



2015 Report:
Celebration of Our Work &
An Invitation to Support Our Ongoing Service



Refugee Birth Center, Mae Tao Clinic, Mae Sot, Thailand

**We believe that genuine presence,
education, and holistic medicine
can intervene in the face
of even the most severe
and perpetual suffering.
-Inner Ocean**



Young Karen refugee from the Long Neck Tribe, Chiang Rai, Thailand

December 10, 2015

Dear Friends,

The last year has been *chocked full* of inspiration and innovation on the Inner Ocean front. We are so excited to share with you some of our highlights of the year including being proudly featured in Dr. Oz Magazine (check out page 6 to read more about that!). They were so excited to hear about our work in India with young women and children who have been sex-trafficked and featured Inner Ocean as the lead in an article on service from the heart! So cool!

Upon starting Inner Ocean Empowerment Project in December of 2013 (now more simply referred to as Inner Ocean), we realized our desire was not to simply bring *what we wanted* into this world but rather to truly be of service and to *engage authentically*. This means we get to ask ourselves a lot of questions along the way and to be flexible with how these questions are answered.

"What do these communities we work in truly need?" "What can we do in service of the needs of these communities?" "What skills do we have or have access to that would meet their needs?" "Are there ways to respond now with a service that will benefit generations to come?" These are the kinds of questions we delve into with each program we participate in. To us, this is what it means to be of true service to a world's needs that are constantly changing.

As we have established ourselves ever more strongly in the service field, collaboration has been key. We have partnered with such incredible people and organizations this year including Dr. Rabia Elizabeth Roberts who began her career with Martin Luther King by exploring nonviolence in a church basement at age 19! Stories about this and more are to be found in these pages. Please do enjoy and celebrate this year with us as we journey together in service.

Love and Blessings,

Mindi K. Counts, Founder, MAc.



Mindi with her two rescue dogs, Sparkle and Gemma Sue

Table of Contents:

Letter from the Founder	page 2
What is an Inner Ocean, You Ask?.....	page 3
Our Work, Our Tools, Our Causes.....	page 4
Educating Public Healthcare Workers.....	page 5
Facilitating Street Retreats.....	page 5
Assisting Labor and Delivery on Burma's Border.....	page 6
Nepal Earthquake Supply & Fundraising.....	page 6
Teaching for Spirit in Education Movement.....	page 7
Women's Health is NOT a Battlefield.....	page 8
Treating Burmese Refugees at "The Dump".....	page 9
2015 Stat Summary.....	page 10
Publicity & Education.....	page 11
How YOU Can Help!.....	page 12
Long-Term Vision at Inner Ocean	page 12
This Year, We Got Some Press!.....	page 13
Organizations We're Working With	page 13
What's Next for Inner Ocean	page 13
How to Donate.....	page 14
List of 2015 Supporters	page 14

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 each of our bodies. This pool, often referred to as a Sea or Ocean in the classic 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.

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.

Our Work:

As we work to generate these waves of change, we know that with enough time and effort we can support the redirection of the current of humanity.

Generating Currents:

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

Making Waves:

- USA
- India
- Nepal
- Thai-Burma Border

Training Wavemakers:

- Educational & Leadership Programs

Flow Funding:

- Microgrants for Global Wavemakers



Bearing Witness Training Closing Ceremony, Bangkok, Thailand

Our Tools:

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

Our Causes:

- Trauma/PTSD
- Addiction Recovery
- Sex-trafficking
- Poverty
- Oppression
- Social Inequality
- Birth Justice



Mindi Counts & Dr. Rabia Elizabeth Roberts with their students, Bangkok, Thailand

MISSION

To counter suffering caused by disease, poverty, and oppression using holistic health care and education.

VISION

A world where basic needs are met and equal value is placed on all sentient beings.

GOAL

Restoration of health, building resilience, and empowering leadership in the individuals and communities we serve.

