

Welcome to the ¡Viva la Vida! Center



STAY GUIDE

WELCOME AT THE ¡ VIVA LA VIDA ! CENTER

A place to enjoy a natural, healthy and happy life...

...in order to offer children with cancer natural healing with all the Love and Respect they deserve.

The mission of the ¡Viva la Vida! center is to enable children diagnosed with cancer to regenerate their health naturally, while at the same time awakening their mothers to the keys to natural healing.

In concrete terms, the ¡Viva la Vida! center welcomes children diagnosed with cancer, aged 0 to 12, and their mothers, for periods ranging from 7 to 13 weeks.

Dads are also welcome. They can stay for the duration of the stay, or only occasionally, depending on their availability. Siblings under the age of 12 can also be accommodated, either for the duration of the stay or on an ad hoc basis as required.

The ¡Viva la Vida ! Center provides full-board accommodation, care and activities for the duration of the stay.

This document contains all the practical information you need to know about staying at the ¡Viva la Vida ! Center

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ACCESS TO THE ¡VIVA LA VIDA! CENTER

The ¡ Viva la Vida ! Center is located in Bolivia, about 120 km (74 mi) from the large city of Santa Cruz de la Sierra, 14 km (8.6 mi) from the village of Samaipata, in a valley called Paredones, not far from Amboró National Park.

The Center is located at an altitude of 1,650 metres (5,413 ft) in the Andes mountains, on a 9-hectare (22-ac) mountain terrain.

How to get there:

- For those coming from very far away: take a plane to Viru-Viru airport in Santa Cruz de la Sierra, Bolivia. The best thing to do is to let Claire know the exact time of your flight's arrival. Then she can arrange for a cab driver to take you straight from the airport to the ¡Viva la Vida! center. The journey takes around three hours in total.
- For those coming from a shorter distance: take a bus or group cab to the town of Samaipata. You can then ask Claire to arrange for a cab driver to take you directly from the village of Samaipata to the ¡ Viva la Vida! center. The journey takes around thirty-five minutes.



THINGS TO BRING

The ¡ Viva la Vida ! Center covers :

- accommodation
- food
- natural remedies

What you'll need to pack in your suitcase:

- Clothes for your child and yourself. Clothes must be adapted to the climate (depending on the season) and to an essentially outdoor lifestyle. The most important thing is that the child is always adequately covered, so that he or she is neither too hot nor too cold, and can go out if he or she wants to, even when it's raining lightly. The child must feel comfortable in his or her clothes, and free to wear them down or even damage them through his or her activities in nature. Low-value but practical clothes are therefore preferable.
- Shoes for your child and yourself. The ¡ Viva la Vida! Center is located in the mountains, in the middle of nature. City shoes are therefore unsuitable. Please bring shoes suitable for the countryside, and even boots, especially in the rainy season (January to March).
- Toiletries. Bring all the small items you need to comb your hair and brush your teeth. You'll also need sanitary towels for the mother and hand towels, which are not supplied by the Center. On the other hand, avoid all so-called beauty products, which are in fact toxic and therefore carcinogenic. In naturopathy, the rule is: only put products on your skin that you could swallow in your mouth, i.e. products that are edible and therefore non-toxic (for example olive oil, honey, aloe vera, cucumber). The skin absorbs whatever is spread on it, and the chemicals in cosmetic creams load the body with toxins and are therefore carcinogenic.
- For the child : his favorite stuffed toy, if he has one, and one or two toys he's particularly fond of.

- For the mother : a notebook and something to write in. It's a good idea to take a little time each day to fill in a kind of logbook. The idea is to write down new things, what you've learned and what you've realized, so that you can remember them and consult them later, even after your stay at the ; Viva la Vida ! Center.
- The last thing to take with you, and perhaps the most important, is a good state of mind, open to the novelty of the probably unsettling lifestyle, especially for those who have always been used to the stressful city lifestyle. This will require an effort of acceptance and adaptation.

Every day, Claire will do her best to achieve the dual goal of a stay at the ; Viva la Vida ! Center : to help regenerate the child's health and awaken the mother to the keys of natural health. Free negative energies such as :

- fears, anxieties and panic
- doubts, worries and concerns
- criticism, blame and complaints
- backbiting and dissatisfaction

have no place at the ; Viva la Vida ! Center.

