



## Curriculum Vitae

**First name** Crystal  
**Middle name** Ra  
**Last name** Laksmi-Ditton  
**Email** [crystalralaksmi@gmail.com](mailto:crystalralaksmi@gmail.com)  
**Web** [www.crystalralaksmi.com](http://www.crystalralaksmi.com)  
**Nationality** Estonian, Green Card holder in USA  
**Date of Birth** 7th May, 1976  
**Family status** Married

### Academic education

Autumn 2022 - ...	Positive Intelligence Coach	Will be certified by spring 2023 as a Mental Fitness Coach
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	Exchange student for one semester - part of Social Anthropology studies, 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**

Summer 2022	Mindvalley Summer University	1 month	Vishen Lakhiani and other world class teachers
Summer 2022	Positive Intelligence program	8 weeks	Shirzad Chamine
March 2022	Millionaire Master Mind program		Pavel Ilii
March 2022	Unleash the Power Within		Tony Robbins
Nov. 2021	Healy Academy Advisor		Christian Dorner
October 2021	WILDFIT Certified Coach		Eric Edmeades
Sept. 2021	Certified Life Coach – American Union of NLP		Dr Steve G.Jones
Jan 2021	Better You Summit		Success Academy
Jan 2021	Resilience		Brooke Hemingway
October 2020	Influencer Summit 2020		Brendon Burchard
June 2020	Business Survival Summit		Eric Edmeades
April 2020	Rise Up		Pete Vargas
March 2020	Call to Action		Michael Bernoff
March 2020	Clients in Abundance		Alex Jeffreys
January 2020	Speak, Shine, Sell – Soulful Signature Talk		Rebecca Massoud
Nov. 2019	Communication Code - San Diego		Steven Wener
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
Dec 2018 - March 2019	Personal self-development coaching		12 sessions with High Performance coach
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 Francisco	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- May 2019	Started to study hula, chanting and Hawaiian traditions with Kumu Alii Keanaaina Halau	Twice a week hula classes
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
January 2017- present	Founding and instructing Inner Family Archetype program	Online self-improvement program
April 2009 - present	Founding and instructing 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 work
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**

2000 – 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
----------------	---------------------	--

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 and coach 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	Tromsö University, Norway	Made my own documentary ' <i>Broadband to heaven</i> ' (48 min)
Autumn 2005	Tromsö University, Norway	Team documentary (15 min) ' <i>My home is where my heart is</i> '
Summer 2005-2007	Soul Productions, Oslo Tromsö, Cape Town	Soul therapist and lecturer
03/03- 02/05	CC Vest Food, Oslo, Norway	Working at the cheese counter
12/02	"Engbret 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 – May 2019	Kailua-Kona, Hawaii	Volunteer for Reef Teach Education
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	Active guest till 2004
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

### 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  
Eager to learn new systems and very good with computers and technology stuff

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

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

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

**Social Media:** Facebook, Linkedin, You Tube, Instagram, Podbean (podcast)

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

**Web sites:** Can update content on Wordpress websites



**Driving License**

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

**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, hard-working, multitasking, international, cooperative, extremely creative, good listener, humble, creative problem solver, an amazing organizer, good networker, courageous, optimizer, 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, sees the bigger picture, finds solutions fast, always ready to improve and grow etc.