Project Reports:



Dr. Rabia Elizabeth Roberts

Educating Public Healthcare Workers: Deep Listening & Self Care

In Thailand the most incredible community engagement movement is happening! There are thousands of NGO's (Non-Governmental Organizations) all throughout the country supporting causes such as ending sex-trafficking, reducing homelessness, and protecting the Earth. It's an amazing movement to witness in a country this is meanwhile also home to such disparity. The movement aside, education around these matters: how to create sustainable social change and critical thinking/mindfulness around issues of social justice are minimal.

That's precisely why Dr. Rabia Elizabeth Roberts and Inner Ocean decided to begin our collaborative work in Thailand! We kicked it off with a course for Public Health Workers in the heart of Bangkok. Our students were a mixture of 45 socially active Catholics, Buddhists, and Muslims all of whom worked in various public health-related fields but had a mutual desire to examine more deeply the root of suffering and their roles as healthcare workers.

During our training, we introduced them to several contemplative practices and teachings including "Deep Listening", which teaches us how to "lose the agenda" when working with others.

This is such an important teaching for anyone who is working directly with people. When we can learn to listen deeply, we naturally develop immense

Facilitating Street Retreats with the Homeless in Bangkok

Ever wonder what it would be like to be homeless? Where would you get your food? What are the dynamics like with other people who are homeless? What would it take for you to wind up homeless? And what would it take to get out of being homeless? Street Retreats offer you the opportunity to ask these questions and more.

While on an educational service trip, Dr. Rabia Roberts and Inner Ocean led a Street Retreat into the heart of Bangkok. Forty-five students were invited to hit the streets and explore this silently struggling and taboo aspect to nearly every culture around the world.

As the Zen Peacemaker Order says, "Street Retreats are far more serious, intense and directed than appears from the surface. They open people to high plunging into physical, emotional and spiritual places that need solid, awake and aware support."

One of the gentlemen we met during the street retreat (pictured below on the right) named Aat had a remarkable story explaining how he came to be homeless and his perspective on it. Aat had once been married to a young woman who was the daughter of a farmer. But he was never treated well, he says, because of his facial deformity. His father-in-law always gave him the hardest jobs on the farm, made him sleep outside in the shed instead of inside the house with his wife, and fed him only scraps from the family's meals. After one night of particularly painful abuse, he decided to leave and become homeless to keep his dignity.



Dao and Aat talking with Mindi about homelessness

compassion for the person or community that is suffering. Rather than giving only *what we feel* is needed in a particular situation, this discovery leads us to actively engaging in a more meaningful and beneficial way, meeting the true needs of another being.

We followed this teaching with a course on Bearing Witness which is another powerful contemplative practice that serves as an invitation to "act" in service of humanity only by truly witnessing another human being.

And while it may sound rather passive, it undoubtedly serves as one of the most potent

When he made his way to Bangkok, he was only 19 years old and found that many of the homeless are alcoholics and angry. He realized how dangerous it was to be "on the streets" with them so he quickly became a loner, that is until he met this gentleman on the left, Dao. The two of them are best friends, they are both sober and have created a few sustainable ways to find food (mostly in restaurant scraps), shelter during monsoon season, and occasionally even a warm shower!

It has been almost 10 years since Aat made the decision to become homeless instead of living in an abusive situation. While he says he would rather be married to a beautiful and kind young woman and living in a house with their own vegetable garden, this is instead how his life has taken course and, "that's ok!"

For stories like this and more from our 2015 Bangkok Street Retreat, please check out our blog: www.inneroceanempowermentproject.org/inner-ocean-empowerment-project/

offerings you could ever make in our world. It teaches us to be present even in the face of tremendous hardship or difficult feelings.

