



## Curriculum Vitae

**First name** Crystal  
**Middle name** Ra  
**Last name** Laksmi-Ditton

**Address (location)** San Diego, California  
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**Web** [www.crystalralaksmi.com](http://www.crystalralaksmi.com)  
**Nationality** Estonian  
**Date of Birth** 7th May, 1976  
**Family status** Married  
**Children** Son (born in 1997)

### Academic education

Spring 2007	Tromsø University, Norway	Masters in Visual Cultural Studies, Made 2 documentaries: <i>'My heart is where my home is'</i> (15 min) and <i>'Broadband to Heaven'</i> (48 min)
Spring 2005	Cape Town University, South Africa part of Social Anthropology studies,	Exchange student for one semester - anthropology & gender studies
Autumn 2003- Winter 2004	Oslo University, Norway	Bachelor in Social Anthropology
Autumn 1999- Spring 2000	Gerlev Folk High School, Denmark	Youth Leadership Course
Spring 1996	Technical School of Light Industry, Tallinn, Estonia	Secretary work, business and management, leadership
Spring 1994	Secondary School of Türi No 1	Secondary School Diploma

## Therapy qualifications and self development

October 2020	Influencer Summit 2020	Brendon Burchard
July 2020	Fast Track Life Coach Certification	Dr Steve G. Jones
January 2020	Speak, Shine, Sell – Soulful Signature Talk	Rebecca Massoud
January 2019	ISTA (International Sacred Temple Arts) training by Kamala Devi Mc Clure, Ellie Wilde, Xavier Bouquillard	7 days Sexual Shamanism training, in Hawaii, Kailua-Kona
January 2019	Hawaiian Shamanism by Hank Wesselman	1 day workshop and shamanic journeys
December - 2018 - March 2019	Personal self-development coaching	12 sessions with High Performance coaches
November 2018	Hawaiian Ti leaf weaving workshop by Joy Kalea Omundson in Kailua-Kona	1 day workshop
October 2018	Expert's Academy Brendon Burchard, San Fransisco	Live 4 day seminar
October	World's Greatest Speaker Training with Brendon Burchard, Bo Easen, Roger Love	1 day live seminar
October 2018	Lomi Lomi class with Angela Leslee in Kailua-Kona Massage Academy	A weekend workshop with Hawaiian chants, Ho'oponopono, Hawaii history and ti leaf weaving
September 2018	Reclaim your Power by Nigel B. Patterson, Hawaii, Kailua-Kona	Self-development workshop
Summer 2018	Find your inner muse by Vyana Reynolds	Self-development and creativity workshop
August 2018 - present	Started to study hula, chanting and Hawaiian traditions with Kumu Alii Keanaaina Halau	Twice a week hula classes ongoing
November 2017	Systemic Constellations: Increasing the Flow Francesca Mason Boring, Hawaii, Volcano	Family Constellation weekend workshop
November 2017	Freediver's refreshment course by Kurt Chambers, Hawaii, Kailua-Kona	Water safety class on land, two ocean classes
April 2017	Divine Relationships by Nancy Lucina Mexico, Sayulita	Relationships coaching

April 2009 - present	Developing Wantra Water Therapy	Different courses and sessions
June 2013 - Dec 2013	Organic Stretching Teachers Course™	Volunteer Teacher
November 2012	Access Consciousness Body Class™ London, UK with Kacie Crisp	Body Processes Facilitator™
October 2012	Access Consciousness™ Various Body Classes	Body Process therapist™
August 2012	Access Consciousness Facilitators™ Costa Rica	Access Facilitator™
June 2012	Access Consciousness™ Level 2 and 3 with Dain Heer, Copenhagen, Denmark	
June 2012	Access Consciousness™ Foundation, Level 1 with Jonas and Lisen Bengtson, Copenhagen, Denmark	
May 2012	Access Consciousness™ Level 2 and 3 with Gary Douglas, Colorado, USA	
May 2012 Aug 2013	Access Consciousness Bars™ Hawaii, USA	Access Bars Facilitator™
April 2012	Access Consciousness™ Foundation, Level 1, Kauai, USA	
April 2012	Access Consciousness Bars™ Kauai, USA	Repetition
April 2012	Access Consciousness Bars™ Sayulita, Mexico	Repetition
March 2012	Organic Stretching™ with Pat Henry Puerto Vallarta, Mexico	Introductory Course™
January 2012	Access Consciousness Bars™ Hawaii, USA	Bars therapist™
November 2011	Lomilomi and Hawaiian Healing with Harry Jim, Hawaii, USA	Hawaiian healing therapist
May 2011	Freedivers Licence course, Hawaii, USA	Freediver Level 1 license

