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# SYNERGY

A Path for Future

ebook

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## INTRODUCTION

I am not a writer.....but what moves me to be here today is to share with you the research that I have been working on for more than two decades in the Atlantic Rainforest, and which comes along with my commitment as an education professional, a citizen, a mother, a friend, and a woman.

In 1989, in order to emotionally help a friend with terminal cancer, I followed Nature's indicators to help him. I recognized that I am part of Nature and that its ability to create a tapestry of life through respect for the different species and use of such differences to create more conditions for life have become the basis of my educational journey... I realized how affection and generosity are this particular rainforest, and I felt like a tiny ant carrying a leaf - my contribution to society. Therefore I began to build the legacy of the Araretama System, which was previously called Rainforest Essences (until 1995).

Araretama is a Tupi-Guarani word. The Tupi-Guarani is an indigenous culture that lives in Ubatuba - Brazil, the place from where all my research began in the Atlantic Rainforest. Araretama means "the source of light".

I am inviting you to come with me to a journey through the place from where your light comes from.....you will find how to understand the physiology of your behaviours, how to transform traumas into awareness, emotional pain and fear into self-value!

This invitation belongs to the contribution Araretama as an educational system is offering humanity, as one more leaf to build a new planetary culture. I truly believe that we can refine ourselves day by day, we can build better relationships in every collaboration

we take part in, but we need to pay attention to which is the source of our motivation in life: is it competition and survival, or a wish for awareness based on respect, ethics and authenticity?

## **MIND THE GAP: THE FOUNDATION FOR A NEW CULTURE**

We live in a paradoxical existential moment as human species: we have unlimited imagination when it comes to our concepts of success and power. Yet, at the same time, our ability to respect the complexity of life in our planetary microcosms – which extends to the cosmic field – is limited.

It is important to understand some **key historical moments** in the past two centuries, as well as current days, as crucial and reflective pillars to create a healthy future.

I consider the **Industrial Revolution** in the 19<sup>th</sup> century, the first gate of transformation as it placed women's workforce in the economic context, and facilitated the multiplication of numbers of manufactures which changed the economic basis. The second gate occurred through **the discovery of penicillin** in the 1920s by the Scottish bacteriologist Alexander Fleming, it changed our average lifespan, increased our life quality and gave us resources to fight fatal diseases which increased the population and the use of natural resources.

The third gate was **the information revolution** which created new means of communication, and generated new resources of creativity and income. I consider this current moment a quantic jump in technological revolution – solutions and innovation with 3D printers, material recycling, which turns us into an android humanity where microchips bring a fusion between the biological species – which we are – and technology.

First class science today researches nature in order to obtain important technological answers, such as the best paint for buildings

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based on plant research on the texture of the leaves. The Biomimicry Institute is an example of this research.

It is, without doubt, a fascinating historical moment that gives us the enthusiastic ability to know something about many, but we need to be careful about the “dopamine culture” we are creating. Dopamine is a neurotransmitter connecting us to pleasure; we increase the level of dopamine by getting quick pleasures through activities, as today for example when we legitimate love and social acknowledgement for wishes quickly satisfied by the push of “Like” buttons on Facebook; we have shallow relationships with big cybernetic groups. **We need to pay attention to the balance between virtual and physical human contact, to affection, the main core of our balance.** Our actions are intrinsic to the neurochemical elements produced through our brain plasticity. When we share our feelings, we kiss and hug, when we take our meals together, we produce oxytocines - the molecule of affection.

### **Affection is the source to nurture our existence!**

When we are born, we have a number of neurons, as potential ways to build synapses - as journeys of perception, conceptions, actions..... After 2 years, the place, culture and family where we grow up shape our brain plasticity, giving birth to our conditionings. They are not all bad, but they can bring inflexibility to experience life through the new points of view that are fundamental for us to create our repertoire of life.

Think metaphorically: **we all have a bag with tools to help us interact with life and its opportunities:** they are collected through our experiences, challenges, crises... As many instruments as we carry inside it, the richer is our response to events, more possibilities we have to play different roles and to become more creative. If we

are stuck in our conditionings, we experience less, and the richness of our brain plasticity is not used as we could. And we can develop it. We understand that if we do not move our physical body regularly, we get stuck and feel pain. We also need to understand that if we get stuck in inflexible points of view, we hinder our development.

We use our brain plasticity limited by our conditionings. Different activities use different areas of the brain but there is a potential in links to be done that can be activated once we overcome the limitations of habits which design our comfortable zone. Until a short time ago, scientists based the use of the brain between 5 to 10%. New experiments led them to review this number, speaking more about the abilities of the brain to become flexible and build a web of synapses in multiple possibilities.

To understand the brain plasticity we just need to think about our physical body: we are able to train and develop muscles and flexibility in amazing different ways, rhythm, forms. If we do not move ourselves, we get stuck. The same happens to the brain, as well as our heart, which contains huge amount of neurons that nurture the brain while being activated. The ideal is when we are able to behave in a conscious synergy of our emotions, our feelings and our conceptions, solving even inner paradoxes. The point is not just to use the brain but the synergy in which we are able to weave between our basic needs related to survival, our feelings that touch and have impact on the environment and our conceptions that shape our daily lives.

As humanity, we need, beginning with ourselves, to build steps for a collaborative existence. Knowing we use only around 10% of our brain potential is great to lead us to seek much more! WE can do

more! But more means to mind the gap we also have between our instinctive level and our intellectual level: power linked to survival and dominance plus an existence based in affection, empathy, respect. **WE can search for peace and cooperation, but vibrate fear and separation. And here is the gap!** And here is where the Araretama System is committed to work. As many human beings will be aware working through this point of view, as many renewal conceptions and vibrations will be added to the morphogenetic field of humanity: this is a field that links us as specie, and through this field, information, knowledge and wisdom can also be added to us. Rupert Sheldrake, important biologist, has been researching it for years. Only to work in meditating about peace is not enough. We need to bring it to our daily life, activities, community; we need to spread it from inside, and not only from our intellectual or emotional centre. It means conscious work, awareness and choices!