These are two practices that have impacted and given resource to so many throughout the world. To find out more about these practices, please visit our website or consider signing up for one of our trainings, go to: www.inneroceanempowermentproject.org/leadership-training/

Stats: Taught Educational Program for 45 Public Healthcare Workers

Project Reports:

Assisting Labor & Delivery on Burma's Border



Karen woman with her family at refugee birth clinic

- Stats:**
1. Assisted 75+ safe births
 2. Taught "Safe Birth" educational program to 12 labor and delivery staff
 3. Consulted for Refugee-Centered Holistic Health Clinic at Thai-Burma border
 4. Consulted for Karen Tribal Department of Health in support of turning their traditional system of medicine from an oral lineage to a written lineage

When was the last time you heard Burma (Myanmar) on the news? Did you know that the military regime in Burma is one of the world's most repressive and abusive regimes? For many of the tribal and rural communities staying out of conflict and keeping their families safe means attempting to flee the country altogether.

This exodus requires families to risk their lives with landmine explosions and outright shooting by the Burmese military, contracting malaria as well as other jungle diseases, all the while trying to leave their home country. As this has been an ongoing problem since 1962, you can now find hundreds of refugee camps and a few health clinics scattered along the border of neighboring countries.

Inner Ocean was invited to this tumultuous border by Dr. Cynthia Maung, a Burmese refugee herself who started a clinic in 1988 after fleeing her home country. Welcoming more than 100 new patients and delivering anywhere from 10-25 babies each and every day, we witnessed an incredible operation happening on a low budget but with big impact.

Inner Ocean worked in several departments including assisting birth

in the labor and delivery center, dentistry, surgery, and neurology. We worked with everything from assisting in numerous births to pain management from landmine explosions.

The first birth attended at the clinic was that of a 19 year old Burmese refugee who's labor had stalled almost 10 hours prior to her arrival. She had been trekking in from a refugee camp located more than an hour from the clinic. She was in pain and exhausted and her family was scared for her. Using a combination of our doula experience, acupuncture, moxa, herbal poultices, and massage, we were able to re-stimulate labor and her baby was born safely and healthy 45 minutes later. Her family is pictured to the left.



Supply & Fundraising Begins after Nepal Declared Disaster



Without government support, families clear their own rubble

On April 25, 2015 tragedy struck Nepal with a devastating earthquake at a magnitude of 7.8 and then again on May 12th with a magnitude of 7.3 Killing more than 8,000 people and injuring more than 21,000. Inner Ocean immediately began mobilizing to send much-needed supplies and monetary donations to this country in dire need. We joined forces with Planet Med and the Himalayan Medical Foundation and sent these supplies and donations overseas.

We are continuing to raise funds and supplies for an upcoming 2016 service trip where we will spend a month hosting no-cost health clinics all over the Kathmandu Valley and in one of the hardest hit regions of northeast Nepal, Sindhupalchok.

- Stats:**
1. Raised more than \$9,000 for first response programs
 2. Collected approximately 40 sleeping bags, 25 tents, 200 tarps, plus many other outdoor gear items to send over for immediate relief

Project Reports:

Teaching for Spirit in Education Movement, A Dream Come True

Ever heard of Sulak Sivaraksa? Mindi K. Counts, founder of Inner Ocean has. In fact, she read his books and studied his methods of peace-making at Naropa University starting in 2005! Sulak Sivaraksa is most known as one of the founding fathers of the International Network of Engaged Buddhists along with the 14th Dalai Lama, Thich Nhat Hahn and others. He has initiated countless social, humanitarian, ecological, and spiritual movements in Thailand. One of these organizations is the college known as SEM: Spirit in Education Movement which focuses on the principles of Engaged Buddhism. Sulak Sivaraksa is also the recipient of the Right Livelihood Award and nominee for the Nobel Peace Prize. Sulak Sivaraksa and Dr. Raboia Elizabeth Roberts are longtime friends and peace activists. What an incredible honor for Inner Ocean to receive an invitation to facilitate a 3-day workshop at this famous school!

Keeping true to the foundation of Engaged Buddhism, our teachings were again focused on Deep Listening, Bearing Witness, and what has become an Inner Ocean specialty: Care of the Social Wavemaker! The latter course focuses on just that: how to do this service-based work for the rest of your life and actually gain energy from it rather than lose energy. We talk about subjects such as burnout prevention, boundaries, the limits of compassion, and how to choose your unique "Zone of Impact" so that you can stay true to your nature and have success.



