

## WFWP and UPF Australia;s Way2Happiness Seminar Series: Part 2

John Bellavance  
May 6, 2023



On May 6, 2023, WFWP Australia partnered with the Universal Peace Federation (UPF) and the Family Federation for World Peace (FFWPU) to host the second of a three-part "Way2Happiness and Peacebuilding" seminar series. Twenty-five participants attended in person, while four joined online from Melbourne, Sydney and Adelaide.

This second seminar in the series focused on "Understanding Mind and Body Relation." Each fifteen-minute presentation was followed by twenty minutes of group discussion and Q and A with the speaker. The interactive program enabled participants to share insights on each topic. Dr. Jennifer Huang, lecturer in finance at RMIT University, was the master of ceremony.



### Presenters:

The first presentation was given by Shashi Kochhar, Founder of the charity organization, Friends of the Children Foundation. He spoke on the topic "Personal Responsibility and Happiness." He noted that happiness starts when we realise that life does not owe us happiness. Happiness cannot be pursued; it ensues from how we live our lives and take responsibility.

In 1998, Shashi decided to give back to his community in gratitude for the love, respect and honor he received in Australia. He started his not-for-profit charitable organization, Friends of the Children Foundation, to serve the community, look after the environment and support children's hospitals and schools.

Next to present was Dr. John Bellavance, Oceania Coordinator of the International Association of Academicians for Peace and Vice President of the Universal Peace Federation Australia. Dr Bellavance

spoke on two topics, the first was "The Story of Mind (Reasoning and Consciousness) and Brain (Biology)" and the second was on "Conflict Between Mind and Body - Peace Begins with Me."



In "The Story of Mind (Reasoning and Consciousness) and Brain (Biology)," key questions were: Who are we? How can we understand consciousness? Is the cosmos without purpose? Do I just follow what my body wants? Am I an outcome of my body and my mind (consciousness)?

With respect to human development two parallel currents occur; one focuses on physical satisfaction and science, while the other focuses on the mind by seeking to elevate human consciousness through pursuing moral ideals and practices transcendent of the human body. It is critical to understand these two currents when pursuing human development and self-actualisation.

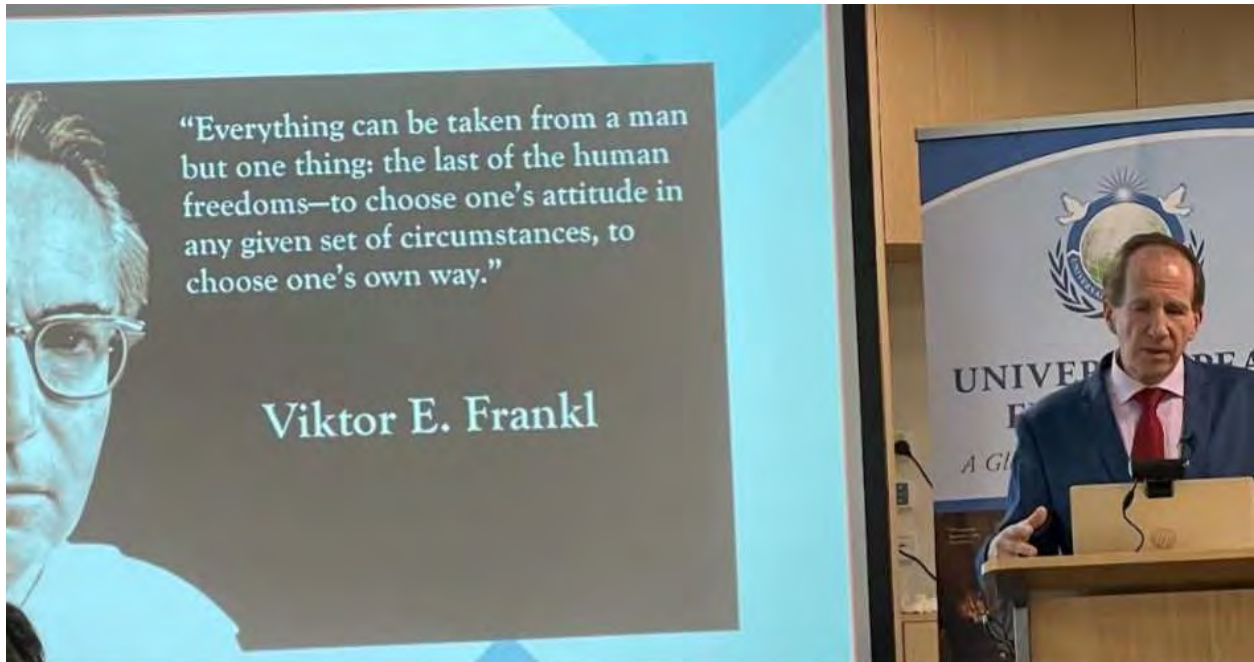


The second topic was on "Conflict Between Mind and Body - Peace Begins with Me." Since wars begin in the mind, Dr. Bellavance explained, it is in the mind that the defences of peace must be constructed. Although mind and body work together, there are times when they come into conflict. Understanding the conflict between the mind and body and resolving this is vital for our personal development.

Next, the audience was led in a guided meditation by Venerable Bhikkhuni Bodhicitta. Venerable Bodhicitta is a Sri Lankan Theravada Buddhist Nun based in Melbourne and Sri Lanka. Venerable has a degree in biomedical science from Monash University and is the Spiritual Director of the International

Centre for Inner Peace and Happiness INC.

The final presentation was on the topic, "Love; Managing Mind and Body Well" and was presented by Mrs. Anne Bellavance, the President of Women's Federation for World Peace Australia and Vice President of WFWP International, representing the region of Asia Pacific 2. In her presentation, Mrs. Bellavance emphasized that the first and most important method for bringing our mind and body into unity is by becoming a person of love - loving another. Emotions such as empathy, gratitude, remorse, and love are felt in relation to others, which results in the growth of our hearts and care for others.



**Ambassador for Peace Awards:**

Award-winning journalist and producer at SBS radio, Iman Riman was presented the UPF Ambassador for Peace Award.

Ms. Riman has contributed to community relations through her tireless work in the media and community service. She arrived in Australia from Lebanon in 1989 and gained a degree in community development from Deakin University. She then worked as a support and advocacy worker for victims and survivors of domestic violence, and then for migrant youth. During her community work, Ms. Riman was active in many community networks and organizations promoting harmony and collaboration. Ms. Riman proved her belief in and respect to diversity and inclusion and peace building through her work.

Ms. Riman was instrumental in establishing the Victorian Arabic Social Services and the Victorian Lebanese Community Council. She also served as board member for other community organizations such as the Australian Muslim Centre for Human Rights and Al Kamal Arabic school. She volunteered with Children First Foundation looking after sick children, and with the Australian Multicultural Community Services looking after the elderly.

At the conclusion of the program, those in attendance gave their feedback, with one mentioning that it was "very well done. The seminar gave food for the soul and was a profound experience."

WFWP looks forward to continuing this seminar series in partnership with UPF and FFWPU.

[Intro video link](#)