

Activating Heart Intelligence

CARE FIRST WORLD

Care leads the way
Money serves
care

THE VOICE OF
ALL GENERATIONS

Stories of Care First
in Action

THE POWER OF
OUR HEARTS

Happy Heart, Eli and Joyee

CREATING
A HOPEFUL FUTURE
Onward and Upward!



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Our Websites

www.carefirstworld.com

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Send Us a Story

When you have an inspiring story to share, we would love to hear it.

Feedback

We welcome any feedback to assist us to enhance our magazine.

Contact Us

For enquiries, provide feedback and sending us a story, go to **Contact** on:

www.magazine.carefirstworld.com

MEET *the* TEAM



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Our Intention

We facilitate the transition from a Money First to a Care First World in which money serves the well-being of people and our planet and is not used at their expense.

We see this magazine as a vehicle for building a Care First World together, creating a culture of the heart. We share Care First stories of people and organisations already practising this. Our founders, Louis and Sandra Bohtlingk started "World Finance Initiative" as a Scottish Charitable Company in 1996. We have developed a vision for a Care First World. This is a world where:

- Care for the well-being of people and the planet comes first.
- Money is used to make well-being possible.
- Everyone can provide for their basic human needs and develop themselves.
- We care for the Earth, which provides us with so much materially.
- We receive and share the gifts of the Earth with each other.

Our work focusses itself on our money, survival and work issues — what money is and how it works in our world. We explore our tensions, fears and conditionings in relation to money and transform these to build a relationship with money that serves us. Shifting from feeling victimised by the world of money and empowering ourselves to becoming a creator of the life we want.

We have inspired thousands of people worldwide through workshops, meetings and books to take the leap towards a better life for themselves, each other and our beautiful Earth. This often takes courage and clarity of heart and mind. We assist people with the struggle and pain that can be involved in making the shift from Money First to Care First in our lives.

We intend to spread, integrate and apply the message of Care First in an even stronger manner. It is our hope that everyone, including governments, companies (those in powerful decision making functions) make decisions based on Care First principles.

Steve Schueth is one of the initial founders of Socially Responsible Investing in the USA. He writes:

"The concept of Care First underpins virtually every strategy that the Sustainable, Responsible, Impact investment industry offers for socially conscious investors. Care First is broadly applicable and deeply meaningful, while at the same time very simple. The application of the concept of Care First along the spectrum of life decisions is perhaps the most powerful force for good available to mankind."

We know that many people worldwide are in agreement towards what kind of world we would like to create. Seeing love as our foundation, heart intelligence as the way forward, and a culture of the heart as the goal.

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THE GIFT THAT KEEPS ON GIVING

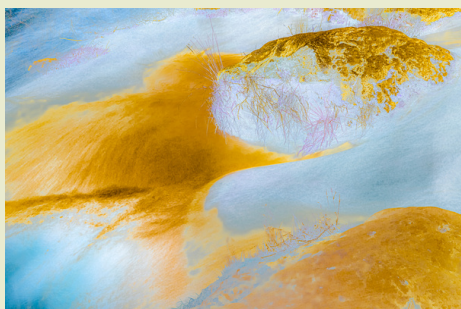


Illustration by Annemarie Hoogwoud

We are delighted with the positive responses we have received on our Vol 1 - Summer 2023 edition.

We've decided to share the magazine digitally with everyone as a gift from our hearts. We welcome your support — with a financial gift of your choice — towards the creation and distribution of the magazine and its cause. We invite you to share this magazine with friends, relatives, acquaintances — anyone who you feel might benefit.

You can acquire the printed version for yourself and gift it to others for a small fee.

Our frontcover is Dunnet Head, the most northern point of Scotland's mainland with the Orkney Islands in the background. In this issue, we share a genuinely hopeful perspective for the future of humanity based on the power of heart intelligence and Care First.

We are thrilled to connect with HeartMath from California, which has done 30 years scientific research into what our heart is and can do. Their president, **Deborah Rozman**, writes about heart intelligence. Its founder, **Doc Childre**, and I write about how to create real hope for our future.

We share Care First stories from all generations, cultures and countries.

YOUNG PEOPLE

A young family story by the owners of the successful **Sinclair Bay Lodges** (Scotland) about their joys and struggles to care for themselves, their family and community.

Mahmoud Idries (Sudan) writes an article entitled "Thank You Care First" about taking his family to safety from the war in Khartoum (Sudan).

Ryan Hreljac's (Ryan's Well) and **Scott Harrison (Charity Water)** are assisting millions of people with access to fresh drinking water. Young people (India, Mexico, Germany, USA) from **POP (Protect our Planet)** speak about Care First and activating millions of young people to create a liveable planet.

OTHER GENERATIONS

Mark Laisure (USA) writes beautifully about Care First and watching his father act so naturally in a Care First manner. **James Anderson (UK)**, a plumber who started DEPPER. They have assisted over two million people with difficulties to pay for their plumbing and heating repairs and more. **Finland's success** in relieving homelessness (aims to end it by 2027). **Prince William (UK)** following suit with his "Homewards" project.

I share about my experience of shifting from "not being in my heart" to "being in my heart." To acknowledge the best in ourselves and each other and feel better about ourselves.

Finding our Personal Key to become conscious of the unique workings of our own hearts. This inner enquiry has helped many to steer a clearer course in their life, like having a daily compass to guide our actions.

Sandra Bohtlingk shares a poem, "The Garden in Our Heart" and an article, "Love in Action" with the work of DIY SOS as an example.

The second fairy tale like conversation between **Happy Heart** who visits us from a star with Eli Comfort from a rural village, who brought his sister Joyee along. Together they explore how we can use the strength of our hearts to relieve our problems.

Louis Bohtlingk, Editor in Chief

READER'S RESPONSES

Responses to Care First World Vol1 (Summer 2023)

The overall experience of the magazine is that readers find it soft, playful, colourful, inspiring, encouraging, non-divisive and non-imposing. It is very relatable, touching something we all know inside and that our heart understands.

In our loud, upsetting and often confusing world, we consciously support everything that our beautiful heart is and can do, helping us to believe in that love.

We witness that people are being helped by how the concepts of Care First and Money First clarify their life with money and provide a hopeful perspective towards implementing a constructive Care First use of money.

On this page we share some of their responses.

"A money first, extractive mindset lies at the heart of the existential meta crisis our civilisation is facing. Once heart intelligence starts pumping loving care to the far reaches of our human existence and to the Earth, infinite flow for life resumes, enabling the whole of life to heal and flourish. So whenever you make a decision — important or not — care first."

Steven Lovink, France

A medical herbalist shared an interesting response in relation to the importance of heart coherence, which is described as "a state in which the heart, mind, and emotions are synchronised and balanced. This state is associated with feelings of well-being, relaxation, and improved cognitive function."

He writes: "Congratulations on the first issue of Care First World. This beautifully crafted journal has come at just the right time in the affairs of mankind where care is needed as never before. The sheer quality of the magazine ushers in a potential turning point to greater health and happiness. Where greed brings despair and unhappiness, love and care work at the heart-centred core of human physiology."

As a medical herbalist of 40 years in practice I have treated many patients suffering a variety of heart conditions with a combination of herbal medicine, change in lifestyle and the techniques as taught by the Institute of HeartMath. Whilst several herbs can feed and tonify the cardiovascular system, restoring heart coherence will make all the difference.

