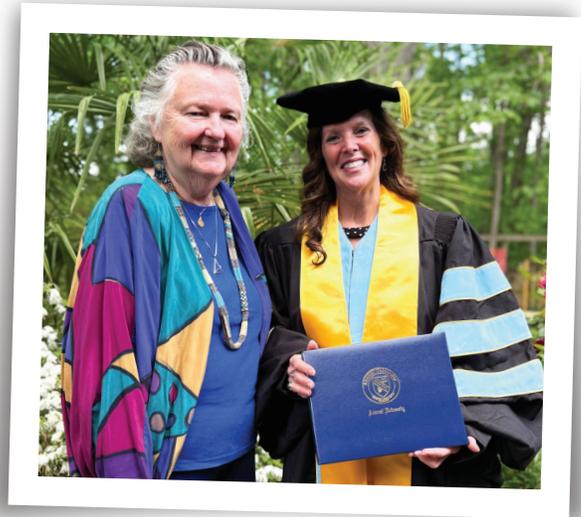




FIVE AKAMAI GRADUATES APRIL, 2025

Dr. MJ Bulbrook, AU CEO and Dean of the College of Integrative Health hosted Akamai University Graduation Ceremony. Fourteen stake holders participated live and on-line.



Dr. Bulbrook with Dr. Barbette Spitler

Five in-person participated at Akamai University Headquarters in Durham, NC; Mary Jo Bulbrook, Barbette Spitler, Linda Eldridge-Tibbitts, Thomas Tibbitts, and Suzanne Eismann.

GRADUATES:

Dr. Barbette Spitler, PhD, CIH

Concentration: Energy Psychology.
Contribution: “Honor Flight: The History, The Honor, and The Healing.”

Dr. Danielle Dekker, PhD, CIH

Concentration: Transpersonal Psychology:
Foundational training in EMDR that incorporates transpersonal perspectives.

Natascha Polomski, MSc, CIH

Concentration in BioEnergetic Wellness
Contribution: AI with strategies on how to access resources ethically including her innovative work with First Responders.

Evelyn Mulders Honors Causa Doctorate Degree in CIH Concentration: BioEW, Herbal plants healing and bottle sound for supporting the Body, Meridians, Chakras, Auric Field/Tonic Field and Hologram.

Denise Cambotti. Honors Causa Doctorate Degree in CIH Concentration: BioEW, “How Touch For Health and Muscle Tuner approaches impact body balance.”

FACULTY:

Carolyn Nesbitt, Michelle Greenwell, Thibaud d’Oultremont.

GUESTS: Jane Frey (Canada), Nithya Poorani (India), Lorraine Dekker (US California).

Dr. Gregory Pacific, current AU president offered his congratulations to those receiving the honor for their scholarly contributions, their dissertations and thesis research including the Honors Causa recipients via letter sent to Dr. Bulbrook, Dean, College of Integrative Health. President Pacific sent regrets that he was not able to be present at this auspicious occasion.

Dr. Thibaud d’Oultremont presented the new Complementary Integrative Health (CIH), Bachelor of Science (BSc) in BioEnergetic Wellness (BioEW). CIH BSc BioEW

<https://cihakamai.learnworlds.com/home>

Dr. Michelle Greenwell discussed the impact of the new program and future contributions of the uniting faculty who have come forward to share, mentor and promote this scholarly activity.

Dr. Nithya Poorani, AU PhD Award in CIH Energy Psychology as well as Energy Therapies. Dr. Poorani was successful in launching with the India Government Psychologists to provide BioEW clinical services.

Prayer simply means “reconnection.” Reconnection with the Divine is your, (and my) lifeline to endless inspiration and vitality. Doreen Virtue

Dear AU Faculty, Alumni, Graduates & Students,

Let's us reconnect our expertise and energy to assist in serving human, animals, plants, environment with diversity, kindness, compassion, care, and caring, that uplifts All people, nations with love, light and laughter. We are ONE. We have expertise that does and will continue to uplift.

