



NON O SUM GAME ∞ INTEGRATION STARTS WITHIN

@I.S.WITHIN

*Military is well known to put to the test our strengths, our core beliefs, our mental health, our resilience, our convictions and attitude towards ourselves, others and life.*

*It's meant to bring out the best of us and prepare us to have the ability to confront and resolve any kind of experience, no matter how sudden or unexpected.*

*It teaches us values of sharing, camaraderie, surrendering our will, our ego for the highest good, proudness of belonging and doing what is right, no matter what.*

*Sadly, never mind how much we rehearse and practice, nothing can prepare us for the gruesomeness of war.*

*No matter the age or composure, no human being who has seen war, will ever be the same. And even if some react (apparently) better than others, the scars are deep and overwhelmingly devastating.*

*Notwithstanding the fact that the Defense Department (Army) as well as many Civil as Army Aid Institutions/Organizations provide support and assistance to those who ask, truth is that much more intense effort and budget is put on training to depart than to welcome back those who are lucky to return.*

*Since now a long time I am visualizing in my mind a Supportive Project directed to everyone who wishes to address pain and resolve inner conflict, to grow out of patterns and live better, also if they are not in a space where they are able to ask for it.*

*Pain comes in uncountable ways.*

*Guilt, shame, judgement, rejection, loss, trauma, stress, failure, loneliness, social exclusion, major life transition, worthlessness, rage, anxiety, intense distress, deep sorrow inter alia.*

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*Coping mechanism: Therapy & Counseling, Mindfulness & Meditation, Physical Exercise, Artistic Expression, Social Support, Self Care Routines, Mindset Shifts & Professional Help.*

*Each of us has different needs and approach healing distinctly.*

*Some of us know what we feel, some can't even give it a name; some know where to find relief and what triggers our joy, some don't know how to ask for help, some are even ashamed to ask for help or do not believe to deserve it or be worth it.*

*Military sees also mostly potential and opportunity where others see problems, and has always been a pioneer, finding and experimenting innovative ideas and implements, that no long after, become common use in our every-day's life.*

*In a world that is quickly becoming global, where borders vanish in confusion, due to our obsolete possessiveness and social given frontiers vs. the easiness (taken for granted) of travelling (for fun or business) all over the world; where we work for different countries; where sport-teams are composed by members from different nations; soldiers fighting for adoptive countries against the one they originally belong to, becomes increasingly tough, ambiguous, complex and contradictory.*

*In a world where everything is suddenly questioned, where instead of uniting, we achieve to even divide us more in smaller groups, fighting among us to declare who has the most rightfulness to be listened to, which trauma is the most atrocious and who is suffering more, instead of taking a step back and agreeing that violence against a child is not better of worst that the one against a woman, man, old, foreigner etc. Violence is wrong, judgment is wrong, hunger is wrong, suffering is wrong.*

*Let's unify and work together to apply the solutions, because it's long gone the time where we found them.*

*Let's train our troupes not only to defend with force (correcting) but also to be of support into communities, family and individually, providing help (psychologically as well as teaching by example) in day-to-day life situations (preventing).*

*Truth is that emotionally, mentally and (where it applies spiritually) we as humankind have reached a point where awareness and conscious growth are part of our daily life, but we still live in a world driven by old paradigms and systems.*

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*This brings an extreme conflict in those who decide to serve their country, as no matter how much we love our country and we are convinced of the righteousness of our actions we will always fall into questioning how the different color of our uniform justifies us harming or killing the one person that till yesterday had been our friend, our brother, our neighbor. Let's take in consideration that we are just talking about emotional dilemmas, not entering on visual trauma of physical atrocities.*

*How many soldiers are living on the street because they do not find their way back into living in a "normal" life routine and circumstance. How many are afraid to sleep or just can't. How many wish to keep being in service, but their mental conditions hold them stuck in a loophole endless hell.*

### **Fase 1 would be:**

*I wish to propose a collaboration between civil and military, creating a safe space on a vast land estate.*

*The idea is to have an enclosed very large amount of land connected to a small conglomerate of houses (buildings).*

*A big, shared space where different Artistic Expression, Social Support as Mindfulness & Meditation are proposed, inside and outside spaces for Physical Exercise, private facilities for Therapy & Counseling. Civil and military staff who can stand by and supply Self Care Routines, Mindset Shifts & Professional Help.*

*The important thing is, provide in one place THE CHOICE for the army fellows to feel safe on letting down guards at their own peace and go to, depending on their awareness level and momentarily capacity.*

