



## Christian Kramer Bio

My military journey started as a multi-tour Vietnam vet. My first tour started when I was 18 at the beginning of the Tet offensive in 1968 in south Vietnam.

I started my self-improvement introspective work in 1985 in a small community of people and in 1987 was introduced to Patricia and did my first TIL weekend. Through the next few years, I completed Walking in the Light, Professional Excellence Program, and the Masters Program (Taking It Lightly instructor training) while staffing almost every Taking It Lightly weekend.

I eventually became an instructor for the TIL program and co-instructed many weekends with Patricia.

I also participated in the Understanding Yourself and Others program. I co-authored the Bambo Bridge program with Patricia and was the national director of that program for a few years. I stepped away from the program for a while when my daughter was born.

Additionally, I was also involved in the content creation with Patricia for Healing Warrior Hearts.

I have been a regular staff member in approximately 240 retreats over the years and attended multiple graduations.

I've become more in touch with my own feelings through this journey and grown more empathetic towards others and their history. I enjoy being a part of other people's journey where they find the light for themselves. Witnessing and supporting the participants with their individual breakthroughs and releases of trauma-related stress and self-limiting behaviors has been a great reward in my life.

The Starfish Foundation's mission is a beacon of light in a world of darkness. For myself, I see it as I am not the light, rather, I hold up the light so others can see it for themselves and use it to the highest good.