Care First World, with its short but meaningful essays and beautiful pictures draws one to the vital message of this new enterprise."

Brain Lamb, Thurso, Scotland

"I loved receiving the first volume and already looking forward to the next one! The magazine is packed with meaningful content and beautifully laid out. The mixture of pictures and text makes it easy to read and the language has a flow that goes to the heart of the reader."

I like the mixture of ages and countries being represented. It reminds us of the fact that in our hearts humans are more similar than different and goes across all borders! Best wishes for the work ahead!"

Aslaug S Brittain, Norway

***Building the world we know
deep down, is possible.***

"This magazine is the product of a stubborn refusal to give up. An acknowledgment of the deep crisis we are in as humanity and an embrace of the positive forces that are awakening. Personal and deep, the magazine is a welcome reminder: we are not crazy, we are not alone and there is a lot of good happening in the world that inspires us to be a part of building the world we know deep down is possible."

Raymundo Resink, The Netherlands

"Reading this magazine was not just enjoyable but truly food for thought. Whilst many of us try to be caring to others in a general, daily sense, it was really uplifting to hear how others make it their lives work to positively and actively contribute towards society. There was so much information provided about how we can invest our money wiser, supporting ethical banking and companies who are driven by doing the right thing. Refreshing in these times."

The Care First World magazine will give you hope that all is not doom and gloom in these complicated times and that there's a strong force all around the world improving life for others. Thanks."

Libby Kime, Scotland

"We live in a time where countless people feel that we need to engage with ourselves, each other and our planet in a fundamentally different way. Many people think this is just a dream and things cannot change."

This beautiful magazine shows that a lot is happening and changing because of people who dare to think and live differently. Concrete examples in different areas, based on love and respect, offer hope towards the future we would like to see! Because things can be different when we make different choices."

Brian Gude, The Netherlands

I CARE FOR YOU

James Anderson, plumber and founder of DEPHER
speaks about what really matters in life.

Words by James Anderson and Louis Bohtlingk

James Anderson became shocked and saddened to discover the low quality of life many of his elderly, disabled, vulnerable and low income customers endured due to poor quality heating and plumbing. As well as being ineffective, in many cases it was potentially life-threatening.

In 2017 he set up DEPHER – Disability and Elderly Plumbing and Heating Emergency Repair. The organisation relies on public donations to cover the cost of labour and materials, allowing it to provide free services during winter months and discounted services at other times. DEPHER provides urgent emergency works such as repairing gas leaks, installing new boilers and heating systems – and providing running hot water to those without it.

Since DEPHER was launched, they have supported over two million people and during the pandemic also branched out into helping distribute personal protective equipment and food to his community. In 2021, DEPHER and James were awarded a Points of Light Award by the Office of the Prime Minister.

JAMES SHARES ABOUT HIS LIFE



“I left home when I was 18 and I ended up sleeping on the streets. To get out of that situation, a couple put me up in the garage and gave me a job. It saved my life.

The feeling to know that somebody actually cares, is priceless. Knowing that someone will stop, and even sit down for a minute and says: "Come here, let's talk, why, how, what do you need?" That's all it takes.

He shares: “We're helping an elderly gentleman who's got mental health issues and he's been without heating and hot water for six years. His boiler basically broke down. Everyone said no to him. Everyone said they can't help, won't help, so we've said yes. He couldn't afford a new boiler. A job like this would usually cost around about £2500 - £3500, depending on the amount of adjustments on the pipework. We cover all costs of the materials, and we cover all costs of the labour as well. And this Christmas he's going to be warm, have hot water, and be a happy guy. It saved his life.”

“The importance of giving back to the community and the importance of looking after vulnerable people is that; you could be Bill Gates, you could be Lord Sugar, you could be the richest man on the planet. But when you're born you're born with nothing. When you die you can't take it with you. You can't take your big house, your big flat and your big car, you go with nothing. You either go in the ground or you get burnt and that's it; you're gone.”

*What you do in life, let's you live
forever. People remember
what you've done.*

“We have a responsibility as human beings to be humane to each other and to care for each other. It doesn't matter about your colour; it doesn't matter about your religion; it doesn't matter about your beliefs. It doesn't matter what area you come from or what language you speak. What matters is: do you love me; do I love you; do we help each other? That's what it's all about and that's what should be happening now.”

www.depher.com

SINCLAIR BAY LODGES

A story of perseverance, talent
and care for family.

Louis Bohtlingk interviews the owners,
Andy and Penny Harris.

When I walked into one of the lodges for the first time I was struck by the beauty, attention to detail and exquisite carpentry work.

When Andy and I met in February of 2023 we talked about Care First, the importance of enjoying life and not working too hard at the expense of our health and well-being.

In June 2023, he and his wife Penny read our Care First World magazine (Vol 1) and really liked it. Andy said: "Louis, I realised reading it, how much I am a slave to money." His wife Penny said: "For years Andy did not take one day off work."

And here the story begins.

BUILDING UP OUR FAMILY LIFE

Penny and Andy, worked hard, very hard. Too hard? Andy said: "The magazine made me realise that I always put money first, before care. In the past year I have been able to count down with working and enjoy life a bit more."

I said: "At the same time I felt when I met you that you naturally come from a lot of care, which is visible in your work. Is that true?" He agreed.

Andy shared: "I have always worked very hard from a young age. When Penny and I met, we started building our own house without contractors. I started my carpentry apprenticeship at 16 and worked 12 hours a day, 6 days a week. I loved fishing, bought my own boat and could make a good living with it."

"There was a period where I could end up doing 20 hours of building and/or fishing work in one day. Not enough time for Penny and the children. At one point during the building of our home I reached breaking point. I was really wondering what I was doing. We succeeded in the end but at a sacrifice."

"Then we started building the lodges again, without contractors. Penny and the children too helped wherever they could. It has been and still is a real family effort."

"Visitors are very happy with what we have done. Our finances are much better now. I am enjoying myself more. We are very happy to be able to support the local football club, school and other charitable causes."



Keiss, Caithness



OUR CHILDREN'S FUTURE

I asked them: "In looking back would you advise your children to do the same?"

Penny said: "Yes and no. I would advise balance. They should not work too hard at the expense of their emotional and physical well-being and, when they are older, at the expense of the care for their own children."

"Great that you put your hearts into this," I responded "We live in a world where almost everyone needs to make money to eat, sleep and drink. This can be quite a problem for many, especially, when we find ourselves working too hard for it."

"We have set the world up in this way. What I realised is that we have the possibility, individually and collectively, to make things better for ourselves and each other. There is no need to feel victimised by a system around us. We can re-create that system ourselves."

BASIC INCOME

Andy asked me: "Do you think Basic Income is a good idea?"

I said: "I think about it a lot, because it can bring relief to many who struggle to make ends meet. It gives everyone a modest financial foundation to start from. It creates more space for people to think about what they really would like to do with their life."

Andy: "But will that stop many from working?"

I responded: "This has been a concern, but it has been disproven in a number of trial runs. Almost everyone loves to be active and contribute."

Rutger Bregman, a historian from the Netherlands, passionately promotes Basic Income and sees it as a realistic future possibility. He says that of all the human freedoms we have, the freedom to create the life we want, is still missing. He feels that Basic Income can assist us with being able to acquire that freedom. I believe that too and am eager to explore this further.



www.sinclairbaylodges.com



THANK YOU CARE FIRST

Words by Mahmoud Idries.
Introduced by Sandra and Louis Bohtlingk.