*What we would arrange are different sleeping/living options from normal apartments (private or shared) to sheds and bunkhouses, or even anywhere on the land under the sky, where anyone can choose the one, he feels more comfortable with, as well as sheds with all kind of provisions (tools, food, water, tents, clothes, blankets etc) where anyone can access and take what's needed..*

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*This would give everyone a safe space emotionally as well as physically because there would be ALWAYS food, heat, water, help, assistance, support, medical care etc*

*We would put throughout the land, in strategic locations boards with the plan of the land and facilities, where people can communicate by writing or attaching magnet symbols (if they are not able to interact with people) and take their own time to adjust and allow again to another human to approach them.*

*The big quest would be drive around the USA and find those who are on the street, while letting know everyone is welcome.*

*People who need help, but are still able to be social, could find again purpose working to help their less fortunate comrades, those who are still working could find relief balancing their duty with making peace with their inner demons.*

*I wish to bring some solace and light into the life of those who due to our blindness and stubbornness are now prisoners of the obscurity. That is why I say: Thank you for your service. Thank you for playing the role no matter how obsolete and painful it is.*

*My personal contribution would be coordinating as well as living personally on the ground, riding out to visit and make sure everyone is well provided as well as assisting with my kindness and abilities.*

*Integration is for me a magical word. Because when we start with this course of action, we find ourselves in a magical dimension, where everything is possible. It is through this process of consciousness that we remind ourselves that we are magical beings.*

*Each in its own way, each with its own way.*

*Through conversation I create a neutral space, emotionally safe where my interlocutor can relax, lower defenses and go on a quest for their own purpose, triggers, growth, healing and joy. The end game is pivoting the most commonly concept of learning through pain to the reality of the highly enjoyable option of learning through pleasure.*

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*My work is based on 4 principles: MIRROR, PROJECTION, PATTERN AND CORE VALUES/BELIEFS (TRIGGERS), I can function as a map and show theoretical concepts transformed as tools for a day to day life practical application, helping understand the concepts of patterns, mirroring and projecting by offering the translation of their philosophical and theoretical forms into a tangible "actions and reactions" empirical world.*

*Shifting awareness, transforming your life.*

*What we believe happens. There are as many paths as people in this world. The key is to look around and feel what resonates with us, in order to make it our own and create our personal path.*

*Inspiring - inspire - get inspired.*

## **The 4 Principles**

### **MIRROR**



*The outside world is a mirror. Everything depends on our perception; we reflect what we need to remember, in order to let it go. The exterior helps us to realize what happens inside!*

**We attract what we are, not what we want**

### **PROJECTION**



*We project what we are in others. Whatever we do, we project our dimension, our reality. What we call our perception of life is actually, exactly our essence.*

**We are the 5 people, who surrounds us**

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## PATTERNS



*We live through patterns, some we inherit from our ancestors, others from our parents, generational patterns. Some we bring with us from our childhood. These are defense patterns that help us grow. But at a given moment, when they no longer serve us, we need to let them go, in order to build our owns, in our own way and with our conditions.*

**Leave the story you are telling, so a new one can create.**

## CORE BELIEFS (TRIGGERS)



*What triggers me? What inspires me? What motivates me?  
What are my existing beliefs & core values? Who am I?  
Why am I here? What gives me joy? What makes me happy?  
Integrity, Respect, Love, Sharing, Coherence, Resilience,  
Honesty, Modesty, Vulnerability, Courage, Strength,  
Balance, Harmony, Consistency, Possibility, authenticity.  
Do I want to fit in of do I want to belong?*

*"The opposite of belong, from the research, is fitting in. Fitting in is assessing and acclimating: 'Here's what I should say, or be, here's what I shouldn't say and avoid talking about. That's fitting in. Belonging is belonging to yourself first. Speaking your truth. Telling your story. And never betraying yourself for other people. True belonging doesn't require you to change you who are, it requires you to be who you are."*

*by Brené Brown*

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*Do we share our true colors or the social image that has built in the years around our name when we present ourselves? What moves our life? Are we analyzing, questioning ourselves? Overthinking?*

*PIVOTING:*

*social chains, judgment, moral illusions, shame, regret, pain*

*INTO:*

*inner peace, balance, self-realization, unconditional love*

*Let's discover our own language, moral, principles, in order to be able to express ourselves and share who we are without getting lost in the process. Standing consistent with our principles.*

*Respecting and being respected.*

## **Fase 2 would be:**

*Setting up farming, gardening, some animals. I have a friend who is going through a difficult patch, and I am sure she would be happy knowing her horses (that she has to find a house for) being helpful and taken good care of.*