Therefore, **Araretama methodology is an invitation to open up more capabilities, as a response to conscious exercise and the use of Atlantic Rainforest essences that are natural intelligences.** It is fundamental for the creation of a new planetary culture that we become flexible, interactive, emphatic, ethical and over all, responsible, to be in synergy between our three ecologies: that's one of the main keys for the new: the ability to refine every day our personal needs, the quality of our relationships, the contribution to the community! And refinement depends of actions based on conscious choices. **Only through awareness we are able to understand our instinctive reactions from our limbic system,** many times moving us to directions and choices totally in a different direction we would philosophically go, or even in direction of our happiness, because fear. The ability to become an observer about who we are, what we choose, how we use our vitality, who is the one inside us guiding us, is an important key for evolution.

## BECOMING THE PATH



I was born in Brazil, South America. My parents were German; they fled Europe a couple of decades before as the storm clouds of war gathered. This mixture of cultures imprinted upon my personality the need to structure my feelings and experiences – a combination of German logic and the need for precision, alongside the joy of rituals which comes from my Jewish roots. All this being enriched by South American abundance and joy of life. Nature has always influenced my perception. Besides German and Portuguese, I also learned her language. It wasn't just human words I listened to, but the melody of the wind through the trees and the story that the leaves told. The rain and birds shared with me the planet's moods, bringing me updates with every new day.

My parents were never ones for religious activity. There were no framed pictures of the Lord hanging from the walls of our home; we didn't look for Him in churches or synagogues. The first time I laid hands on a Bible was at the age of sixteen. My first encounter with the Holy occurred at a very young age, however. I would observe specks of dust swirling and dancing in the rays of the morning sun every morning after waking.

My first experience with passion occurred early on too. My parents and I would spend our summer holidays in a coastal port town called

Santos. I had a little friend together with whom I'd dream up kingdoms in the sand, back-dropped against the swell of the ocean.

Like most immigrants, my parents harboured a great love of literature and philosophy, organising discussions with friends to share their ideas and views on books they'd read. Often I'd spy on them through a crack in the door, listening with fascination at names such as; Goethe, Nietzsche and Plato. These were my first experiences of what we call culture.

On his return from work, my father would sit with my mother and together they'd listen to music. There was nothing more sacred to them than the imbibing of Bach, Mozart and Hayden. My elder brother of three years and myself weren't allowed the slightest peep. Music in itself was God to my parents. It was at this time that I began to experience my first religious inklings. During those hours the living room was transformed into a temple of meditation and joy.

In winter we often set off for the mountains. I loved the long walks I took together with my father. We spent long hours just walking in the surroundings without exchanging a single word. Here then, was the first time I experimented with deep silence.

During our wanderings, I'd be on the lookout for potential nest sites for ousted birds. Whenever I came across a good place, I'd gather leaves and branches and create a new nest for lost chicks. This activity helped me form an idea of what it meant to protect Nature. It was also here that my connection to healing was born.

Trees were my best friends. I loved to hug and listen to them. The movement of their branches awoke a longing within: to dance in such a way that I could communicate with them.

My parents were called to school during my first year, and asked to shed light on the fact that I'd walk out of class every thirty minutes. My teachers wanted to know if I'd caught some kind of bug or other. After a medical check-up, it was found that I was in robust health. I was simply bored mindless by the method of teaching at my school. This period can be seen as the beginning of a search for a new point of view concerning education. At the age of eight, I travelled with my parents across the ocean to visit relatives in Holland and Germany. As great lovers of art, my father and mother did the rounds of all the important museums. I recall standing before a beautiful picture and desiring to take it home with me so I could look at it forever. It was a canvas by the French painter, August Renoir. I register this as my first contact with art. Later on, Renoir taught me how to express empathy with the world around me through painting, the delicacy of light's touch, nature and expressions from the hands.

As a child, my grandmother gave me a black scarf knitted in a traditional eastern pattern and colours. I remember holding it and gazing at the colours and shapes forming a mysterious design. All the while I experienced the stories it told of a time gone by. It was more than a piece of material to me. I wanted to read the patterns and dive deep into the strange world of symbols. Here marks the awakening of my interest in anthropology.

My first contact with spirituality occurred at sixteen with my bond to fire. It was at this time that I was practising Tai Chi under the French master Michael Verber. Every evening he transformed a multifunction storage space into an interdisciplinary temple of philosophy. A wide spectrum of activities was played out there within various cultural and philosophical contexts. Heated discussions were the order of the day. The result of which was the many-voiced linking of various cultures.

On every third month, Michael would take us to a Buddhist temple in the nearby town of Diadema in the outskirts of São Paulo. Here we could admire the huge hand-built fireplace in the centre of the patio. He patiently explained to us the meaning of shamanism, based on the anthropological studies of Mircea Eliade. "A shaman has the power of fire, rain and healing," Michael told us. A shaman's healing power comes from his ability to decipher illness from a parallel dimension, and then transmute it with the help of the elements. To have the power of rain means the ability to call on and administer it according to specific needs. In his lectures, Michael would always refer to every-day life situations. I understood them fully only later, after experimenting with various therapeutic systems and discovering quantum physics evidence.

One particular evening we were confronted by a holy carpet of red hot ashes. Our task was to cross barefooted with The Great Spirit. The reason for this ritual was to achieve a deep cleansing.

The shaman present prayed and asked that the dragons of protection would enable us to complete the fire walk with total calm. When my turn finally came around, it was with deep concentration

in an almost serene state that I removed my socks and took a deep breath. Overcoming fear, desire and belief, I entered into a new awareness of time and space, as I walked barefooted the carpet of burning ashes. In the middle of that night, already in my bed, I awoke from my dreams, experiencing my entire body in flame; blood and prana had achieved a sacred union and awoken the element of fire within. Firelight and inner trust are expressions of the same element. And here, I consider the awakening of my consciousness and the beginning of the journey of awareness.

I attended Michael's school for over a year. I visited his classes faithfully, and it was in his studio that I first exhibited my paintings. I was experimenting with inks and pastels, using mussels to apply these media. This natural applicator suited me far more than a brush. It took some time to understand the meaning of the painter's scribe in the process of watercolour painting.

