I was born in a rough archipelago landscape in Larsmo, Ostrobotnia in Finland on Valentine´s day 1966. I was the first child and later in life I have understood that my birth was a big turmoil point in my life. I have had to come back to it many times, since so many of the natural processes were disturbed and they left deep marks in my psyche. I, as a new-born baby started to form deep beliefs about myself and about life due to what happened. I was left for 10 days in the hospital alone, since my mother was not able to receive me (the reason was probably postpartum depression). This was common in the 60’s, now we have tools to help the mother overcome her feelings, but then it was common to let the baby be separated from the mother. This information was hidden in my family, no one probably thought of the impact on the baby. I received the information from my mother by accident in my process of exploring my burnout and depression when I was around 40 years old.

I have learnt now that birth is a sacred process, which we need to honour on all levels, not only on the physical level (having a healthy baby and mother) but also on emotional, mental and above all on the spiritual level. The first contact and touch when we arrive in the world with the mother, father, surroundings and the assisting people are crucial for the rest of the life for the new-born. We understand now, that the emotional bonding is more important for the health, than taking care of the physical needs. Without the loving reception, the baby is in danger to start to believe that the world is not a good place to be in.

The negative self-image started early for me. I felt I was not welcome, I felt lonely and abandoned and I didn’t trust myself, or life. The paradox is, that you also become strong, since you start to believe that you have to manage on your own. Life becomes a struggle and a constant sensitivity to the surroundings evolved. I didn’t feel protected and welcomed, since the mother was not present.

The baby is a spirit and soul being born into physical form, and therefore the recovery of the birth trauma is to understand that you need to recover the soul, to ask the soul to come fully into the body, since you are now as an adult able to feel those feelings that were frozen in the body because of the experience. Your divine child shows you the way to the healthy being, the perfect inner being and the conditioned part forming those misperceptions about life and reality at an early age, can be recovered and released.

My both parents had a tough childhood and although receiving their first child was a happy event, it was also a very scary one. The environment in the small village supported the fear my mother carried inside (and I felt as a fetus). My father had tuberculosis his whole youth, his mother died of the same disease when he was a baby and there was a belief that I (the baby) could be sick when I was born. This was the message my mother got from the people around her. The environment I was brought up in was not sensitive to other people´s feelings at all on the contrary it was very direct and even brutal in the expressions. No place for tears or sorrow. So I learnt at an early age that feelings and sensitivity were not welcomed, you better put them away completely. I didn’t realise until much later that this is life threatening, especially if you are sensitive. I felt like an alien in the hard working culture, formed by rough life conditions in the north.

The sea, rocks and a natural contact to the earth were a part of my childhood. The culture was also characterized by a sense of a strong belonging to the community, and a spirit to work honestly and hard for the values you hold dear. Appreciation of handicraft and being entrepreneurial and natural – who you are – made the foundation of the culture. From this area in remote Finland come many highly valued products like the sailing boats from Swan and Baltic Yachts and my favourite design brand Lyckoboda created by a dear friend and co-creator Kristina Kettunen, [www.lyckoboda.fi](http://www.lyckoboda.fi).

I loved going to school and to learn and study. I became a hard working student, we were 10 pupils in the class and our teacher said there was something special with us. There weren’t so many possibilities to have hobbies in the village and no parents were there to drive you anywhere. That was not the culture. I spent a lot of time being bored, at the summer cottage or visiting elderly relatives (taking care of old people was my mother´s main life task as it seems). I had to amuse myself as a child and luckily there were books to read and knitting to express my creativity. There were friends to play around with and we were free in exploring the surroundings. Dancing folk dance was one hobby, but since there were too few boys, I had to take the role of the boy and you can say that the masculine took over (the feminine had been abandoned already earlier as I shared that feelings and vulnerability were not appreciated). I started to use my masculine side and leaving to study business at the University in Turku just strengthened the process of living from a masculine, achiever energy.

During the studies I found the organization AIESEC, which arranged traineeships for business students all over the world. I had already spent a year in Germany before my studies as an au-pair. I had awakened to an international awareness and I was interested in foreign cultures. It felt like the world was opening up after those years in a conservative little community where social norms were strong, although caring at the same time. I took on active roles in AIESEC and was able to lead my fellow students to new results, we had much fun creating events and conferences and my highlight was to spend 6 months in Jakarta, Indonesia as a trainee and developer of the local AIESEC community.

