

TREES of MEMORY:

A walk around earth, planting new life in places where lives of loved ones were lost.

Because my life has been torn into a million pieces through suicide, I will plant 'Trees of Memory' for those who are no longer amongst us, and for those whom they left behind. Lining a path of 75 thousand kilometers (more than 45.000 statute miles) across 60 countries, my journey will begin on the 31st of May, 2018. A footpath of life as a visible memento of magnificent, loving people who have lost their hope and their fight against depression. A supranational beacon of hope for those wishing for death, showing that even in our darkest hours we can achieve incredible feats, uncovering the grandeur of life once again - any time.

Trees of Memory are here to encourage sharing of experiences, and finding the grit to ask for help. You can help by drawing attention to the multitude of treatments available today, and taking a stand for life.

Request a Tree of Memory for that lost someone whom you held dearly, for free. Or, become a sponsor, starting at one Euro, to help someones Tree become reality.

ABOUT ME:

My name is Mario Dieringer, and I am sick and tired of watching helplessly from the sidelines. People used to call me sunshine, because I was always ready for the next party, always being the quintessential optimist, no matter what happened. But then, suddenly, at age 46, my brain began going haywire, throwing me into a major depression which climaxed in my very own attempt at my life. Then, during the Easter Holidays of 2016, the love of my life committed suicide, throwing me back into the abyss, leaving me fighting for my life again, day and night, for months at a time. Luckily, I was able to claim my life back, and today, I do not require professional help anymore, but can focus on this project. Sunshine has returned to my life, for I was able to find a way that freed me from the scourge we call depression. With Trees of Memory, I want to share this new, positive energy with anyone who takes an interest, and help others wherever I can.

MY VISION FOR TREES OF MEMORY

It is my conviction that we need to learn to speak about death itself, and what the loss of a life held dearly does to us as humans, as well as what it does to our psyche. I firmly believe in our ability to overcome depression. Every Tree being planted is my personal invitation to you to trust life, and be my companion on my walk around our planet - virtually, or by joining me for a leg of my hike.

MY HIKE AROUND THE GLOBE

Lining a path of 75 thousand kilometers (more than 45.000 statute miles) across 60 countries, my journey will begin on the 31st of May, 2018. A footpath of life as a visible memento of magnificent, loving people who have lost their hope and their fight against depression. There are many ways you can become a supporter.

MEMORIES

I do not want anyone to be forgotten. Therefore I strive to create places of remembrance for those torn from this world and the ones left behind. Places, where memories may stay and grow, like the love and affection we shared with those we lost once grew.

GET INVOLVED

You can help by drawing attention to the multitude of treatments available today, and taking a stand for life. Be it as a tree-sponsor, a donation, or through a membership in our charitable association.

Or be it by sharing your very own thoughts and experiences with others.

The walk around the globe

Across 60 countries. Spanning over 45.000 miles around earth. My journey begins on March 31, 2018.

„Every Tree represents one person, who, for whatever reason, has lost the struggle for discovering a rewarding perspective in life, or the hope of ever doing so.“

Why TREES OF MEMORY?

A lot of people believe our souls consist of energy, that is only separated from the universal energy for a period of time. And that our souls re-unite with that universal energy when our time on earth ends.

Others believe in our resurrection in the kingdom of heaven, while others again deny any of the aforementioned being true. No matter what we believe in, it seems we all experience this energy, the souls, and sometimes even the people themselves, who are gone, yet still seem to be with us, in some way. Sometimes they accompany us just for a short moment in time, and sometimes they do for extended periods.

My footpath around earth will form a circle, eventually becoming a symbol for the circle of life itself. The journey started at March 31, 2018.

Trees of Memory doesn't follow any political, religious or spiritual idea, but solely my deepest inner convictions and the feelings I experienced losing my special loved one through suicide, a loss that turned my life upside down.

I am utterly convinced that we need to talk about death, and what such a loss does us as people, as well as what it does to our souls. I am absolutely certain that it is possible to free ourselves from the scourge of depression, and not let it come that far.

We should let our dreams and yearnings guide us. I know, that is said more easily than done. But what if that is your last and only chance?

THE IDEA

Every Tree represents one person, who, for whatever reason, has lost the struggle to discover a rewarding perspective in life, or the hope of ever doing so. Every branch, every leaf represents a smile, a trait, a warm embrace, a characteristic, or a moment that was shared.

STOPOVERS

My hike will lead me across 60 countries, spanning more than 70.000 kilometers – which roughly corresponds to 45.000 statute miles – around the globe. Starting in Frankfurt, Germany, my path will cross the Netherlands, Spain, Italy, Nepal, Costa Rica and the United States. Wherever your support will guide me!

THE BLOG

If you like, you can follow my hike here or through social media. I will try to report as often as I can, and keep you up to date:

Where I am right now, whom I have had the privilege to keep company with during their times of grief, and where I'll be heading next.

Unfortunately I am not capable of running the blog in different languages than my native German. Please feel free to use a translation tool to follow the news.

