

About Baleno

Baleno is a Charitable organization fostering holistic wellbeing on Physical, Mental and Spiritual levels.

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Founders: Toby Ruckert, Margit Brusda

Founded: 2007 / 2008

Headquarters: Waiheke Island, New Zealand

Website: www.baleno.org

1 - HISTORY

The Baleno Foundation was started on Waiheke Island in New Zealand during December 2007 by Margit Brusda and Toby Ruckert. It got Charitable Trust status approval by the Charities Commission on 30th June 2008.

2 - BACKGROUND

People can experience a wide range of emotional, physical and mental issues before, during and after serious diseases or other life crises of some sort. Therefore Baleno wants to

1. Offer Support
2. Create Awareness
3. Provide Education
4. Fund Research

that facilitate better health, wellbeing and quality of life on physical, mental and spiritual levels.

1. Support

Support is intended on a very personal level, for example with individual consultations - online or offline.

2. Awareness

One of Baleno's primary goals is to raise the awareness within society that physical disease is no accident and that the causes for many problems are mostly a combination of not only physical but also mental and/or spiritual imbalances. Baleno also aims to raise awareness for the prevention of such problems by promoting meditation and self-realization.

3. Education

Baleno is offering free events and classes and supports health care providers to facilitate further and ongoing training and awareness amongst medical professionals and counselors. Baleno also works with community groups for the importance of prevention of disease and how to create a balanced lifestyle.

4. Research

Baleno is raising funds to research into early detection and treatment of not yet physically manifested diseases. They aim to support credible and established research, programmes and technology to benefit the health and wellbeing of all people.

3 - APPROACH

Baleno's approach to Wellbeing can be divided into physical, mental and spiritual wellbeing and in their writing is stated thus:

Physical:

In the case of removing a tumor for example, modern surgery provides marvelous results. However in the case of eradicating the cause behind the cancer which led to the tumor in the first place, it has its natural boundaries. With the words of Dr. Edward Bach, Founder of the Bachflower Therapy System:

"Disease is in essence the conflict between Soul and Mind, and will never be eradicated except by spiritual and mental effort. [...] No effort directed to the body alone can do more than superficially repair damage, and in this there is no cure, since the cause is still operative and may at any moment again demonstrate its presence in another form."

Mental:

Physical disease let alone, even our happiness doesn't depend on a pure physical level only. Having a completely healthy body, a roof over our head, good food, friends, income and by doing an activity we love, we may still feel mental imbalance, mood swings and so forth, affecting our state of wellbeing in life. "Dis-ease" therefore appears also in mental form and is...

"...though apparently so cruel, in itself beneficent and for our own good and, if rightly interpreted, it will guide us to our essential faults. If properly treated it will be the cause of the removal of those faults and leave us better and greater than before."

Spiritual:

Once having reached not only physical and mental stability but also the desire for purity with ones self, such a state in itself propels us to ask the greater questions in life such as for example "Who am I?", "Where do we come from?", "What is the purpose of...?" and so on.

However it lies in the nature of such questions, that their answers cannot be known from one for the other. Therefore the seekers of Truth often find great despair on their journeys as there are many answers, different ways to know and many routes to take. Baleno believes that by providing free counseling, classes, events such as the wellness awareness week and research into early detection tests for not yet physically manifested diseases as well as public information and education on Physical, Mental and Spiritual Wellbeing, they can make a difference on our individual and joint journeys.

4 - ACTIVITIES

The following activities are aimed to raise awareness for the development of body and mind and are offered donation based.

Classes & Seminars on various topics such as fitness, naturopathy, nutrition, gardening, bachflowers, homeopathy, ayurveda, yoga, taiji, meditation, healing and so forth. Baleno especially invites and offers support for locally based and non-sectarian meditation groups that meet regularly for the development of nature and humanity.

Baleno also offers free services and resources that are available online, some examples are a meditation directory, a practitioner network and online health consultations.