

Curing Physical Illnesses With Sunlight



*"A Japanese friend of mine, Shin-ichiro Terayama, who is an executive director of the Japan Holistic Medical Society is a cancer survivor. ... Shin was hospitalized for cancer. ... He refused to stay in the hospital and checked himself out. When Shin awoke the next day, he was amazed to find himself still alive. The morning seemed to him to be unbearably beautiful, and he was **aware of a great desire to watch the sunrise**. He went to the eighth-floor rooftop of his apartment house, where he could look over the skyline of Tokyo. He recited Buddhist mantras and poems, put his hands together to pray, and awaited the sun. When it rose, he felt a ray enter his chest, sending energy through his body. 'I felt something wonderful was going to happen, and I started to cry,' he*

says. 'I was just so happy to be alive. I saw the sun as God. When I came back down to my apartment, I saw auras around all my family members. I thought everyone was God.'

*During the next few weeks, Shin observed a strict [macrobiotic] diet and **performed daily the ritual of watching the sun rise from his roof**—the one thing he looked forward to each day. ...*

'I began to realize that I had created my own cancer by my behavior. As I came to that realization, I saw that I had to love my cancer, not attack it as an enemy. It was part of me, and I had to love my whole self.'

"Today Shin is not merely a cancer survivor, he is a transformed being." ~Andrew Weil

Andrew Weil

Dr. Andrew Weil is known for promoting natural healing and the idea that the human body has the capacity to heal itself if we allow it to do so, but we block it by eating toxic food, breathing toxic air, and taking drugs that treat symptoms instead of the underlying cause of the illness. He does not encourage any form of sun gazing, so I was surprised to find the above story in his book, "Spontaneous Healing."

Shin-ichiro Terayama

Shin's experience is not typical of one who gazes at the sun for the first time, but it is not unheard of either. Most of us know the story of St. Francis who had his spiritual awakening while watching a sunrise from his sickbed, and there is the story of Jacob Boehme who had his spiritual awakening when the sun reflecting off a metal bowl he was holding struck him in the eyes. Since Shin was a holistic medicine teacher, it is likely that he was somewhat spiritual already, just like St. Francis and Boehme, so they were ready for the sun to give them a true spiritual awakening.

Mantras and Poems

We are taught in Cosolargy that simple sun-gazing by itself does not result in a true spiritual awakening. We have to do it with the proper attitude of humility and love. And we use a form of mantras as well, so Shin had the right idea and the right attitude when he recited mantras and poems while waiting for the sunrise. We also use music and hand gestures to help.

Daily Ritual

Shin began a daily ritual of watching the sunrise, and we can assume he continued doing so beyond the few weeks mentioned in the quote. In Cosolargy, beginning students are taught to do solar techniques only a few times a week, but eventually, we should all practice doing so daily when possible. Some beginners might think that instead of doing the techniques for just a few minutes several times a week, they can just do it for an hour once a week. That is a mistake. Such long exposure at one time does little good for beginners and can cause harm. We must remember that while we look to the Spiritual Sun, we are also observing the physical sun where the Kalos nature is found which can negatively affect us. And in Cosolargy, we teach that God's presence is in the Spiritual Sun, the Sun of Righteousness, not that the Sun is God.

Creating Illness

Shin came to the realization that he created his own cancer. It takes a truly enlightened person to realize that we are at least partially responsible for our own illnesses, especially cancer. Cancer is unlike other illnesses because it is the uncontrolled growth of the cells of your own body, so it is obvious that something is wrong in your own body that is causing it. It could be a poor diet, it could be smoking or alcohol consumption, it could be drinking polluted water or breathing polluted air. It could also be mental, specifically mental stress. It most likely is a combination of several of these things. The point is, admitting that he was responsible

for his cancer was an important first step in curing it. He knew that he had to change himself, not look outside for help. Of course, his morning ritual of sun gazing was helping, but he had to make the decision to do that and do it with the proper attitude. The same is true for many other illnesses. We might not be able to cure all illnesses without drugs or surgery, but we can cure a lot of them, far more than we do now. That is true of mental problems as well. And while we don't think of it as illness, our dormant spiritual faculties is the most important of us, so awakening them with sunlight is the most important aspect of spiritual sun-gazing. And an awakened spirit also helps in some ways to heal the body and mind. That doesn't mean that practitioners of Cosolargy never get sick. None of us are perfect, so we fall prey to the same weaknesses as others, though less often. And generally speaking, Cosolargy students are healthier than the average person. It is also true that sometimes we get ill because we need to develop humility and sympathy for others.

**“Hubble Telescope
Accidentally Discovers a
MIND-BLOWING New Galaxy”**



Humankind is getting very good at looking deep into space: We have already seen two neutron stars colliding, we have encountered mysterious radio blasts and we are about to see, for the first time, the event horizon of a black hole.

But there are still some surprises out there, right here in our own corner of the Universe.

Upon retaking the observations of a nearby globular cluster, the Hubble Space Telescope accidentally captured an unpublished galaxy. The newly discovered galaxy was named Bedin I – and is almost as old as the Universe.

[Click here to read the full article.](#)

“Astronomers discover ultramassive black hole using new technique | CNN”



An [ultramassive black hole](#), understood to be one of the largest ever detected, has been discovered by astronomers using a new technique.

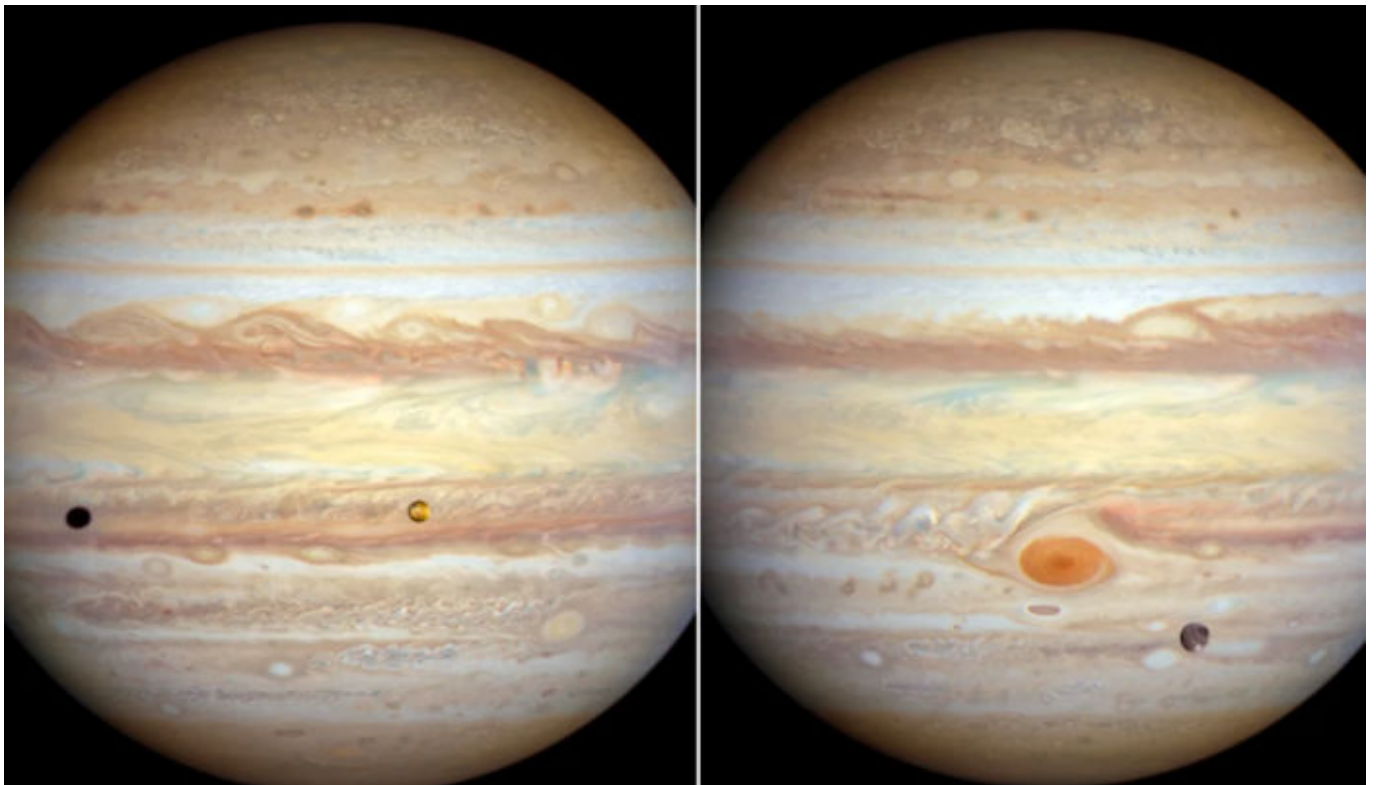
The findings, published by the Royal Astronomical Society, show that the black hole is more than 30 billion times the mass of the sun – a scale rarely seen by astronomers.