My curiosity began to open new worlds of experience before me. I wanted to study sociology, shamanism, the history of ancestors, rituals and the expanding conscious in more depth. The decision to study pedagogy and anthroposophy, and to follow the Academy of Art, was influenced by my previous schooling under Michael where I had realised the importance of the need to develop new methods that would help people within the domain of creativity. It was also during this period that my friendship with Susana Maiani began to intensify. She remains today my very best friend, and the work she does as a mentor, astrologer, and jewellery designer, brings together beauty, strength and connection with the sacred, so well expressed in her jewel amulets. We first met at a camp when I was eight. Ten years later, her strength brought together a group of idealists who dreamed of founding a new society based on the principles of

community. With song and dance we celebrated the natural kingdom, and in 1975 we began to build our own projected community. We put all our savings together, and bought a piece of land in the village of Cunha in São Paulo state. Our pilot lay in the mountains, 1000 metres above sea level.

We were convinced that our lives and the lives of our children would be enriched by the principles and environment in which we'd live.

Here, my attachment to nature developed. I began to intensively explore her intelligence. Mountains, rocks, stones, lakes, rivers, rain, flowers, trees, butterflies, bees and birds. I observed the blood hidden within. Blood that spoke. I gradually developed a method of establishing communication that took the form of empathic dance. One of the great masters in my education of deep experience happened to be a little frog!

I took part in a tribal ritual with a group of anthropologists linked to the University of Anthropology and Indian natives of the Kariri Xoco tribe, who were located in North Western Brazil.

During this ritual my attention was captured by a green frog sitting on a piece of wood, which was observing the goings on about her. I tuned into her breathing rhythm. After a while, breathing in harmony we established contact with the aid of a specific sound, which created a kind of invisible link via which the frog reached all the way to my arm.



This simple but magical experience helped me to understand the importance of communication, that it is the key to our existence. It was dawning on me that everything in my day-to-day life had always had some form of empathic link. In terms of my later therapeutic work, it has always been based on understanding. Human interaction within our group brought us closer to understanding nature, and it was that little frog that showed me the principle in pure terms. I became far more observant, less critical. I turned my attention inward.

Another great learning experience in the school of empathy came during my stay in Hawaii. On the flight from L.A., I observed the clouds' movement over the ocean. My imagination was fired!

Arriving at the island of Kauai, I stayed in a cottage in the centre of a little forest. Life on the island invoked a kind of bubble existence. The sensuality and beauty of Hawaiian culture brought only pleasure. Each morning on awaking at half past four, I learned to acknowledge how my inner life and cycles resonated with nature. It was a time of comprehending the mood of an individual day, the rhythm of the wind's touch upon water, the creation of a rainbow... Gradually I became aware of every living thing around me. During a storm one afternoon, I was drinking tea and watching a spider crawl over the cottage floor. My instinct was typical of a person from the developed Western world. I bravely raised my shoe to do for the unwanted intruder that had stumbled into my sacred place. I was fearless and motivated..... until... I became the spider! I looked up from the floor and saw a crazy woman in a fit. My breathing resonated with the spider's, and I began to comprehend the meaning of the situation. I saw the wisdom of Shamanism in its relations to animals and their metaphoric meanings. This experience taught me

about 'life's network'. About how much wasted time is stuck in webs of the psyche, not unlike insects in a spider's web. That liberation comes with the rejection of fear. Fear that we don't have enough love, when all we need to do is share it. In order to do this, we have to awaken the inner flame of trust.

### The turning point

The turning point in my path came when at the end of 1989, John, a friend, visited us in Ubatuba - a city on the coast of Sao Paulo. An American man, his life was inked by adventures and tragic events. He arrived carrying a note that he had a terrible cancer, and that the doctors gave him - if he had a lot of luck! - 6 months to live. He decided to stay a week with us before surgery and chemotherapy, to release a bit of his sadness.

The contact with death made me stop all activities, and I dedicated integral time and attention to him. **We began to walk every day in a special temple in the forest**, and his pain began to be mine as well.....After some days, repeating the everyday journey to nature, we took a new path between huge ancestral trees, that brought us to an amazing river. We were just enjoying that magical place, with lianas hanging from all trees, weaving a tapestry of colours and spaces. Suddenly, veils of time began to fall, and I met through my eyes all the aliveness of the present, recognizing plants, birds, wind and water, understanding nature language as my own. No separation



between us, we were breathing together. We entered a new dimension of perception.....I felt as an ancestral being, part of that nature, knowing deeply that forest....

During the following days, we returned to the same place to join the source of deep healing there.

When John left for surgery, he was so different from the man that had brought death: in his emotional blood ran the juice of life.....

Two months after his departure, we received a letter, thanking the Atlantic rainforest for having given him life faith again: he was sure he would not develop cancer again, and would survive!

He is still alive, and this event was deeply remarkable related to the research in the forest.

It's here that we should recognise the importance of how ancient cultures honoured nature. And it is vital that we integrate humanity heritage, anchored into different cultures and their rituals, and the digital-techno dimension. We hunger for something that we had at our fingertips: a state of being whole and at one with nature and the cosmos. We are beginning to turn attention back toward these issues. As our alienation and isolation increases, so does the need to return to an experience of sacred ecstasy found in the rituals of old. The wisdom of ancient cultures not only permeates psychology, therapy and art, but influences the new scientific paradigm. It's not a call to go back in time: it's an urgent need for integration and the leverage of our consciousness into awareness!

## THE ATLANTIC RAINFOREST WISDOM



The Araretama System, a Therapeutic and Educational Platform, brings forth my research on the Brazilian Atlantic Rainforest. Through my studies I developed a whole paradigm to collaborate with the creation of a new planetary culture, using the biological social behaviour of plants as an example of collaboration for humanity's evolution. Human beings, as biological specie, are instinctively oriented to separate it from others that are different in race and culture. The very opposite happens in the Atlantic Rainforest: plants come together, and it is through their differences that they build a whole tapestry of life, weaving a complex web that supports creative survival and abundance.

Its wisdom is present inside the Araretama vibrational essences, as well as in the educational platform.

## ARARETAMA FLOWER AND VIBRATIONAL ESSENCES

Flower and vibrational essences have been used all around the world for decades, and Dr. Bach, a pioneer in 1930, began to research in England, originating the Bach Flower Remedies. Ancestral cultures produced them for centuries, but they became known in the Western world through Dr. Bach. They are bio-imprints and can be understood in quantum biology and neuroscience. **Inside the essences is matrix information that works with our emotions.**



**Araretama essences** are made from huge ancestral trees, bush flowers, bromeliads, orchids, aerial roots, lichens, and mushrooms from the Atlantic Rainforest in Brazil. **They can be used to balance emotional difficulties, as well as to open up new potential and awaken talents and new perceptions for self-development.** They do not present biochemical elements - despite water and alcohol to preserve the water - and can be used at any age, correctly following the instructions. They do not substitute for any doctors or medicine,

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and shall be used as complementary practice for the emotional dimension.