On the other hand, positive and constructive energies are welcome, such as :

- love, benevolence and kindness
- joy, contentment, smiles and respectful laughter
- peace, mutual respect and encouragement
- sharing, generosity and giving

A positive and harmonious atmosphere creates a context that is particularly conducive to the healing of children, who are particularly sensitive to it.

ENERGY AND ELECTRICITY

The ; Viva la Vida ! Center is located far from the power grid. It therefore operates autonomously thanks to solar panels. Nevertheless, the energy distributed by these panels is limited. This is also in line with the lifestyle philosophy proposed by the ; Viva la Vida ! Center, namely to learn to live more in harmony with Nature and become less dependent on external artificial energies. The solar energy collected by special batteries is used primarily to :

- pump water up to a tank located high up, providing water with sufficient pressure
- use certain household appliances to prepare meals, such as juice extractors, blenders and mixers
- recharge lamps and cell phones

On the other hand, the ; Viva la Vida ! Center does not have household appliances that require a lot of electricity, such as :

- Refrigerator or freezer. Food is kept at room temperature and prepared daily as needed.
- Oven. As the basis of our diet is alive and therefore raw food, oven-baked foods have no place here.
- Television. Residents of the ; Viva la Vida ! Center are invited to live fully in the real world, not virtually in front of screens.
- Washing machines and dishwashers. Washing clothes and dishes by hand is part of a daily routine lived in peace and serenity.

Finally, the ; Viva la Vida ! Center is a place for the regeneration of health, which means it must remain peaceful at all times. For this reason, all noises that over-stimulate the nervous system (radio, music...) are not permitted. Residents are invited to appreciate the silence of nature, and to become attentive to the discreet sounds it offers, such as the songs of birds or cicadas, the cries of wild animals, the wind blowing through the branches of trees, the running of streams, the falling of rain...

WATER

The ; Viva la Vida ! Center is located far from the water distribution network. It is therefore self-sufficient, relying directly on rainwater and river water.

A tank located near the house is filled with rainwater. The water is then pumped up into a second tank to enable it to be distributed with sufficient pressure.

As the climate in Paredones is relatively humid, especially during the rainy season, water is supplied directly by nature, often in abundance. However, as the size of the tanks is limited, everyone is asked to use water sensibly, to avoid emptying the tanks completely.

In principle, this water is potable, and is therefore used for drinking and cooking. However, if you notice any intestinal discomfort in yourself or your child, suspiciously due to the fact that your body is not used to this water, let Claire know and we'll see together how to remedy this problem.



GARBAGE

The ; Viva la Vida ! Center is a place that we strive to keep clean and pleasant for everyone. To this end, we ask everyone to make the effort never to leave litter lying around.

- Organic waste (fruit and vegetable peelings in particular) is collected in a bucket emptied daily into a hole, where it is transformed into compost.
- Toilet paper and stationery are collected in a garbage can in the toilets. They are then periodically burned.
- Other non-organic waste (plastics, metal, glass, etc.) is collected in black plastic bags in a garbage can. These bags are then sent to Samaipata for processing by the waste management department, as soon as the opportunity arises.

For the sake of cleanliness and maintenance of the site, Claire never leaves any non-organic waste lying around. Please cooperate in this way too, and pick up any plastic or metal objects you find lying around. This will make the site a much more pleasant place to live for all of us.



INTERNET

The ¡Viva la Vida! Center has Internet access via antennas located on the Alto Florida mountain, several kilometers from Paredones. These antennas are operated by the Bolivian companies Entel and Tigo respectively. It is therefore possible to access the Internet by purchasing prepaid credit cards from one of these two companies, which are not supplied by ¡Viva la Vida ! Center.

The aim of a stay at the ¡Viva la Vida ! Center is to live close to nature, not in the midst of social medias. It is therefore advisable to limit Internet access to the essentials, such as communication with Dad, other siblings who may be staying with him, a grandmother or close friend...