The researchers described it as an “extremely exciting” discovery that opens up “tantalizing” possibilities for detecting further [black holes](#).

[Read the entire article here.](#)

link submitted by Robert Petrovich

“Hubble telescope captures images of Jupiter and Uranus looking different | CNN”



The weather is slowly changing on Jupiter and Uranus, according to our galaxy's own interplanetary meteorologist.

The NASA Hubble Space Telescope captured Earth's outer planetary neighbors in images from 2014 to 2022, documenting changes in the planets' weather and seasons over time.

With [Jupiter](#) at about 484 million miles (779 million kilometers) away from our sun and [Uranus](#) about 1.8 billion miles (3 billion kilometers) away, each takes longer to orbit the sun, which means a slower pace of seasons. But the gas giants still experience extreme weather.

[Read the entire article here.](#)

link submitted by Gene Savoy Jr.

Note: This shows that climate change is not just happening on Earth.

**Spiritual
Requires
Education** **a** **Development
Spiritual**



Pythagoras teaching

“A transcendental genius obeys the laws which govern all other forms of genius, in being susceptible of culture: and, indeed, cannot develop to its full powers without an educative process of some kind. This strange art of contemplation, which the mystic tends to practice during the whole of his¹ career—which develops steps by step with his vision and his love—demands of the self which undertakes it the same hard dull work, the same slow training of the will, which lies behind all supreme achievement, and is the price of all true liberty. It is the want of such training—such ‘supersensual drill’—which is responsible for the mass of vague, ineffectual, and sometimes harmful mysticism which has always existed: the dilute cosmic emotion and limp spirituality which hang, as it were, on the skirts of the true seekers of the Absolute, and bring discredit upon their science.

“In this, as in all other and lesser arts which have been developed by the race, education consists largely in a humble willingness to submit to the discipline, and profit from the lessons of the past. ... Each new and eager soul rushing out towards the only end of Love passes on its way the landmarks left by others upon the path to Reality.” ~[Evelyn Underhill](#)

Transcendental Genius

We are not all geniuses as measured by the standard education system, but anyone following a spiritual path is demonstrating above-average intelligence. And those who follow a genuine spiritual path will often discover that their intellect improves as well. It is not unusual for those having spiritual training to discover that they now score ten or fifteen points more on an I.Q. Exam. Not that it is necessary for spiritual growth, but it is a fortunate side effect. It also helps you deal with those opposed to spiritual development as they usually rely on intellect to make their point.

An Educative Process

While there are some today who will deny it, no one becomes spiritually awakened and developed overnight. That is actually a good thing because the revealing of too much reality before a person is ready to handle it has driven some people insane. But there are different ideas of what kind of an educative process is needed. It is probably ideal to have a spiritual adept take you under their wing and teach you individually. Unfortunately, there are few advanced adepts available to do that. The second best option is to attend a school that has an advanced mystic or spiritual adept leading it or at least was founded by such a person. Pythagoras ran such a school which is why I chose a drawing of him teaching to illustrate this article. Cosolargy is one such school and teaches some things that none of the others teach.

While reading spiritual books is a good way to start, but you

cannot rely on them for your entire spiritual education. One reason is that the books never contain everything you need to know. Another is that you might misunderstand some of the things the books say, especially when they are said in allegorical terms, as they often are. A third reason is that you have no one you can ask questions of when you have difficulties. A fourth is that a teacher can help you know where you are in your spiritual quest, and what you need to do next. And fifth, working as part of a community developing together helps you grow and gives you some protection from the dark forces and beings that try to prevent us from developing our spiritual Self.

Whole Career

Ms. Underhill tells us that the mystic spends his whole career studying and learning more about the realm of spirit. That education is never complete. The idea that you can spend a few days studying a form of meditation and you are done is complete nonsense. In the ancient mystery schools, the students generally stayed for many years, often their entire life. That wasn't because they were slow learners, but because the spiritual development process is one of gradual development. Any school that claims otherwise is, frankly, a fraud.

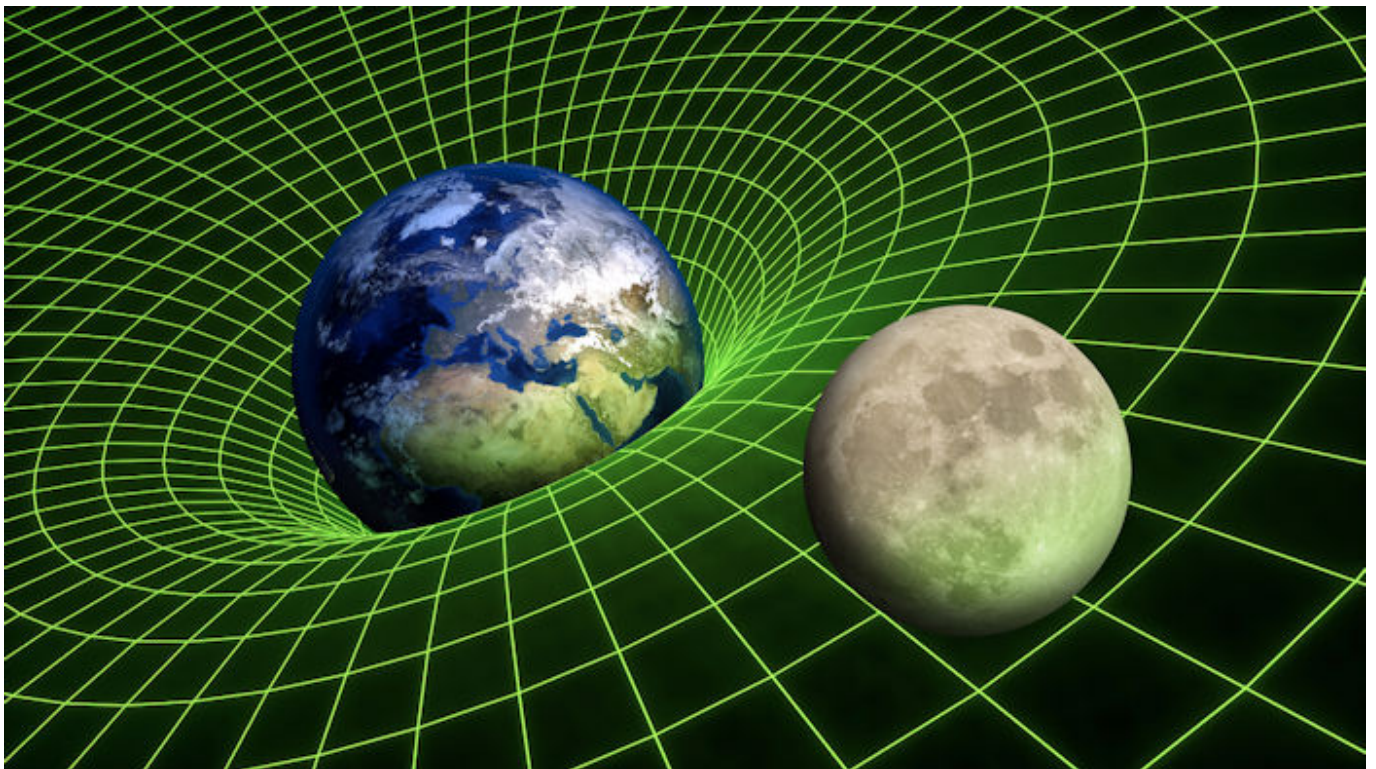
A Humble Willingness to Submit

Underhill is also correct in saying that the successful spiritual student must have humility and a willingness to submit. That is another reason why the process takes years. Few of us have such humility. In our modern world of commerce and competition, we are discouraged from showing humility. It is considered a weakness. Yet we must submit to the Beings of Light, to God, to the Greater Good, if we are to be fully successful in our spiritual quest, and that requires humility. So we start learning the basics of spiritual development, and also to develop humility and love (also very important)

gradually. As we advance, we develop more and more love and humility. Those who fail to do so—and I have met some of those—never develop beyond a certain point. So practice your spiritual techniques, but also work on developing humility, discipline, and love.

1— When Underhill wrote her books, it was the standard practice to use “his” or “he” when the subject could be male or female. Women can be mystics just as well as men.

**“How fast is gravity,
exactly?”**



Of all of the fundamental forces known to humanity, gravity is both the most familiar and the one that holds the Universe together, connecting distant galaxies in a vast and interconnected cosmic web. With that in mind, a fascinating question to ponder is whether gravity has a speed. It turns out that it does, and scientists have precisely measured it.