Through them, the forest teaches us to reach and understand our inner biodiversity: what happens inside us, our dichotomies, and how to handle them.

The use of the essences is important because they help our limitations to become flexible, which is fundamental for new developments. **They help to access the instinct level, which is where we concentrate our selfishness, fear to share, wish to maintain the comfort zone, because it is linked to our biological behaviour of separation and hierarchy.** Araretama essences touch this dimension, **and teach us to consciously choose a different instinctive model**, as the Rainforest does.

All different lines of essences produced by Araretama carry inside the biological wisdom of communion from the Atlantic Rainforest of Brazil. They all maintain the same quality and the difference is that Bespoke Lines contain specific flowers and plants directed to their purpose, and the blend is used only for that particular brand. For Bea Benkova I created the Extraordinary Line in a partnership to help her build her legacy all over the planet. We met in 2007 and this line of essences is being offered exclusively to her coaching and mentoring programs and clients.

For the company in Brazil where I am a consultant - TREND-I, I designed a strategic program and created a special blend for the company vision; directors and employees take the combination essences maintaining the focus on their weekly theme ,together with the reflection of the 3 ecologies. I feel huge pleasure to work in

synergy with the model of self-management, the team taking in consideration their differences to build the diversity of the company - as Araretama does rooted in wisdom developed in the Atlantic Rainforest. The visionary approach of the company reflects a constant search for innovation, beginning with the deep work the directors do (with) themselves.

The educational process we offer, through the essences as well, takes into consideration that all our experiences are registered in our biography. **Traumatic events cannot be dissolved, but it is possible to work on the emotional level and transform painful areas into a balanced response:** working with the essences on the brain plasticity, we can exercise not to identify our present emotional state with negative imprints we get during our lives, leveraging frustrations and sadness into awareness.

### **Rainforest Wisdom offers us a model on how to transform amidst diversity through creative cooperation**

What makes life so abundant and multiple in this forest? How can the countless beings of varied forms and different needs live in balance, sparing limited resources such as space, water, sunshine and scarce nutrients?

The answer lies in the fact that it is not the rules of competition which prevail, but actually those of cooperation. From scarcity and diversity, abundance and balance is generated. The key words are collaboration, self-organization, interdependency, resilience, freedom, originality, creativity and respect. **How to prosper from diversity instead of fighting it?** How to evolve, without threatening

the life and well-being of all species? How to create abundance where there is a sense of scarcity? How to create resilience and undertake change in a positive way?

**The richness of this forest is the communion between all plants, because of their differences.** The soil of the forest is not rich; therefore the plants developed a social intelligence, creating a huge tapestry of life above the surface. It is an ecological message to inspire humanity: how to respect different cultures and religions, building a healthy society embracing all differences.

At this moment in history, when the pillars of the current model of society are being deeply questioned, **this forest is a legacy of wisdom.**

### **Rainforest wisdom gave birth to Araretama education**

At the beginning of the 1990s, I started travelling to Europe to spread the wisdom of the Atlantic Rainforest, and inside Brazil workshops were organized in order to ground the research into a system. Seven years later, in 1997, together with the official opening of the Araretama Institute, the educational method was being designed, and from 1999 onwards, the Mandala Araretama was being practiced as an emotional fitness process through groups, families and even individually, originating effective results in self-development.

In the year 2000, while working for the Araretama Institute with local inhabitants of the Santa Bárbara neighbourhood, in the city of Cunha, I experienced a remarkable event that brought me a strong

certainty about following the path of empathy and affection as the source for a balanced and healthy society.

After giving consultations to the local people inside the church, having the license from the Secretario da Saude do Municipio de Cunha to help the community, I felt my heart full of stories that I heard. I was so touched, remembering the small boy being afraid to go back home because of an aggressive father.....families with alcoholic patterns and depressions.....So I decided not to go straight back home, but to take a rest in nature, before joining my friends for lunch. I went to a beautiful grove, and just lay down, totally surrounded. My heart was full of pain, and I began to cry without being able to stop.....While I stood there, with my hands open, I saw a horse getting close, and I could only observe him without reaction. The horse suddenly stood by my side, looking me deep in the eyes, in full compassion. He reached the palm of my hand, and caressed it with love until I stopped crying. Then he looked back into my eyes, as if to be sure there were no more tears and sorrow. He turned away and continued grazing where he was – far from me.

I stood up in ecstasy. There was a synergy between us that started from a deep communion. I was taken by a certainty about which way to follow with research and education. A new cycle of work was born, one that gets mature each year, and from several representatives in Brazil we create rewarding work groups as well as social work in NGOs and institutions.

### **From a planet to a star... from a star to a constellation**

Nine years ago I had an insight as I walked by the shoreline on a very sunny morning. I went immediately back to my first year in

elementary school, when I wrote in my Geography notebook about the difference between planets and satellites (which do not have their own light), stars and comets (which have own light). By looking into that original star of our existence, the Sun – upon which we depend completely – I understood our evolution process, the evolution stages, our dependent relationships, our need to have an external model, as we live in a planet that depends on this external light. Synergy and collaboration weave the Known Universe – that part we capture from the visible universe which is legitimated by science. I looked inside myself as if seeking this sun, this pulse and this warmth... and as I felt the core, I realized a tiny part of the meaning of our connection from the ability that we have to self-manage a refine awareness of life, creating geometries with similarities and different egregores... weaving a living mesh capable of, from then on, setting out a new culture. So far we have been playing and experiencing life so as to confirm our intentions to save the planet... there is no doubt that this is one step towards the non-religious but genuine faith; it is the water that moistens the possibility to have life, affection, respect for differences and ethics. To experiment, create, and seek to be better and convey consciousness are what push us toward this direction.

In 2007 the theme “from a planet to the star, from the star to a constellation” became the topic in my presentations and conferences.

From this perception I understood the constellations formed from these stars, and that as we are build holographically, these constellations form a regular lifestyle, from the creation of educational platforms that follows this model, from the union of synergetic groups that we can really evolve! We live on a planet so that we can become stars and build constellations, holographic geometries. The image of the kid’s notebook – and how much I

remember this text I lived – and the educator putting a method together, intertwined.

