

Savers - S-Scribing; A-Affirmations; V-Vision; E-Exercise; R-Reflection; S-Scripture

Lilly Gundacker
October 11, 2023



Hal Elrod in [Miracle Morning](#), talks about savers. He uses the acronym S-A-V-E-R-S to remember what to do every single morning. I was not sure what they were and first wrote: S-Scribing; A-Affirmations; V-Vision; E-Exercise; R-Reflection; S-Scripture. I referred to them in my [vlog](#) this morning.

Those six practices not only pulled him out of his rock bottom but turned out to be the best way to take his physical, mental, emotional, and spiritual capacities to another level.

The S.A.V.E.R.S. are:

- Silence
- Affirmations
- Visualization
- Exercise
- Reading
- Scribing.

Cyprus

[Dean Graziosi](#) says he is dyslexic and he loves to listen to books. We are living in amazing times with amazing opportunities.

I've just come out of a call with a friend who does not use WhatsApp. She is also not coming to our [WFWP Annual conference in Cyprus](#).

It is so easy to judge one another. I am so into appreciating that we are all so, so, different and that is okay. I am really looking forward to the week in Cyprus. Mainly because I imagine the atmosphere on the island and the proximity to the ocean. I have lived in Austria for over thirty years now and have almost forgotten that I am in a land-locked country.

When I first came here to Austria, I was almost obsessed with the fact that the ocean is so far away.

I am the techie for this group of women, and we are planning our media meeting for the conference shortly.

I wonder what the average age of the participants will be?

We will be celebrating [Joy Martina](#)'s 50th birthday and I fear she may be among the youngest of the group. (Sorry, Joy, I hope not, and I also do not expect you to be reading this! LOL!)

I am alive

We old pioneers have a story to tell, and I am working on getting ready to tell that story. This blog and vlog are a few steps in that direction.

As I recorded my vlog this morning, I recognize how I push myself past the feelings of inadequacy, of not being pretty enough, good enough, slim enough, young enough, to just appreciating that I am still here, I am alive, I am a survivor, and I am grateful!

So, who wants to hear my story?

Sometimes I hear myself say, my stories are all from a long time ago. It's time to create a few new ones.

My letter to God this morning

Dearest Heavenly Parent

Thank you for being, for creating, for loving. Thank you that you made us in your image, to reflect your love, your heart, your passions, your desires. Thank you for this time on earth to grow, to comprehend your heart, to have children, to experience blessed family life. Thank you. Thank you, Thank you.

God's letter to me:

My loving Heavenly Daughter, You do not comprehend how much I need you. How I need you to be you. How I need you to express yourself, as in expressing yourself, you become the expression of me, you give me a voice, you show my heart. I need and love you so much, as I need and love every single one of my children. You give me a voice. You give me a face. Yes, your face, with all its scars and imperfections. You are my face. I was here before you. I experienced it all before you. I had the pain before you. I had millions of children before you. Do not hide yourself, for in doing so, you hide me. I want to finally be seen, be heard, be appreciated, be loved, but most of all, for my love to be felt. You are my voice. You are my love. You are my desires. You are my hopes, my dreams, my wishes, my vision.

Dare to dream bigger. Dare to become the one I made you to be. You are not just some accident that came about. You are not just some chance occurrence, now living in history. You are my daughter. You are my fruits. You are my joy and hope and dreams. You are also the seeds of posterity. Do not underestimate your impact, your value, your influence. You are not Tony Robbins. You are not Dean Graziosi. You are you. You are ME. You are my voice, you are my face, you have my body. You are my instrument. I need you to speak on my behalf. I need you to act for me. I need you to be there so that they know I am there, I am real. I love, I care. I cry. I crave.

Be bold and strong

Be bold and strong. I will not forsake you. I have never given up. You are my light, my beacon. You have a mission. Never doubt it. Turn up. Show up. Speak up. Be my voice.

Human design may be one way for you to gain confidence. I am expressing myself through you as in nobody else. Polish that diamond. Bless yourself. Love yourself as I love you. Take care of the temple I have given you for this earthly period. Yes, it is unique to you, and it makes you special, unique in a way nobody else can express my love, my heart, my emotion, my will. So, cherish this earthly body and love it and bless it and decorate it as my temple. Yes, get your hair cut, short if you like. Get curls if you must. Your face will heal. Your soul will blossom. Your heart is great. We are one.

This is my personal testimony

This is my personal testimony, my own blog, that is my personal diary which I am publishing on-line. Yes, I am unique. Yes, I get carried away. Yes, I am eccentric. Yes, I am okay. I am fine. I am great. I am awesome.