Aluminum can Tuk Tuk art for sale from Thailand homeless



Mindi Counts, Sulak Sivaraksa, and Dr. Rabia Elizabeth Roberts

Once participants felt equipped and prepared during the workshop, we invited them to participate in a Street Retreat in downtown Bangkok. After this 3-day immersion, students came back with incredible stories of the people they met. One student in particular shed tears as he talked about a young man he met who had been homeless since he was 5 years old. When he was a teenager, he began making toy cars out of aluminum cans and selling them on the streets as a way to earn an income. At the end of the evening, this young man offered one of his handicrafts to our student and thanked him for stopping and talking to him. Clearly it was an event that didn't happen often for him.



Students sharing their "Stories from the Streets"

- Stats:**
1. Taught Educational Program for 60 students including Bearing Witness, Deep Listening, and Care of the Social Wavemaker
 2. Led a 3-day Street Retreat Immersion in Bangkok

Project Reports:

NOT!

Women's Health is a Battlefield



We at Inner Ocean were shocked and saddened by the news of the shooting at Planned Parenthood in our home state of Colorado on November 27, 2015.

Imagine our surprise when we had just spent the entire week before glowing for the women and children who were rescued from Boko Haram's capture in April 2014. Never mind that 220 out of the 276 girls and women were pregnant, they were safe and that was what was most important. Their repair from trauma could finally begin.

And the other big piece of news we had been celebrating was the formal banning of female genital mutilation in Gambia and Nigeria.

But then the news of this shooting: an act so violent and full of hatred, happening only two hours from Inner Ocean headquarters. So in response, we decided to drive down to Colorado Springs to host an acupuncture clinic for the victims of the shooting as well as their families and communities. Focusing on prevention of post-traumatic stress disorder, we worked with a very unique organization called the CAMRC

(Colorado Acupuncture Medical Reserve Corps) that mobilizes specifically in disasters. For the first 4 days after the shooting, we deployed to the Community Crisis Recovery Center to offer healing clinics open to any and all affected by the shooting. After those 4 days, we opened a second clinic open only to first responders and their families.



Community acupuncture clinic responding to a disaster. To keep anonymity, this is not an actual photo of the Planned Parenthood clinic



Over the course of 6 days we heard so many incredible stories from the victims of the Planned Parenthood attack. One family in particular who was at the facility that fateful day, were only there to confirm a pregnancy that they were delighted about. This was to be their third child and while the father stepped outside to call his out-of-state family, the shooting ensued and as he ran back in to rescue his wife, he was shot and killed. Following his death, his entire family travelled from Texas to Colorado Springs to gather, connect, and mourn their loss. During her treatment, the young man's mother looked up at me and smiled with tears in her eyes and said, "We can't negate God's Will. I have a hero in my family."

At Inner Ocean, we have responded to many disasters by hosting healing clinics similar to this one: the Colorado fires of 2010, the Aurora theater shootings of 2012, the floods of 2013, and others.

We will continue to respond as a community resource and as an antidote to all the violence, hatred, and fear that penetrates our lives. Women's healthcare is NOT a battlefield!

- Stats:**
1. Assisted in more than 200 treatments of first responders and community members impacted by shooting
 2. Hosted fundraiser for PTSD clinic supplies (\$150)

Project Reports:

Treating Burmese Refugees at "The Dump"

It's difficult to imagine that driving by the garbage dump at the border between Thailand and Burma, you are simultaneously driving by someone's home. Not just one person, more than 400 Burmese refugees have been living at "The Dump" for several years. These are three-story-tall heaps of trash as far as the eye can see, speckled with little moving bodies all throughout. That's right, bodies of the children, women, and men who have lived on top of Thailand's trash repository for more than 5 years. So long now that they have built their

homes from recycled trash and have now begun to make a tiny bit of income from sorting through garbage and selling the recyclables.