My company, Araretama Essencias Naturais, is the result of this perception, and Araretama Educational System's proposal is to allow the creation of new synaptic and simultaneously perceptive chains from the research of plants' social biological behaviour and the production of floral essences (quantic technologies). From flexibility, openness, to the new, and what is different between us, empathy, integration of our dichotomies and responsibility, we can acquire repertoire which will provide us with the right tools to respond to life in a healthy manner. Repertoire is fundamental because it allows us to choose, which leads us to freedom: we need to be able to select consciously that which is really good for us, not to maintain only what is comfortable because our conditionings.

In the past 15 years, along with the research, I put together and formatted this System and prepared its programs for entrepreneurs, companies, groups of women, groups seeking self-knowledge, educational and social work groups. Its methodology contemplates the integration of our instinctive, emotional and intellectual expressions, as well as the three ecologies: we improve as an individual on a daily basis, taking care of our internal biodiversity; we refine our relations and seek good quality levels of affection, contributing somehow with the community in projects, volunteering work, and becoming role models for what we believe in. A methodology that offers practical exercises for this development process, to which we add the essences that carry the social wisdom of the rainforest, thus we widen our ability to be happier. This three ecology-methodology, as Araretama presents it, has also been incorporated by Bea Benkova, and is present in her programs at the

GIFEW Institute, a platform made to converge different systems and create a new planetary culture.

In 1993 I started the outset of my work in Europe and, from 2003 onwards, Lenka Siwkova and Veronika Sablova fully embraced the Araretama System. To them my deepest appreciation, as well as to the Czech Republic and Slovakia, where the representative offices are located. Their loyalty to the foundations of this work is unquestionable.

Within Araretama we work with flower and vibrational essences, the educational methodology based in Emotional Fitness and the three ecologies, synergy leadership programs - as I call leaderships in a new paradigm - and body exercises: they help us to bring synergy between our three centres: instinctive, emotional and intellectual.

## CONCEPTION OF ARARETAMA EDUCATION

Through my research, working with people, through my experience - as a woman, a mother, a friend, an educator, an artist – I have been thinking a lot about love and all its meanings. I really came to a very clear picture that in the universe is an intelligence, and this intelligence is love. It is one of the intelligences. As an intelligence, it can be systematized through the pillars of understanding.

**Mostly we think about compassion and empathy when we think about love, but love is much more. It has to do with the ability to organize our daily life.** Because the better we are organized ourselves the more can we help others to get organized

and like this we will be much more able to help our community with our vibrations. Compassion, empathy, organization, strategy. Thinking in the best way to solve our problems, thinking in the best way to open new experiences for us. Respect, ethic, even our mission in life has to do with the intelligence of love. It is also important to understand the impact of our presence in the world. As much as we will be really in synergy integrating the first ecology, which means how can I understand myself better, how can I really integrate my instinctual level, my emotional level and my intellectual level? How can I integrate my talents and my passions so I can work in something which really brings joy, how can I transform sacrifice into pleasure. So we don't need to sacrifice ourselves, then we will have money to do everything we wish, so we need to turn this paradigm.

The second ecology has to do with how we can help our relationships to become better. It also has to do with the IOL: when there is collaboration, cooperation, respect, empathy. As well as a new level of empathy that I consider is responsibility. Responsibility is not the heaviness that you need to do something and this is heavy, this is difficult. But the ability to respond to life, a basket where we have the tools to deal with life: how we approach events and deal with them.

The third ecology is our community. The amount of energy we will be giving to the community around us to really collaborate, to build a new culture for the future, and even being an active participant in the present. So when we can integrate these three ecologies, we are totally working inside the spectrum of the Intelligence of Love.

We are facing a big challenge: either we are aware that we work within these three ecologies, or we will become virotic in this planet. It is up to each of us to awaken the manager within and be guided by love, as a universal intelligence!

## **I. ECOLOGY**

### **TO UNDERSTAND MYSELF BETTER AND SELF-REFINEMENT**

#### **Introduction**

One of the blocks of evolution is that we stay in suffering periods too long. Some people even live their whole life in stress, alone, in suffering. But we always all have two options – to be active or passive. Passive role is the role of the victim. It means allowing others to decide about our life. Victims are addicted to what others say or think about them. The second option is the active role, which means we can find our centre, we are integrated personalities, and we live and grow through our experiences and choices.

*How can we recognize that our three centres are in balance?*

We will enter into synergy between inner and outer world. Our life becomes a synchronic process, and we will always create a path to get what we need.

*What does it mean to be centred?*

We have in balance our three centres – instinct, emotional and intellectual. Araretama always works with balancing these three centres: desires, feelings and conceptions.

### **How to practice**

In the first ecology we focus on care about ourselves. We learn how to become a star. To become a star means that I can deal with my fear, I'm open and I experience my life. The point is to really be able to deal with our fear, to have clarity who I am and what is my mission and what I wish to do, to be flexible and creative. I'm a star who creates and lives a better quality of life.

It is natural that as a star we begin to attract others, and it is our responsibility to begin to create a constellation of stars, but this is a story of the second and third ecology. In this book I introduce them separately but in daily life it is possible to develop all three together.

How to become a star: a healthy individual, who trusts its talents and passions!

Plants of the Atlantic Rainforest have unique intelligence. They can weave a tapestry of life with trust, love and as a field of cooperation. They are different from each other, they live in a small place but can live together happily. This is why I learn from them, and I use their wisdom to bring educational system for humanity.

The Araretama educational system is like a spiral built from the intelligence of this rainforest and its social web. Thanks this rainforest's social web, I could understand love as an intelligence. I could understand that love is not only compassion, but is self-value, empathy and cooperation as well. It is a journey which begins with

the step how to learn to become better and to live a better quality of life, and if I'm better I can create space for others to be better and so in this way we can create new culture.

In the Araretama system we can grow and develop our 1<sup>st</sup> ecology in this way:

- Mandala Araretama - Emotional Fitness (8 month journey)
- Masters of Success (three weeks journey)
- Wise Wo-Man (five weeks journey)
- Secret of Life and Wealth Mandala (4 weeks journey)
- Guardians (5 weeks journey)
- Spices for the Soul

### **Mandala Araretama - Emotional Fitness**

It is a gym academy for the emotional dimension. It gives the opportunity to experience brain plasticity with countless possibilities of perception and performance.