[Click here to read the full article.](#)

“The Ancient ‘Computer’ That Simply Shouldn’t Exist (Video)”

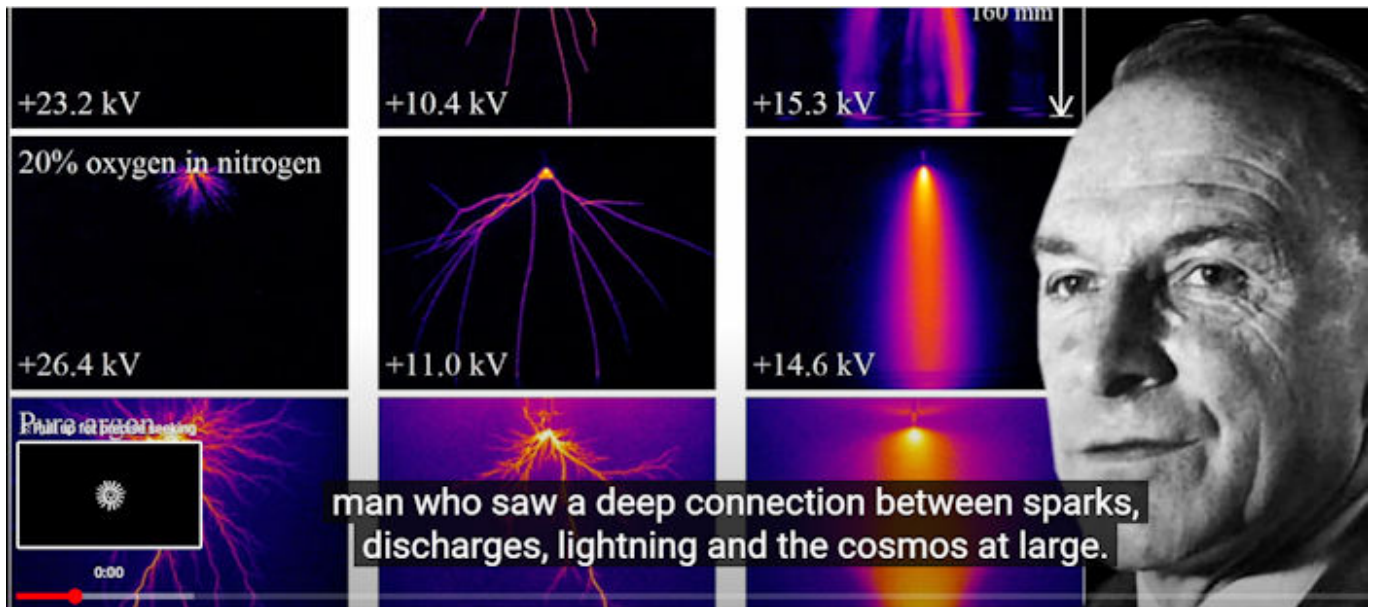


When we think of ancient technology, we often imagine simple tools and primitive machinery. But what if we told you that over 2,000 years ago, the ancient Greeks had built the world's oldest computer? That's right, we're talking about the Antikythera mechanism , a complex device discovered in a shipwreck off the coast of Greece in 1901.

This [incredible machine](#) contained a system of gears and cogs that was able to predict astronomical positions and eclipses with incredible accuracy. It's no wonder that some have called it the world's first computer, a marvel of engineering that was centuries ahead of its time. The Antikythera mechanism is a reminder that even in the ancient world, there were minds that were capable of incredible feats of technology and innovation.

[Click here to view the video.](#)

“Gareth Samuel: Forgotten Scientist Who Dared To See Electric—C.E.R. Bruce | Thunderbolts”



This article is video only.

[Watch the video at youtube.com. \(14:42\)](#)

link submitted by Robert Petrovich

Bishop Savoy Traveling to New Zealand and Australia – Update #1

G²⁰²³3T

GLOBAL THERMAL THINK TANK

Tour of New Zealand and Australian geothermal springs

JUNE 21-30



Bishop Gene Savoy, Jr. and his wife, Radheka Patel Savoy are attending the Geothermal Think Tank conference in New Zealand and Australia. They arrived in Auckland, New Zealand where the conference started on the 21st of June. Here is an updated itinerary.

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GLOBAL THERMAL THINK TANK

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Tour of New Zealand and Australian geothermal springs

ITINERARY JUNE 21-30

JUNE 21

- Arrive in Auckland, coach pickup for travel to Te Aroha
Option 1, 10am Airport pickup. Driver with 'G3T' sign at the customs exit (wait in the café near exit)
Option 2, 9:30am Auckland city pickup from The Grand by Sky City Hotel
- 13:30 Bathroom stop at Silver Fern Farms Events Centre, Te Aroha
- 13:50 Arrive at Tumutumu Marae and gather at entrance
- 14:00 Pōwhiri (welcomed on by Ngāti Tumutumu)
- 14:30 Afternoon tea at marae
- 15:00 Depart marae and drive to Bowling Clubrooms in the Te Aroha Domain for a presentation on Te Aroha Spa project
- 15:30 Guided Te Aroha Domain tour
- 16:30 Depart Te Aroha Domain and check into accommodation. Optional bathing in the private hot springs pools (bookings required) at the Domain
- **Te Aroha hotels:**
 - Te Aroha Motel
 - Aroha Mountain Lodge
 - The Nunnery
- 18:30 Walk/bus back to The Duck and Cover Kiwi pub for dinner
- 21:00 Optional 30-45 min glowworm mountain walk

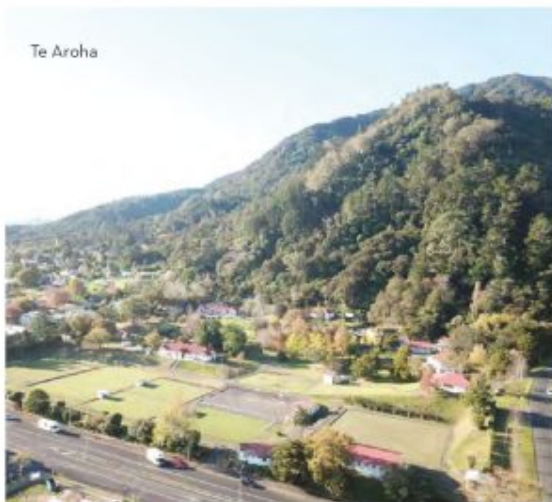


Kerosene Creek

JUNE 22

- 7:00 Bus departs for The Old Forge.
- 7:10 Breakfast at The Old Forge, Te Aroha West
- 8:00 Depart for Te Aroha maunga (mountain) top tour by Ngāti Tumutumu
- 10:15 Tour ends. Return to accommodation to check out (if late check-out arranged)
- 10:45 Leave Te Aroha
- 11:30 Arrive Okoroire Hot Springs
Tour and bathing at the hot springs
- 13:00 Lunch
- 14:00 Depart Okoroire Hot Springs
- 15:00 Arrive Rotorua
Visit Wai Ariki Hot Springs & Spa
Visit QE Health Thermal Hospital
- 17:30 Check-in Pullman Rotorua Hotel for two nights
- 18:30 Dinner and welcome event

Te Aroha



Okoroire Hot Springs

Wai Ariki Hot Springs & Spa



2023 G3T

Tour of New Zealand
and Australian hot springs

ITINERARY
JUNE 21-30

JUNE 23

- 7:00 Breakfast
- 8:00 Depart for Hells Gate Thermal Park
- 10:00 Depart Hells Gate for Waimangu Volcanic Valley
- 11:00 Tour of Waimangu valley including Frying Pan lake
- 12:30 Depart for Kerosene Creek
- 12:45 Depart for Waikite Valley Hot Pools
- 15:30 Return to Pullman Hotel to change for dinner
- 16:30 Leave hotel for Te Puia Geothermal Valley and experience
- 17:30 Dinner followed by Cultural performance and lighted tour to the Geyser & Hot chocolate
- 20:30 Return to hotel



JUNE 24

- 8:00 Optional bathing at Polynesian Spa
- 9:00 Bus transfer from Pullman Hotel to Rotorua airport via Polynesian Spa for a walking tour
- 11:30 Flight to Christchurch, NZ5785
- 13:45 Bus to Hanmer Springs (light lunch on the bus)
- 15:45 Arrive Hanmer Springs
Tour of Hanmer springs, bathing and enjoy an early dinner
- 18:30 Drive to Maruia Hot Springs
- 19:30 Arrive Maruia Hot Springs
Check in Maruia Hot Springs for two nights
Hot springs pools are open 24 hours

