

Name: Richard Russo

Date of Birth: 22-09-1972

Star sign: *Virgo/Libra cusp. Virgo ascending and Pisces moon.*

An artist, a spiritual led – jewellery designer, space holder and facilitator. A Peace Weaver.

Owner of Eternity jewellers and Ecomingling founder. Communicator, working as key coordinator to design, drive and nurture a wealth of projects internationally and locally. Founder of signal science. A strong practice for inner and outer peace, across the realms of breath work, meditation, chi-gong, tai chi and Khundalini yoga.

I also run ‘*a mans heart*’ on-line and in person circle for men to explore sensitivity, emotion anon live dynamic breath flow circles in person. My background was in business with an early management career in investment banking.

My dream is to realise the full potential of kindness and giving. To cultivate and safeguard the vulnerability needed to achieve inner peace and to encourage an experience that grows when we come out of the mind and into the body in harmony with each other and the land around us.