Sandra:

I want to introduce a young man named Mahmoud Idries. I was invited to go to the Sudan in 2012 to see if I could assist with a project to help women earn their own income through crafts.

Mahmoud was a member of the family that invited me over. He became a most diligent and caring chaperone during the entire month that I was in Sudan.

We talked about Care First and Heart Intelligence. It resonated strongly with Mahmoud as a natural way of seeing life, though the practical side of it, under the general structures of life in Sudan, were far from simple.



Louis:

War broke out in Khartoum, Sudan on 15 April 2023. Mahmoud fled with his family to the border of Egypt in early May. He took care that his mother, sister, cousin and aunt made it through, but could not enter Egypt himself. He managed to get a UAE visa to Dubai, where he could find work to support himself and his family in Egypt. We were able to assist him, with a team of friends, to fly from Ethiopia to Dubai.

Mahmoud has always had a deep connection with our work and felt that he wanted to make a contribution to our new magazine.

Here is his story.

*Just like the rest, we did not expect it, yet
we all knew that this day must come.*

WAR!

It is something many people believe is the way to settle differences. In Sudan, in recent years, many of us have accepted our fate and embraced a life of hunger, disease, uncertainty, and mental disorders. We soothe ourselves with faith in God, goodwill, and HOPE. A normal day turned into an unforgettable nightmare. The people in Sudan were preparing for Eid, the last days of Ramadan. Everyone was busy.

BOMB!

Just like thunder in the middle of a storm, the sound of war has hit everybody deep in the heart, and many have been hit to death. We were watching in shock, not believing what was happening. The news was like a dream, a flashback into the last four years, where every other day since 2019 was full of violence, blocking of roads by protestors, and curfews by the military, while young lives were passing away.



"How bright Khartoum was when I saw it." Sandra.

We were watching cautiously expecting this nightmare to end soon. Whispering to each other: "This is only a matter of hours." The first day passed, then a week, then the weeks were stacking. We watched the destruction of our beloved homeland in the news, while parts of our hearts were bleeding. Now, most of the Sudanese homes had run out of food. Ramadan was a blessing because we normally keep stocks of food for the whole month.

In our house, we only had two meals a day. One after sunset and one at night, while some of us were eating only one meal a day. Electricity, network, transportation, and essential services went down.

We panicked! There are old and sick people who live with chronic diseases. Many fled and left Khartoum to return to their hometowns in other countries. Some stayed as traveling was very expensive, because of war traders. The cost of travel went from 20 dollars to \$600 and \$1000. Many could not leave. A family with six like ours needed at least \$5000 just to leave Khartoum.

On the 7th of May 2023, My family and I finally made it to the border of Egypt. Egyptians offered good help to those who left Khartoum in the first weeks. When I made it to the border, many had already entered Egypt. I waited eight days for the visa. We heard that the process is faster in Port-Sudan since it is not as full of people wishing to go to Egypt.

So, I left for Port Sudan and stayed eight days there. Every day was becoming more difficult, and evidently impossible. We wanted to go to Egypt because it was the best choice. We have a similar culture, and it is cheaper than many other options. I decided to let my family pass to Egypt without me while I looked for other options. My mother, sister and cousin finally made it through to Egypt.

I started my journey from the border of Egypt to the border of Ethiopia. It was a three-day trip. It wasn't easy. Finally I got a UAE visa and a pass to Ethiopia. I didn't have the means, but I had hope.

When I arrived there, I didn't have money for the ticket. It took the courage to ask for it. SANDRA! She is someone dear to my heart. I told her about my need, and then came Louis with his friends, and just like a flash of light, the ticket was booked.



I cannot emphasize how critical the timing was. If the ticket had been two days later, I wouldn't have made it. New rules had been made and some visas to UAE got cancelled.

Then I flew off with a digital copy of the new magazine, **CARE FIRST WORLD**.

I made it for the sake of goodness.

I made it with the help of a team of Care First workers.

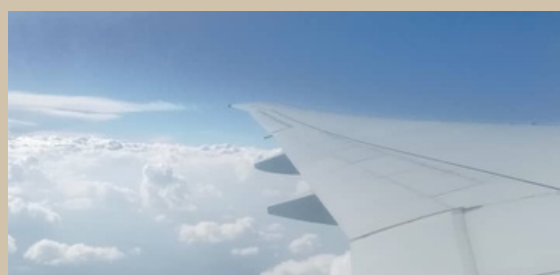
I made it with the help of their hearts.

I made it with the help of some friends I have never met.

Thank you all!

Now I am in UAE. A busy, expensive and fast life.

I found work soon after I arrived and am looking to settle and keep supporting my family in Egypt and Sudan.



*I do not want to speak much.
In heart intelligence we must feel more.*

The first time I heard about the concept of Care First and heart intelligence it immediately felt like something that doesn't need more explanation. I always follow my heart. I believe caring is something that comes from the "heart".

I think empathy and sympathy are feelings that are instinctive and vital to human existence. Our "brains" only work within the limitation of education and experience. But in order to be a human, to be someone who cares FIRST, or to survive, you do not need education; you already have a complete database and functional heart.

One of the special Care First acts done by a group of caring individuals helped me to escape the war zone. They act like a spark of a flaming fire that will eat greed and bring light. More people must gather around them and join their energy to create a more significant impact on the world.

Because now, like many others, I am a refugee, fighting against all the newly made regulations, visas, permits, payments, and registrations. I feel owned, someone is controlling my life, and I have to pay for that. I have to be aware of what might happen to me, and where should I go when my visa ends.

I think we need to care first and all join together in the movement to make the new changes that are so needed.

EXAMPLES OF CARE FIRST

Being very effective with immediate care towards urgent needs:
fresh drinking water, having a home and elderly care.

Louis Bohtlingk

RYAN HRELJAC

How the 6 year old Ryan changed the world together with his penpal, Jimmy to provide fresh drinking water for all.



Shocked by the fact that children his own age had to walk for hours every day to get water, Ryan wanted to make a difference. With the help of his family and community, he started Ryan's Well in 2001, dedicated to providing clean water to communities around the world. They have now brought clean water to 1,402,006 people in 16 developing countries. Ryan collaborates with his pen pal, Jimmy, from Uganda. Their dream is clean water for everyone on Earth.

www.ryanswell.ca

SCOTT HARRISON

After a decade of indulging his darkest vices as a nightclub promoter, Scott declared spiritual, moral, and emotional bankruptcy. He spent two years on a hospital ship off the coast of Liberia, saw the effects of drinking dirty water, and came back to New York City on a mission. He said in early 2023: "771 million people lack basic access to clean and safe drinking water. We are on a mission to change that. Today, more than one million people have made it their mission too. We provide water to 17 million people in 29 countries."