JUNE 25

- 7:00-9:00 Breakfast
- All day Maruia Hot Springs activities



JUNE 26

- 6:30 Bus departs for Christchurch airport
- 11:00 Fly Christchurch to Melbourne via Auckland Flights NZ538 and NZ125
- 17:45 Arrive Melbourne
- 19:30 Drive to Mornington Peninsula, dinner at Peninsula Hot Springs
- 21:00-23:00 Free to bathe after dinner. Transport returns to Moonah Links for accommodation check-in every 30 minutes



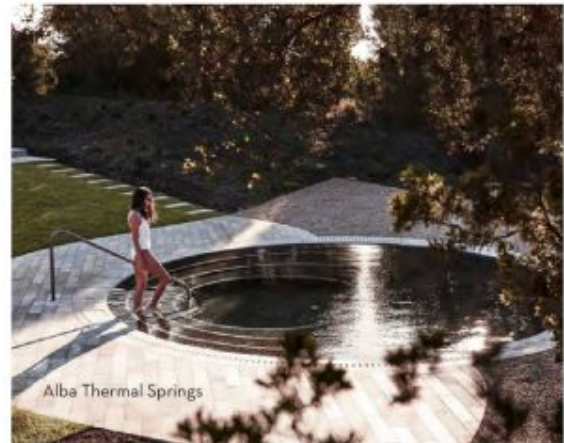
2023 G3T

Tour of New Zealand
and Australian hot springs

ITINERARY
JUNE 21-30

JUNE 27

- 8:00-9:00 Breakfast at Moonah Links
- 9:00 Bus departing Moonah Links for Hot Springs Symposium at Peninsula Hot Springs
- 9:30-5:00 Hot Springs Symposium
- 17:00 Depart for Alba Thermal Springs
Bathing and tour of Alba Thermal Springs
- 19:00 Dinner at Alba Thermal Springs
- 21:00 Depart for Moonah Links
Open



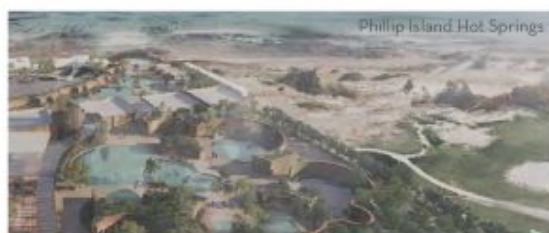
2023 G3T

Tour of New Zealand
and Australian hot springs

ITINERARY
JUNE 21-30

JUNE 28

- 7:00-8:00 Breakfast
- 8:00 Depart for Phillip Island Hot Springs
- 9:30 Arrive Phillip Island Hot Springs, tour construction site
- 10:30 Depart for Metung Hot Springs
- 13:30 Lunch - Momo, Traralgon
- 15:30 Arrive Metung Hot Springs
Tour and bathing at Metung Hot Springs
- 16:30 Metung accommodation (drop off bags, quick change)
 - Metung Waters Motel and Apartments
 - The Moorings Motel
 - 5 Knots
- 17:30 Sunset drinks at The Escarpment
- 19:00 Dinner function at Metung Country Club
- 20:30-21:30 Bus departs for hotels every 30 minutes



Phillip Island Hot Springs



Phillip Island Hot Springs



Metung Hot Springs



Metung Hot Springs

JUNE 29

- 8:30 Walk to Metung Pier (next to the pub) for a breakfast cruise on the Gippsland Lakes
- 10:30 Depart for Melbourne
- 13:00 Gippsland Food & Wine Store lunch
- 16:00 Arrive Melbourne, check into Sheraton Melbourne
 - free time -
- 18.45 Dinner, Seamstress Dining Room, Melbourne



Metung Hot Springs

JUNE 30

Departure Transfers to Melbourne Airport.
There will be 2 separate transfers to Melbourne airport, times TBC to meet the majority of flights.
Travellers can request a separate airport transfer, however, additional costs will apply.



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Participant Profiles

Grazyna Aust

Grazyna Aust is the Vice President and Operations Manager of Mercey Hot Springs and is responsible for the entire guest experience of the historical resort's operations. She was born and raised in Warsaw, Poland and with an entrepreneurial spirit, she ran her own nursery business. She graduated from the Tourism and Hospitality School of Warsaw with a degree in Hotel Management and, with the rich culture of the wellness industry where Balneology was introduced in the 16th century, she is bringing another of her passions, knowledge and experience to Mercey Hot Springs. Knowing the possibilities of wellness experiences that are abundant in Europe but lacking in the US, she wants to implement those possibilities at Mercey.



grazyna@merceyhotsprings.com
+1 3109 039 641



+61 419 002 863
ian.bail@wannonwater.com.au

Ian Bail

Ian is General Manager, Strategic Services at Wannon Water, Victoria, Australia. He is passionate about reimagining what it means for a water corporation to be a public health business, and delivering innovative preventative health outcomes for our communities and the sector at large. Ian is excited to pursue collaboration across sectors that can provide shared benefits, expanded horizons and practical change. He is committed to people-focussed culture, sustainable environmental outcomes, and flourishing local economies and households. Ian also loves to be creative and support creatives express their giftings in music and the visual arts.

Graeme Abbot

Graeme is Executive General Manager – Hanmer Springs Thermal Pools & Spa. Graeme's career began in the apparel industry, where he held sales and marketing roles before transitioning to general management. In 2000 he shifted his focus to the world of thermal water, bathing, waterslides and spa treatments, joining the team at Hanmer Springs. Graeme has been instrumental in his decision making and is the driving force behind significant investment and changes to the product offering at Hanmer Springs, which now hosts half a million visitors annually. Graeme considers it a privilege to serve customers who have a plethora of activity options in the South Island of Aotearoa New Zealand, and he remains dedicated to ensuring that Hanmer Springs provides an exceptional experience for all visitors.



+64 274 360 686
graeme@hanmersprings.co.nz



+1 4065 391 307
andy@bhsprings.com

Andrew & Andrea Barham

Andy Barham has spent his lifetime in Hospitality and is currently the General Manager of the Bozeman Hot Springs. He is an avid outdoorsman filling his time with a different hobby for every season. When not working, you will find him in the mountains pushing for that adrenaline fix. His profession lies in property development with a strong interest into operations. Andy's initial focus was large scale event planning which gave him access to many of the top properties in the nation and has now evolved to opportunities of health and wellness. He considers himself a student to this industry and is excited to help others with their journey.

Andrea Barham is a proud wife and mom of two. Growing up in Montana created a passion for downhill skiing and horseback riding. She has a background in business management and medical billing. Currently, Andrea is enjoying her time as a stay-at-home mom with a future goal of continuing her education in healthcare administration.



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Participant Profiles

Steve Beckley

Steve Beckley is the co-founder and operator of Iron Mountain Hot Springs in Glenwood Springs Colorado. Steve is also the owner and operator of Glenwood Caverns Adventure Park. Steve is currently engaged in the development of a new hot spring in the vicinity of Zion National Park in Utah. He is also working on the first inspired mineral pool concept located in Dallas Texas.



+1 9706 187 127
steve@glenwoodcaverns.com



+1 4067 237 163
jeff@birkbyconsulting.com

Jeff Birkby

Jeff Birkby consults on geothermal energy and hot springs resort issues. He has assisted a wide variety of clients, including private landowners, Native American tribes, and state and federal agencies. Birkby currently works as a geothermal consultant for the Hot Springs Association. He helps hot springs resort owners find engineering and technical assistance, and leads research on state and international regulations that affect hot springs resorts. Birkby is the author of *Geothermal Energy in Montana—A Consumers' Guide*, *Touring Montana and Wyoming Hot Springs* and *Touring Oregon and Washington Hot Springs*, and other books and articles.

Dan Carter

Dan Carter is co-owner and co-founder of Durango Hot Springs Resort and Spa. Durango Hot Springs has quickly made its mark on the Hot Springs community in southwestern United States, utilising the latest technologies to enhance the user experience in and around healing water, such as our unique oxygenated nanotechnology which increases the water's health benefits. Prior to Durango Hot Springs, Carter has been a lifelong entrepreneur, partnering with and investing in distressed properties to develop them to best-in-class service through his investment arm, ITG Capital Group.



+1 2392 890 186
dcarter@dhsresort.com



+1 9707 691 467
wchristensen@dhdmsdesign.com

Walker Christensen

Walker is a landscape architect and hot springs designer at DHM Design in Durango, Colorado. Walker grew up in a small town with two hot springs; healing waters have been a part of his world for a lifetime. He has worked on large, community-driven hot springs projects throughout the American West such as Ouray, Salida and Astoria Hot Springs. He has been integral to the redevelopment and reimagining of existing sites like Durango Hot Springs. Walker has an affection for smaller communities and their unique histories when it comes to how water resources are used and treasured.

