’t just vote on Election Day, you vote everyday. However and wherever you spend your money is a vote for that company and their mission.”*

Thank you for voting to heal trauma, restore health, and build resilience in the communities that need it the most.

We could not have done this without you.

**Stay tuned as we launch our world service plans for 2020!**





# Make a Difference for the Poorest Communities

## Support the Inner Ocean Empowerment Project

The Inner Ocean Empowerment Project heals trauma, restores health and builds resilience by bringing integrative healthcare and education to places most in need. Combining Western and Eastern styles of medicine, we utilize volunteer health care providers, donated supplies and financial support from generous donors. In the past 5 years IOEP has spent 38 weeks in the field on 10 international and U.S.-based healing trips to help victims of trauma and natural and man-made disasters, providing care to victims of sex trafficking in India; fires, floods, shootings in the U.S.; Burmese refugees; and in earthquake-ravaged areas of Nepal.

### Your gift changes lives.

#### *Funding patient care in impoverished communities worldwide.*

Commonly treated problems include skin infections, parasites/worms, upper respiratory infections, urinary tract infections, pain (both acute and chronic), nutritional deficiencies that lead to blindness and other issues, PTSD, and high blood pressure. IOEP volunteer teams treat 50–150 patients per day.

- **\$50** will provide evaluation, diagnosis and treatment for 2 patients.
- **\$100** will provide evaluation, diagnosis and treatment for 4 patients.
- **\$500** will provide evaluation, diagnosis and treatment for 20 patients.
- **\$1,000** will provide evaluation, diagnosis and treatment for 40 patients.



*Funding first aid and training for remote, impoverished villages. IOEP trainees are typically the only people with healthcare knowledge in the area. They can troubleshoot basic first aid issues, recognize serious health problems, and respond accordingly.*

- **\$4,000** will fund Basic First Aid and CPR Training for 24 Nepali adult students from rural communities, including providing personal medical kits and food for our students for 4 days, as well as food, travel and camping fees for teachers, and guide fees. Certification is issued from Nepali government and lasts 2 years.
- **\$2,900** will provide this opportunity for 12 Nepali students.
- **\$800** will support one guide for distribution and medical kit re-supply costs for IOEP's 25 trainees in 7 villages among the Sindupalchok region of Nepal.
- **\$500** will re-supply Medical Kits for 24 adults trained by IOEP—typically the only healthcare providers in the area.

#### *Funding healthcare in the world's poorest communities staffed by IOEP volunteers*

- **\$2,000** will provide 4 translators for one service project.
- **\$1,200** will provide a local guide to support volunteers on a 14-day service trip.
- **\$500** will provide one translator for one service project.
- **\$300** will send a local guide to remote villages for 5 days to disperse medical supplies.



***Funding IOEP support services—enabling our volunteer medical missions***

- **\$750** funds Colorado Nonprofit Association annual dues for nonprofit support, and website maintenance and Dropbox fees
- **\$675** supports IOEP's annual online donation platform, electronic donation jar annual dues and yearly accounting
- **\$6,000** will provide a part-time virtual assistant for 6 months.
- **\$1,200-\$5,000** will share IOEP's service model with other nonprofits via 16 hours of mentoring per month, free of charge, provided by founder and Executive Director Mindi Counts.



***"I have no more pain.  
Thank you."***

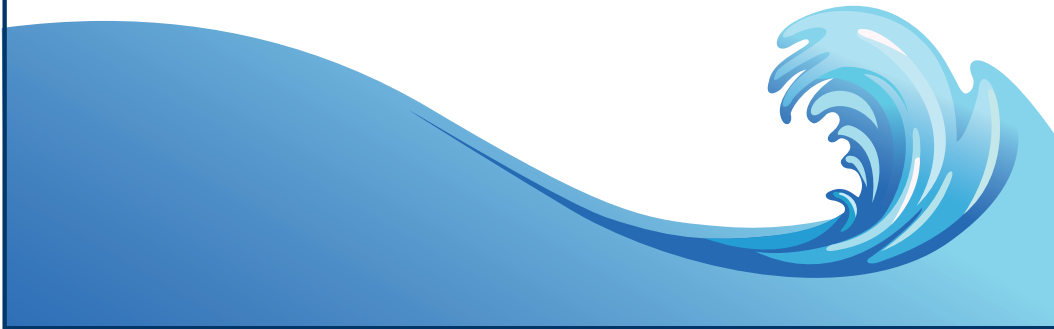
***Sanjiya Tamang,  
Clinic Patient***



**We believe all beings deserve to  
have their basic needs met.**

**Donate today at**

[inneroceanempowermentproject.org/inner-ocean-empowerment-project-global-giving/](http://inneroceanempowermentproject.org/inner-ocean-empowerment-project-global-giving/)



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