STOPOVERS ON MY HIKE AROUND THE GLOBE

In this map I will mark my current whereabouts on a regular basis. I'd be delighted if you would like to accompany me for part of the way! Please, do not hesitate to reach out. I am looking forward to be walking with you! info@treesofmemory.com

MY STORY

I have found a way out of depression and suicidality.

I hope my walk around earth can show a way out and encourage others who are affected.

„Through Trees of Memory, I have found a rewarding perspective, and I wish to share it.

A beautiful future that is possible for so many others, even from the darkest present, and the bleakest outlook.“

WHY TREES OF MEMORY

My Name is Mario Dieringer, but people used to call me „sunshine“. I was quite the perpetual optimist. But then, aged 46, my brain started to derail. I found myself thrown into a major depression, which at one point even led to an attempt on my own life. In 2016, the love of my life committed suicide, tossing me back into having to fight for my own life for many months. My project „Trees of Memory“ became an anchor and a guiding light, helping me find my way out of depression once more, and I want to make sure as many people can become part of it as possible. Today, I am at a point where I no longer require assistance or medication, and can fully dedicate myself to this project. The sun has begun to shine again, for I was able to find a way out of the scourge that depression is. I have learned to follow my soul and my feelings, which led to discovering that actively helping others was a profound desire of mine. Today, I am convinced that following thine own self is the key to reclaiming your life with a vengeance.

Involved from day one

Mario Dieringer's story touched me, and from getting to know him more closely, it became apparent how serious he is about „Trees of Memory“. It is my pleasure to support Mr. Dieringer on his way, because his work is an important contribution in freeing suicide from taboos. Trees of Memory encourages a new culture of mourning that allows surviving dependents to acknowledge and be more open about their grief and pain.

I like that he is chiefly concerned with doing rather than talking. I can only wish him well for his journey, and hope progress will be made in suicide prevention, for us all.

Walter Kohl

Author, Speaker, Coach

[Editors Note: Mr. Kohl is the son of late German chancellor Helmut Kohl and his first wife Hannelore, who became a suicide victim after many years of illness herself]

ABOUT ME

I am a journalist and lecturer, 50 years of age, working in Frankfurt on the Main, Germany, and living in Offenbach on the Main, a little city at the gates of Frankfurt whose name many native Frankfurters (not the sausage, the people) go to length to avoid saying out loud. But I like it, it's grounded, picturesque, and I like living in multicultural neighborhoods. My mainstay has been educating people seeking a new professional direction in continuing education programs. In addition, companies book me for in-house trainings, especially in the fields of online marketing, online public relations, social media and crisis communications.

ANIMALS AND NATURE

Apart from the aforementioned, I've always been quite a traveller who is crazy about animals, and can be found wide-eyed, marveling at the wonders of plant life. In short: I' someone for whom nature has so much more to offer than a hip bar or the next superficial get together. But those can be nice, too.

DREAMS IN THE SKY

I am far from being an ace in sports, because apart from hiking, the only other sport I really enjoy is hanging on my paraglider, watching the world from above. But I haven't been doing this for such a long time yet, so a lot of times I am more occupied with staying aloft than enjoying the view.

I find it quite sad, though, that I cannot take my glider with me on my journey. Would that not be quite the dream? Hiking up the hills and mountains, and gliding down towards the next stop.

NOT GIVING UP

And, yes, I am probably a bit crazy. Or completely nuts. But yes, I know what I am doing. I know what I am forgoing. I am aware of the dangers and the strain I am exposing myself to, and yes, I have to think about my pension. But I've stopped worrying. And no, I am not afraid - never have been.

Apart from the months past that have changed my life so profoundly. Loosing the one you love through their own suicide is possibly one of the hardest things to be forced to bear.

I think it gets even worse, as in my case, when you do see it coming.

I did reach out to many, even calling the police for help on multiple occasions, but I lost the fight to gain his understanding and insight - I did not loose that fight alone, but also because I met disbelief and dismissal from all sides. Friends, his psychologist, the police.

What survives of your own self after such an experience?

Truth is: Not much. No hope, no faith, no future.

It took quite some time until I was able to just sleep or think straight. Several months until I experienced the first day without having to cry. And even then, it remained a difficult path to walk. Sometimes it still is. Not a day goes by without memories, not a day without missing the life we had; the laughter, the perfect moments, and yes, even furious discussions.

Trees of Memory became my perspective, and a perspective I wish to share. A beautiful future, possible for so many others, even if the here and now appears bleak and dire. Have faith in yourselves, have faith in life, and believe in hope. You will not be left alone. If I can be there for you, and be it by simply lending an ear, just invite me to drop by. I will help you work through all that has remained undone, with all that has happened to you. I'm good at tackling stuff. Out of my own experience I know how important it is to have someone to pitch in when the going gets tough.

Take good care of yourselves.

GET INVOLVED

You can help by attracting attention, and taking a stand pro life.

Be it by becoming a Tree sponsor, through your donation, or by becoming a member or sponsor of the Trees of Memory charity.

The vision behind the project can only become reality with your help. The best way to do that is actually by becoming a member or sponsor of „Trees of Memory e.V.“, our registered, charitable and non-profit association.