Prof Marc Cohen

As newly appointed Peninsula Hot Springs Group Medical, Science, Research and Education Director, Marc provides strategic direction for the move from healthcare to selfcare. Marc has spent more than 3 decades as an integrative medical doctor practising and researching holistic health and he spent 16 years as Professor of Health Sciences at RMIT University where he supervised more than a dozen PhD students and oversaw the development and management of the world's first post-graduate Master of Wellness Program. Marc's research contributions include all aspects of wellness including bathing, saunas, hot springs, health retreats, detoxification, yoga, meditation, acupuncture, nutrition, herbal medicine, elite athletic performance and flow states. He has published more than 100 peer-reviewed papers along with multiple textbooks and technical texts. Along with Charles Davidson, he co-founded the Global Wellness Institute's Hot Springs Initiative, the Bathe the World Foundation and World Bathing Day.



+61 439 446 688
info@drmarc.co



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Participant Profiles

Charles Davidson

Co-Founder, Chairman and Creative Director of Peninsula Hot Springs Group; Chair of the Global Wellness Institute Hot Springs Initiative; Vice President of FEMTEC (the World Federation of Hydrotherapy and Climatotherapy); Adjunct Professor and PhD research supervisor at Victoria University for a study looking at the social, environmental and economic impacts of hot springs on their local communities.



+61 409 889 920

charles.davidson@peninsulahotsprings.com



+61 429 083 186

Kai.davidson@cunnamullahhotsprings.com

Kai Davidson

Throughout his life, Kai has travelled to many places throughout Asia, Europe, and Oceania visiting many hot springs along the way. From the beginning of his life, he has been exposed to the wonders of bathing, and has worked with Peninsula Hot Springs, where he spent much of his youth garnering knowledge in multiple fields. From there, he travelled to Metung Hot Springs, where he assisted in opening and operating the facilities. He plans on continuing his hot spring journey with the addition of managing Cunnamulla Hot Springs in the Australian outback.

Jennifer DiCuollo

Jen is a Principal at DHM Design, a Landscape Architecture and Ecological Planning firm. She works in DHM's Carbondale, Colorado office and specialises in high-end residential and resort design, with a focus on incorporating elements of nature and the built environment to enhance the health and wellness experience. Jen has worked on hot spring design projects both in the US and internationally, and she is passionate about the benefits of hot springs from a wellness perspective. As a design professional, Jen approaches each hot spring project as an opportunity to work with and enhance the unique characteristics of the place and its ecology. As a lifelong learner, she has gravitated towards hot springs design work as an opportunity to learn about and experience the deep history of thermal mineral bathing across multiple cultures and traditions. Jen brings this context into her work, elevating underutilised hot springs amenities into more holistic wellness and place-based experiences.



+1 970 309 5932

jdicuollo@dhmdesign.com



+61 477 449 088

craig.dodd@albathermalsprings.com.au

Craig Dodd

Craig is General Manager at Alba Thermal Springs and Spa:

'At Alba we are building an inclusive and respectful workplace; a sanctuary where our people are rewarded, guests are cared for, and balance and connection is valued. I am an energetic, inspiring, and engaging General Manager with demonstrated success in managing people and business units across a diverse range of locations. I have a passion for self and team development and constantly create learning opportunities through active coaching of team members. My management style achieves outstanding business results for all stakeholders with a strong, strategic and consultative approach.'



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+1 619 948 1136
dronet@olympusREG.com

David and Amanda Dronet

David Dronet is the owner of The Springs Resort in Pagosa Springs, Colorado; founder of Elan Senior Living, and founder and CEO of Olympus Real Estate Group, which recently purchased the historic Murrieta Hot Springs in Murrieta, California. Amanda Dronet will be joining David on this tour. David has spent most his career creating environments centered around health, healthcare and wellness. He is a founding board member of the Hot Springs Association, the founding ambassador of Aging 2.0 – Austin and a founding board member of the Senior Living Developer Collective. David began using hot springs and hydrotherapy for recovery from physical training related to high-altitude mountaineering.

Lipeng (Leigh) Du

Leigh is a CPA qualified Executive Director and CFO of Alba Thermal Springs. He holds both a Bachelor and Master of Commerce from the University of Sydney and has worked extensively as a Finance Director in a wide range of industries. Leigh has been involved with the full development cycle of Alba Thermal Springs, including strategic decision making, site acquisition and financial analysis and control.



+61 401 236 232
leigh.du@albathermalsprings.com.au



+61 410 220 521
clivedwyer@gmail.com

Clive Dwyer

Clive Dwyer is an experienced Director in the visitor economy, destination management and events sectors. Clive has recently accepted the role of Chief Executive Officer at Bathing Australia, working with operators, industry and community to promote bathing and wellness. He also chairs the inaugural Diploma of Hydrothermal Wellness course accreditation committee for the State Government of Victoria and is on a range of board and advisory groups.

A graduate of the Australian Institute of Company Directors, Clive has held executive positions at the Committee for Melbourne, Destination Yas Island in the UAE, Melbourne Convention and Exhibition Centre, Melbourne 2006 Commonwealth Games, Tourism Victoria, Mount Buller Ski Resort and The Victorian Ski Association.

Jacob Foerstner

Jacob Foerstner is the second-generation owner of Riverbend Hot Springs, a riverside 'Ma and Pa Spa' in Truth or Consequences, New Mexico USA. Jacob's parents started Riverbend as a youth hostel over 30 years ago and it has evolved into a unique resort over the past 17 years under Jacob's leadership. He enjoys emulating natural hot springs settings, while offering resort amenities and showcasing beautiful local art. Jacob is eager to meet other owners and experience other healing waters across the globe.



+1 575 894 7625
riverbendsprings@gmail.com



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Karen Golden

Karen Golden leads Destinations by Belgravia, a sector of Belgravia Leisure. Karen and her team develop strategies for existing and new experiences, product and development projects in hot springs, wellness and accommodation sectors across Australia and NZ. These innovation and design strategy concepts are aimed at growing the Belgravia Tourism and Wellness portfolio with strong targets and visions for future growth. Current properties: 48, including Hepburn Bathhouse & Spa, Wai Ariki Hot Springs & Spa, NZ (opening mid 2023).



+61 419 424 324

kgolden@belgravialeisure.com.au



+61 431 152 758

jelle.hemminga@peninsulahotsprings.com

Jelle Hemminga

Jelle Hemminga has worked as a duty manager at Peninsula Hot Springs for the past two years. He has recently been asked to fulfil the general manager position at Cunnamulla Hot Springs in Queensland Australia. He has a Degree in Hospitality management acquired in The Netherlands after which he opened a restaurant with his sister. He began his career in hospitality at a young age and strives to develop his skills in the wellness industry with a strong passion for guest experience and interpersonal development. On this trip he is excited to meet with experienced industry professionals and to build strong connections while continuing to learn from others.

Barbara Humble

Barbara is a living example of 'the healing waters'. She experienced juvenile rheumatoid arthritis at a young age when the '21-day' hot mineral bath program was widely used. She attributes those early soaks in a bathhouse in Marlin, Texas as being an important part of the healing process. Today she continues to use healing waters to help maintain a healthy, vibrant life. Barbara is an entrepreneur and real estate broker officing in Austin, Texas, owning and operating Humble Enterprises, Inc. for 40+ years. The family maintains a home office in Truth or Consequences, New Mexico, a block from the artesian waters of Indian Springs, she owns as well. Working with Kelley on real estate projects allows Barbara opportunities to travel to visit hot springs and study Sheng Zhen Meditation internationally.



+1 512 773 7154

aushum1@gmail.com



+86-(0)139 1129 8061
173297379@qq.com

Shaoping Hu

President of Shanghai Lanzhen Tourism and Culture Group, Director of Blue City Group Institute. PhD in Economics, Senior Planner. In recent years, Shaoping Hu has mainly provided practical and diverse solutions for large-scale development groups and governments at all levels for new urbanisation, rural revitalisation, and urban-rural integration development. He took care of the various comprehensive regional development projects, such as industrial new towns, rural revitalisation, urban renewal, and comprehensive land improvement. Mr. Hu was invited to serve as a consultant for multiple urban planning and development and received the honor of the 2020 China New Urbanisation Value Innovation Figure at the Boao Real Estate Forum. His representative works include: Anji Taohuayuan in the green city, Leisure Nanshan in Liyang in Blue City, Pujiang Poetry and Painting Town, Shengzhou Yueju Town in Blue City, Ruxin Town in Changzhi Island in Green City, Anji Angel Town, Tiantai Mountain Lotus Town, Yimei Town in Mount Huangshan, Longwu Tea Town in Hangzhou, Yangming Ancient Town in Ningbo, Zhengda Spring Blue Bay in Cixi, Peach Blossom Garden in Nanchang, Peach Blossom Spring in Beijing, and more.