When we first heard of the refugees living at the dump, we were shocked and immediately wanted to go meet them. Finding a connection who would take us, we journeyed onto the wasteland and were greeted by some extraordinary Burmese children who had learned to speak English! They explained that they had many volunteers visit over the years who taught them but most exceptionally was a gentleman

named Fred who had been living there for 3 years and providing ongoing teaching and support.

It wasn't long before we noticed that more than half the children who pick through trash with their families didn't have any shoes. The adults didn't either. We also noticed how thick the skin was on their hands and feet from all of the walking over rough surfaces. And the coughs of the residents were horrendous. We got to work right away and offered day-long clinics to the refugees of The Dump.



At the entrance of the dump, Mae Sot, Thailand



A group of volunteers who had passed through built what is called the "Rec Center" and served as home to our health clinics



Because of their good English-speaking skills, we hired the young kids at the settlement to translate for us

- Stats:**
1. Taught educational program for 14 international military students
 2. Assisted in more than 25 treatments at the dump refugee settlement

**This community has been wildly exploited by many different religious organizations. Because of this, we chose not to take any pictures of the individuals receiving treatment or of their homes.*

2015 Stat Summary:

1. Nearly 700 individual, whole body acupuncture treatments and herbal medicine consultations provided plus countless ear acupuncture treatments for PTSD, addiction recovery, etc.
2. Hosted 18, no-cost healthcare clinics in US, Thailand, and at the Thai-Burma Border
3. Taught Educational Program for 45 Public Healthcare Workers in Bangkok
4. Assisted 75+ safe births at Mae Tao Clinic Birth Center
5. Taught "Safe Birth" educational program to 12 labor and delivery staff at Mae Tao Clinic
6. Consulted for Refugee-Centered Holistic Health Clinic at Thai-Burma border
7. Consulted for Karen Tribal Department of Health in support of turning their traditional system of medicine from an oral lineage to a written lineage
8. Raised more than \$9,000 for first response programs following Nepal Earthquake
9. Collected approximately 40 sleeping bags, 25 tents, 200 tarps, plus many other outdoor gear items to send over for immediate relief
10. Taught Educational Program consisting of Bearing Witness, Deep Listening, and Care of the Social Wavemaker to nearly 60 Thai students
11. Co-led a 3-day Street Retreat immersion in Bangkok
12. Assisted in more than 200 treatments of first responders and community members immediately following Planned Parenthood shooting
13. Hosted fundraiser for PTSD clinic supplies following Colorado Springs shooting (\$150)



Publicity & Education:

Your Doctor, Our Hero: How Inner Ocean Landed in Dr. Oz Magazine



Inner Ocean has grown incredibly this year and to be honest, we never dreamed of the kind of recognition we have been receiving! This whole journey began so simply and yet now here we are featured in such a large publication as Dr. Oz: The Good Life Magazine (750,000 person readership!!) We feel so blessed and honored to have our work recognized in this way.

The journey of Inner Ocean's arrival in the magazine was a fun and interesting one, however not so easy! Between all the

interviewing, fact-checking, phone calls, paperwork, and special permissions, the article DID finally make the issue. But the magazine accidentally printed the WRONG website! Whoops. A snafu that once printed, can't be undone.

Regardless of that, Inner Ocean took the lead in the article that was otherwise mostly focused on allopathic medicine service organizations. We were the ONLY holistic health focused organization not to mention the newest on the scene! What a great honor!

Inner Ocean Methods:

What is Deep Listening?

Many people have asked us over these last years, "Do you really think you are making a difference with all these health camps and workshops you are running around the world?" And the truth is, it's a great question and we have to ask ourselves this often. We simply can't *know* we have made a difference without asking! And we certainly cannot have a rigid agenda when engaging in social work. In order to come to know these things, we have to listen deeply to those around us. Oftentimes when someone is suffering greatly, this active engagement of listening can be the greatest gift you could ever give them.

