

Dear Editor

The story behind the Pangarden game is almost as fascinating as the game itself. So we thought we should share some background with you. Please feel free to use all or part of the following material with our blessing.

- Background on the Pangarden Game
- How the Pangarden Game was created

Antje Rickowoski and Martin Kutternik have worked with Nature Spirits at Findhorn in Scotland for many years. Over time they have learned and refined how to attune to these supportive energies. When they felt guided to create a practical tool for human evolution, they turned to the Natural Intelligences around them for help in the process. The result of this co-creative effort is the remarkable new game called Pangarden. Guided by Nature Intelligences they have designed a delightful and practical tool for revealing solutions to life's challenges. Nature always seeks balance, so the shifts triggered by Pangarden are balanced and harmonious. We are more open to these energies when we are in a relaxed and playful state of mind, so it is hardly surprising that Nature guided Antje and Martin to create a game as a tool for human evolution. Nature's Wisdom is all around us and responds to the level of energy we hold, so our personal evolution contributes to the evolution of the whole – it's a co-creative win/win relationship like the Pangarden Game itself.

Some of the systems used creatively within the Pangarden Game:

- Systemic Constellation to map out life situations
- Non-violent Communication to identify needs
- Homeopathy to address genetic patterns
- Healing qualities based on Flower Essences to support change
- Kinesiology to aid decision-making
- Spiritual Science to trigger input and help from higher realms

Martin Kutternik at Pangarden has more information about the game and how it can be applied to life and work. Pangarden can be used in conjunction with various therapies and a professional licence can be obtained for this usage.

Please ring Martin Kutternik at Pangarden on **01309 694 809**

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