This Emotional Fitness allows us to experience different feelings and points of view every week, where each essence is a messenger from the archetypes that form our personal structure, as well as portals from our divine essence. It leads us to express our authenticity. And the free expression brings a special quality of joy and awareness that is an important seed for a healthy and creative society.

Ararêtama Emotional Fitness was created for self-development. It begins by walking through and inside our inner biodiversity - that means touching our inner dimensions, feelings, perceptions, memories, reactions, communication, interactions with others - until the moment that we become the path: we are present, aware of our



movements, feelings, and actions. We understand wisdom not as perfection but as the ability to integrate our biological state into full awareness.

We can imagine that each challenge or hidden potential that needs to be developed represents a part of this spiral staircase and that for our progress it becomes necessary to question about eight important points.



Origin - the fountain of our being; the source of our ancestors from which we gather the necessary information to develop our potential. We learn from the essence Bromelia 1 how to become open and feel relaxed with it; essence Thini á how to feel the energy of freedom and deal with fear; essence Oribá how to connect with our abilities, and essence Indaiá how to accept as we are, just innocence.

... and then we continue to the part Vital Force because it is wonderful to know who we are and which are our talents, but in our daily life we need vital force to be able to express them...

Vital Force – is the energy that activates and nourishes us, and allows our evolution. We learn from essences Ybá how to connect with our will, essence Pyata how to care about our vitality, essence Seiva how to nourish, and essence Caju how to be creative and feel belonging.

.... and then we enter to lessons of movement and learn about it in three different levels ....

Movement - awakens our consciousness to action, which is the key to the flow of our vitality and evolution. Three essences as movement teachers are Revelacao – how to deblock subconscious conditionings - movement inside us, Jumping Child – how to be spontaneous - movement from inside to outside (express our authenticity and beauty), and Yate – the third level of movement is to move in space and how to respect the cycle we are in, without becoming anxious.

.... The next step is about the art of relationship....

Relationship - shows us that giving and receiving is the path towards perceiving that the universe is a web of interconnections. Wise essences teach us how to build relationships at all levels. Imbe – relationship with my inner being: relaxation and fully centred, breathing deeply, calming the mind. It is important to be fully present in order to relate with others. Kundalini brings communion within my dichotomies, Moara teaches us unconditional love and affection, and Suri teaches how to build a web of friends,

community, constellation of stars through our authenticity and joyfulness.

.... the fifth step touches our conscious of responsibility. We learn to understand that responsibility means how we respond to our life: Is life for us a suffering and full of “I can’t because...”, or is it a possibility to learn, understand and grow...?

Life Experience - through these we become aware that life is an opportunity to be lived. Essence Celebracao leads us to become a master of eternal learning in life, Renascer helps to balance levels of instinct, emotions and mind to conclude cycles and begin new ones, and Tauá connect us with our motivational centre, which awakens our passion in life.

... sixth step brings deep cleansing of the behaviour patterns which block our true expression....

Cleansing - allows us to abandon restraining positions. We can therefore be free to live up to our hidden potentials. With Obaiti essence we become focused on what our heart wishes and we follow it, Assá helps us to feel compassion and gratitude, Marupiara teaches discernment, Mamoá brings calmness, and Eloah connects us with our emotions and helps to see with clarity.

.... after cleansing it is time to ground all our talents and plans...

Grounding - allows the real structuring of our creative potential. Essence Embo Rudá helps to feel pleasure with everything we do, Ararybá brings connection with our potential and mission, and helps to structure their use, Tassi protects and balances compulsive behaviours.

... in the eighth level we connect with our inner values and learn to weave our life by respecting all its parts...

Wisdom - the intermediate point between our spirituality and our instincts. With essence Bromelia 2, we unify what is separated, specially desires and conceptions; Oyama, brings assertiveness; Soberania self-value; Uirá, brings us a huge will to follow our direction in life, and Oribá is taken again at the end for us to realize the process we went through. The last step is here to metabolize all the process – Irradiating Centre – with essence Rudá.

### **Masters of Success**

There are moments in life when we need to pay attention to some life topics more than others. One of them is to really find who we are and what our mission is. I created trilogy Masters of Success especially for moments where we need to adjust three aspects that build our dynamo:

Talent – Passion – Direction

Who we are and our talents! Sometimes we have sleepy potential inside us that just needs to be awoken with joy!

Passion - Be aware of what we love to do, despite having special talents for it, but the flame of life just lits up and our eyes become sparkling stars when we do that specific activity!!!! During our lives we are shaped in conditions that sometimes do not allow us to perceive what we really love to do.

Direction - Our goals, how we direct how we are becoming productive. Entering in synergy with our needs, aliveness, and purpose in life! Where we are going in life, what we are doing with our energy, our talent and passion. Awakening the desire to bring a legacy to the world. This part Direction also touches the 2<sup>nd</sup> and 3<sup>rd</sup> ecology:

There are three dimensions, three levels in life that build our integrity:

Working with this trilogy helps us to create the space to truly find our happiness, awaken in us the possibility to see life in three levels - you with you, the time you dedicate to contact your needs, and the quality of emotional nutrition you can allow to be open. Trilogy then acts in relationships - you with others, the quality of your relations, with your flame awakened, your relations will be awoken with quality as well. Then trilogy acts with the way and quality you will relate to the community, to the world. Not being passive, but helping to bring a legacy to the world. Making a difference in giving your contribution to it.

### **Wise Wo-Man program (level 1)**

In this level we develop Well Being, Self-Values, Calmness, Exuberance and Discipline.

## **II. ECOLOGY**

### **TAKING CARE OF OTHERS**

#### **Introduction**

If we are conscious of who we are and shine as a star, we naturally reach the point when people around us will recognize our change. Some of them have left our life (mostly people who loved our inner victim and not our truth, people who project their point of view onto us), but some of them begin to see us as an example, love our awakening, and we also could attract new friends.

On the level of 2<sup>nd</sup> ecology is very important humility, empathy and self value in balance. If we are conscious of our self value but we didn't develop enough humility, usually we not value others and become selfish. This is why these qualities must be in balance. Without balance, our power can direct in a negative way. Positive direction means that we honour ourselves and others. This is one of the biggest challenges of the Aquarius Age and the next 2000 years: "How can I be a star and shine, and at the same time honour and respect others and cooperate with them." The biodiversity of the Atlantic Rainforest lives it, and this is why I cooperate and share with you. Plants can teach us because they know how to solve this paradox.