As a rule, and barring exceptional cases, time spent on the Internet should be spent outside the hours when activities are offered, i.e. in the evening after 6 p.m., or in the middle of the day between 12 and 2 p.m.



MONEY

In Bolivia, the currency used is the bolivianos or BOB (bolivian bolivianos). It is officially exchanged at the fixed rate of 1 US \$ = 6.85 BOB.

The ¡Viva la Vida! Center is located a long way from the places where money is spent (stores, restaurants, leisure activities, etc.). The cost of your stay includes :

- accommodation
- food
- natural remedies
- activities
- teaching

Once accommodation fees have been paid, residents will probably have few additional expenses, apart from Internet charges and travel costs to get to the Center and then back home...



THE ¡VIVA LA VIDA! CENTER'S VALUES

Life at the ¡Viva la Vida! Center is governed by a set of values designed to help us live a natural, healthy and happy life together.

These values apply to everyone at the Center, including of course the children. They are broad principles to be applied with the aim of ensuring a harmonious life for everyone.

1-RESPECT

It's essential that everyone shows respect:

- Respect for oneself
- Respect for others
- Respect for living beings: plants, animals
- Respect for the place, structures and objects.

The main rule is harmlessness, which means not to harm anyone or anything. The main principle is not to do to others what you would not want done to you, and to do to others what you would want done to you.

2-COMMUNICATION

It's important for everyone to be able to express himself or herself whenever he or she wants, with respect, openness and honesty. Everyone should feel free to speak up and dare to share his or her feelings when he or she feels the need. It is essential that everyone feels fully accepted and listened to.

3-FRATERNITY

At the ¡Viva la Vida! Center, everyone is invited to behave like a member of the same family, or like an organ in the same body.

Everyone knows best how he or she can contribute to the collective with who he or she is, with his or her own aptitudes, qualities and abilities. We're all different, but each of us has his or her own importance and role to play.

4-FREEDOM

Everyone should feel free to think as he or she wishes, speaks as he or she feels and act as he or she wishes, as long as this does not harm others. Each person's freedom ends where the other's begins.

As long as it doesn't harm others, everyone, child or adult, is free to follow what he or she feels in order to feel good at every moment.

5-RESPONSIBILITY

Everyone is called upon to take responsibility for his or her words and actions, and to fully accept the consequences.

Everyone has the right to make a mistake, but it's important to recognize when you've made a mistake, understand why, learn the lesson and do everything you can to avoid doing it again.

6-AUTONOMY

Regardless of age, everyone is encouraged to take charge of his or her own life as soon as possible. The idea is to appropriate space and time so as to feel increasingly autonomous in day-to-day life.

7-LOVE

Love is the great force behind life at the ¡Viva la Vida! Center. Ultimately, it will be the main medicine that will invisibly heal the children. In this spirit, everyone is invited to demonstrate compassion, benevolence, solidarity, generosity and gratitude.

Together, these seven values provide a guideline for the smooth running of life at ¡Viva la Vida! Center. Everyone is asked to do his or her utmost to ensure that life is truly happy and harmonious for each and every resident.

In this, we place ourselves in the spirit of Albert Schweitzer's words : « The ideal is to us what a star is to a sailor. It can not be attainable, but it remains a guide. »



COURSE OF THE DAYS

One day follows another, and no two are alike...

Each day brings its own surprises. Depending on the climate, on the phases of the Moon, on your mood, on expected or unexpected events, you'll have to adapt...

At the ¡Viva la Vida! center, we aim to harmonize with terrestrial and cosmic energies and to follow chronobiology, operating on a day-to-day basis. However, in principle, the days are well-paced, which is both balancing for the body and reassuring for the children, once they have understood the new rhythm proposed to them. Here are the approximate times:

- **6h-8h:** Free morning
- **8h-8h45:** Greet each other. Check on children, care for them, clay poultices if necessary. Time for gratitude. Physical exercise to awaken energies: self-massage, do-in, energy medicine, yoga...
- **8h45-10h30:** Permaculture, garden maintenance
- **10h30-11h:** Pick of the day
- **11h-11h30:** Preparing breakfast
- **11h30-12h:** Breakfast
- **12h-14h:** Quiet time. Quiet activities. Housekeeping. Laundry. Reading, writing. Siesta
- **14h-14h30:** Meal preparation
- **14h30-15h30:** Meal
- **15h30-16h:** Washing dishes. Tidy up
- **16h-17h:** While the children play quietly, talks with Claire about cancer and health. Questions answered. Course on natural health. Discussions

