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## CARIBOU AZORES

### Portrait Urban Waltenspiel

Who am I? – From my experience, there are really only answers to this question, which can evolve through personal growth. Such existential questions enrich the experiential journey of self-knowledge and the significance of the individual in the context of the collective (of humanity).

In this quest for development am I a *pianist* because in 2013 I released a CD «[Gifts of Becoming](#)» with my [own compositions](#)? – Am I a *seeker* because of my varied interests from A for Atlantis to mysticism, near-death experiences, regressions and dance to Z for Zen meditation? – Or, having travelled the world and met different people and cultures, a *traveller*? – Or a *writer*, because I have written a comprehensive [summary](#) about the 9 islands of the Azores Archipelago? – Perhaps I am a *humanist* in view of my involvement in peace work and as the responsible for meditation in the Open Church Elisabethen (nowadays a cultural center) in Basel? – Could it be that I am a *mentor* after various years in business ventures and as the Managing Director of two Swiss-wide non-profit associations? – Or am I a *thinker* in view of my immersion in the developmental of Spiral Dynamics as well as in the [five core capacities](#)?

I am waxing and waning in the light and shadow of countless challenges, worries, opportunities and joys – a wanderer between worlds. In other words, an explorer!

We don't see things as they are,  
we see them as we are.

[Anaïs Nin](#)

**Creative explorers!**

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