Oh, by the way, as I take on the role of media advisor to WFWP Europe and the Middle East, I confess my mistakes and my learning curve. Dean and Tony really stress how important it is to keep going, keep doing, be active. It is the learnings, the failings, the doings, that will teach you the most and get you furtherest.

I wanted to post the photos from the UN to the new [Instagram](#) site I created for WFWP EUME. I also would like to start using the hashtags recommended by our European president:

Always use this hashtag:

#WFWPConference2023

Feel free to mix and match these hashtags based on the content and themes we will be covering at the conference sessions, networking, socializing

1. Empowerment and Leadership:

#WomenEmpowerment #LeadershipJourney #WomenInPower

2. Personal Growth and Development:

#ProfessionalDevelopment #PersonalEmpowerment #SelfImprovement

3. Diversity and Inclusion:

#InclusiveLeadership #DiverseVoices #EqualityMatters

4. Social Impact:

#SocialChange #CommunityDevelopment #EmpoweringOthers

5. Women's Rights and Advocacy:

#GenderEquality #WomenRights #feminineleadership

6. Inspirational Stories:

#LeadingByExample #TrailblazingWomen #InspiringJourneys

7. Collaboration and Partnerships:

#Teamwork #BuildingAlliances #CollaborativeLeadership

8. Sustainable Development:

#SustainableLeadership #EnvironmentalResponsibility #GlobalSustainability

9. Innovation and Technology:

#DigitalLeadership #TechAdvancements #InnovativeSolutions

10. Women in Politics:

#PoliticalLeadership #WomenInGovernment #PolicyMakers

And by the way, I overlooked the fact that I was on my personal profile when I shared the photos of our UN reps in Vienna. I still have not figured out how to share them to the [other profile](#).



Personal Psychoanalysis and Reflection

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I said it was just for me. I'm posting it anyhow. I am convinced I articulate certain issues we all go through. I am on the last day of skin-cancer treatment and started this video after taking a few face shots and then covering the lesions with makeup. Not a pretty sight. It's almost as if I am co...more

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We welcome you to join us

20th Annual WFWP – Europe Leadership Conference

**Transforming our World through Advancing Peace:
a Culture of Peace and Human Dignity**

November 3-5, 2023

Venue: Radisson Blu, Larnaca, Cyprus

[Conference poster](#)

Registration deadline is 15th Oct.

You will be able to meet, listen and share with leaders from throughout Europe, and we invite you to participate with your knowledge, talents and experience in this important conference.



Dear Friends,

The Women's Federation for World Peace, International (WFWPI) is an NGO working in over 120 nations to empower women and girls as peacebuilders and leaders through education, advocacy, partnership, reconciliation and humanitarian service- with an active presence at major UN Offices.

We are committed to advancing women's role in the 21st-century and engaging leadership that is principled, creative and effective in addressing challenges of our globalised community.

Annual women's leadership conferences have been held in prominent venues throughout Europe since 2001. These important events have given women leaders and young developing leaders the opportunity to share knowledge, tools and resources and strengthen solidarity.

This year's meeting will be held on November 3-5 in the location of Larnaca, Cyprus, a symbol of the diversity and inclusivity that the conference seeks to promote. Cyprus is a country that has a rich history and culture, with influences from Europe, Asia, and Africa. It is also a country that has made significant progress in promoting women's rights and empowerment in recent years...

On this occasion, leaders from throughout Europe will meet to listen and share, under the banner, "Transforming our World through Advancing Peace: a Culture of Peace and Human Dignity".

We cordially invite you to participate with your knowledge, talents and experience in this important conference.

Participation Information can be found in the attached registration form and is posted on our WFWP-Europe website www.wfwp-europe.org and WFWP-Europe Facebook page.

Please let us know if you have any questions or concerns.

Very sincerely

Mitty Tohma
WFWP Europe President
WFWP International Vice President

Marcia de Abreu
WFWP Spain President
WFWP Europe Secretary General

Main sessions of the Program

Conference fee: 295€ per person.

Conference fee includes:

Friday, November 3rd

19:30 - 21:30 Opening Dinner Banquet

Saturday, November 4th

08:45 - 10:45 Session I The Invaluable Contribution of Women to Peace Education.

1. Identity and Human Dignity
2. Peace Leadership and Peace Culture

11:15 - 12:45 Session II The Power of Women's Networks in Building a Culture of Peace.
Taking Action for Peace: the Way Forward.