May 2011	Hawaii Healing Course Hawaii, USA	Hawaii healing techniques
April 2009- October 2011	Experience Based Tantra course organizer and assistant, Estonia	Tantra Body Work therapist
Sept 2008- Feb 2010	Instructed by Berit Hickman and Anni Sennov	Aura instructor training™
Feb 2010	Anni Sennov's Planets and New Time Energy course, Oslo, Norway	Planet coach and consultant
April 2009	Body Aquatic Work Hawaii, USA	Body aquatic therapy
August 2007	Auramediators™ Course by Anni Sennov and Berit Reaver in Florø, Norway	Licensed Worldwide AuraMediator™
Spring 2005	Angel School in Cape Town, South Africa	Soul and angel therapist, Licensed Aminologist
Autumn 1994- Spring 1996	Young people to Young people Tallinn, Estonia	Psychodrama and group therapy

### **Work experience**

2016 – present	Signature Coaching Programs	Creator, manager and coach
2010 – present	Online Group coaching programs	Ongoing on different topics
July 2020 – present	Abundance in Action Podcast	Co-creator, producer and host
April 2020 – present	Aarete Seiklused Podcast, EST	Co-creator, producer and host
10/18 – present	Infinite Activation, USA	Co-owner and manager with Michael Ditton
07/07 – present	Oü New Flow, Estonia	Owner, manager of the company
April – June 2017	Four Seasons Punta Mita, Mexico	Offering Wantra Water therapy in the Spa
February – June 2017	St. Regis Hotel Punta Mita, Mexico	Offering Wantra Water therapy in the Spa
April – May 2016	Four Seasons Punta Mita, Mexico	Training the staff for Wantra promotion
Jan – May 2016	Boutique Spa Mexico	Offering Wantra water therapy sessions
Jan – July 2015	Mexico + online	Cooperation with the coach and mentor Michael Ditton to prepare my summer retreat and other courses in Estonia

Dec 2014 – Apr 2015	Mexico + online	FB page for Paddle Board Community and business consultation and set up
April – May 2015	Mexico + online	FB page for CocoVelaCandles – social media set up as well business consulting
July 2014 – present	Estonia + online	Developed a 12 months coaching program online and still coaching the participants to better their relationships, health, find their talents, heal and activate their sexuality and receive the abundance they deserve
January 2015 - June 2015	La Cruz, Mexico	Working at Octopus's Garden - Social media developer, movie nights organizer, photographer, event coordinator & promoter, personal healer, water therapy healer, wave dance facilitator and organizer, space clearing, documentary editing, making a new intro video of the place and editing it
August 2014 – November 2014	Mazatlan, Mexico; Utah, Orem, USA	Personal assistant for a multimillionaire, admin, personal healing therapist, house assistant, business partner and personal driver etc
April 2014	Puerto Vallarta, Mexico	Personal therapist for a multimillionaire
March 2013 – March 2014	London, UK; Cancun, Mexico; Puerto Vallarta, Mexico	Online Kajabi.com projects with my own healing course
July - Oct 2013	Puerto Vallarta, Mexico	Made a new documentary trailer with H. Lopez
October 2013	Puerto Vallarta, Mexico	Adventure tour guide for a private group
Sept 2009 - Present	' <i>Psühholoogia Sinule</i> ' Magazine, Estonia	Freelance Journalist
Summer 2008, 2010	Northern Norway	Mountain tour guide in Tromsö for private groups
July 2007 - Present	Oü New Flow, Estonia, World	Owner, Manager, course organizer, leader, sales, marketing, developer, speaker etc
Autumn 2006	Tromsö University, Norway	Filming the lectures

