



THE HEALING GARDEN

Strategic Vision
2024-2027

Heal Yourself. Heal Others. Thrive!



Creating a new model of care *inspired by love*

The Healing Garden is a non-profit, educational, community-centered organization based in mid-coast Maine that is creating a novel model of healthcare and community wellness. Our founding members and leadership team are local doctors, nurses, medical professionals, healers, therapists, and transformational wellness practitioners who have a heart for sharing and serving others.

Foundationally, we study, practice and train others in the science of heart coherence and cardio-neurology. This emerging science reveals that our heart and our brain communicate bi-directionally through bio-mechanical, hormonal, neurological and electro-magnetic pathways. Heart coherence practice facilitates a higher level of cortical functioning in the brain, greater focus, enhanced emotional regulation, and increases resilience and attuned access to intuition.

Through heart coherence practice, every individual may experience their body as wholeness and dissolve the silos that have been created around spiritual, mental, emotional, and physical health.

We are creating a whole new model of care that we call **Coherence Medicine**: a wellness model that precipitates and optimizes individual, social, organizational, cultural, and global health.

In our view, Coherence Medicine is a highly conscious and collaborative model of healthcare that embraces both the ancient and contemporary tools for whole-human wellness. Today, the benefit of quantum physics has allowed us to understand that vital, universal, intelligent, life-force energy—a unifying field of all potential—moves us, lives through us, animates us, connects us, and heals us. We are creating a healthcare model that engages the invisible but perceptible dimensions within and around us, and also allows us to fully embrace, when necessary, the healing elements of the modern material world.

Making an investment in this work means you will be contributing to resolving one of the greatest challenges of our time, while also creating an entirely new reality for yourself and your community. Embracing the power of the collective, we can heal, heal others, and thrive. We invite your heart to speak to you and hear this noble and worthy calling whose time has come.

Diana Maria Chapin,
President



As a family doctor practicing medicine for twenty years, I have realized that health and healing require an approach that incorporates healing in the mind, body and spirit. The Healing Garden (and our future healing center) offers just that—an approach that uses a collaborative care team of expert practitioners to integrate numerous healing modalities for whole person wellness. This is our dream and, I feel, the future of medicine.

*Deb Peabody, MD,
Board Member*



We bring people home to themselves. At The Healing Garden, we identify and remove obstacles to healing and recovery, and facilitate the inherent self-healing process. We want to get upstream of symptom management and help people learn the tools to build and maintain a healthy life. Our future home will be a healing sanctuary that connects people to practitioners of all types to heal their mind, body and spirit. We will create a truly beautiful healing garden and have offices and meeting spaces to bring our community together in individual and group wellness activities and learning opportunities. Our community healing center will be a place for everyone to find comfort, support and empowerment. I am so grateful to be a part of the future of medicine that we are creating.

*Kerri Vacher, ND,
Vice President*



Our origin story

Our founding members came together in May 2022 to address the widespread stress, suffering, isolation, and dis-ease in the individuals of the communities we revere, work in and live in. Our mainstream healthcare system providers are overwhelmed with the trauma of acute care, and the distress of prevalent, chronic, complex illness and pain. They are encumbered by the current organizational models that dominate healthcare. Poverty and other demographic factors, lack of self-care education and empowerment all work to limit engagement in affordable, accessible, meaningful whole-body medical care.

Our strategic vision has emerged from the group consciousness of our founding members who have long practiced medicine, transformational wellness, and many aspects of whole-body healing. Our strategic vision, which will guide us over the next three years, is a collaborative effort of our board of directors and community member-stakeholders who have participated in, and benefited from, our pilot programming.

Our overarching goal is to create more wellness, and to inspire people to feel empowered to awaken the healer within them that is their true nature. We lead people to understand their body as energy beyond just the physical reality of this moment. We help them expand their consciousness—their awareness—so they may enhance their perceptions and expand their notions of what is possible. We offer education, tools and techniques, and, in time, through our healing sanctuary home, direct care. We embrace all aspects of whole-body medicine which facilitate this expansion and healing.

Our Mission

The Healing Garden acts as a connection-hub between healers & holistic practitioners and those seeking physical, emotional, mental, and spiritual healing. We lead people to use their body as an instrument of consciousness to expand their awareness, self-regulate, heal, and optimize their life. We provide opportunities to learn to access and share life-giving energy with others, so that as a collective, we thrive in vitality, oneness, and wholeness.



Our Vision

The Healing Garden is a non-profit educational organization dedicated to community-centered, conscious healing modalities in a beautiful natural environment. Our organization is dedicated to empowering individuals and our community through expanding self-awareness. This expanded self-awareness opens the possibility of healing through holistic energy medicine, meditation, natural healing, and conscious communication.

Our Values

Our work is science-based whole-body health.

We create equitable access to our services.

We empower the individual to thrive with tools and resources for healing and wellness.

We provide ongoing opportunities to stay connected to community.

We have hearts for service and embody respect and compassion for all.

We practice, cultivate, and promote conscious communication.

We create a welcoming community that is non-hierarchical and inclusive.

We believe that even small changes can result in meaningful, powerful, and significant outcomes.