17:30 - 19:00 Session III The Importance of Women's Voices in Creating a Culture of Peace : The Middle East Perspective seen from within and from the outside.

19:30 - 21:45 Dinner and Entertainment

Sunday, November 5th

09:00 - 10:30 Session IV Creating a Sustainable Future: Women's Role in Environmental Peace building.

11:00 - 12:00 Session V Awards and Closing Session

13:00 Lunch and Departures

Note: The conferences will be in English language, there will be no translation.

The speakers' names will be added when confirmed.

Conference fee includes:

- Full participation in conference program
- Accommodation 2 nights in twin room, including breakfast.
If you require a single room, you will need to add 120€ extra for two nights. In this case the conference fee will be 415€
- Full meals starting with Dinner on Friday 3rd Nov. until lunch on Sunday 5th. Please note that WFWP will not be providing meals before and after these times.
- Coffee breaks during the conference in the hotel

For those arriving earlier or leaving later, it is 70€/person/night including breakfast in a twin room or 130€ single room.

[Full version information to participants](#)

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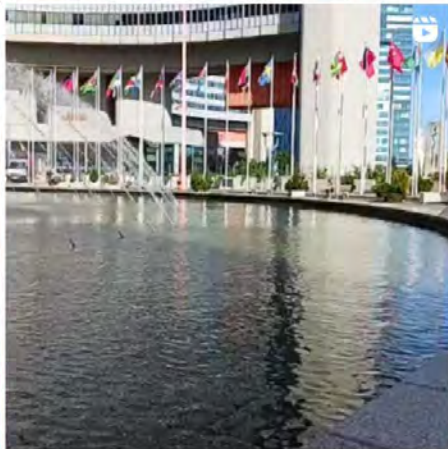
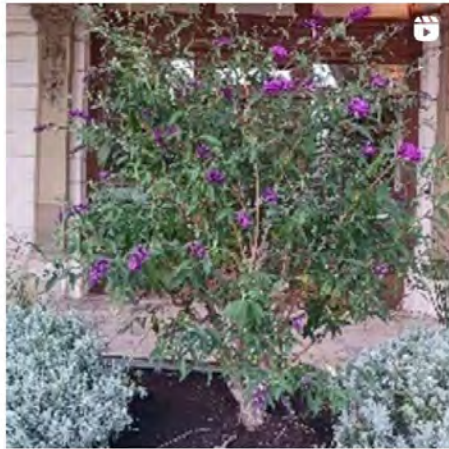
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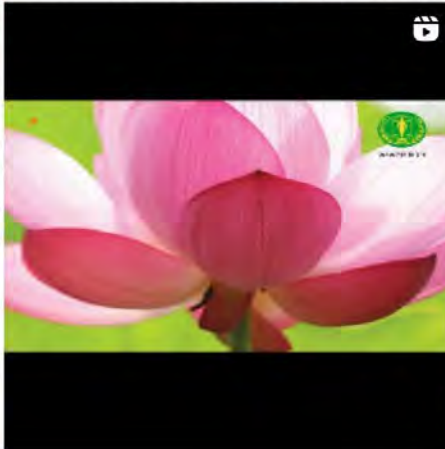
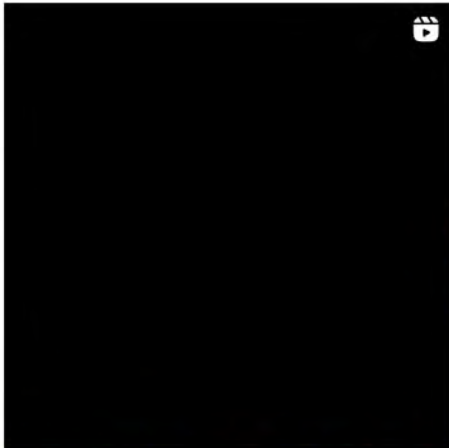
Women's Federation for World Peace Europe and Middle East

Women working together to form one global family rooted in a culture of sustainable peace
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Keynote Speaker

Dr. Iris Dotan Katz
Senior Clinical Psychologist,
Peace Advocate
Women's Empowerment Leader

"An inspiring series of monthly encounters with women from Europe, the MENA and Eurasia. They will tell their stories to bring us closer to their culture and their life of challenges & successes."

Dr. Iris Dotan Katz is a senior clinical psychologist, peace advocate, and women's empowerment leader. With over 27 years of experience, she combines therapy, organisational development, and spiritual practices to promote reconciliation and social change. Dr. Katz actively engages in peace organizations, fostering dialogue between Israelis and Palestinians through compassion and prayer.