Autumn 2005- Spring 2007	Tromsø University, Norway	Made my own documentary 'Broadband to heaven' (48 min)
Autumn 2005	Tromsø University, Norway	Team documentary (15 min) 'My home is where my heart is'
Summer 2005- 2007	Soul Productions, Oslo Tromsø, Cape Town	Soul therapist and lecturer
03/03- 02/05	CC Vest Food, Oslo, Norway	Working at the cheese counter
12/02	"Engebret cafe", Norway	Waitress
11/02; 02/04	NRK, Oslo, Norway	Actor
11/00 – 08/02	Family Tandberg, Norway	Au-pair
08/00 – 11/00	Family Eikermann, Norway	Au-pair
09/98 – 02/99	Raadio Kuma, Estonia	Talk show program leader
12/95 – 02/96	Radio Nõmme, Estonia	Talk show program leader
08/96 – 11/96	A/S Kalev, Estonia	Secretary
05/96 – 06/96	ETK, Estonia	Secretary, practice
10/95 – 12/95	Defence Ministry, Estonia	Secretary, 50% position
06/95 – 08/95	AS Balti Maja, Estonia	Secretary

### Volunteer Projects

February 2019	Kailua-Kona, Hawaii	Volunteer for Kai 'Opua Canoe club
October 2018	Kailua-Kona, Hawaii	Volunteer for Ironman Race
08/2018 – present	Kailua-Kona, Hawaii	Volunteer for Reef Teach Education project
September 2018	Kailua-Kona, Hawaii	Volunteer for the International Canoe race
May 2018	Kailua-Kona, Hawaii	Volunteer for Kai 'Opua Canoe Club
October 2017	Kailua-Kona, Hawaii	Volunteer for Ironman Race
Jan - May 2017	La Cruz, Mexico	Volunteer for different community projects
May – June 2016	La Cruz, Mexico	Volunteer for troubled teens Wantra classes
02/2016 – 04/2016	La Cruz Yacht Club	Volunteer Wantra classes for sailors
12/2014 – 06/2017	La Cruz, Mexico	Women's meeting leader and organizer
01/2015 - +6/2015	La Cruz, Mexico	Individual regular water therapy for a handicapped sailor with great results
Nov 2013 – July 2014	Centro Mayasol, Sayulita Mexico	Promoter; internet work, FB page set up, client work, international group hosting etc
Nov 2013 – March 2014	Watsu Sayulita, Mexico	Watsu Sayulita center promoter, FB promo, Wantra® Teacher, Private sessions
11 - 12/2013	Organic Stretching™, La Cruz Sayulita, Mexico	Trainee teacher
10/2013	Organic Stretching™, Bucerias, Mexico	Trainee teacher

08/2013	Wave Dance, La Cruz, Mexico	Substitute leader
10/2013	Hugging Events Tallinn, Estonia	Organizer, PR
02/2009	Hugging Event Tallinn, Estonia	Organizer, PR
06/09 – 2011	Gaia Education Estonia Eco Sustainable Program	Teacher and organizer in High School
Nov 2009 - Present	Big Island Hawaii, USA	Volunteer adventure tour guide for private groups
04/07	Verdensteater Kino, Tromsø, Norway	Organized and a leader for a premiere of 7 international documentaries, PR
02/05 – 06/05	Cape Town University, South Africa	Promoting Africa project manager's assistant
02/05 – 06/05	SHAWCO/Cape Town Univeristy, South Africa	Volunteer art project with kids
01/01- 12/04	Tidemandsstuen Volunteer Center, Oslo	Leader of the self development group
11/03 – 12/05	Victoria Rotaract, Oslo (Youth charity)	Active guest till 2004, member after this
09/03 – 05/04	Internet Cafe”Condio” Project in cooperation with Lions Club and Red Cross	Volunteer Youth Work
Autumn 2003	TV action, Oslo, Norway	Collecting money for Lions club
02/00 – 08/00	Danish Cultural Institute, Tallinn	Volunteer Project Leader
07/00	Marijampole, Lithuania	Volunteer for ISCA
08/1999	Paide Gymnastic Club	Volunteer Assistant