We understand that our bodies are innately intelligent and self-healing.

Our efforts support the health of the individual, the community, and ultimately the world.



What Moves Us

Providing a new model of care—We integrate the best of medicine throughout the ages, which acknowledges and incorporates the spiritual, mental, emotional, physical, and social factors that support a person's ability to thrive.

Honoring the whole person—We view everyone as a unified, whole being consisting of physical and non-physical energy.

Creating Connection—We create opportunities for experiencing healing, growth, inspiration, and transformation without limits.

Celebrating Consciousness—We lead people to expand self-awareness, discover their inner being, challenge limiting beliefs, and develop clarity and a creative mindset for the future.

Unlocking the mysteries of heart—We ground our programming in the emerging science of cardio-neurology and heart coherence practice, which optimizes the potential of the intrinsic cardiac nervous system to access the healing and intuitive power of the heart.

Building Resilience—We offer meaningful resources, techniques and tools that help people prepare for, move through, and recover from challenges.



Strategic Vision Goals

Wellness from Within

Reach the Individual

With your support

we continue to facilitate training and workshop opportunities for individuals, providing various entry points into the work of wellness from within, heart coherence, stress management, emotional self-regulation and more.

- Advance knowledge beyond the physical body
- Promote awareness of heart coherence science
- Expand self-awareness of the transformative power of the heart and the body as guidance
- Establish a greater sense of self-authority and personal responsibility

Through our educational programming and direct experience with individuals, we share awareness that we are more than a physical being. The science of cardio-neurology, specifically the practice of heart-brain coherence, informs our work. We empower people with naturally easy tools to expand self-awareness, regulate their emotional states, and establish a greater sense of self-authority.



Amplifying the Science of Heart Coherence

Reach the people who influence, manage or give care to others

- Establish a network of trained heart-coherence facilitators
- Promote the science of cardio-neurology
- Create a high level of community awareness of heart science

Through study, exploration, and practice, we promote the science of the heart, which reveals that this powerful energy center is key to creating wellness in our life. We establish a vital and thriving network of science-of-the-heart-trained facilitators who can provide a broad base of community members with this education and direct experience of connecting to their heart. We saturate our local area with a high level of awareness of heart science as healing.

With your support

we facilitate training and workshop opportunities that will reduce the burden of stress on our healthcare system, schools, corrections facilities, and other community organizations by bringing educational content and tools to these populations and by providing on-going opportunities for additional training, support and care.



