

FORTUNATE BLESSINGS

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5 Pillars: Healthy Society

In the wake of a terminal diagnosis or traumatic event, even the most orderly and predictable lives can veer dramatically off course, in directions never anticipated before. Those who survive the crisis may ultimately reflect on that life-altering experience as a blessing in disguise — one through which a newfound clarity and appreciation is gained for things of true importance and lasting value.

Motivated by compassion for those who might benefit from the knowledge of this truth, an organization called **Fortunate Blessings** was born. Now entering its 36th year in operation, the



WILLIAM & JOAN SPEAR

Connecticut-based nonprofit cofounded by William and Joan Spear aims to educate people about diet, lifestyle and environmental factors in promoting vitality and wellness.

The foundation's workshops, training and individual services address such issues as macrobiotic education,

natural approaches to health and sustainable ecological design. Physicians, healthcare workers, architects and environmentalists are among the professionals who have been enriched by the work of Fortunate Blessings internationally. But perhaps the most significant beneficiaries are the countless AIDS and cancer patients, refugees and natural disaster survivors whose lives have been touched by the organization's efforts. In recent years, Fortunate Blessings has devoted much of its resources to trauma relief efforts around the world.



**JONAH & WILLIAM SPEAR
IN JAPAN**

All too often, the grueling process of recovery and rebuilding continues long after international media coverage of a disaster slows to a trickle. While immediate needs like food, water, medical care and safe shelter are foremost priorities in the aftermath of a disaster, Fortunate Blessings sets itself apart with a focus on training volunteers, school officials, nurses, social workers and mental health care professionals to help address the long-term emotional and psychological wellbeing of survivors — especially children.



**AN EXAMPLE OF THE TSUNAMI'S
DESTRUCTION**

Shortly after a massive tsunami struck Southeast Asia in 2005, William Spear led a small group of volunteers to Sri Lanka to aid victims there. The following year, a small trauma team was dispatched to Java in the wake of a catastrophic earthquake. And when a magnitude-8.9 earthquake struck American Samoa in September of 2009, again Fortunate Blessings was there to lend a hand.

More recently, the organization turned its attention to the survivors of the three-fold disaster in Japan — a devastating culmination of earthquake, tsunami and nuclear calamity. Team members including William, his son and Nikken Silver Consultant Jonah Spear, and clinical psychologist Dr. Rony Berger, a noted trauma expert, worked through an itinerary of trainings, workshops and “playshops” scheduled in key locations in Japan.



**JONAH WITH A FRIEND
IN JAPAN**

What are the 5 Pillars of Health®?

Nikken is based on the philosophy that true wellness begins with prevention, and prevention begins with balanced living that promotes a healthy body, mind, family, society and finances — a philosophy known as the 5 Pillars of Health. Sharing this concept of total, balanced wellness — together with the products and business opportunity necessary to make it all possible — is the Nikken mission. Today, thanks to the dedication of Independent Nikken Consultants, the 5 Pillars of Health lifestyle has become a reality in hearts and homes around the world.



HIGH SCHOOL SENIORS IN SENDAI WITH JONAH

During one workshop, Jonah engaged a group of more than 50 volunteers in an impromptu exercise that called for participants to take turns mimicking baby dinosaurs hatching from their eggs. Increasingly ferocious growls — and riotous laughter — ensued. Among individuals raised in a culture of emotional restraint — and of late, further burdened by the untold suffering of their peers — the sense of release must have been truly cathartic. Moments like these punctuated the team's two-week journey, as they sought to acknowledge, understand and support their beneficiaries with humor and compassion.

It's clear that the mission of Fortunate Blessings is a labor of love for the Spear family. A recognized authority on health and environmental issues, natural architecture and community planning, William Spear brings a wealth of knowledge and expertise befitting his role as the foundation's president. His wife Joan is a professional composer and successful Diamond Consultant who juggles a dynamic, globe-spanning Nikken organization along with her duties as an active supporter of Fortunate Blessings. Together they have three sons, Micah, Joshua and Jonah, who have each volunteered their time.

Funded by tax-deductible donations, the Fortunate Blessings foundation's efforts continue in the endeavor to ease the suffering of Japan's people. To learn more, or to support the organization in its ongoing efforts, please visit www.fortunateblessings.org.