I was a strange blond ”bird” in that environment, much taller than the Indonesian men and they were confused how to relate to this western woman. ”Oh, you are still so big and fat”, said my boss to me on our second meeting. I was thinking to myself, you don´t know how insulting this is to a western woman!!!!! I had to smile, since keeping up the harmony is the most important value in the Asian cultures. I learnt to more observe than to try to pursue my ways of working, since I quickly understood that my way of looking at things was utterly different. When I looked on how they worked, I couldn’t see any logic at all, but somehow they were able to reach their goals. I felt helpless at times, but thanks to my positive spirit I managed well, but I was relieved to leave after half a year, since the cultural shock was very big due to the differences. I lived in a family close in their culture and it made me humble, to see how different we were, but how the heart and love spoke through us in the same way. In that culture you are part of a collective in your family and we, as individuals from the western culture, don’t understand how strong the collective culture is.

My experience really made me think how on earth can we do business together, if the cultures are so different? Here I see a typical trait of how I work, I start to do inquiry by making questions like a child wondering, how is this world working. I observe and wonder, start to explore and end up with some kind of answer. I just had to do my final thesis on the cultural differences and how they affect business relationships. I realized that the underlying values affect all the visible aspects of the culture, which are: language, education, family, religion, social institutions, technology, political, economic and legal systems. If we want to understand a culture, we need to understand how these invisible values are forming all concrete expressions of human activity. I learnt that there are values hierarchies. The deepest values are related to the relationship to God (or the Divine), to the human nature, our relationship to nature and our relationship to other people. The more visible values are related to the relationships between men and women (masculine and feminine), materialism, power and uncertainty. I also saw how the beliefs stemming from these values form the ”truth” of what we believe about reality.

Having a framework ready, we set off with my thesis partner Tove to interview all Finnish businessmen in Singapore and Jakarta (there were no women available then) to find out how these values affected the work between cultures. This work set the ground for my later development and I see the timeless value in it still. I also see how the need for understanding other cultures increases in today´s world. We are not educated in understanding the underlying forces in the cultural environment and instead of judging and condemning we need reflection and sharing of thoughts. We need an openness to be present to the unknown.

There is a researcher in me, who asks questions and wonders with an open mind about the nature of life. I could have stayed in the world of research, but life wanted differently. When exploring the content for the thesis, and when I least expected it, my intuition led me to meet my husband. Well, falling in love is a strong force, blinding you from many rational aspects and I forgot about my plans to leave my home country for more study abroad.

I was able to get a job in teaching business (being a teacher was never something I could believe I would ever do!) and to my surprise I managed well and I also liked it, although it was stressful to me. When teaching accounting, I was barely one step ahead my students, but that made them understand the content, since I didn’t teach from a too high level. So I learnt it is good to meet the student where he/she is, and from there learning can begin.

I got my first child, which was a happy event but also stressful since my own birth trauma was activated. Nobody understood (the least me!) what was going on inside me, but I used my survival strategy. Go on, bite your teeth together and hope it will disappear when rejecting the feelings. Well, that is not how life is working, everything you put down and reject are stored in your body for you to either later release or your children will have to take care of it. Oh, God I wish I had understood this wisdom earlier in my life. Better late than never. The phenomenal ability life possess is the self-healing and recovery processes, it is never too late to heal and forgive.

I tried to be a good mother to my two lovely children (and by many measures I was), but the pressure of coping with a challenging job with the strategy of suppressing your emotions was unsustainable. I started to get all kinds of diseases, infections and exhaustion. Meanwhile I had a good job as a senior lecturer in the new academic world called University of Applied Sciences in Finland. I had a great inspiring team, and we had started an innovative pedagogical renewal project. Here my story towards co-creation started.

I got frustrated in being the teacher who should have all the answers, and I felt such a shortage of knowledge. I felt insufficient. Here I see how my poor self-image started to play out. One core belief in the teacher´s work is that you have to have the answers. It took me quite a while to learn away from that belief. I started with my colleagues to develop the teaching methods. We found collaborative learning methods like problem-based-learning. I led the work and a group of engaged teachers who wanted to find a new way of learning together. We learnt so much, we had so much fun and people came to learn from us. Our students still thank us for the tools they received. They are tools for life: to trust in your own ability to learn and solve problems together, a willingness to take responsibility, skills to communicate in dialogue and to give and receive feedback.

These were my most valuable skills when I met my big life crisis by becoming seriously ill, in burnout and depression. I managed because of these skills. I had the trust in the capacity of the human being. I asked for help and I used existing knowledge. I questioned the knowledge and I started to trust my inner knowledge and wisdom. My awakening and spiritual journey started with this depression which was a complete warning from my body that my health was in danger. I had to choose – wake up and change my life or die. That was the message I received from my inner voice. I chose life, and slowly with the help of many different sources, I learnt about myself, about my emotional heritage, my conditioned programmed mind and the liberation and individuation process started.