Deep Listening is a way of listening that listens with your whole body, and not just with your head. Most of the time when people are speaking to us, we are busy thinking, feeling, and growing impatient to respond. We are also often not fully present with the person who is sharing with us or we may be present only to certain parts of what they are saying. And sometimes all we can think about when someone is telling us something is how their story relates to some of our own stories! So the first step to Deep Listening is to:

1. Ground in ourselves and notice how active our own mind is. Are we available for listening? Perhaps now is not the right time. Be honest about this so that you can both have a rewarding experience. If you find that now is a good time, follow with Step 2.

And if you find yourself drifting during the active listening, just call a pause and come back.

2. Take a moment to simply connect with the person in front of you. Feel how equal and similar you are to each other. Recognize that you are not there to save them, you are only there to serve them.

3. Get present in your body and in the space so that you can open up your senses and listen with your whole being. Take in the details of the space and of the person so these will not be distracting once you are actively listening. And now you can begin...

Here is our breakdown of these three aspects to deep listening:

- a. *The details.* This is the heady, fact-driven part of what the person is saying. This part is important because we want to know we have been heard by the person who is listening and we want them to know we are listening. When we catch the details, we are listening with our minds. Also, mirroring another person by repeating back to them what you have heard is an excellent skill that builds trust.

- b. *The emotions.* This is the heart-centered part of listening where we aren't necessarily sorting through the details, but rather attempting to catch the *feeling* of what the person is saying. What is



the underlying emotion behind what they are saying?

- c. *The needs.* Why is this person telling you this? What is it they are asking for from you? Sometimes this is simply to be heard, but other times it could be that they need responses such as compassion, reassurance, comradery, clarity, mirroring, understanding, or even feedback. This style of listening happens with our gut, our intuition.

Try it out sometime. The next time your child, spouse, or friend comes to you to share something, follow these steps as a tool for greater connection, understanding, and trust.

Inner Ocean Moving Forward:

How YOU Can Help!

1. Got skills? We have a variety of short and longterm projects that could **Use Your Expertise!** Please visit our website (www.inneroceanempowermentproject.org/direct-relief-projects/) for a complete list of desired offerings! Here are a few just to give you a taste:
 - Nepal Earthquake Relief Effort
 - Thai-Burma Border Mobile Clinic
 - Addiction & Suicide on Native Reservations
 - Karen Tribal Medicine Program
 - Sex-Trafficking from US to New Delhi
2. **Get involved!** Maybe there is a project at Inner Ocean that really speaks to you? Fill out our volunteer application online today!
3. Learn with us! There is nothing more powerful than to find what it is YOU have to offer the world and then to OFFER IT! We have several upcoming **Training Opportunities** to help you get the support you need to live YOUR vision.
4. Consider making a **Tax-Exempt Donation** today!



Volunteer teaching basic math skills to a young Burmese refugee

Long-Term Vision at Inner Ocean:

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

Education: IO foresees needing to keep education as a strong part of its mission in addition to offering holistic medicine. 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: IO 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, violence, addiction, and injustice. This is why for every project IO engages in overseas, we plan to keep some portion of our budget to continue to work locally. Check our website for "Local Projects" as we update it frequently:
www.inneroceanempowermentproject.org/direct-relief-projects/

Creation of a Stable Foundation: With the mission of IO to become an organization that is able to funnel holistic medical and educational 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. Creating a stable financial foundation furthers our ability to reach them. We are currently seeking a grant writer to assist in this foundational goal.

Volunteerism: IO offers access to individuals, professionals, and students of all ages and backgrounds to have an opportunity to participate in heart-oriented service work. This includes everything from joining in on a project that fits your hearts calling and/or offering your unique skills to the vision and stabilization of our growing organization.

Collaboration: IO 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 IO's, by all means get in touch with us!

Flow Fund: We would like to establish a Flow Fund here at IO in order to build our capacity to give microgrants to individuals and organizations who are participating in social change.

"Alone we can do so little; together we can do so much."