#### **Humility, Empathy, Self-value – key qualities for caring others**

Humility doesn't mean that we are less than others. Humility is honouring our space and the space of others. We can choose to live

our life being an example, a role model – to children, friends, colleagues, and people on the street and in shops.

Empathy, as the ability to live in the skin of others, to feel them and not to project on them, means – from my zero point (pure love) that I became you to feel you and understand you, and to understand how to behave or solve different kinds of life situations in peace and wisely. Empathy is the first step to be able to respond to life (to be responsible).

Self-value is the ability to honour who we are. It is being able to look into the mirror and say: I respect who I am and I can deal with my inner difficulties in peace. I allow my authenticity to be the gate to my beauty.

### **How to practice**

The Araretama Emotional Fitness journey we can follow alone – that means we individually follow step by step each part of the spiral, and we learn to understand ourselves and become a star. If you like you can follow this journey together with a group (your family, friends or colleagues), and you can focus not only on developing your 1<sup>st</sup> ecology but 2<sup>nd</sup> ecology as well. Through sharing and supporting each other on the journey, we bring high quality to our relationships.

An overview of how you relate to 2<sup>nd</sup> ecology can also be given to you by working with the Wise Wo-Man program – part Taking Care of Others. You learn and balance there: Respect, Communion, Lovingness, Responsibility, and Nourishment

## **III. ECOLOGY**

### **COMMUNITY CARE**

#### **Introduction**

I don't believe that it is possible to change the world without helping our communities. I have been working with people for 38 years and with communities 15 years. For 15 years I have taught therapists to work in social institutions, and we have amazing results with children who could overcome their traumas.

#### **How to practice**

I have travelled for decades, and I could speak with a lot of people that think they cannot help any community because they don't have enough money. But what I mean to help a community doesn't mean to send money somewhere, but to use some of your time to help the people who are near you – to help people from your street, city or country. If everybody does a little to help then all of humanity can get more easily to the new cycle on the planet.

I'm absolutely aware that each human being can do some kind of social work. Each country needs it. And please do not wait for the government to do it. It is up to each of us to participate in becoming active participants.

My company Araretama Essencias naturais, in cooperation with Gotas de Flor com Amor, supports the healing process of disadvantaged children.

The Social Program Gotas de Flor com Amor helps 300 disadvantaged children and teenagers from ages 6 to 17, living at the Favela (shanty town) Água Espraiada and nearby shanty town streets in the city district of Brooklyn, in the southern zone of the city of São Paulo. Many of these children come from “broken homes” having almost no contact with a father, and with a history of violence and exposure to drug abuse. This Social Program not only takes these children from the streets for part of the day, but also gives them basic concepts of citizenship, preparing them for a better future.

The distinctive feature of this Social Program named Gotas de Flor com Amor is the fact that it offers flower essences for the kids, their families, as well as for teachers and staff, and hence its unusual name that means Flower Drops with Love.

The Ararêta System has been an active part of this Social Program since 1998. This participation began with visits and the donation of the first flower essence kit. I offered my volunteer work as a Flower Essence Practitioner in 1999. From this period onwards, essences that are part of the System have been offered to the students, contributing to their emotional, physical, mental and spiritual integration.

In the Araretama system you can grow and develop your 3<sup>rd</sup> ecology in this way:

- working at the 3<sup>rd</sup> level of the Wise Wo-Man program
- Wise Wo-Man program – working with 3<sup>rd</sup> ecology means to develop Cooperation, Compassion, Ethics, Mission, and Acuity.

## WISE WO-MAN PROGRAM

Araretama is committed to helping the evolutionary process to happen!

Synergy Leadership - the new leaders for the 21st century onwards, will vibrate and promote self-management, the background for a new economy in corporations and for entrepreneurs.

The everyday questions we ask are:

1. Can I refine myself today compared to yesterday? What shall I focus on to promote it?
2. Can I build a better relationship today? Which are my gaps that block this process?
3. Can I help my community, state, and country with which actions?

They are in the Wise-Wo-Man - a 21-week process, a model to follow to develop our three ecologies in synergy.

### **Synergy Leadership - the next level of leaders!**

There is a path for us to journey through, and it begins when we awaken inside us the trust, as well as gratitude towards life. This means becoming a star.

The moment we connect with others in the same process, we are able to build a synergetic field that creates a design in space, as the constellations seen by us while observing the sky. This geometric expression- that depends on the authenticity in vibration of the individuals, is the foundation for the collapse (quantum physics word and conception) of new abilities, new synapses in the brain,

new perceptions, innovative insights....This will be the next step for humanity. It requires:

- Self management, empathy and responsibility.
- Resonance between our three centres (instinctive, emotional, intellectual) and the three ecologies.
- A deep awareness of our talents, fears, challenges and a huge wish to move forward.
- Consciousness about the illusionary desire to succeed alone. The next level is based in synergetic teams, groups, tribes, communities...as the Atlantic Rainforest.
- Exercise to shape our instinct level for future generations in a new model.

## **PARTNERSHIPS - A TAPESTRY OF COLLABORATION!**

Over these 23 years, several partnerships have been established between me and healers, Masters, entrepreneurs, therapists, and musicians. Some became my representatives; some collaborate in their own flow and rhythm.

To my community and tribe, I am so thankful for having such friends in this existence! Susana Maiani, a reverence for your love, mentoring and uniqueness as an artist.

To my mother, Ellen Epstein, to my father Richard Epstein, that gave me so many tools to experience life! To my son, Thiago E.Liberalli, a gift!

My eternal gratitude to my students and partners who deeply understood the message from the Atlantic Rainforest.

In the Czech Republic and Slovakia, Lenka Siwkova and Veronika Sablova are the pillars of Araretama, as a vortex for Europe, maintaining

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huge integrity and deep love. Ctirad Hemelik, for being a beautiful warrior, carrying always his innocence and joyfulness.

Bea Benkova, Jan Polak, and Tatiana Benkova, bridging the extraordinary woman all over the world. I created a blend of essences to contribute to building her legacy.

Radka Donalova, bringing the Araretama system into the Czech corporate world. Carsteen Sann and Delia Sann in Germany! Hiroshi-san in Japan! Doris Barg, flourishing Araretama in Israel, Brazil and several countries around the world. Fiona Arrigo in the UK!

