



Dear human friend,

my name is Ann La-Forker. I live in the south of Germany, not far from the border to Switzerland and France.

**From October 18 until November 30 I will be visiting South Africa.** I traveled the African continent before but it is the first time that I am coming here.

At the beginning of 2021 I founded the **global initiative Integrity For Future**. It is about the **restoration of the trustworthiness of human kind**. I launched several projects and activities around this topic over the last 16 month. And I can't think of a better place to start into the new phase of my venture than South Africa, a region that is called "the Cradle of humanity".

To me humanity is a trustable species. Capable to serve life. And still we are facing so much betrayal and destructive exploitation, based on separateness and oppression. On some level the trust is broken. Why is that? And is there a way out of it? This is what my research is about.

I am working as a a professional trauma therapist for many years now, helping people who experienced severe breaks in their lives to integrate these experiences and to find back to themselves. Mostly the deepest wound is on soul level. The healing often comes with a deep re-alignment with ones true and heart felt values. Which leads to the possibility of a life in integrity with ones soul.

**But what about the deep soul wound of humanity?** What seems to be possible on the individual level must be possible on a collective level too! To explore that possibility and to actively fill it with energy and life I am now starting to travel the world. Open to listen to as many human voices as possible. Ready to share my own story. Willing to offer what I have to give.

I would like to hear from you : *What kind of wisdom do you hold about trust and integrity building in South Africa? What are your soul wounds and what kind of integrity issues are you dealing with today, as a nation, as community, at your work places, in your families?*

*Whether doing a one-to-one interview or hosting a group gathering, my intention is to offer non-judgemental spaces of exchange in which individual, commune and corporate integrity can thrive.*

**If you are interested in meeting me** to learn more about my work, to take an individual session or to have me hosting an integrity gathering in your community, please get in touch.

Due to my flight destination and contacts I made in advance my focus is on the Cape Town area, Garden Route and Plettenberg Bay. I hope to get the chance to make it to Johannesburg too.

There are several ways in which you can **support my journey to South Africa** such as

- hosting me for a couple of nights during my travel (huge support!)
- introducing me to interesting interview partners
- making me aware of a project or an organisation I should know



#### **CONTACT**

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#### **INFO**

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#### **Thank you!**

I am looking forward to meeting you, Ann