- **17h-18h:** Physical exercise. Sport. Work outside. Dance
- **18h-19h:** The child's special evening time with mom or parents. Reading stories..
- **19h-19h30:** Putting the child to bed
- **19h30-6h:** Restful night's sleep



RECEPTION CONDITIONS

The ¡ Viva la Vida ! Center is a place of natural, healthy and happy living.

Parents who choose to bring their child to the ¡ Viva la Vida ! Center agree to play the game of natural regeneration of their child's health.

Playing the game, even if it upsets our certainties and habits, even if it takes us out of our comfort zone, even if it frightens us, because the unknown always impresses and we need to show courage to dare to venture off the beaten track...

Playing the game means not putting up strong resistance to what's being proposed, accepting and welcoming the new, taking things in stride, returning to our childlike state of wonder, carefree, spontaneous and happy to be alive.

Parents who decide to stay at Centre ¡ Viva la Vida! agree to follow the rules, which forbid anything that could harm others or be carcinogenic, i.e. a source of stress or pollution. The ¡ Viva la Vida ! Center is a place of health regeneration, banning anything that might hinder the healing process.



LENGTH OF STAY

The ultimate goal of a stay at ¡Viva la Vida! is clear: to achieve the disappearance of the manifestation of cancer in the child's body. Every case is special, every child is different, so every cure will be unique.

To achieve this goal, the basic length of stay is 7 weeks. If necessary, the stay can be extended by a further 3 weeks on 2 occasions. The stay will then last 10 weeks or up to 13 weeks.

7 weeks means 49 days...

49 days of **ACCEPTING** a total change of scenery, a change of universe, multiple discoveries...

49 days to rebuild your own and your child's **WELL-BEING** on all levels: physical, energetic, emotional and spiritual...

49 days to understand that the best medicines for curing our child's cancer are to be found within him and ourselves, and that these medicines are based on **AUTHENTIC LOVE** and all its derivatives: respect, joy, inner peace, confidence in ourselves and in life, self-esteem, benevolence...

49 days to get back to **AUTHENTICITY**, to stop needing to play a role, to be right or to control everything...

49 days to discover the pleasure of **SIMPLICITY**, to rid ourselves of the artifices that encumber us and so often hinder our happiness...

49 days to experience **INNER PEACE**, by freeing ourselves from the fear, anxieties, worries and preoccupations that tend to plague our daily lives...

49 days to experience **BLISS**, by connecting with our inner child who is by nature full of wonder, carefree, spontaneous and happy to be alive...

49 days to experience **ETERNITY**, to live outside time, to learn to live fully in the magic of the present moment...

49 days to return to **THE ESSENTIAL**, to our most cherished values, to what really matters to us, to what drives us at the deepest level of our Being...

49 days for total **IMMERSION** in another world, the realm of happy, healthy children: the world of Life, Peace, Joy, Health, Bliss and Love.



THANK YOU

Thank you for choosing to stay at the ¡Viva la Vida! Center to let your child's health regenerate naturally.

Thank you to each and every one of you for your trust....

Thank you for your collaboration.

I hope from the bottom of my heart that this stay will be as enjoyable as possible for you, and that you will learn and be enriched by it...

I hope that you will then feel that you hold the keys to natural health in your hands, and that this will enable you to keep you and each of your children in excellent health for the rest of your lives.

Let's all understand that the nature that has been given to us on this magnificent planet is the basis of each and every one of our well-being, and let's all work together in this direction, so that Mother Earth is increasingly respected by us humans.

Remember that life is a mystery to be discovered, a gift to be appreciated, a source to be protected, an ally to be respected and a seed to be nurtured. Take good care of life to allow it to flourish and express its full potential. Listen to your heart, which will always guide you to Light, Peace, Joy and Love.

See you soon...