Unity Consciousness

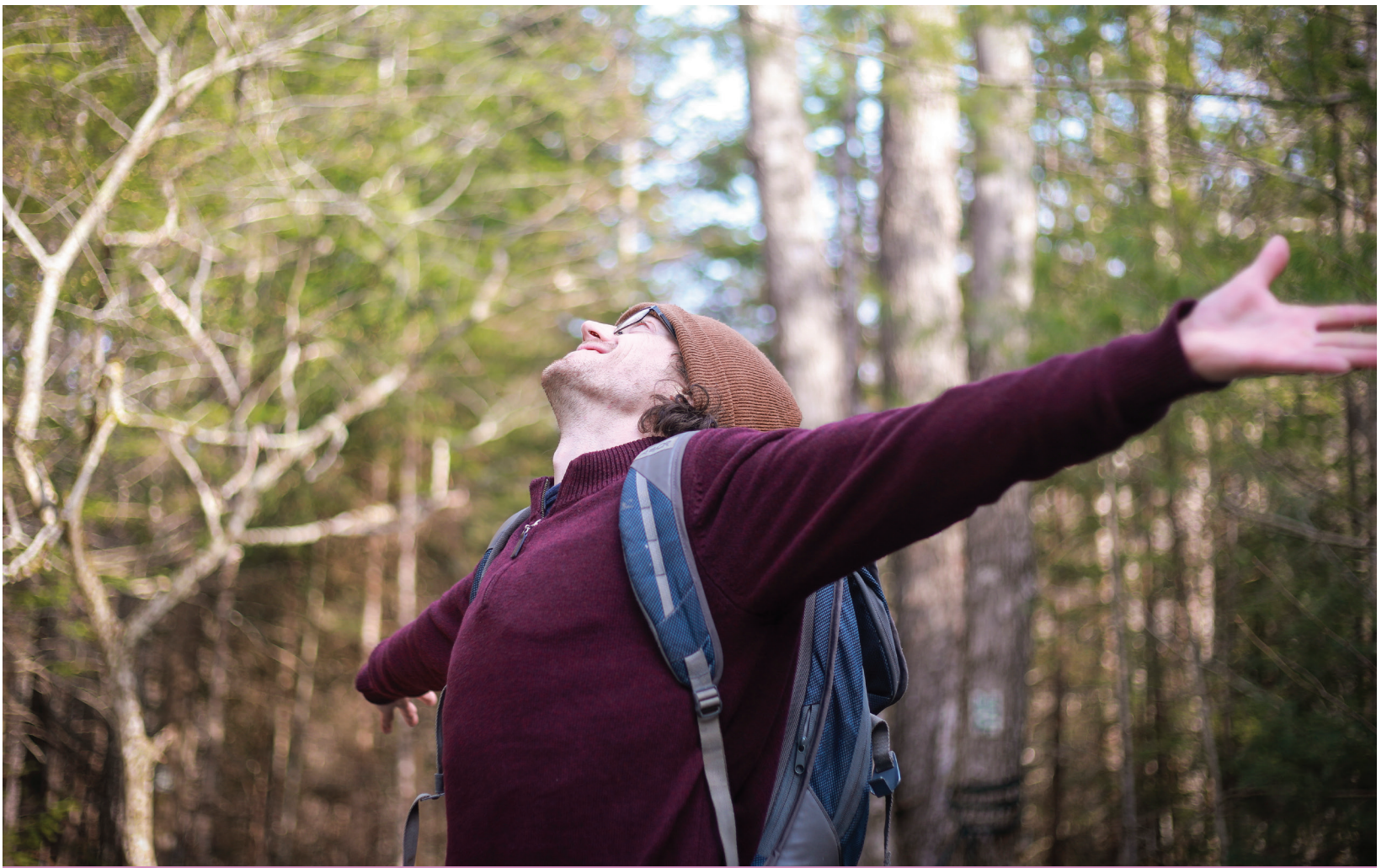
Reach and create large groups

With your support

we significantly increase our offerings of large group meetings and retreats. Through these large groups, we guide people into heart coherence creating positive, far-reaching amplitude, building resilience in the individual, and our local and global communities.

- Create and offer people opportunities to experience the amplified energy of the collective
- Support people's connection to the energy of oneness, the universal life-force energy that flows through and connects everything
- Improve overall community well-being

Our group programming and one-on-one consultations help people build their whole-body connection and nurture a deep and loving relationship to the healer within. As we support the individual, we in turn improve overall community well-being. We create opportunities to experience the coherent and amplified heart energy of the collective and the energy of oneness, providing a direct, first-hand experience of unity consciousness, an inherently healing state.



A Culture of Possibility

Create a culture of expanding human potential

- Embrace the inherent healing wisdom of nature, of which we are all a part
- Inspire each other to imagine what is possible through sharing firsthand stories
- Transform limited thinking patterns to those that serve life

We study, experience, and promote the understanding of quantum physics and the awareness that all things are possible. We help people improve their thinking patterns within their consciousness. We teach each other what is possible through sharing personal narratives of healing, mystical connection, and expanded consciousness.

With your support

we create a culture of sharing and heart-centered connection within our organization and at all our events. We create safe, nurturing, beautiful healing sanctuary spaces as environments for openly connecting to each other.



Come Home to Your Heart

Capital Campaign

Facilitate our vision, mission and strategic goals through a capital campaign that will allow us to establish a healing center in mid-coast Maine.

With your support we build The Healing Garden a home—a community clinic with a large conference center for group educational and healing events. Our physical campus is surrounded by therapeutically designed gardens and is a resource for the local community to gather, connect, heal, and share. As a center for consciousness, our facilities concentrate healing energy, which will expand and ripple out to contribute to greater individual, social and global coherence.

We train, employ, and establish a network of skilled practitioners, facilitators and administrative professionals who can amplify our community impact and expand our geographic reach.

We actively work to decrease financial barriers to accessing whole-body care and educational programming. We foster local economic growth in modalities that support individual, community and global wellness. An investment in this campaign is a long-term investment in our community.

“When a complex system is far from equilibrium, small islands of coherence in a sea of chaos have the capacity to shift the entire system to a higher order.”

-Ilya Prigogine

Strategic Vision Goals

Through 2027

We are currently a volunteer-led, self-funded and donations-based educational non-profit (501(c)3). In a year at our current level of resourcing, we are able to bring our community:

- 12** 90-minute Healing Circles
- 6** Half-day “Tools for Healing” Workshops
- 2** Day-long Wellness Retreats

Help us build our scholarship fund to amplify our heart-coherent network

Make our programming more accessible to those who experience financial hardship. Help us create a resource fund to expand and train our network of heart coherence certified facilitators and promote our mission to foster community relationships and cultural coherence.

Goal: \$75,000

We are growing this organization from the ground up!

Help launch our culture-shifting team by funding the first phase of our “Come Home to Your Heart” Campaign. We employ business and organizational consultants to build our clinic model and budget, and establish a main office of operations for The Healing Garden. We begin the journey to bring a center for heart-focused healing right here to Mid-Coast Maine.

Goal: \$1,500,000

To support this programming and create more like it your generous donation of:

\$850

Sponsors a Healing Circle

\$3,000

Sponsors a “Tools for Healing” Workshop

\$10,000

Sponsors a Day-long Wellness Retreat

To go directly to our donations page, scan this QR Code with your smart device, or visit thehealinggardenmaine.org/make-a-donation/



The Healer is Within You



Left to right: Larriean Pickford, Dr. Deb Peabody, Joanne Pease, Michelle Walker, Michelle Leclerc, Dr. Kerri Vacher, Jacqueline Campbell, Diana Maria Chapin, Kathy Gaskin



THE HEALING GARDEN

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“No problem can be solved from the same level of consciousness that created it.”

Albert Einstein, Physicist

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