In order to successfully reaching the goals we have set as an association, we need members and sponsors supporting our cause. Hereinafter you can see wich options for your involvement our charity offers. As, regardless whether you wish do donate, become a sponsor, or a member, all support is routed through our state registered, charitable nonprofit association, you will be subsequently taken to the associations own homepage.

Be it as a tree sponsor, through donating money, or by becoming an association member: Every bit of engagement constitutes a small but valuable piece of the puzzle that is my journey.

DIRECT DONATION

No matter whether you wish to support Trees of Memory as a private person, a company, a school-class or an institution - a direct donation is hassle free and easy, by using your preferred online banking solution, a credit card or paypal.

Every donation enables us to support surviving dependents and people experiencing suicidal tendencies. Once we have processed your donation, you will of course receive a receipt for donating, wich is tax-deductible in Europe.

TREE SPONSORSHIP

By sponsoring a Tree you facilitate our planting of a „Tree of Memory“.

Be it as a memento of someone specific or as a gift of remembrance for surviving dependents, each Tree becomes a symbol lining a path that one day will have come full circle around the globe.

TREES OF MEMORY e.V.

Bringing my project to life, and letting it become a success was only possible through the formation of an officially registered charitable & non-profit association.

My deep gratitude goes to everyone involved!

The society „Trees of Memory e.V.“ wants to help people who have lost a beloved friend or relative through suicide find a new perspective for life. By mixing thorough, in-depth information with a network facilitating in-person exchange among people who are or have been affected, we strive to provide long-term support through each individual period of mourning.

SUPPORTERS & SPONSORING

A project aimed to reach around the world is international and large-scoped by its very nature, and hence is in need of supporters and sponsors from all branches and places. Therefore, I am reaching out to sponsors who recognize the marketing and CSR potential in supporting Trees of Memory, and help me reach the goal of „circumhiking“ the globe to raise awareness.

While generally seeking sponsors who are willing to contribute to the monthly operating cost, companies who have products that fit with the project needs can benefit from showcasing their products in a setting that serves both, influencer marketing and demonstrating social responsibility. Examples would be my probably very regular demand for new high end hiking shoes, and every now and then other equipment will need replacement, too!

MY THANKS AND GRATITUDE GO OUT TO THE FOLLOWING COMPANIES

GlücksSchmiedin

GlücksSchmiedin (FortuneGoldsmith) has been crafting positivity charged jewelry since 2011. These lucky charms accompany your favorite people, or yourself, in every situation. Happiness lies in the small things!

We produce lucky charms under the GlücksSchmiedin label, which we deliver attached to a specially designed postcard. Worn around the wrist, they are companions through different phases of life. As a reminder, or as a little coach giving the owner that extra bit of tailwind – or just putting a smile on their faces. The woman behind GlücksSchmiedin is Ulrike Alt. Ulrike is a „Glückskind“, mom to a wonderful daughter, and a magician / illusion artist.

„We wish Trees of Memory a lot of stamina and tailwind, and are delighted to be able to support Mario Dieringer in his quest to improve suicide prevention.“ (Ulrike Alt)

Our Collectors Trilogy: Selbstliebe (self-love), Achtsamkeit (mindfulness) and Dankbarkeit (gratitude)

BOXCAMP OFFENBACH

Boxing is one of the few sports that trains the body holistically. Apart from reflexes and concentration, it trains power, stamina, speed and co-ordination. Every training session is different, so every group of muscles gets intensely trained over the course of multiple trainings.

We offer courses aimed at kids, as well as women and men of all ages at Boxcamp Offenbach. We tailor our trainings to the different participant groups, serving different skill and fitness levels. This way we can offer an insight into the sport of boxing to those who have not had any previous experience in martial Arts; the same goes for customers who have room for improvement on the fitness side of things. Aside from strength, boxing and stamina exercises, we use light and controlled contact sessions to enable participants to discover this demanding sport step by step, and if they wish take it all the way to achieving fight competence and ring readiness. All it takes is a little courage and curiosity!

Our training is suited for drastically increasing your fitness levels and losing weight, as well as for „blowing off steam“ and strengthening your self confidence. People who like the idea of a versatile yet balanced power workout are invited to join us in a test workout session. Just give us a call - and be surprised about the liberating mental shift you will experience!

My thanks go out to Horst Hillinghäuser for his support.

RESTART PRODUCTIONS

With our production company „restart productions“ my wife Tanja Detig and I produce documentaries for German television, German ZDF and Franco-German channel ARTE being our main customers. Apart from documentaries, producing music videos is quite a passion for us.

Why I am sponsoring TREES of MEMORY

I have known Mario for quite some time in my function as a filmmaker, as both a great human being, and as an uncompromising journalist.

Someone sailing (as in on a sailboat) to Antarctica with a peace initiative, taking part in the naming ceremony for an antarctic mountain; someone enduring atlantic storms searching for the place where the Titanic sank - I think someone like that can walk all the way around the globe if he sets his mind on it. (Alexander Detig)