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+86-(0)134 5283 3790
474258652@qq.com

Catherine Lan

Catherine Lan is Chief Representative of the Representative Office of the World Federation of Hydrotherapy and Climatotherapy (FEMTEC). Catherine graduated from the Rotterdam Business College in the Netherlands with a Masters degree in Finance and Accounting. Catherine has strong language abilities including English, Cantonese and a certain level of Dutch.

Catherine has rich working experience worldwide and worked in Rotterdam, the Netherlands, Liverpool in the UK, Bangkok in Thailand, Hong Kong and Macau in China. Since 2011, she has been focusing on the hot springs tourism and health industries, and serves as the appointed contact window for cooperation between the Chongqing Municipal People's Government, Chongqing Municipal Commission of Cultural and Tourism Development and FEMTEC. Catherine played an important role in assisting FEMTEC with international promotion and cooperation in the fields of hydrotherapy and climatotherapy between China and worldwide.

Warren Lloyd

Warren Lloyd AIA LEED AP is a sustainable architect of 30+ years and founding partner at Lloyd Architects in Salt Lake City, UT. His passion for water, Onsen, and traditional wood framing is rooted in his experience in Japan as a Mombusho Scholar at Kobe University and in Northern Japan – as an architect designing engineered wood frame structures. Warren and his wife/business partner Jennie have lived, worked and taught in St. Petersburg, Russia, Seattle WA, and Yamagata, Japan. Warren's US projects include a farm Snuck Farm, a hot springs resort Homestead Resort (2023), outdoor oriented hospitality evo Hotel, and off-grid renewable energy projects using PV-solar/ geothermal/mini-hydro systems. Warren is currently US Chair of the AIA Custom Residential Architects Network.



+1 801 328 3245
warren@lloyd-arch.com



+1 801 328 3245
jennie@lloyd-arch.com

Jennifer Lloyd

Jennie Lloyd is the managing partner at Lloyd Architects, a Salt Lake City design firm that specialises in residential and hospitality projects. Born and raised in Seattle, Washington, Jennie left the Northwest to attend Brigham Young University, where she double-majored in Russian and International Relations and later received an MA in Slavic Languages and Literature from the University of Washington. She and Warren have lived and worked in Russia and northern Japan.

Jennie currently serves on the board of Utah Global Diplomacy, an organisation committed to building bridges of understanding throughout the world. Jennie is excited to learn more about hot springs and this sector of the hospitality world.

Dr Liu Dong

Dr Liu Dong is a senior cardiovascular expert, with 26-years clinical experience. Dr Liu practised in Beijing Anzhen Hospital for years, and then as department chair, he joined Beijing United Family Hospital, an internationally accredited hospital. Besides, Dr Liu worked on artificial heart research in Texas Heart Institute from 2004 to 2006. Dr Liu currently serves as a cardiac rehab consultant in the aquatic therapy centre in Beijing United Family Rehab Hospital, IATA-China trainer, president of Beijing Chunmiao Charity Foundation, member of medical security committee of China Association of Social Security.

Dr Liu is devoted to promoting prevention and rehab system of cardiovascular disease in China. He was invited to give a speech on cardiovascular prevention & rehab in 2016 NGO Summit on the Sustainable Development Goals. He was invited as an expert in Healthy China 50-People Forum in 2020, the only expert in the cardiovascular area.



+86-(0)139 1169 5771
2637799720@qq.com



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+1 970 456 3162
jessica@hotspringsassociation.com

Jessica Meath

Jessica Meath brings over two decades of experience in design, marketing and membership management to her current role as the Marketing and Membership Director for the Hot Springs Association. She has worked with the association's Executive Director, Vicky Nash, for more than 13 years, including involvement in the launch of the Hot Springs of America website and playing an active role in the Hot Springs Connection conference since its inception. She also oversees the Colorado Historic Hot Springs Loop marketing collaboration. From learning to swim in a hot springs pool as a young girl to cherishing moments soaking in hot springs on river trips, Jessica's passion for the industry drives her to inspire and nurture unforgettable experiences.

Jordan Menzel

Jordan Menzel is the founder and owner of Maple Grove Hot Springs – a 45 acre solar powered retreat centre supporting personal, community, and ecological wellness located two hours from Salt Lake City along the Utah/Idaho border.

With a background in politics, international development, tech start-ups, and interior/experience design, Jordan now spends his days in overalls evangelising a simple idea – that human growth comes from new experiences, and that new experiences can emerge from thoughtful design, natural spontaneity, and mindful facilitation.

With over 15 years facilitating growth-oriented workshops and retreats abroad, Jordan is dedicated to creating and holding space for shared growth, personally, and collectively. With a BA in Sociology from the University of Utah and a Masters of Science in Foreign Service from Georgetown University where he worked as the Assistant to Former Secretary of State Madeleine Albright, these days Jordan is happiest blending community building and personal wellness off the beaten path along the Bear River.



+1 801 943 6106
jordancmenzel@gmail.com



+1 970 948 4923
vicky@hotspringsassociation.com

Vicky Nash

With extensive travel industry experience spanning 40 years, Vicky Nash specialises in geothermal tourism management and marketing, providing a global perspective and unique expertise in this field. Nash serves as Executive Director for the recently formed Hot Springs Association trade organisation. She is well-known throughout the industry for originating the Hot Springs Connection conference and the Hot Springs of America website. She also developed the Colorado Historic Hot Springs Loop, a multi-award-winning marketing collaboration that features the state's premier thermal locales. Her involvement with the Global Wellness Institute's Hot Springs Initiative has facilitated strong relationships with hot springs professionals worldwide.

Radheka Patel Savoy

Radheka Patel Savoy, born and raised in Auckland, New Zealand, moved to the United States with her family in 1991. Various topics of interest led her to study biology, marketing, cardiac ultrasound, and Ayurveda, which she learned in California and India. She lives in Reno, Nevada with her husband, Gene, and their six children. Radheka is an integral part of the team at Steamboat Hot Springs in Reno, as well as a small water company which she helps manage. In addition, she is a student of Cosolargy International, a metaphysical school which teaches a system of solar techniques and the use of light energy to attain spiritual understanding and health. She has found that practice of Cosolargy aids her in her work to bring healing to the patrons of Steamboat Hot Springs through energetic alignment and light, color and sound therapies.



+1 775 853 6600
radheka@steamboatsprings.org



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+1 209 826 3388
larryr@merceyhotsprings.com

Larry Ronneberg

Larry Ronneberg is the President and Chief Technical Officer of Mercey Hot Springs and is responsible for the facility's equipment, design and implementation for the off-grid resort's infrastructure operations that include state-of-the-art, networking/communications, water pumping and 72 kilowatt solar systems. He is also responsible for project management for renovations of the historic buildings.

Larry has attended L.A. Pierce Junior college in Woodland Hills, CA and Cal Poly University in San Luis Obispo, CA. He has 26 years of management experience working in the Information Technology industry for several hi-tech companies. Much of his experience has been implemented at Mercey Hot Springs to enable the historic resort to keep up with the high demands of guests' requirements.

Justine Rutherford

Justine Rutherford has been the Spa Manager at Hanmer Springs Thermal Pools & Spa for the past 20 years. With a passion for wellness and a deep understanding of the tourism industry, Justine has been instrumental in developing the Spa services at Hanmer Springs. Throughout her tenure, she has witnessed first-hand the growing influence of wellness and spa services in the tourism industry and has played a key role in positioning Hanmer Springs as a leading wellness experience provider.



+64 21 315 338
justine@hanmersprings.co.nz



+1 541 226 3944
mrysavv@gmail.com

Michael Rysavy

Michael Rysavy is Co-owner/CEO of The Lodge at Hot Lake Springs, Co-owner/President of Grande Hot Springs RV Resort, Co-owner/President of Bagby Preservation, and Co-author of hot springs guidebooks. Since 2013, Mike and his wife have operated Grande Hot Springs RV Resort with hot springs pools, 100 RV sites, tent sites, a tiny home, and yurts. They purchased The Lodge at Hot Lake Springs in 2020, featuring a historic brick lodge built in 1906 and the largest hot springs in the NW US. They received land use approval for 30 lodge rooms, 5 pubs, 2 restaurants, a movie theater, conference space, and concert venue. In 2023, they began operating Bagby Hot Springs under a 20-year permit from the USFS. Mike currently sits on two local tourism related committees. Mike lives in the NW US, in the state of Oregon.