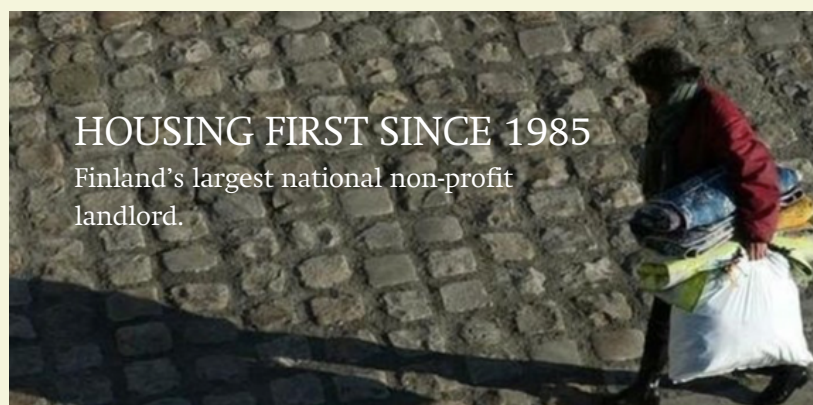
www.charitywater.org



CAITHNESS CARE WEB

Walking into the Community Hall in Keiss one morning different local organisations were sharing their work. I was struck by how many were providing immediate care in their services without the people needing to wait for help. I spoke with some of them, and we agreed that care is the way forward to create the kind of world in which we wish to live.

I was impressed by many, but mention just one called "Telecare." It assists anyone, especially older and disabled people, when they have an accident at home to get help at the touch of a button on a pendant or base unit anytime of day or night. A telecare alarm gives people the freedom to live their life, remain independent and safe in the knowledge that they can call for help whenever they have the need. Beautiful!



HOUSING FIRST SINCE 1985

Finland's largest national non-profit landlord.

HY-SÄÄTIÖ (Y-FOUNDATION)

Y-Säätiö, Finland's largest national non-profit landlord. They promote social justice by providing affordable rental housing. They own over 18,500 homes in nearly 60 locations. They are applying the **Housing First model**.

Resolving homelessness traditionally is being tackled using a staircase model: You move through different stages of temporary accommodation as you get your life back on track. An apartment is the ultimate reward.

"It was clear to everyone that the old system wasn't working; we needed radical change," says Juha Kaakinen CEO of Y-Säätiö. "You don't need to solve your problems before you get a home. Instead, a home should be

the secure foundation that makes it easier to solve your problems."

Finland is the one of the few European Union countries where the number of homeless people is significantly decreasing. They are aiming to end it by 2027. Social services assign rental homes first, then issues like mental health and substance abuse are treated second.

Prince William in the UK launched **Homewards** a five-year programme aiming to end homelessness inspired by Finland's excellent record.

www.ysaatio.fi/en/
www.homewards.org.uk

LIVING FROM THE HEART

A genuinely hopeful perspective for our future

Words by Louis Bohtlingk and Doc Childre,
founder of Heartmath.

“Humanity desperately needs to resolve issues like war, income inequality, protecting our environment and more. I see us standing on the threshold of the heart, meaning that when we manage to apply our heart’s intelligence to the issues at hand we can resolve them. The heart is connected to an enormous resource of ideas and inspirations. I see our heart intelligence and the outward expression of that, Care First, as beacons of light guiding us toward a better, brighter future.” Louis Bohtlingk



Dunnet Head, Scotland.

CREATING HOPE FOR THE FUTURE

It is my great pleasure to introduce Doc Childre, founder of HeartMath and author of the book "Heart Intelligence" (co-authored by Howard Martin, Deborah Rozman and Rollin McCraty). Doc Childre developed profound insights over the last thirty years into what the heart is and can do. In his book he writes about creating a hopeful future through heart-based living. Below I share insights from the book:

“As we practice heart qualities like love, care and cooperation, we can become architects of a new sense of hope. As we become more compassionate, more forgiving, and more eager to put the past behind us, this will draw more hopeful and intelligent solutions for the many seemingly insurmountable challenges we are experiencing.”

“As our hearts open more to each other, this creates a constant renewal of our sense of hope and optimism for the future. Hope is important but it’s time to start creating along with it, and not just wait for hope to put solutions on our doorstep.”

“A good first start is to begin expressing more care and compassion and bringing it to the street in our day-to-day interactions as the needed groundwork, then the rest will unfold. Our present global situation is not the same as a storm where we bunker down and wait ‘til it’s over, then go back to business as usual. The ball is in our court, as we are all players in the outcome.”

*We are in a transitional period
and it won't last forever*

“It obviously will go on for a good while until more of us decide to open our hearts to compassionate care and create a different world from what we’ve created thus far. Eventually our hearts will have had enough of the old and want to pioneer these new changes.”

“People have just scratched the surface of awareness regarding the focused power of love and its capacity to create a heart-based environment—one where individuals can progressively transform fear and the debilitation it brings, while manifesting their undiscovered gifts and fulfillment.”

COLLECTIVE COMPASSIONATE CARE

“Many are sensing that collective, compassionate care is emerging to become the next level of love that humanity is transitioning into. This transition is calling for heart-based choices.”

“Learning to access our heart’s intelligence for discerning choices and directions will eventually be accepted as common sense. Heartfelt interactions between our own mind and emotions and with each other is the foundation for people of different races, religions, politics, and beliefs to get along harmoniously.”

“As more of humanity practices heart-based living (or heart-first living), it will help qualify the “rite of passage” into the next level of collective intelligence.”

HEART INTELLIGENCE

The heart is the most powerful source of electromagnetic energy in the human body — more than the head and any of the body's organs.

Words by Deborah Rozman, behavioral psychologist, President and co-CEO of HeartMath Inc.
This article was excerpted from the book "Heart Intelligence" published by Waterside Productions.

Most people reference their heart as something more than just their physical heart. When I was teaching meditation to children in a public school classroom of seven year olds, I asked them to "Point to your real self."

Everyone in the class pointed to their heart. They naturally felt their heart was who they really are. Regardless of race, religion, or ethnicity, throughout history people have referred to their heart as their source of being, intuition, and wisdom. In most every language, we find metaphors of the heart like, "listen to your heart," "go to your heart for the answer," or "put your heart into it."



THE HEART AS A SOURCE OF INTELLIGENCE

Many ancient cultures, including the Mesopotamians, Egyptians, Babylonians, and Greeks referred to the heart as a source of intelligence. They maintained that the heart is the primary organ capable of influencing and directing one's emotions, morality, and decision-making ability, so they consequently attached enormous emotional and moral significance to its behavior.

Over thousands of years, most often without knowing about one another, cultures across the planet have seemed to share a similar knowledge about the heart as a source of intelligence and inner guidance.

From my personal experience teaching Gestalt psychology to adult classes in the early 1970s, I realized that the head and the heart were two different intelligence systems. There was nothing I could find in the psychological literature at that time that could explain what I was observing.

When a student was in conflict about a relationship or career issue, I would place two pillows on the floor and have them pretend one pillow was the head and the other was the heart. I would have students sit on the head pillow and have their head talk to their heart.

After sharing their thoughts and concerns, I'd have them move to the heart pillow and tell their head what their heart's view of the problem was and what their heart was feeling. It was often like two different people talking from two different reference points of awareness.

Then I'd have them go back to the head pillow and respond to their heart. After switching pillows in this way three or four times, they'd settle in their heart and speak from their heart's wisdom. What occurred was an obvious shift in the depth of what they would say and a different energetic quality that was palpable to them and the whole class.

The intuitive insights that emerged from bringing their head and heart together resulted in a solution to their conflict or a clear next step. I witnessed this so many times I was convinced that the heart was accessing a source of intelligence.

When I met Doc Childre in the mid 1980s and heard him talk about heart intelligence, I immediately knew what he meant, though I wasn't familiar with the term. He invited me and others to help create an institute to explore heart intelligence through scientific research. It was called HeartMath. I accepted the offer with enthusiasm, because it resonated with my past studies and experience with the heart.

