

# Gentle Wind Project

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## Let the emotional healing begin

[Click Here for a few words from our founder, Mike Smith](#)

A New Beginning



In November of 1983, after studying human behavior for almost two decades, a small group of people founded a non-profit organization with the single goal of exploring new pathways to alleviating mental and emotional suffering. The organization was called Gentle Wind Retreat and later became known as The Gentle Wind Project®.

For many years, the project studied how and why humanity had incurred so much mental and emotional harm. The project was seeking mathematical solutions to human suffering that could reach beyond the scope of counseling and psychotherapy. To this end, the project developed a technology in the form of instruments that can be held in a person's hand for the purpose of restoring mental and emotional balance.

The project viewed the human consciousness in energetic terms, basing its understanding on many of the principles of Tibetan medicine, including the acupuncture meridian system and the idea that healthy life force is a function of physical, mental, emotional and spiritual well-being. Three of the major acupuncture meridians converge in a person's hand, including the meridian that leads to the heart, the place where many hurts, wounds and stresses are stored. In our personal observations (as independent volunteers with no financial interests in the project), many people have found the use of these instruments to be effective in alleviating mental and emotional distress.

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