Tamarah Rysavy

Tamarah Rysavy is Co-owner/CFO of The Lodge at Hot Lake Springs, Co-owner/Secretary of Grande Hot Springs RV Resort, Co-owner/Secretary of Bagby Preservation, and Co-author of hot springs guidebooks. Since 2013, Tamarah and her husband have operated Grande Hot Springs RV Resort with hot springs pools, 100 RV sites, tent sites, a tiny home, and yurts. They purchased The Lodge at Hot Lake Springs in 2020, which includes a historic 64,000 sqft lodge with 15 renovated lodge rooms, a new hot springs soaking area, the first of 5 planned pubs The Thermal Pub & Eatery, and a 2nd run movie theater with food and drink allowed from the pub. In 2023, they began operating Bagby Hot Springs under a 20-year permit from the USFS. Tamarah lives in the NW US, in the state of Oregon.



tamrysavv@gmail.com
+1 541 654 6540



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+1 775 853 6600
gsavoyjr@communityofchrist.org

Gene Savoy Jr

Gene Savoy, Jr. is the son of Gene Savoy, a world renowned scholar and one of the most celebrated explorers of the 20th century. Gene is the president of historic Steamboat Hot Springs in Reno, Nevada USA. An ordained minister, he is also the president of Cosolargy International, a metaphysical school and community which emphasises awakening the spiritual Light Body by means of solar light and energy. Gene regularly visits and presides at venues worldwide on behalf of Cosolargy International introducing people to the Sacred Teachings of Light. His expertise and skills as an effective communicator, team builder, creative planner and speaker, along with his fundraising and outreach abilities, propel his visionary outlook for the future. An avid reader and student of history and theology, Gene is author of *Solar Teachings Greece and the Mediterranean*. Gene married Radheka Patel in 2012 and is the proud father of six – four daughters, one step daughter, and a son.

Sun Manli

Sun Manli is currently the general manager of Dingtai Health Group and a doctoral student in medical and health management at the University of Montpellier in France. She is committed to building a health management service system with integrated medicine as the background, focusing on the effective implementation of the cardiovascular disease prevention and rehabilitation service system. In more than 20 years of study experience and work career in Europe and Asia, Ms. Sun has forward-looking thinking, international vision and rich practical experience in corporate social responsibility implementation, public relations management, marketing management and other aspects. She has participated in and built a number of medical-level health management services project as a core member.



+86-(0)198 0024 1231
sun.manli@dt-health.com



+64 21 327 078
evertue@xtra.co.nz

Evan Vertue

Evan is an enthusiastic participant in the New Zealand geothermal springs industry. He is closely associated with the Waiwera geothermal precinct north of Auckland where his specific contribution is in technical advice and the strategic positioning of the asset for future development. He has a close interest in the hydro-geological formation of geothermal springs activity and the traditional and cultural associations with the waters. A particular interest lies in working towards profitable commercialisation of identified investment and operational opportunities in the sector.

Jeff Wang

Jeff Wang was born in 1963 at Kunming city of Yunnan province in China. He received BA in 1983 in mass communication & journalism from Beijing Institute for International Politics, then he served as a staff member with departments under Yunnan provincial government. He transferred to Yunnan provincial import & export corporation in 1990, serving as a sales manager until 1996. Following this, he transferred to the real estate sector as a senior manager in three companies from 1997 to 2005. He founded his own company, served as the chairman of the group, at Chongqing municipality in 2006. The company named Hakone Hot Spring & Thermalism Industry Development (group) Co. Ltd., now a leading consulting, management and engineering company in China's hot spring industry. He was elected as vice president of China Hot Spring Tourism Association (CHSTA) and managing director of the expert committee of CHSTA in 2015. He has been designated as the managing director of Asia-Pacific Institute for Hydrotherapy & Climatotherapy Tourism based at Chongqing, the first officially registered R&D institute of its kind in China. He is one of the co-founders of G3T (Global Thermal Think Tank), Hot Spring Initiative of Global Wellness Institute since 2018. He was invited as a speaker by FEMTEC (World Federation of Hydrotherapy and Climatotherapy), ISMH (International Society of Medical Hydrology and Climatology) and Global Wellness Summit (Miami, 2018). He has written six books in Chinese on the hot spring industry.



+86-(0)139 8388 1976
wangjie0510@163.com

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Participant Profiles



+61 403 645 512

alice.watt@peninsulahotspings.com

Alice Watt

As Spa and Wellness Experience Development Manager at Peninsula Hot Springs, Alice is tasked in co-creating new spa and wellness experience that align with the company's values and 7 pillars of wellness. Alice has been pivotal in the planning and launch of the inaugural Awaken Wellness Festival, a 1-day immersive wellness gathering in March and is looking forward to the rest of 2023 to launching a variety of new experiences such as living paper making, deep listening day retreats and apothecary workshops. 'I feel incredibly fortunate to be surrounded by the nature and creative minds at Peninsula Hot Springs that allow my ideas to come to life!'

Anna Wellingham

Anna is the Investment Manager covering Tourism at NZTE, NZ's Investment Attraction agency. She supports projects to get established in NZ and assists with raising capital, if required. She selects projects which align with New Zealand's tourism strategy of targeting high value tourists and offering quality products and experiences. Anna is working with a number of hot springs looking for investment and developing a portfolio of other hot springs projects to lift NZ's hot springs offering. She works with both NZ-based and international project sponsors wishing to set up in NZ. Thermal Mineral Springs Investment Opportunity (nzte.govt.nz). One of Anna's live projects is the capital raise for Te Aroha Mineral Spas.



+64 27 404 275

Anna.Wellingham@nzte.govt.nz

James White

James White is an operator, researcher, strategic advisor and investor in the global hot springs industry. James holds a Master of Business Administration degree where his thesis topic was in commercial bathing and spa development. His research into how the modern hot springs industry creates, delivers and captures value has taken him to 27 countries and over 160 hot springs locations. James is a member of the Global Wellness Institute Thermal Mineral Springs Initiative advisory group. He is Managing Director and co-owner of Maruia Hot Springs, New Zealand where his team have created a globally awarded innovative wellness-inspired hot springs destination.



+64 21 665 644

james@jameswhite.co.nz

Kelley Whited

Kelley is, and has had a varied career as, an entrepreneur. She grew up in a Texas real estate family, graduating from Texas State University and Le Roche Hotel Management School Switzerland. After working with several investment firms in California, she became a real estate broker with Humble Enterprises, Inc., and pursued her own portfolio, as well. Currently, Kelley owns and operates Cottonwood Cove, cabins on a lake in central Texas, while managing family and her own projects. Indian Springs in Truth or Consequences, New Mexico as part of Hot Springs Healing Center, LLC., is a part of the family heritage and operation, along with other local holdings. As a participant with the Hot Springs Association, Kelley attended the Palm Springs conference. Love of animals, especially dogs – Kelley pursues this passion as well as working with community development and water conservation.



+1 512 699 0279

kelleywhited@gmail.com

Qingshi Yao

PhD, Associate Professor, National Registered Architect. Focusing on the design and research of hot spring resort hotels, spas, health and wellness buildings, healing landscapes. He has nearly 20 years of experience in this field and has completed over 30 hot spring design projects, published 12 papers. Qingshi Yao, serving as the General Manager of Yunnan HAKONE Hot Spring Design Co., Ltd., is actively engaged in the construction of contemporary Chinese hot springs. At the same time, as a university teacher, he also is engaged in the training of hot spring design talents in China.



+86-(0)152 8818 2830

47213424@qq.com



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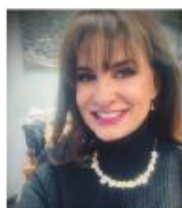
Participant Profiles

Bryan Yearout

Bryan spent 37 years in mechanical construction and process systems. He has successfully performed the startup of construction companies which exceeded annual revenues of \$72,000,000 with over 260 employees. Bryan's business experience is primarily in the nuclear industry specialising in process piping and specialty systems. Bryan Yearout and Dan Carter purchased Trimble Hot Springs and changed the name to Durango Hot Springs Resort + Spa. Bryan has been instrumental in being involved with the daily aspects of renovations and redevelopment of the Durango Hot Springs facility. Bryan spends significant time studying and developing the water systems and facilities to ensure that the water resource, the facilities, and the business are all the best they can be.