In Brazil, Thalita Maiani, Daisy Braun, Mauro Liberalli, Luciana Chammas, Cassia Santos, Ruth Toledo, Anete Effting, Cristina de Souza, Patricia Maciel, Benilde Boaventura, Cinthia Assef, Simone Rocha, Katia Gonçalves, Maria Eugenia Correa, Rodrigo Guim, Rodrigo Nista, Leticia Machado, Fabio Toreta, Alexandre Basa, Sergio Waib, David Calderoni.....

We are pleased to receive your feedback and interactions!

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WITH ETERNAL GRATITUDE AND LOVE!

Sandra Epstein  
January 2014

## TESTIMONIALS

### **Helio José Effting**

Operations Director at Duas Rodas Industrial, a leading company in the South America Food Ingredients business, and former executive at Bunge - a global player in the agribusiness and food industry.



In my career of over 30 years I have had the chance to work and interact with many people from different cultures and organizations, as well as to participate in several seminars, courses and programs for Management and Leadership development. I have always been interested in learning more about

people's behaviour and to have a deeper understanding of it in different environments. Many times I felt that something was missing.

By attending the "Araretama seminars" this missing element became clear to me: the influence of "Mother Nature" so well described and explored in these programs. Learning about how nature influences

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and guides our behaviours, emotions and actions was amazing and the hands-on "Mandala" experience was surprisingly good.

### **Anete B.E. Effting**

Certified Flower Essence Practitioner and Educator  
Certified International Translator / Interpreter  
[www.portalpapillon.com.br](http://www.portalpapillon.com.br)



"I have always been a seeker. Maybe a little short of focus, but my desire to understand the underlying patterns of life has always pushed me into new quests. As it is easy to imagine, this permanent sense of restlessness has brought about some very challenging and uncomfortable situations in my life. I knew the answers to my questions had to be simple and straightforward, but for many years I searched and searched without any satisfactory outcome. I would always run into partial answers and "solutions".

When I finally got acquainted with the universe of vibrational essences, I knew I had found my way home. I just knew it. Nothing had changed in my life yet, but I felt deep down in my heart that these essences were the answer to my questions and that they could help me as signposts in my journey. The work still would have to be done by myself, but I wasn't alone anymore.

I was introduced to the Ararêtama System in 2010, not so long ago. It feels like a lifetime, however, if I look back and account for the changes this wonderful essences have helped me to bring about in my life. In my opinion, one of the most striking features of the

Ararêtama System that has been so helpful in my personal journey are the several different Emotional Fitness programs that Sandra Epstein has created using the essences, which offer the possibility of focused and deep action within a guided program. In my case, this was the point I was missing in my search – focus and structure. Also, as a facilitator of groups that follow these Ararêtama programs, called “mandalas”, I have witnessed so many people being able to break free of life patterns that no longer served them and lead better, more honest lives.

I will always be thankful for Sandra’s deep and committed work of bringing the blessing of the Atlantic Rainforest to help us live life to its fullest potential.”

### **Sergio Waib**

entrepreneur, marketing expertise, TV program presenter

It is with enthusiasm that I affirm that the coaching program with Sandra has brought me values and feelings such as discernment, assertiveness, calmness; it has improved my relationships and the benefits I got have been helping me both personally and professionally, allowing me to live a happier life. An extra and important point to raise is the positive impact of these changes upon my direct and indirect collaborators. Lastly, a human being evolution is possible – all you need is to have the right person by your side.



### **Rodrigo Machado Nista Spis**

Trendi’s co-Founder and CEO

We envision a company that is unique. A truly innovative marketing service provider that understands creativity as an answer to all kinds of restrictions we may face. That believes in method and is pretty rigorous with deadlines, and all its commitments. That seeks the state-of-the-art quality in every challenge. That embodies hard work, but also understands that balance is essential for work quality as well as for life. We soon understood that the foundation of a company like this should be its people. And that’s another thing we wanted to be unique at: gathering a special group of people and focusing our efforts on developing each and every one, both professionally and personally.

We were fortunate enough to meet Sandra from the beginning and to be able to share this vision with her. Since then we’ve been working together, and focusing on individually leveraging the potentials of each team member. Emotionally balanced people are able to make better choices and decisions, and to truly put that extra effort to make it better everyday - even when nobody asked you to do better.

We do want to be a great business, but we mostly want to be proud of the value we add to people’s lives. Sandra is helping us on this matter on a daily basis. More than a consultant, she is now a part of our team - a recognition she earned from the Trendi’s team itself.





**Leticia Machado Nista Spis**  
Trendi's co-Founder and COO

As Trendi's operating officer, one of my main goals is to help our team to be more effective and to achieve the quality standard we seek in every possible task and to do so with the highest levels of productivity. If that wasn't challenging enough as such, from the very beginning we decided to manage Trendi without the so many layers of coordinators, supervisors, managers... commonly seen in most businesses.

We believe in people's ability to achieve that, but we need to empower each of our employees and give them the tools to make it happen.

The most valuable tool, or our secret weapon, is Sandra Epstein. We've been working together for 3 years and partnering this effort of developing both our people and our company - and it's been a pleasure to do that together!

**Fabio Toreta**

Trendi's co-Founder and communication expertise

Sandra has deep knowledge about the laws of nature. She uses all that knowledge to help people to awaken what is best inside them. It's lovely to see the work of Sandra happening and seeing people reestablishing the connection of mind with heart, awakening talents, remodeling structures and helping relationships to become more sincere and prosperous. I am very happy to have the opportunity to work with Sandra and Araretama.



**Lenka Siwková**

Araretama distributor and teacher

I met Araretama essences in 2001 and recognized them as a portal to a new level of education. I began to use them and started cooperate with Sandra Epstein. Shortly after that, I invited her to the Czech Republic and begin to share the wisdom of this rainforest with great pleasure and deep respect.



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**Araretama helps**

Araretama educational system is being used in a different levels of groups:

<b>Group</b>	<b>Place</b>	<b>Students/Customers/ Managers</b>
Personal development	Czech and Slovak republic	1 500
Personal development, coaches, managers	All over the world	1 000 000
Coaches, managers	Czech and Slovak republic	170
Children (kindergardens)	Czech rep.	100
Children (who received support through non-profit program)	Brazil	+ 10 000