-Helen Keller

This Year, We Got Some Press!

Voted Everyday Hero! by Blue Poppy Enterprises



Featured Exhibitor at the annual Women Powering Change conference in Denver, Colorado!

Invitation to Present at the Women's Wilderness st annual Summit Sister's Gathering!



Women's Wilderness

And don't forget about our **Feature in Dr. Oz!**

What's Next for Inner Ocean?

Organizations We're Working With in 2015:

STOP India www.stopindia.com
Waking Up Together
www.wakinguptogether.org
Acupuncturists Without Borders
www.acuwithoutborders.com
Mae Tao Clinic www.maetaoclinic.org
Himalayan Medical Foundation
www.himalayanmedicalfoundation.org
Himalayan Development Foundation
www.hdfoundation.net
Nepali Acupuncture Association
www.acupuncturenepal.com

Growing our team: Inner Ocean has had such an explosion of interest from people young and old who want to support our mission and see us thrive. This year we added a team of about 12 volunteers and a handful of interns to help with everything from collecting supplies and giving talks about our work, to stamping envelopes and answering emails. It has been an incredible addition to our organization.

Expanding our services: Because of the increase of interest in our local and global work, we have decided to formally take on students through a customizable Leadership Mentoring Program. Not only will this program build passion and tools for our modern-day social Wavemakers, but as a program of the nonprofit, it will bring revenue in for our

important work. Additionally, we are working toward the launching of a formal Leadership Training program in 2016 where we will take a group of students on and support them in becoming the type of leaders they desire and that our world desperately needs. Stay tuned!

Gaining Nonprofit Status: Over the last 12 months we have kept coming back to the question of whether or not to apply for our own 501(c)3 status. We have been operating with a fiscal sponsor since 2013 and while this has been wonderful, there are some limitations and we are noticing them more and more as our work expands. Because of this, we have decided to go for it, to trust our process, and to claim ourselves as an independent 501(c)3 nonprofit. Yahoo!

How To Donate:

Visit our website:

www.inneroceanempowermentproject.org
and click on "Donate" to pay with PayPal

Send a check to:

Inner Ocean 501(c)3
210 East Simpson. St
Lafayette, CO 80026

Call us:

1-720-441-2392



Little boy from Burma selling flowers at the market

Thank You To Our 2015 Generous Supporters:

Bonnie Peterson
Rachel Codina
Doren Day
Karen DeClerk
James Damman
Laurel Miller
Judy McNary
Cheryl Getz
Michael Dabrowski
Cary & Kim Collier
Emily Herbst
Judith Keller
Amy Collette
Leslie Cadigan
Janice Hooper
Patricia Kay Youngson

Kati Standefer
Ann Hackney
The Wolpert Family
Lynn Reed
Kristi Plucker
Sabrena Risz
Lhasa OMS
Rachel Moore-Beitler
Cynda Arsenault
Samhitta Jones
Lori Campbell Miller
Chris & Hannah Janaky
Suzanne Spiegel
Golden Flower Chinese Herbs
Mary Lauria
Bill & Helen Jo Hillman

Tracy Sanchez
Becca Wasserman
Kelly Kessen
Vickie Lynn Moore
Jonathan Grassi
Rabia Elizabeth Roberts
The Arnold Family
Evelyne Yannacito
Frederica Daly
Pairin Jo
Eric Brown & Christy Lochary
Ionah de Freitas
Andrea Dugan & Family
Janine Malcolm
And countless others who chose to remain Anonymous!

"I believe all beings deserve to have their basic needs met. Over the last 12 years my studies in leadership, psychology, trauma recovery, and traditional medicine including acupuncture, have led me to see the great unmet needs of our time. Inner Ocean Empowerment Project was established in an effort to meet this inequality by creating clinics and serving in some of the most impoverished communities around the world. As a practitioner of holistic medicine, I am working to strengthen our global community and as the founder of Inner Ocean Empowerment Project, I am committed to serving the global heart."

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



Thank you for your support!