THE HEART SENDS INFORMATION TO THE BRAIN

Our research began with exploring the latest findings in the fields of neuroscience, neuro-cardiology, psychology, physiology, biochemistry, and biophysics.

In synthesizing research from these different disciplines, it was surprising to discover that the physical heart sends information to the brain and body through at least four different pathways:

- Neurological communication (through ascending pathways in the autonomic nervous system);
- Bio-physical communication (the pulse wave);
- Biochemical messaging (the heart secretes a number of hormones);
- Through the electromagnetic field created by the heart.

The heart's magnetic field, which is the strongest rhythmic field produced by the human body, not only envelops every cell of the body, but also extends out in all directions into the space around us. The heart's electrical field is about 60 times greater in amplitude than the electrical activity generated by the brain. *

During the 1960s and 1970s, pioneer physiologists John and Beatrice Lacey conducted research that showed the heart actually communicates with the brain in ways that greatly affect how we perceive and react to the world around us.

In 1991, the year that the HeartMath Institute was established, pioneering neuro-cardiologist Dr. J. Andrew Armour introduced the term "heart brain." He found that the heart possessed its own complex intrinsic nervous system that acts as a brain and functions independently from the brain in the head. This heart-brain has been shown to sense, process, and encode information internally.



There is evidence that the heart's brain possesses the capacity to learn, and even has short- and long-term memory and neural plasticity. Moreover, ascending neurological signals sent from the heart to the brain continuously interact with and modify the activity in the brain's higher cognitive and emotional centers.

In this way, input originating in the heart is a major and consistent influence in the very processes underlying our perception, cognition, and emotion. At the physical level, the heart not only possesses an innate form of intelligence, but, through its extensive communication with the brain and body, the heart is intimately involved in how we think, feel, and respond to the world.



THE HEART'S INDEPENDANT AND INTELLIGENT FUNCTIONS

Today, scientists have learned a great deal more about the heart's independent and intelligent functions, which is still not common knowledge for many people, even clinicians and other researchers. Here are some of the findings:

- The heart starts beating in the unborn fetus before the brain has formed.
- There is constant two-way communication between the heart and brain.
- The heart sends more information to the brain than the brain sends to the heart.
- The heart sends signals to the brain which help inform our choices.
- The heart helps synchronize many systems in the body so that they can function in harmony with one another.
- The heart's signals especially affect the brain centers involved in strategic thinking, reaction times, and self-regulation.

www.heartmath.com



Ash



Komal



Ivan

Words by Louis Bohtlingk
and members of
the POP family



Norma



Drysha



Kevin



Philo

Young people protecting the planet for future generations in a heart intelligent and Care First manner.

Care First World and POP have been working together since 2021. Our common ground is a heart intelligent approach to all things and Care First — as care for ourselves, each other and our planet, and using money to serve that care.

POP members above participated in the online Meeting the Mystery of Money workshop which we facilitated, to assist them in making the shift from Money First to Care First and create the life with money they wish for.

POP, founded in 2016, empowers youth to have an active participation in addressing issues of climate change. The organisation reaches millions of young people on all continents. As a “youth inspired by knowledge” movement they offer a wide range of mentorship and support to young people and youth-led groups. We asked them to share about Care First and POP.

CARE FIRST AND OUR PLANET

Philo Magdalena (India)

"Care First enabled me to learn, practice and spread the principles of a love-based economy and a circular economy – where endless production and consumption is not the ultimate goal. The POP Movement channels this consciousness and strives to build a Care First community through its mission of climate action."

Ivan Ransom (Mexico)

"Care First gave me the opportunity to understand, heal and resignify my relationship with money. I learned to use it as a way to consciously share love. POP means hope to me. After I met POP I dared to dream again and devote my life to our common cause."

Ash Pachauri (USA)

"I believe the concept of Care First is key. We need to make a change and do so with our hearts! I thank you for this wonderful initiative and for your outreach to the POP Movement!"

Komal Mittal (India)

"Care First offers the gift of abundance and the space to contemplate our thoughts in a more expressive way. It grants the courage to express and the chance to comprehend our peers in a more profound and beautiful way. In this world, full of busy lives, we discovered what we lost — the art of cherishing and being cherished — and now, we hold onto the hope of reuniting again with love and strength."

Dr. Norma Muñoz (Mexico)

"Care first, a space for reflection that contemplates the relationship between all living beings, considering the universe as a set of elements that share everyday life in harmony. This space of opportunity to act has been provided to me by the POP Movement, which has allowed us to put our hearts, souls and knowledge together in favour of the fight for a better planet."

Drishya Pathak (India)

"Care First assisted me in cultivating aspects of my awareness that streamlined the connection I maintain with my thoughts and future objectives. This guidance facilitated the clear categorization of priorities and financial choices in my life. POP helps me nurture my knowledge every day. I feel over the years it always gave me a motive to go on in life."

Kevin Morales (Germany)

"Almost as magic, after joining Care First, for the first time I won an application. Thanks to the POP Movement, I knew the right people, and Care First enabled me to realise that I was worth winning. I now welcome money, because it's needed to make a positive impact on the world."

www.thepopmovement.org

COSTA RICA'S REFORESTATION

Costa Rica doubled its forest cover over a thirty year period.

In the 1940s, 75% of Costa Rica was cloaked in lush rainforests. Then the loggers arrived, chainsaws in hand, and cleared the land to grow crops and raise livestock. Nearly half of forest cover was destroyed by 1987.

Soon after this all-time low, the government took a series of radical actions to convert the country back into a natural paradise. In 1996, it became illegal to chop down forest without approval from authorities and the following year it introduced PES (Payment for Environmental Services). Today almost 60% of the land is once again forest.

INCREDIBLE BIODIVERSITY

PES has helped reverse the damage by paying landowners to conserve forests and plant trees. The program has been successful in protecting biodiversity and mitigating climate change, as forests store carbon and provide critical habitats for wildlife.

Costa Rica is home to an incredible array of biodiversity, with over 500,000 species, making up 4% of the world's total species. The country has a vast network of protected areas, covering 26% of its land area, and is committed to preserving its natural heritage.

One example of the country's commitment to protecting its natural heritage is the Osa Peninsula, which is home to one of the country's most diverse and ecologically important areas. The peninsula contains 2.5% of the world's biodiversity, including 13 endangered species.

Costa Rica's sustainability efforts are anchored in the belief that economic growth should not come at the expense of the environment or the well-being of its citizens.

In recognition of its decades-long commitment to ambitious policies to combat climate change and protect the planet's natural resources, Costa Rica was awarded the United Nations Environment Programme's Champions of the Earth award for policy leadership in 2019.

In 2021, the country was the first winner of the Earthshot Prize, an initiative driven by the UK's Prince William that seeks to highlight successful cases of conservation. It was chosen due to the success of the PES system in recovering the nation's forests, and awarded a prize of US\$1.3 million.

In acknowledgement of the prize, Earthshot observed: "In the 1990s, the vast forests of Costa Rica were devastated, half their former size. But the people of Costa Rica and their Ministry for Environment had a plan to save them."

FROM PLEDGES TO SOLID POLICIES

Costa Rica has long punched above its weight as a global green pioneer with a strong social conscience, but now the Central American nation is preparing to cross the ultimate environmental frontier with a detailed plan to decarbonize its economy by 2050.

Many countries have promised to do the same. Reducing emissions is a key commitment of signatories to the Paris Climate Agreement, but Costa Rica is one of the first to turn pledges into solid policies and to frame the shift in terms of economic and social benefit. The country runs on 99.5 % clean and renewable electric energy.

