

# ABOUT THE FOUNDERS

**Regina Kessy Wilkinson** (PhD)

Place of Birth: Kilimanjaro; Tanzania

Profession: Media Anthropologist

&

**Paul Wilkinson**

Place of Birth: Manchester; UK

Profession: Civil/Structural Engineer



Wife and Husband team Regina and Paul are Harmony Practitioners who are passionate about spreading the Harmony approach to facilitate perception change for a Sustainable Future. We are working to address the negative effects the fragmented human story is having on wellbeing of people and our precious planet by pursuing a more harmonious way of life and sharing beneficial approaches. In 2014, we co-founded Transcultural Foundation Ltd, a UK non-profit research and action company, in order to design and facilitate transformative projects that empowers people to remember the greatness and responsibility of humanity.

Between 2015-2019 we researched, adapted and piloted the concept of transculturalism (seeing yourself in others) in Tanzania as a wellbeing tool "*tuko sawa*." (Swahili for - we are Okay/We are Equal). Tuko Sawa philosophy is underpinned by the THE GOLDEN RULE: "Treating Others the way we wish to be treated" because all humans are equal and are endowed with consciousness. We can all make the choice of treating Others fairly and extend this reverence to other forms of life in Nature.

In July 2022 we compiled an Eight Lessons Harmony Booklet in English and Swahili following a successful Eight Weeks Course for Harmony Teachers in Tanzania. The Booklet is 73 pages long and it is effective in educating about Climate Change, addressing harmful perceptions and turning on the "ecological awareness switch." Regina's transcultural expertise enabled us to create a cohesive Society of Harmony Practitioners (SoHP) comprising of people from all walks of life, who are keen to learn together and practice the knowledge in a joyful cooperative format. Paul's "Engineering mind" with clarity and attention to detail was crucial in project design especially competency articulations. In August 2023, Tuko Sawa Society of Harmony Practitioners was registered under the Ministry of Home Affairs in Tanzania for the purpose of community engagement, countrywide outreach and international collaborations/networking.

We wish to see more people having meaningful relationship with Nature, appreciating the interconnectedness of life around them, but also to have the humility to choose a life of moderation and contentment whilst being of service to Others. We are all connected!