So, please, connect today, through our hearts and email: info@akamai.university to voice to your intention to DREAM, SUPPORT, INNOVATE, and ACT (DSIA) with us. Invite your colleagues and friends as well when we gather in July (final dates TBD) at AU headquarters. Our president, Dr. Gregory Pacific and his family join in person with us to celebrate our renewal, re-commitment and recognition of each other to rebuild, restructure and renew the inspirations generated by our founding president, Dr. Douglass Capogrossi.

What suggestions do you have for AU going forward? What should we change? What do you want to do now and or later with us?

Executive Team 2025

As Akamai University makes plans for the future the University will be best served by the Executive TEAM of the Board of Directors

We are beginning the progress of putting in place the needed requirements to become US Accredited and able to add .edu to our on-line presence. The Academic Council needs restructuring and bylaws updated.

Three simple questions with answers from you that will help illuminate the future with “endless inspiration and vitality”!

Going forward and reconnecting is helpful when we know where we are today. Following is an up-to-date list of where we stand.

Updates Dr. MJ Bulbrook

1. AU has an approved location and active office at 3211 Gibson Road, Durham, NC 27703. It is by the City of Durham in a rural home area that can continue if home occupancy continues. Or, if desired, the building on-site (in the process of payments for ownership) can be moved to a different location. The move from Hawaii is now final.
2. AU international accreditation continues to be very active as premier status through ASIC. The renewal to be completed in July 2027.
3. The AU Board is active in all phases of planning, directing and overseeing AU operations including renewing commitment to have Academic Council bylaws updated and other documents as well.
4. Financial stability is on-going with increase in faculty salary upgraded in May to start in June 2025 with new applicants. State and Federal taxes are completed.

The transition to North Carolina has brought a strong foundation for the “rebuilding”, “renewing” and “reconnecting” with you – and AU. Welcome home to all! We need and want you!



AU faculty, Amy Frost presented Circles of Light — their purpose, mission and how to form and keep them going to support and help each other including your community in tandem.

Supporting military veterans, and first responders and their families in transition — life, work, business, and relationship, achieving wellness on all levels, hope, and health in self, families and worldwide health, and, we will have fun doing it!

Amy and Dr. Kristin Miller worked with Michael Thrower and Adopt a Cop and Vet in Nevada and nationally working locally and globally and moving throughout the world: with tools to help you, help yourself, your community and our world.

Easy breezy Amy! You go girl! We love having you as one of our esteemed faculty leaders.

Amy holds positive light for people to come together to DREAM, SUPPORT, INNOVATE, & ACT (DSIA), assisting others locally, nationally and globally. Her dedication and perseverance is unlimited, undaunted and inspiring to uplift each and everyone, she comes in contact with!

I have firsthand experience of her uplifting energy to help me when my “to do list get too heavy”! We took time to not only “celebrate” the amazing work Amy has taken leadership to launch in Las Vegas and her colleague Kayla Victor’s upcoming projects that include:

- Creating Community Circles at Women’s Fund Day coming May 28th

- Hosting a joint meeting with 15 community leaders on May 29th
- Connecting for Justice International Conference to mention just a few!

April 26, 2025 Summary

Identified goals for Akamai University we need help to implement:

- Improving AU’s Social Media Presence and management
- Featuring graduates videos of their iconic practice, teaching and research
- Connecting with graduates and promoting their continuing contributions
- Encourage self-care for all as priority. Caregivers

Supporting military veterans, and first responders and their families in transition...

and mentors forget the importance of resetting their light beams!

- Promoting caring for seniors and improving family dynamics is what keeps the fire burning in our hearts and helps to reset our energ, or the opposite – dims our light and adds stress.
- Become active with our goals and vision for Akamai University, and the Circles of Light to reset our light with guidance from Amy’s handout that is attached below and defines the purpose, method and significance of these circles.