### **Additional volunteering experience**

Autumn 2005 – Spring 2007	Tromsø University, Norway	Reading Rooms Coordinator
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Autumn 2005- Spring 2006	Program Board, Tromsø University, Norway	First Years' student representative
Autumn 2006- Spring 2007	Program Board Tromsø University, Norway	Second Years' student representative (substitute)
Autumn 2005- Spring 2007	International Students Union of Tromsø University, Norway	Organizer, elections assistant
Autumn 2003- January 2005	Program Board Oslo University, Norway	Representative of Bachelor Students

## Language skills

**Estonian** Mother tongue

**English** fluent (IELTS)

**Norwegian** fluent (5th level)

**Swedish and Danish**, can understand and speak Norwegian with them

**Russian** poor (can understand most of it)

**German** poor (but can understand some)

**Finnish** poor (but can understand some)

**Spanish** poor (learning)

**Hawaiian** learning

## Computer Skills

**Operation systems:** Windows XP, Windows 7, Libre Office, MS Excel (needs refreshing); Linux, Mac etc.

**Presentations:** Powerpoint, Libre Office presentation programs, Key Note

**Internet browsers:** Mozilla firefox, Chrome, Internet Explorer, Safari;

**Photo editing** - Adoboe PhotoShop (needs updating), Picasa photo editing;

**Social Media:** Facebook, LinkedIn, About me;

**Film editing programs:** Media 100, AVID (needs some refreshing), IMovie (good), Final Cut Pro;

**Web sites:** set up Wordpress websites and updating the content as well regular blogging since 2002

## Driving License

B category since 1994 (only automatic) from Estonia, but driven internationally

Californian Driving license in the process

## Hobbies

Dancing, writing, painting, surfing, hiking, traveling, photographing, roller skating, bicycling, adventures, nature, zip lining, free diving, aerial silks training, kayaking, outrigger canoe paddling, hula dancing, Hawaiian language and culture, swimming with wild dolphins, social anthropology, different cultures, innovation, entrepreneurship, creativity, movie making, movies, Hawaii, contact impro dancing, languages, swimming, water dance, motivational speaking, sailing, performing, helping people, healing people, developing Wantra water therapy, team building with groups, self-development courses etc.



## **Personal abilities**

Instantly adaptable and flexible, tolerant, allowing, hard-working, multitasking, international, cooperative, highly efficient, extremely creative, good listener, humble, creative problem solver, an amazing organizer, good networker, courageous, opportunist, adventurous, determined, playful, energetic, intuitive, innovative, entrepreneur, fearless, calm, focused, reliable, transformative, honest, transparent, fluent in many languages, expansive, healthy, fit, positive, team worker, good leader, helpful, contribution, conscious, energetic etc.

## **Referees**

### **Ken D. Foster**

**Author, Speaker, Business Strategist (Hawaii & California, USA)**

[www.kendfoster.com](http://www.kendfoster.com)

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### **Innar Saksen**

**Business man, real estate investor (Estonia)**

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### **Anita Diana Boucht**

**Alternative Fairs Organizer, Networker (Norway)**

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### **Elizabeth Wood**

**Sex & Relationship Consultant (Colorado, USA)**

SensualU

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### **Aruna Piroshki**

Octopus's Garden founder and manager (**Mexico**)

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### **Michael Ditton**

Coach, Innovator, Author, Business owner, Real estate investor (**USA, Mexico**)

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## **Attachments:**

**See attachment with video links on the next page!**

## Attachment with video links

**Here are additional video lists:**

**My companies birthday video in 2009 (2 years officially in function by that time):**

<https://www.youtube.com/watch?v=NnARffRx4BE>

**One woman's journey from the fear of putting the head under the water to the courage (in Estonian without English subtitles):**