*Horses are wonderful souls and exceptional helpers when it comes to healing and coaching. Their hart magnetic field is 5 times ours and are able to read and reflect whatever goes on within us. It is well known that for us human it is way easier to recognize patterns, feelings etc once they are played in front of us (outside ourselves).*

*Police and military dogs can find a home once they must leave service, wonderful exchange of help between dogs and healing humans.*

*Taking care of flower, vegetables and animals gives purpose and contact with nature brings us back to love for life.*

*Learning languages and behaviors, psychology and applied empathy in addition to warfare, can give a new direction and assignment to military during and creating peace. Peace to individuals dedicating space and time showing how to surpass impasses and showing up to make them realize, they are not alone; sharing knowledge and techniques with families giving a hand where they lose their way avoiding familiar abuse; collaborating with communities to uplift, mediate, and create support circles as integration projects.*

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**Fase 3** would be (mostly but not only) personal, as I wish to foster and give a second chance in life to kids (no matter the age) who had a hard start in life. Sharing life and spaces with me and this project would be a healing and educational experience.

I live in the bigger picture while 90% of the people live in the small day to day one. For years I struggled to find a bridge, in order to communicate. I started using metaphors, examples coming from the reality of the one I was talking with/to. There it struck me: if you see the surroundings as a metaphor, you become the tool which through mirrors and projections can bring light in chaos and manifest your shining self.

If we want to achieve something different, we have to act from a different perspective. By changing the perception of the world that surrounds us, in reflection we shift our awareness, transforming our life.

## SPIRO ERGO SUM

I am a SPARK.

What moves my life is light, seeing with my soul and listening with my heart. Changing the perception of the world that surrounds me and in reflection, myself.

My energy is that of wonder, of removing lies and letting the truth, that always and simply "is" shine. Discovering my own language, moral, principles, in order to be able to express myself and share who I am without getting lost in the process.

I had a marvelous life, I traveled and lived in various countries learning from life and allowing circumstances and people to be my mirrors, helping me to grow and blossom. The path has been challenging as beautiful and I thank everyone who crossed my path, for bringing joy or showing me patterns I had to transform, a toxic habit I had to let go, as teaching me to start by seeing in myself the beauty I see in others.

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*I manage to embrace what life brings and make the best out of it. As in my life same in my professional challenges I remain calm and kind, listening with all 5 senses to understand and not to respond.*

*Being there for people KNOWING what they need because I can read them and see through them and where they come from.*

*Approaching people in their language, in their own reality, positioning them at ease, allows them to feel heard and seen.*

*Now I am crossing a road-mile where I ask myself where this journey is leading me. I am looking for my chance to go my first steps in creating my legacy. What are the footsteps I wish to leave behind? Coherence, integrity, consistency, trust, dignity, collaboration, kindness, sharing, integration, reciprocity, honesty, respect, love are some of my core values.*

*This project It's my attempt to be a little rebel drop in the ocean and influence others to interact and be there for each other with respect and empathy, in a more human way by inspiring with my example.*

*My wish is to integrate and be a fertilizer, enriching my surroundings and those people who touch my life. Learning to be a leader and supporting those people around me that reflected my values.*

*I wish people around me to dream and see their dream realized, I try to be an inspiration for the manifestation to happen.*

*Born in Germany, grew up in Italy. Went to high school in Montevideo Minnesota where I graduated with Honors. My first 8 years in the career domain where in international companies and corporations starting with receptionist and quickly escalating to Secretary, Assistant and Executive assistant. When I was 30, I decided to go back to school and went to university in France where I majored in Hospitality Management, working mostly for luxury Hotels, lived in France then in Germany.*

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*Last 8 years I lived in Tulum Mexico, where, while the Pandemic, after the hotel I was managing the operation for closed, I decided to open and managed a Property Management and Guest Service company. (I speak 5 languages, English, Spanish, German, Italian & French)  
2021 I attended a coaching program - CcC Equilibri (Coaching con Caballos)*

*I established that home is not a place in a specific country, home is where love is.*

**In a world where you can be anything, BE KIND**



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*It is already quite a great project. I wish anyway to add that my little brother started a beautiful and very interesting project that I think could be very well integrated and expanded.*

*I will list below the website and an article that came out featuring him.*

<https://www.smalltownvibesmn.com/for-communities>

<https://www.granitefallsnews.com/former-local-resident-works-to-bring-urban-residents-to-rural-community/>



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