NO ARMY SINCE 1949

In 1949, Costa Rica became the first country in the world to abolish the army. They are investing the resources not used to maintain an army, into better social development.

CARE FIRST

“One of those elegantly simple yet powerful solutions that has always been right in front of our noses.”



Words by Mark Laisure (USA)

From as young as I can recall, I can hear my father's send off as we depart from being with friends, family, or total strangers for that matter: "Take care... I care."

Occasionally, with me in tow, this would give way to "Take care... We care." Inevitably, the sentiment was returned with a smile or a hug or both.

No doubt this way of connecting and offering connection and consideration was one of my Father's gifts — to me and to the world.

His joy to this day is to approach total strangers with one goal: Make them smile. He may offer a quip or a joke, offer to lend a hand of support for something they are in the midst of, or simply to pay a compliment.

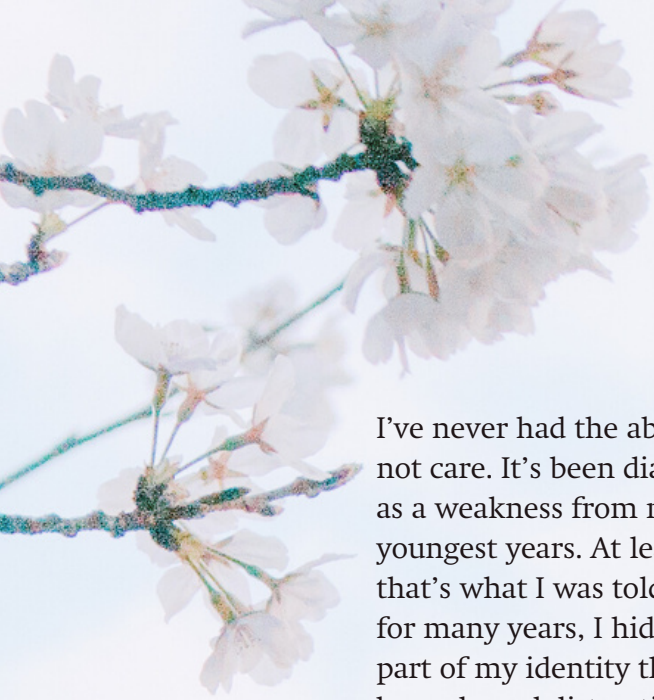
Once the mission was accomplished, often times it led to a discussion and a deeper connection and perhaps even life-long friendships. Strange. Out of the norm, especially in today's guarded world. Yet time and time again, as we cringed with Dad getting up to interrupt someone's path or process, he would prove us wrong, and we would breathe a sigh of relief and share in the joy of their smiles and laughter... until; there it is again: "Take care. I care."

When I first came to know Louis Bohtlingk, his sincere and infectious smile was the perfect accompaniment to his steadfast mission and purpose: Bringing a 'Care First' mindset to the world. Where do I sign up, I thought to myself.

You see, care first, in my mind's eye, is one of those elegantly simple yet powerful solutions that has always been right in front of our noses. If we live life from a place of empathy for others, for all life, then everyone and everything is put into position to have their needs met. Easy right?

Yet society hasn't evolved this way, as we all know so well. Certain competitive paradigms have provided the unwritten rules of the game. Kill or be killed. Survival of the fittest. Business not personal. And perhaps the most destructive, leave the heart out of it. Rewards and successes have been built on not caring. In fact, built more so on dominating, accumulating, and overwhelming the competition. Leaving a great disparity amongst our fellow humankind.

Interesting word, or words; humankind. I believe that this is closest to the truth. At the core, humans are kind. Yet when influenced by trauma, abuse, and destructive learned behaviors for survival, caring gets pushed way back into the psyche as something reserved for certain relationships or certain moments. Humans unconsciously curate when and how we care which opens the door to a lot of not caring and renders it normal.



I've never had the ability to not care. It's been diagnosed as a weakness from my youngest years. At least that's what I was told, and for many years, I hid this part of my identity through bravado and distraction.

To those with eyes wide open, the world provides solutions to problems everyday if we would only see or listen and take action. The irony of walking away from the abundance of the farmers market while navigating over and around the homeless or malnourished is an ever-present example.



If we would only care. The solutions are present and abundant. Once the walls are up, caring may feel weird or disempowering.

There are a multitude of programs for those that have been so abused as to not be open to help or interaction with other humans despite them having the purest intent.

It may take weeks or months, even years of connecting with animals for example, before the defensive posture is released and safety and trust begin to be realized. When survival and abuse have been pervasive for the majority of one's life, there isn't much impetus for a Care First mentality.

Yet at the very core of the disconnect is this common need for human connection, nurturing, safety and ultimately, joy.

We all come bearing gifts. A skill, a personality trait, material resources, inspiring demeanor... Whatever it may be.

So, with hand to hold extended, we ask you to activate your gifts. Set the intention, every day, to use your unique magic in ways that will touch others. Even one brief moment within the day, feeling that someone truly cares, can change the entire outlook for an individual. And with this being the case, imagine what life can be like with being cared for, living within a caring family or community culture, and if everyone around you is living Care First.

Voices are heard, hearts are held, needs are met. Sounds almost too good to be true, right? If our ways of being until now have gotten us to where we are today, playing by yesterday's rules, then perhaps that is why it's so important and so relevant to begin to embrace change and start doing things differently.

To respond is better than to react, to cooperate rather than to compete, to listen rather than to command. Invest in those around you especially without attachment to personal gain. Give for the joy of giving. Share because you can. Be the example of a better way of being and remember what it feels like to make your heart smile through the simplicity of caring.

Science is beginning to support the ideas that we are all reflections of one another. All one connected universal mind and heart intelligence. With this being the truth, and even if just in case, then the best way to avoid coming in second is simply to Care First.

On behalf of Paul (my Dad) and I... Take care, we care.

Mark Laisure

CONVERSATIONS WITH HAPPY HEART

Words by Louis Bohtlingk
Character Dolls by Sandra Bohtlingk

FIRST MEETING WITH HAPPY HEART

In Vol 1 (Summer 2023) Eli Comfort met Happy Heart for the first time. He had seen Happy Heart in a dream showing him a sachet with pebbles on which words were written like "Dare To Care," "Hand in Hand," "Love," "Care First" and more.

Happy Heart explained that they are building blocks to create a Care First World together. The first pebble they explored was "Care First." Eli was told that on their next meeting they would explore another pebble.

SECOND MEETING

Eli Comfort, at home, had another dream in which he knew that Happy Heart was coming. He jumped into his clothes, woke up his sister Joyee and said: "Happy Heart has arrived. Do you want to see him?"

"Of course" responded Joyee, who had heard everything about Eli's first meeting with Happy Heart. "Will he show us another pebble, Eli? What do you think?" "I am sure he will," said Eli, "He promised."

They walked into the fields nearby. The moon was full that night. Then Eli heard a song in the far distance. "That's Happy Heart!" said Eli, "Come, this way."

In the distance they saw a beautiful tree and when they came closer they saw Happy Heart waiting for them.

HAPPY HEART MEETS JOYEE

"Hi, Happy Heart," said Eli "I brought my sister. Is that okay?"


"Of course it is," says Happy Heart. "What is your name?"

"I am Joyee."

"What a lovely name. Are you happy by nature, Joyee?"

