



WELLNESS GUARDIAN

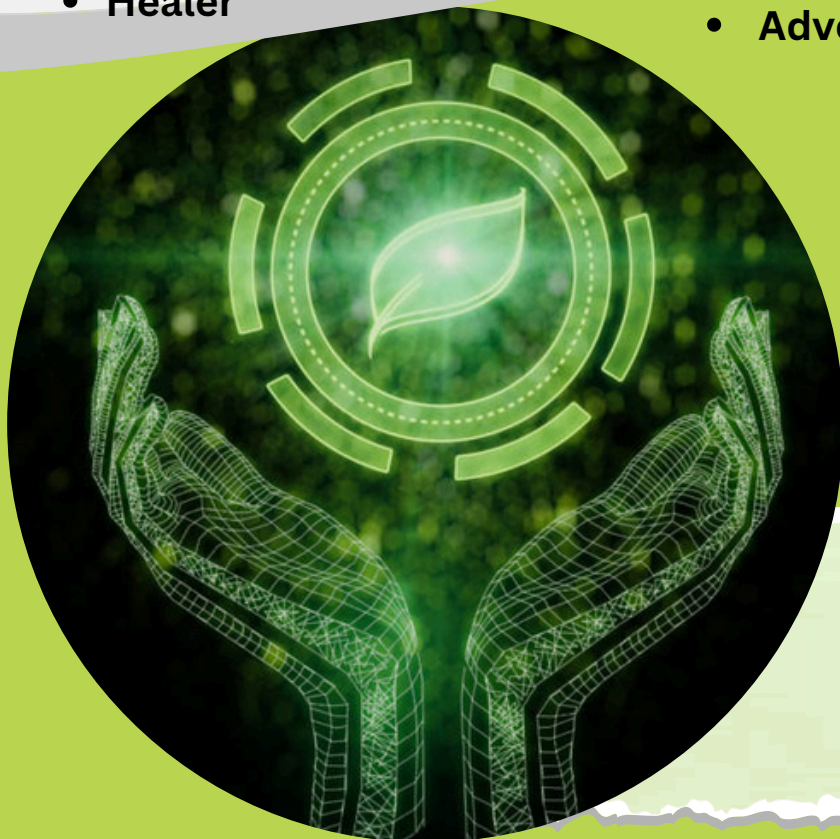
She understands that true wealth is multidimensional - financial, relational, spiritual, and communal. Through stewardship and strategy, she builds networks of mutual support and sustainable prosperity.

Key Qualities

- Compassionate
- Holistic
- Grounded
- Patient
- Healer

What sort of activities it may involve?

- Offering coaching or therapy
- Leading wellness retreats
- Practicing energy or body work
- Advocating for systemic health reform



VANDANA SHIVA (INDIA)

Wellness Guardian

Vandana Shiva is a physicist turned eco-feminist who fights for seed sovereignty, sustainable agriculture, and indigenous health systems. She opposes the corporatisation of food and medicine, advocating instead for local ecosystems, traditional knowledge, and women's roles in nurturing life. Her work addresses wellness not just as the absence of illness, but as ecological harmony, cultural respect, and community resilience — embodying the holistic guardianship this archetype holds.