My purpose is not necessarily so concerned with elaborately inventing, new Origami Models; as I am in using the experiences learned from my 7 traumatic Life & Death challenges I have survived; finding better, easier methods by which the complex models or Origami we currently complete can now be learned & produced by people who are suffering & severely challenged like me. Our hard work is to open up new possibilities for enjoyment, enhanced self-worth, & healthier mind & body exercises to create beautiful, more meaningfully fulfilling works for a broader population. Even so, Theragami/Origami may not be for everyone; but it can be of strong benefit to all.

Stimulating the brain with specific Theragami exercise patterns, & natural rhythms; provides a bridge that spans the gap between the mental & emotional with finer dexterities, strength, & endurance in the physical. I have been blessed to survive 7 life & death miracles from birth; & I understand that valued dreams require harder work. Neuro-science concludes now that these wellness benefits can be amplified by creating consistent, repetitive tactile functionalities through the highly dense networks of nerves in the finger tips. Our pioneering efforts are to help integrate therapies to either slow the degenerative process of a condition, or help heal; thus lengthening the quality of life, for greater meaning & dreams for generations to come.

Brainstorm with us by adding upon these dynamic Theragami & Origami Benefits for better health:

1. Financially friendly & accessible to all. Cost efficient & effective (paper is everywhere from no cost to little cost. (i.e. Trash, Discard, Magazines, Colored Copy Papers, Scrap Book Papers, Card Stock, Tissue Papers, & even the finest Japanese Origami Specialty Papers).

2. Anyone can successfully fold origami at some level. No expense to go to special schools for training to build special skills. In any Origami Project, there is a specific formula for final Assembly. As with any efficient & effective Assembly line, it all begins with the simplest folds at first, which can be completed by the most challenged; then like the torch in a relay race, can be passed on higher to the most advanced folder. At the end, everyone can participate & share in the Victory Celebration of the beautifully completed project.

3. No special equipment or work space required. Theragami fun & wellness can be experienced anywhere, anytime based on time & desire. i.e. Tables or no tables, Scissors or no scissors, rulers/protractors, computers, tablets, or none, etc. Papers are always available whether planned or not. Can the work environment be enhanced & better with or without age specific music? Why not😊

4. Extremely low risk & non-invasive. You are totally in control of your time in the comfort of your home, or places that are most meaningful & peaceful.

5. Contrasting a traditional i.e. Physical/Occupational Therapy Program that requires high cost weight systems for developing strength, flexibility, & endurance; Origami & Theragami Programs need only inexpensive papers at starting weights as light as Tissue Paper, to Copy Paper from 20-24 lbs., moving upwards to increase resistance to build strength & endurance parameters to 68+ lb., Card Stock or Poster Boards, Plastics, etc.
6. We start with the conceptual concept of “what they want to accomplish & when they wish to get back to doing the things that they love.” The Universe of available, & interest specific projects to choose from is, without question, inexhaustible in almost any field known to man. Limited only by ones imagination, if you don’t care to fold flowers...there’s always the mechanical, the scientific, the mathematical, or something beyond to peak & challenge one’s personal interests. We are surrounded by Origami in our daily lives from something as simple as the Air Bags in your Car, to Heart Stents to save lives, Nano Technologies for Cancer & Medical Robotics, to Rocket Ships to the outer galaxies. The greatest inventions began at some stage, unknowingly with the accelerated Math & Science Concepts of Origami. Origami & Theragami is an Ancient, time proven discipline, that has a true "Growth & Development" component for anyone wishing to be their best, whether challenged or not.

7. Relaxing & Peaceful, can be meditative, & by the creative process empowers inwardly fulfilling meanings to life. Enhancing Resourcefulness, Critical Thinking, Problem Solving, & Goal Setting.

8. Builds highly elevated, & lasting levels of Self Esteem, Self-Worth, & Confidence. You cannot Win at anything without Confidence, & the Belief that “You Can!”


10. Develops advanced fine motor skills, dexterities, & superbly focused concentrations by “Sequenced, Perfectly Practiced, Repetitions.”

11. Superb Strength, Conditioning, Flexibilities, & Endurance (i.e. starting small... using 20 lb. copy paper, then advancing to 68 lb. Card Stock; or increasing the challenges again by using smaller paper vs larger paper (so we can adjust the level of the challenge to meet the skill & progress level that is specific to any individual).

12. "Measured Progress" from the very first moments, a measurement can be recorded in pounds of tactile abilities by a medical calipers which may record at the start as low as 2 lbs., 5 lbs, & upwards of 10-15 lbs., as progress is made. From the very first day of therapy, returning home with a fun, enabling & sequenced Theragami project that can be finely adjusted to your individual needs & conditions. Upon return a week later, it also reveals who has been active in their rehabilitation, & working their exercises at home between PT visits. They will either have completed the exercise project, or not; & the degree can be visually measured, so it gently holds each patient accountable for their own quality of progress & dreams.

13. Learning methodologies include visual diagrams with text, can in many cases be successful even when sight impaired, emotionally, or physically challenged; auditory descriptions, audio-visual video, & interactive hands-on protocols.

14. The real Magic of Theragami - strengthened Intrinsic Self-Motivation to continue Therapy for a quality lifetime after the prescribed PT/Occupational Therapies are no longer prescribed. It is a very high concern among most doctors & medical professionals that most people, probably do not continue their therapies after they are discharged; so they relapse or go backwards, things no longer remain flexible or strong, etc. Theragami, creates new meaning & a purpose
driven life. Patients will be inspired to learn a new, rewarding skill set, & enjoy being individually creative with a new hobby to express themselves & their dreams. This builds meaning to continue the routine of Theragami & Origami throughout their daily routine & training for life:-)


16. Inspiration & Love (individual creative & personality expressions by a beautifully completed project they will be proud to show off to friends & family, or as gifts to bring happiness, productivity, & smiles to others. Theragami pronounces a greater "meaning & life's ambitions" for existence. In regular therapy, the emphasis is on me; my wellness & benefits to heal which is important. But with Theragami, we still have the "me," to help me heal; but now we also have the "We," in what I can do for others. I don't pray for a long life, but rather one that when It's my time to go; that I made a difference. I suspect everyone needs more "Meaning" as to how they wish to be remembered.

17. Please add your own experiences as I have for mine: (Stroke Patients, Traumatic Brain Injuries, Dementia, Alzheimers, ADHD, Autism, Special Needs, Epilepsy, Hand Surgeries & Injuries, Physical & Occupational Therapies, OCD, Psychological & Cognitive impairments, Fine Motor Skills Development, …

These are but a few of the immediate benefits that I see... I challenge You, that we have only seen the tip of the iceberg… Live your Life, & Experience More!

Expect to Win!