"Yes, I am. I am so curious about the star that you are from and how you all live there."

"You will find out slowly," said Happy Heart, "as we will be meeting many more times and with more folks. Mark my words."



Eli Comfort lives in a small hamlet somewhere in the wild country side and is always very curious.



Happy Heart comes to visit us. He lives on a Star. He knows love and studies the heart. Everything on his Star is created by heart intelligence.



Joyee Comfort is Eli's sister. She loves to meet Happy Heart.

YOUR OWN HEART

"Can I pick another pebble from your sachet Happy Heart?" Eli said.

"Yes, you can."

He picked one out and it read: "Your own heart."

"Why does it say that?" asks Eli.

"This time, Eli and Joyee, I want to talk with you about how many problems can heal through our own heart. To show you how it works, can you think of a problem that concerns you?"

Eli said: "Yes, I know one. My mother is often very sad." Then Joyee says: "I can become so insecure and do not know why. This upsets me."



"Thank you both," says Happy Heart. "Let's look at the problem you shared first, Eli. What can your mother's heart do for her sadness? Firstly, we need to know what she is sad about. Do you know, Eli, why she can be so sad?"

Eli says: "She finds destructive, unfriendly and aggressive behaviour very difficult and she often cries. She is very warm hearted."

Happy Heart says: "There is a strength in her heart, Eli, which can cope with it all. Of course all of it is very upsetting and opposite to what a loving heart would do, but that does not mean that she needs to lose herself in her tears. Being sad is okay, but not for too long."

"That strength, Joyee, can help you when you feel insecure. It is like a beautiful diamond in your heart, clear and strong."

"I feel something in my heart, when you talk, Happy Heart, and it makes me stronger," Joyee said.

"I feel something too, now," says Eli. "I think it is a feeling of happiness. Is that true Happy Heart?"

"Yes," says Happy Heart. "It is the light and strength of happiness."

TRAVELLING TO THE STAR

They are all falling into a dream state in which they travel to the star where Happy Heart lives.

On arrival, they see Happy Heart's friends, who smile when they see Eli and Joyee. They say: "You should study the heart more. It can make you stronger. That is how you can resolve many problems on your planet. We do that here."

"Encourage your mother to be happy and less insecure," Happy Heart said. "You have beautiful hearts."

Then Eli and Joyee are taken back to Earth and wake up by the tree without Happy Heart. As they walk home they wonder what happened and what it means to study the heart.



To find out more about
Sandra's Character Dolls go to:
www.carefirstworld.com/character-dolls

LOVE IN ACTION

Love is a strange word.
It can be seen as wishy-washy and ungrounded.
For me, it is totally the opposite.

Words by Sandra Bohtlingk

Real love is always followed by real actions. It is obvious to me that kindness is in all our natural behaviour. We can't help but step up to the plate when we see a spot that needs filling and we have that special talent that fits the bill.

To listen and follow our heart means we listen to truth and act in truth. We follow needs more than following wants. But they then become the needs we want to follow.

The BBC TV program 'DIY SOS' recognises a families' or communities' critical needs. They answer the need to renovate or repair a home for the sake of safety, build spaces to accommodate illness in the family, or wheelchair access throughout the home.

One village needed a community building to give the children activities and interest in life, a garden to play in, and a Men's Shed to share crafts, knowledge and tools. Plus a community kitchen. Everyone can see, and identify with, the simple truth of the matter. A call goes out for tradesmen and women to offer free time and work skills. Builders, carpenters, gardeners, plumbers, roofing specialists, anyone and everyone who can build houses and gardens are invited.

Responses come in not just from the local community but also from all other towns far and wide. They all bring their talents and gifts. Many know what it is like to suffer grief through loss of life or wounding, sadness and illness. So their hearts are ready for action. When a true need is recognised it must be fixed to bring real relief.

At the onset of one particular programme, when requests were sent out to trades people to give their time to work, 900 people signed up on that same day!



Love is not a soppy thing. It is not a loose, out of control passion. It is a clever, well designed feeling, that knows what it is to be ready for a call, ready to make an effort, ready to capture a moment that will help to make a difference.

In the course of following a true need, everyone starts to feel better. Even more than better, they start to feel happy. It makes us happy to assist others. There is a lot of fun too, which makes for a true 'labour of love'.

THE HEART CANNOT LIE

The heart cannot lie. It is a feeling of warmth and well-being but it bears a strength and power that can carry more than just thoughts. It is a very positive level of truth inside ourselves that knows what is best.



So when we want to create a beautiful world where everything works in unison, then we are really listening to the beat of the whole. No-one is left aside. It will make no sense for anyone to be left out, hungry, tired, sick, or homeless.

We must not step aside from love, nor must we fear it. It is only there to help build what is broken, heal what hurts, and to lift our depressions so we feel more alive.

I had a very difficult youth, so I do know the cost of disappointment, loneliness, and a sense of failure. I know what it is like to not really know who you are and feeling that life is not making any sense.

I had to learn to find my heart and believe in its goodness. Many people saw that goodness in me. So it was there all the time, but not in my experience. I had to build my own path in life and believe I had the power to find myself. The power to experience my beautiful heart and the unique love that it carries.

We can too easily close our heart down to protect ourselves from pain and stress.

Happy Heart is called 'Happy' because he has mastered listening to the love within.

QUIET CORNER

with

A moment to be still, relax and reflect.
A quiet moment just for ourselves.

SANDRA

THE GARDEN IN OUR HEART

The place that flourishes, feeds us, loves us.
The place where we feel empowered, strong, still.
The place where we can hear our own voice
The place where we feel safe to speak.

The voice of love and truth, of joy and wonder
The place where we know who we are and where we belong.
The place where time is not chasing us
Only enhancing our path.

This place, THIS place is where we all need to start.
This place is how we recognise ourselves in the world
And how the world recognises us.
This is how we can get along together.

This is where our talents come from.
This is the world we are longing for.
A world of peace and harmony
Where fear and greed are no longer the boss.

A world of great beauty and great rewards
This is what we all need and deserve.
A world of creativity, beauty, and song.
A world where our heart never fails to sing.

This heart world is our birthright.
This heart space is our own field of nature.
This heart of ours is needed now.
This is the time for all of us to flourish.

No two hearts are the same
Our talents will shine, and blend uniquely.
Together we will build a better place.
We will feel safe, and our children
will know who they are.

BEING IN MY HEART

Being and not being in my heart.
A positive and negative experience of life.

Words by Louis Bohtlingk

I would like to share an experience with you which started on my 73rd birthday, June 2023. In the days leading up to it, I became aware of the difference between being in my heart and not being in my heart.

I saw that being in my heart creates a positive experience of life and not being in my heart a negative experience of life.

When I am in my heart, I feel warm, welcoming, open, grateful, humble, happy, strong and energetic.

When I am not in my heart I feel unhappy, depressed, doubtful and questioning, have less energy and experience more separation from myself, life and others.

I witness myself being in and out of my heart all the time. I can recognise the different states which are the result of both. This is very helpful, because when I recognise that I am not in my heart, I can bring myself back into my heart quickly. Also because the states connected to not being in my heart, do not seem true.