+1 505 991 5062
byearout@dhsresort.com



+1 505 363 2805
jewels35@comcast.net

Julie Yearout

Julie Yearout spends her time residing between both Durango, Colorado, and Albuquerque, New Mexico. She is passionate about personal growth, her children & dogs, books & reading, and traveling. Julie holds a Bachelor of Arts in Psychology, and an MBA in Human Resource Management. She spent a number of years working in Psychiatric hospitals with both youth and adult populations, and tends to love assisting where she feels she can make a difference. Julie is currently focusing her attention on researching & documenting the history of Trimble Hot Springs (now Durango Hot Springs), in Durango, Colorado.

David Zeng

David Zeng specialises in waterparks, family amusement parks and resorts. He is proficient in development, creativity overall planning, management, innovative operation and marketing. Zeng currently serves as a member of board of directors of WWA (World Waterpark Association), vice president of China Waterpark Association, member of the NSRAD (National Standardisation Committee on Ropeway Amusement Devices), and general manager of Chengdu Happy Together. For 20 years, Zeng focused on waterparks and resorts. As the first Chinese to WWA board of directors, he brought oriental culture to the waterpark industry, drafted national industrial standards, he and his team developed and operated more than 10 well-known waterparks and amusement parks in China.



+86-(0)138 8020 3229
david3229@163.com



+86-(0)136 0137 0720
zt@iatachina.org

Ting Zhang

Ting Zhang has over 13 years of experience in the field of Aquatic Health, focusing on promoting the establishment of medical-grade aquatic rehabilitation centres in the thermal, medical, and retirement fields, and is a leading figure in China's aquatic rehabilitation industry. From 2015 to present, Ms. Ting Zhang founded Qingrun Health Group, and also holds several social positions and participates in drafting several aquatic rehabilitation guidelines and industry standards.

Her social positions are as follows: the sole partner of IOAPT China, the aquatic therapy subgroup of the World Physical Therapy Organisation WPO, the Secretary General of IATA-CHINA, the Chinese branch of the International Association for Aquatic Rehabilitation, She is also the Secretary of the Aquatic Exercise Therapy Group of the Sports Rehabilitation Committee of the Chinese Society of Rehabilitation Medicine and

a member of the Aquatic Rehabilitation Therapy Committee of the China Disabled Persons Rehabilitation Association. Ms. Ting Zhang founded Qingrun Health Group, which provides turnkey solutions for corporate clients from design planning, equipment selection, talent training and centre operation. The Group's Qing Run Health Academy provides training for internationally qualified aquatic rehabilitation instructors and has successfully trained 400 aquatic therapist in China; Beacon Technology provides aquatic rehabilitation equipment that meets EU standards and has successfully established industry demonstration projects in China, including the first medical-grade aquatic rehabilitation centre – Beijing United Family Rehabilitation Hospital and the first Hot Spring hospital – in Yunnan Wuding.



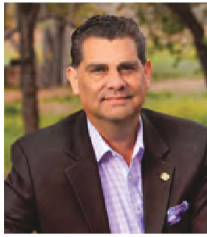
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+1 775 853 6600
gsavoyjr@communityofchrist.org

Gene Savoy Jr

Gene Savoy, Jr. is the son of Gene Savoy, a world renowned scholar and one of the most celebrated explorers of the 20th century. Gene is the president of historic Steamboat Hot Springs in Reno, Nevada USA. An ordained minister, he is also the president of Cosolargy International, a metaphysical school and community which emphasises awakening the spiritual Light Body by means of solar light and energy. Gene regularly visits and presides at venues worldwide on behalf of Cosolargy International introducing people to the Sacred Teachings of Light. His expertise and skills as an effective communicator, team builder, creative planner and speaker, along with his fundraising and outreach abilities, propel his visionary outlook for the future. An avid reader and student of history and theology, Gene is author of *Solar Teachings Greece and the Mediterranean*. Gene married Radheka Patel in 2012 and is the proud father of six – four daughters, one step daughter, and a son.

Radheka Patel Savoy

Radheka Patel Savoy, born and raised in Auckland, New Zealand, moved to the United States with her family in 1991. Various topics of interest led her to study biology, marketing, cardiac ultrasound, and Ayurveda, which she learned in California and India. She lives in Reno, Nevada with her husband, Gene, and their six children. Radheka is an integral part of the team at Steamboat Hot Springs in Reno, as well as a small water company which she helps manage. In addition, she is a student of Cosolargy International, a metaphysical school which teaches a system of solar techniques and the use of light energy to attain spiritual understanding and health. She has found that practice of Cosolargy aids her in her work to bring healing to the patrons of Steamboat Hot Springs through energetic alignment and light, color and sound therapies.



+1 775 853 6600
radheka@steamboatsprings.org

Refine Every Human Function, Including What You Eat



Natural food

“‘You need to refine every human function – moving, sleeping, breathing, thinking, feeling – and eating.’

‘Wait a minute, Socrates, eating isn’t a problem area for me. I’m slim, I generally feel good, and my gymnastics proves I have plenty of energy. How is changing a few things in my diet going to make a difference [in my spiritual growth]?’

‘Your present diet may give you plenty of energy, but it makes you groggy, affects your moods, and lowers your level of awareness. ...’

“In your present state of evolution, you cannot “eat sunlight” except in limited ways. When humanity does develop this ability, the digestive organs will become vestigial and laxative companies will go out of business. For now, a proper diet allows you to make the most direct use of the sun’s energy. This energy helps you focus your attention,

sharpening your concentration into a slashing blade. ... Your good habits must become so strong that they dissolve the ones that are not useful. ... I eat only what is wholesome, and I eat only as much as I need. ... My diet may at first seem spartan compared to indulgences you call 'moderation,' Dan, but I take great pleasure in what I eat because I've developed the capacity to enjoy simple foods." ~[Dan Millman](#)

Refine Yourself

While doing proper solar techniques is the primary teaching of Cosolargy, it isn't the only thing. It is the most important, but there are other things we should do to help our spiritual growth. As the old man Dan calls Socrates (not his real name) says, we need to refine every human function. Some of those functions are easier to refine than others, and changes in our eating habits is one of the easiest.

Healthy Eating

The first rule of healthy eating is to avoid anything artificial. That includes artificial colors and flavors as well as foods that are artificial. Second, avoid heavily processed foods. That seems to be a hard one for most Americans today. We have become addicted to convenient fast foods, which are more accurately called junk food. It also includes anything with processed sugar added. And if you are not ready to give up meat entirely, at least avoid beef and pork—and yes, that definitely included bacon, probably the most unhealthy thing humans eat. As the quote says, such foods lower your vibrations, and your frequencies, and if you are seeking real spiritual growth, that is the opposite of what you want to do.

I recently read the book "Lifespan" by David A. Sinclair, in which he talks about his research into aging and the research of others on the same subject. In this book, he gives advice on what we can do now to not only add years to our lives, but

add healthy years. One of the things he advises is healthy eating, and the first rule of it is to avoid eating mammals. That means no beef or pork.

Even good food like fresh fruits and vegetables can be unhealthy if you only eat them cooked. It is a good practice to have some uncooked fruits or vegetables as part of each meal. The enzymes in fresh fruits and vegetables help them digest better and better digestion means better health. Physical health does affect your spiritual health, so it is good to stay physically healthy.

Eat Sunlight

Socrates tells Dan that in our present state, we can't "'eat sunlight' except in limited ways." While what he says is true, at least in the way he meant it, it doesn't mean we shouldn't bother to "eat sunlight," even if it is in a limited way. You must also realize that Millman's book was written in the 1980s, and much has changed since then. While it remains true that humans cannot YET live entirely on sunlight, we do need it for spiritual growth, especially the Light of the Spiritual Sun.

Note: I was beginning to doubt that the man Millman calls Socrates was a real spiritual teacher until I read this short comment about sunlight. From that, I can see that he is a valid spiritual teacher, and while he may not have been teaching Dan the things that Cosolargy teaches, it is because he was teaching one individual and taught him according to where that student was and what he was ready to learn.

Only What You Need

Socrates also says that he eats only what he needs. In other words, he makes sure that he supplies his body with the necessary vitamins, proteins, carbs, fat, minerals, and enzymes that it needs. When you do that, the desire to overeat tends to fade. So does the desire for junk food.

I started following the diet known as the "[Bright Line Eating Plan](#)" a few years ago. I won't go into all the details, but here are the basics of this diet. You avoid sugar and anything that has sugar added to it. You avoid anything made with flour. Grains are allowed, as long as they have not been ground into flour. So oatmeal and puffed rice, for example, are allowed. Beyond that, the diet includes plenty of fruits and vegetables, much of it fresh. And you eat three meals a day with no snacks. I lost weight easily when I am on this plan, and I am much healthier by following it.

So do your solar techniques, read your lesson books and other spiritual books, listen to music and burn incense. But also remember to eat a more spiritual diet, which also happens to be the kind recommended for a long and healthy life.