Circles of Light – Creating Communities of Support

“IT IS POSSIBLE THAT THE NEXT BUDDHA WILL NOT TAKE THE FORM OF AN INDIVIDUAL. THE NEXT BUDDHA MAY TAKE THE FORM OF A COMMUNITY – A COMMUNITY PRACTICING UNDERSTANDING AND

LOVING KINDNESS, A COMMUNITY PRACTICING MINDFUL LIVING. THIS MAY BE THE MOST IMPORTANT THING WE CAN DO FOR THE SURVIVAL OF THE EARTH.”

Thich Nhat Hanh

I (Amy) am excited to share what we learned and keep using and expanding with the Vet to Vet Healing Project that Dr. Kristin Miller and I did, working with Michael Thrower and Adopt a Cop and Vet in Nevada and nationally, the beautiful work with my band of humanitarians and do gooder here in Las Vegas, the country and the world. I will provide tools to help you, help yourself, your community and our world. WE GOT THIS!

Dr. Kristin Miller and I co-created monthly Angel Calls which gave me support and nourished my soul. It supported me with a sense of calm and love instead of my shutting down or hiding behind busy work.

This was the dawning on our joint adventure when we brought the deep reach inward to our own humanitarian teams with monthly Angel Calls in which we practiced building a unified field of compassion and support together with the monthly Community Connector Calls where we built actions plans that would support us in taking action to support our communities while caring for ourselves and others with balance and compassion.

In 2023, the head of The City of North Las Vegas asked me to speak to a

group of women veterans on self-care. It became a monthly meeting and I was asked to be the facilitator. It became Women's Fun Day and I would only continue with it if it was for Women Veterans, Spouse, Adult Children and Community Supporters. He didn't hesitate and said, "YES!!!" Two years later, a monthly Brotherhood Day has started.

Out of that group the VET Center created bimonthly "Walk and Talks" in parks and places all over our valley where people meet, pull a guidance card and share organically. A second monthly group at the VET Center birthed out of Women

Fun Days, Stitch and Bitch. We learn how to crochet with a kit and some people who have a clue on how to do it. As we crochet, we share what is real for us. Moving to creative projects of all kinds.

Trying to create a workaholics anonymous

group for 15 years with a good friend... we started meeting in person or on the phone/zoom weekly and text ongoingly. We knew we would create too much too fast because we are workaholics!!! Our focus is on being honest about where we are and supporting on healing forward TOGETHER!

"A small group of thoughtful people could change the world. Indeed, it's the only thing that ever has."

Margaret Mead

Community Connectors Circle Kick Off Questions:

My intention for being here:

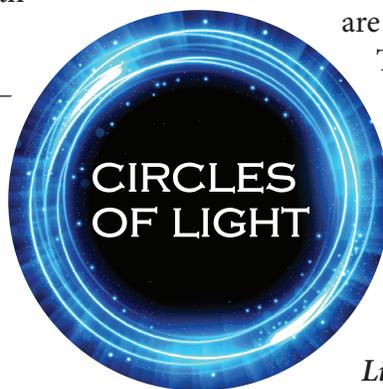
1. What area of being of service brings you JOY?
2. If you could make ANYTHING happen in your community, what would it be?

Putting your connections into ACTION

A sheet with a page of these:

I connected with _____ and I will do:

Action Plan — Steps I can take to create Circles of Light in my community:



Next step: Resources:

Balance of Care: IN Reach = OUT Reach, International Journal for Healing and Caring, by Amy Frost and Dr. Kristin Miller, Sept. 2020.

EXTREME Self Care The Key to Living Resiliently Real Time, by Amy

Frost, International Journal for Healing and Caring, Jan., 2019.

Compassionate Recovery by Darren Littlejohn.

Flowerful Living Wellness Community <https://www.facebook.com/groups/406281525119160>

Resources For Resilience: www.energypsych.org/resilience Brochures: <https://r4r.energypsych.org/brochures> *When Work Isn't Working* by Amy Frost and Ann Ronan.