I recognise both states as follows:

BEING IN MY HEART

Feeling the love
A positive experience of life
Supports love
A connected state
Happy
Elated
Approaching life
Confident in myself
Feeling good about myself
Constructive
Opening the heart

NOT BEING IN MY HEART

Not feeling the love
A negative experience of life
Undermines love
A disconnected state
Unhappy
Depressed
Withdrawing from life
Lack of confidence in my self
Feeling bad about myself
Destructive
Closing the heart

I noticed that the states related to not being in my heart, tend to distort reality and see things differently from what they really are. I have no question about the positive experiences, which come from being in my heart, as being real. As my wife, Sandra, always says: "The heart cannot lie!"

When I am not in my heart, I can think that what I am doing is not good enough and not beautiful, while in fact it is.

The heart is clear. It can see when I make a mistake or something does not look okay, but it does not drag me down. We all learn by trial and error and that is fine.

When I am in my heart, my whole body feels good and relaxed. When I am not in my heart my whole body feels different: more stressed and not at ease. HeartMath describes these as positive and negative emotions affecting our health.

When I am in my heart I care about the negative experience and respect it. I help myself to feel better. It is all part of the human experience.

In 1990, after ten years of assisting people with their state of being, I made a well intended joke: "How good we all are at feeling bad about ourselves." This led me to support and strengthen the beautiful part of ourselves.

HOW BEAUTIFUL YOU ARE



From "The Boy, the Mole, the Fox and the Horse", by Charlie Mackesy.

The Boy: "I just don't think I can do this. I will never find a home."

The Fox: "Sometimes your mind can play tricks on you. That you are no good.

That it is all hopeless, but I have discovered this:

You are loved and important and you bring things to this world that no one else can.

So hold on."



"Beauty begins
the moment
you decide
to be yourself."

Coco Chanel

"How could anyone ever tell you,
you are anything less than beautiful.

How could anyone ever tell you,
you are less than Whole.

How could anyone fail to notice
that your loving is a miracle

How deeply you are connected
to my soul."

Song from Shaina Roll



"Remember you are enough"

Unknown Author

OUR PERSONAL KEY

The personal key is how our essence expresses itself.
The unique way in which we contribute to the world from our heart.

It is connected to the core of our being, and articulates how we naturally operate in the world. It is a part of us that has always been there, something so natural and obvious that we may not even be aware of it – or see the value of it.

People are often focused on the outside world, and forget themselves. A personal key session is an invitation to look within, and get in touch with who you really are, what is important to you, and why you are here.

WHAT OTHERS SAY ABOUT IT

“Knowing who you are surely helps in this exciting time called life. Knowing what you do, what defines you and what makes you so brilliantly unique is an invaluable tool to navigate life altering decisions. The personal key is about all of that. It is the essence of you, your movement through life, your experience, your brilliance put into words.”

Remco Boerma

“The personal key session has helped me to make conscious how I naturally operate in the world: creating an open and safe space for people to become aware of where they are in their lives, where they want to go and what steps help them to fulfil their true potential.

Maurits Hoenders

“The Personal Key is an anchor for me. It always brings me back to my strength and my unique contribution to the world.”

Doranne Janssen

“My personal key is my compass in life. From this place I make choices and navigate my path.”

Karlijn Scheffers

When your personal key is clear, you can take your place in society in a very powerful way. By embracing this gift and expressing it, you make a difference in the world around you, in your unique way. It helps you be your most powerful, authentic self.

EXAMPLES OF PERSONAL KEYS

I care for
the well-being
of all things.

JUST BE in connection
with nature.

I hold space for us
to move
from fear to love.

In humility
serving
my wisdom

Listening from
a great height and depth
to the heart
and what is needed.

True North - my compass
informed by truth, trust
and love.

Through the School of Care we offer
90 min Personal Key sessions,
where a facilitator assists you
with finding your personal key.

SCHOOL OF CARE

WHAT WE OFFER

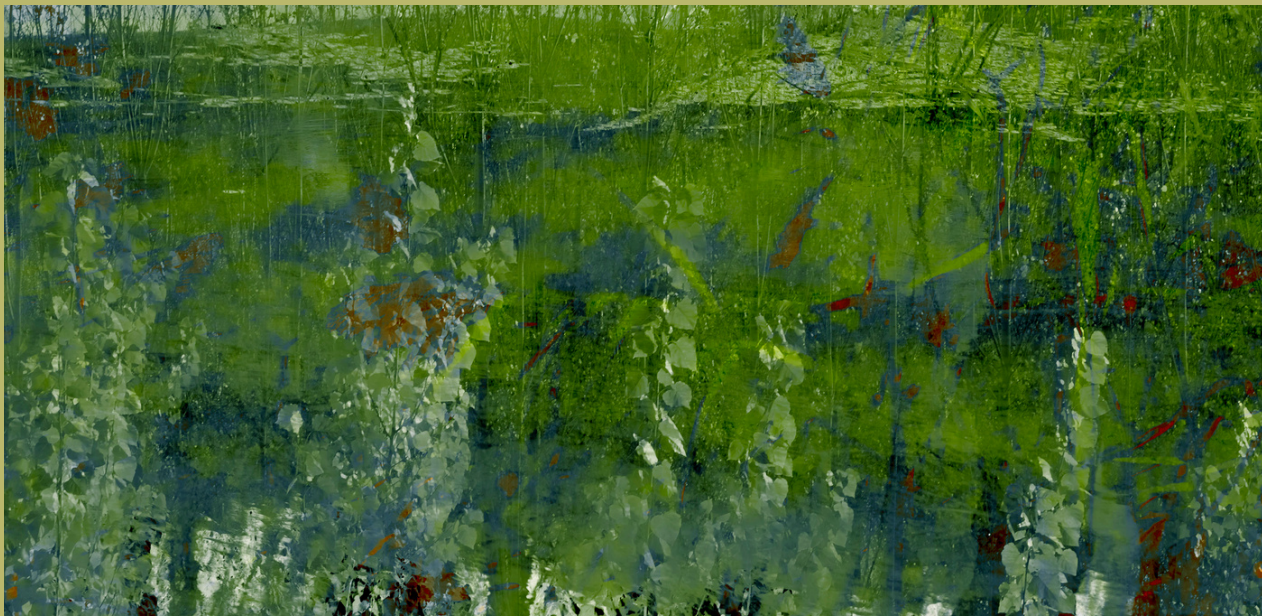


Illustration by Annemarie Hoogwoud

In the School of Care we provide support towards making the shift from a Money First to a Care First attitude.

- We explore our tensions, fears and conditionings in relation to money and transform these to build a relationship with money that serves us. Shifting from feeling victimised by the world of money and empowering ourselves to become a creator of the life we want and are happy with.
- It's a 'place' to strengthen the experience of our true selves — to get to know ourselves better, learn to live and work from the heart and develop the gifts we bring.
- We work together to learn to sustain ourselves financially in this world and do the work we love.
- We collaborate towards creating the economy, financial world and society we wish for.
- We assist people with developing their sensitive, intuitive nature and applying this practically in life. Learning more about our own heart, each other's hearts and how to build a culture of the heart.
- We assist people to find their Personal Key, the unique way in which we contribute to the world from our heart.

We operate internationally. During the COVID pandemic, we established a highly functional process for working online. But of course we work offline, wherever we can. We offer one-on-one sessions, workshops and meetings.

To contact us and for more info:

www.carefirstworld.com/schoolofcare

CARE FIRST WORLD

Care for the well-being
of people and the planet
comes first.

Money makes
well-being possible.

Everyone can provide
for their basic human needs
and develop themselves.

We care for the Earth,
which provides us
with so much.

We receive and share
the gifts of the Earth,
so that everyone has enough.