My creativity and inner visions started to inspire me and they gave me courage and strength to make decisions. Life had so much more to offer me, I learnt to live in a totally new way through the power of being present, accepting reality as it is, working myself through difficult and painful emotions, grief and sorrows and changing my thought patterns. The trauma from the war in Finland was one big topic in my family, I the grandchild was the one healing the wound from loosing my grandfather in the Winter war leaving my grand mother alone in a small village with three small children and from where altogether 13 young men died, including her brother too. This had never occurred to me before, but I found and received new knowledge about the storage of emotional trauma in our epigenetics.

Before my illness I went out to organisations with the collaborative learning methods. In my synthesis of the action research process I found the concept of co-creation. I felt the power of the word. I got very inspired by the word. I knew I would explore it further. Finding Co-Creative Process was one step on the journey. Starting to co-create with the InTune-group was another. Now my learning journey continues in Global Renaissance Society aiming at creating a new supportive, entrepreneurial eco-system for an authentic lifestyle in co-creation.

Our everyday lives and work can be seen as design – design of how the soul can express itself in truth, joy and freedom and to expand your knowing and being in relation to how you live, work and create together with others. Life is a journey of learning and creating in relations. To find your purpose and vision leads to inner balance and peace. For this to happen, we need places where we openly can explore our inner realities and creative expressions.

I took a big step when I rented an own place in the centre of Helsinki and the space has now evolved through co-creative processes with many people, through events and client work. I have dedicated the place for expression of the feminine wisdom and creativity and it offers a healing presence and the openness needed for exploring the unknown. The place has been named the Fount of co-creation, a space to go to when you need revitalization and new direction in life.

I see how my life has had clear phases of exploration and personal/professional growth. The first was the opening up to multiculturalism and foreign cultures through travelling, living abroad and learning many languages. I loved to study foreign languages like English, German, French. My major in business school was international marketing. After completing my master I opened up to the world of being a teacher. I had the talent for it, I was considered inspiring and demanding at the same time. However, as I already described above, it didn’t satisfy me on a deeper level so the transformation to a facilitator of knowledge creation began. I gave the power to the students and I saw how they grew in front of my eyes. The learning potential increases when you are given the space to take the responsibility under trustworthy guidance. I loved to be a co-learner and explorer with these young people, open and receptive to new influences.

The next step was the training to become a coach in empowerment. I got caught up in the power of it, got the courage and trust to resign from my safe position and job to establish my own company. At this point my questioning of business and what values business was created from became really tangible and clear. I needed a strong value-base for my vision for ethical business. In my flagship course I had taught students about values-driven branding and qualitative aspects of knowing your customers and stakeholders deeply. I transferred this learning to my own company.

InTune emerged as a respond to the needs I had seen during my work experience, that there must be more awareness in leadership about group dynamics and how the group can develop on their learning curve. I had understood that the energy and inner state of the leader affects the whole group and organization. I felt a need for a tool helping leaders to become more conscious about how the inner state of being is affecting the outer results. The world of co-creation started to open up more and more. During intensive years of co-creating InTune I grew to really understand the different levels we can operate from in organizational contexts dependent on the level of leadership consciousness. I grew into a co-creator.

The biggest challenges in co-creation are the truthful expression and understanding of emotions, since they are related to the wounds we are carrying from childhood and from ancestral heritage. We need healing skills to overcome these obstacles. I slowly started to embrace the healer in me. Understanding the healing power of co-creation was a big insight. When you are co-creating with your higher self, you also heal, since the soul will start to express itself more and more. The healing happens when you can meet other people on an equal level, totally open to accept everything that is shared in the healing space. Unconditional love is the true power.

I understood that the spiritual foundation must be clear on a personal level, going deeper into my inner search and inquiry guided me to the Divine Feminine more and more. I intuitively knew that the missing part in my life had to be reclaimed from this area. Mother Mary, Mary Magdalene, Teresa Avila, Hildegard von Bingen became more and more important to me and I used years in learning about co-creation as an expression of the return of the Feminine principle. My inner strength and power grew and my growth into the wise leader had begun. Now I am integrating my previous phases, ready to share my insights more broadly than in intimate close customer relationships. I know my task is to communicate and teach these insights. The wise leader integrates the basic feminine and masculine principles and operates from the wholeness for the benefit of the whole. You have healed the past, reprogrammed your conditioned mind and taken the charge in your life to live in tune with your calling. You have finally learnt to love yourself and to take responsibility for your own life. You are the wise leader in your life.

My inner voice urged me to explore co-creation and to embark on this journey to seek for a more sustainable way of living where people truly collaborate from the perspective of the whole, sharing their gifts and talents– in peace. This also means a new way of looking at business and how we live together.

Everything is co-creation – the question is whether you are conscious or not.