<https://www.youtube.com/watch?v=eFPcEmKZkq8>

**Hawaii adventure groups:**

<https://www.youtube.com/watch?v=eMYEGNcX93c>

**Hugging event at the Youth Night in Tallinn, Estonia:**

<https://www.youtube.com/watch?v=vvB7y4whWYY>

**Adventure road trip Finland-Sweden and Norway 2010:**

<https://www.youtube.com/watch?v=sD12wAgh3sc>

**Hawaii 2010 April:**

<https://www.youtube.com/watch?v=mgswPjLGHrs>

**My free diving record of 23 meters:**

<https://www.youtube.com/watch?v=f92ZXi0XFY0>

**Adventure educational video – how to unite the masculine and feminine in Hawaii:**

<https://www.youtube.com/watch?v=ljNwMa3-3cw>

**My friend Tiina at 45 who did not know how to swim before the Hawaii trip:**

<https://www.youtube.com/watch?v=Kc9kg8qe1zI>

**Group work in Hawaii:**

<https://www.youtube.com/watch?v=9EyolYmRU4Q>

**Educational nature lesson about dolphin lovemaking in Hawaii:**

<https://www.youtube.com/watch?v=o0cFMm9byMk>

**FB projects I have helped my friends with:**

**- Paddle Board community (Mexico)**

[www.facebook.com/paddleboardcommunityclubbanderasbay](http://www.facebook.com/paddleboardcommunityclubbanderasbay)

**Introduction video:**

[https://www.youtube.com/watch?v=KoVITAV\\_irY](https://www.youtube.com/watch?v=KoVITAV_irY)

**- CocoVela Coconut Candles Facebook project (Mexico):**

[www.facebook.com/CocoVelaCandles](http://www.facebook.com/CocoVelaCandles)

**- Facebook Project – Mayasol Center (Sayulita, Mexico)**

[www.facebook.com/centromayasol](http://www.facebook.com/centromayasol)

**- Facebook Project for my own Wantra Water therapy:**

[www.facebook.com/wantrawatertherapy](http://www.facebook.com/wantrawatertherapy)

**Helped to clear and clean and reboot FB project:**

[www.facebook.com/pages/Octopuss-Garden-Hikuri](http://www.facebook.com/pages/Octopuss-Garden-Hikuri)

[www.facebook.com/JardinDelPulpoLaCruz](http://www.facebook.com/JardinDelPulpoLaCruz)

**Videos by me:**

[https://www.youtube.com/watch?v=KoVITAV\\_irY](https://www.youtube.com/watch?v=KoVITAV_irY)

**My water therapy Wantra:**

<https://www.youtube.com/watch?v=nhth2zjhsdY>

**Sailing adventure in Banderas Bay (video by me)**

<https://www.youtube.com/watch?v=RI1SmKPuNM>

**Life lessons with Crystal video by me:**

<https://www.youtube.com/watch?v=Q2LYT2O8Jw0>

**Whale watching adventure in Banderas Bay video by me:**

[https://www.youtube.com/watch?v=JY8Y9ESW\\_KU](https://www.youtube.com/watch?v=JY8Y9ESW_KU)

**Artistic poem video project by me and Zoe Wood:**

<https://www.youtube.com/watch?v=grQfHfQmk00>

**Documentary project trailer by me and Hugo Lopez:**

<https://www.youtube.com/watch?v=DM9qTczswzA>

**Feedback from one of the multimillionaire Wantra clients:**

<https://www.youtube.com/watch?v=BsoVLVg34w0>

**Testimonial from Rita from Alaska:**

<https://www.youtube.com/watch?v=ulrWNwk3pS8>

**Wantra testimonial from Aaron, California**

<https://www.youtube.com/watch?v=Q0gY3ckvgZ8>

**Testimonial from John, from California**

<https://www.youtube.com/watch?v=roKry2LOoiE>