

## Elisabetta Nistri and Giuseppe Cali's The road to happiness (online April 23)

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Automatic translation from Italian



Elisabetta Nistri and Giuseppe Cali present the 4th meeting of the Path "The road to happiness" (online April 23 at 18.00)

The meeting on Zoom is dedicated to the Values that have always been present in the history of humanity as points of reference to always keep in mind in order to overcome difficult situations and critical moments

The poster is for a meeting titled 'LA STRADA PER LA FELICITÀ' (The Road to Happiness). It is part of a 'PERCORSO DI SPIRITUALITÀ GUIDATO DA GIUSEPPE ED ELISABETTA CALI - LEZIONI DEL TEOLOGO TYLER HENDRICKS'. The meeting is on '23 APRILE 2021 - ORE 18'. The poster features a red background with white text and a photograph of a tree with pink and white blossoms. It includes contact information for Giuseppe Cali and Elisabetta Nistri Cali, and a Zoom link: <https://zoom.us/j/91170280097?pwd=Zm96d0RlZ0p1aU9kdz09>. It also mentions 'Heavenly Parent's Holy Community' and 'Tyler Hendricks, teologo unificazionista e rettore del seminario teologico di Barrytown, USA'.

Despite the difficult moments and difficulties that can be encountered in this life, accentuated by just over a year after the onset of the pandemic, happiness remains a legitimate desire of every person, a right just like freedom to never lose sight of and to fight for. We are born free with the aspiration to happiness to be sought in every sphere starting from the first nucleus family from which we start to train on a psychological and social level in order to build relationships and fulfill ourselves.

Being happy can become a challenge when you lead a life in which suffering and death are strongly present, then the attitude with which the pain is experienced is important, which can become openness to happiness. In this regard, the cognitive psychologist and founder of positive psychology Martin Seligman talks about discipline and commitment as necessary aspects to achieve happiness, regardless of the predisposition to be more or less happy, and in this perspective the achievement of happiness is linked to an attitude of training and development.

According to the Dalai-Lama, happiness, among the various definitions he expressed, is based on respect for oneself and others and on responsibility. It depends on personal responsibility as it requires discipline and an inner method to combat negative mental states such as anger and fear and to cultivate positive ones such as generosity.

Giving meaning to life allows you to be happy. Even in this page of the history of humanity deeply wounded and overwhelmed by the fury of Covid-19 which heavily affected individual and collective well-being, generating a profound economic and social crisis, with a huge number of deaths, it was never extinguished that light of hope in returning to a life in which to manage every choice and action in harmony with those around us and independently. The hope of a rebirth starting from a new way of looking at oneself and others, always keeping alive the sense of respect and listening as a privileged space in which to feel welcomed.

To bring hope in a speech dedicated to happiness and the search for its meaning, is the Spirituality Path "The road to happiness" (or rather, our path with happiness,) led by Elisabetta Nistri Cali President of WFWP Italy and Giuseppe Cali President of the Federation of Families for World Peace and Unification, Southern Europe, who for the 4th appointment focuses on the values and certainties from which the individual must never stray, values that have always guided his choices because they have remained points of reference over time. In this sense, the reference during the meeting is to the path of life, dwelling on some passages from Genesis (1-28) in which God gives three great instructions to the first human beings.

This appointment takes place online on Friday 23 April 2021 at 6.00 pm on Zoom.

If difficult and painful moments can become opportunities to learn from, this period of human history linked to the pandemic can also lead, as Elisabetta Nistri says

" Further wisdom in all of us. But how can we overcome it by avoiding getting stuck in the sands of depression, or how can we manage to take our life in hand when it seems that everything depends on the surrounding situations? "

This is where the values that have always been points of reference for man come into play. In this regard, Elisabetta Nistri asks the question whether those

" Reference values that remain over time beyond the various historical periods" may "still be a guide today towards harmony with oneself and with others".

Each weekly meeting on Friday afternoons opens to a reflection on the sense of happiness to be found in this life and how it can be followed in harmony with oneself and others. In previous meetings, the aspect linked to trust in oneself and in others to refer to was addressed, we talked about the duality present in every aspect of the universe and therefore also in man and how this duality is to be understood as a harmony of opposites necessary because it guarantees the balance. And again in the meeting of last April 16 the theme dedicated to the relationship existing between the Universal First Force, origin of all forms of energy and of the reciprocal relationship that animates the existence, multiplication and action of each one, was addressed. thing in creation, an aspect that directly involves man.

The meetings, aimed at everyone regardless of religious denomination and creed, are of support to people, because precisely through the comparison and exchange of ideas they can find greater inner balance also to win the challenges and battles that are in their path. Each meeting is introduced by a 15-minute lecture given by Tyler Hendricks unificationist theologian and rector of the theological seminary of Barrytown (USA), followed by a debate, discussion and sharing among the participants.



Elisabetta Nistri President of the WFWP. Women's Federation for World Peace in Italy, in its programs has always fought for the respect of rights, with a view to enrichment in which each person is valued and respected on an individual and social level for a future of peace starting from mutual collaboration of countries by rethinking a healthy economy. Alongside respect for the rights for the protection of women, the defense of minors and the overcoming of inequalities, Elisabetta Nistri fought for those relating to immigration and the core family where love flourishes, carrying on the commitment to dialogue interreligious and intercultural, together with cooperation for peace on a world level that includes every people while respecting the freedom and equality of every person.

Rome April 23, 2021

"The road to happiness"

with Elisabetta Nistri Cali President of WFWP Italy and

Giuseppe Calì President of the Federation of Families for World Peace and Unification, Southern Europe

with lecture by Tyler Hendricks, Unificationist theologian and rector of the Barrytown theological seminary (USA),

Fourth meeting on the values to always keep in mind

Friday 23 April 2021 at 18.00 (free) online on

[zoom.us/j/99170280069?pwd=ZnpSVXJHZFRZUHZhM3dQWUZDVVF5Zz09](https://zoom.us/j/99170280069?pwd=ZnpSVXJHZFRZUHZhM3dQWUZDVVF5Zz09)

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