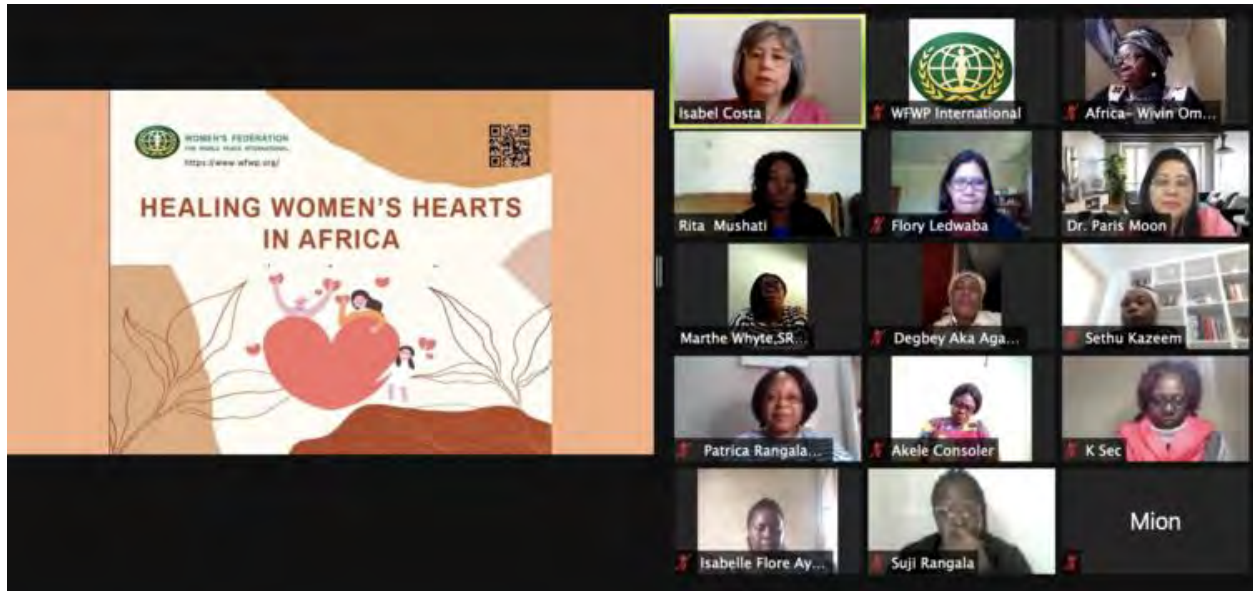


WFWPI's Healing Women's Hearts In Africa - Virtual Therapeutic Session

Mion Tsuchiaka
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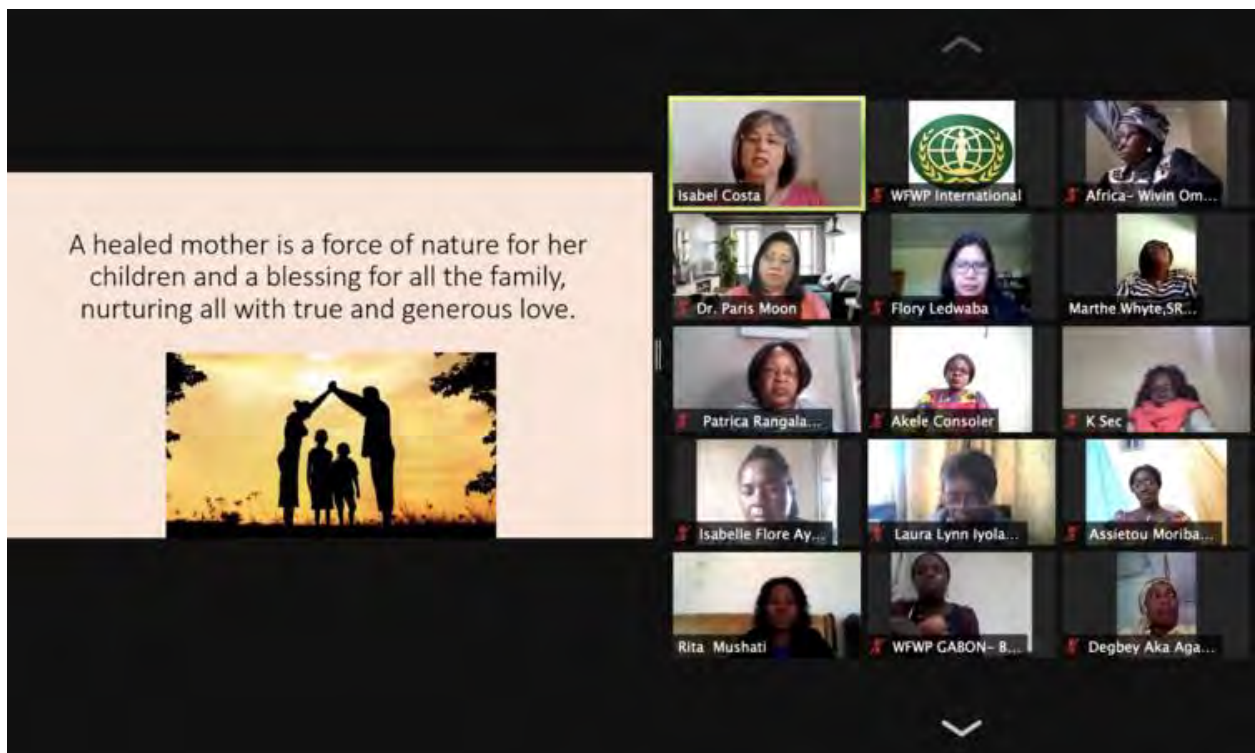
Women's Federation for World Peace International (WFWPI) hosted a "Healing Women's Hearts in Africa" virtual therapeutic session on July 24, 2021. As more countries reported lockdowns from COVID-19, domestic violence helplines and shelters across the world experienced large volumes of calls for help. Mrs. Isabel Costa, happiness consultant, creator, author, Ambassador of Peace and trainer of the Holistic Nutrition Course from Portugal, conducted the healing session to help women in Africa who have suffered loss, abuse and other traumas.

The invite-only session was held with 25 women leaders, who received training to become counselors who can cure women and children in the rural areas of Africa, by spreading the message of harmony and inner peace to families. The session was held in English, French and Portuguese.

Dr. Paris Moon, WFWPI Secretary-General, opened up the session by explaining the purpose of this event and introducing Mrs. Costa to the participants.



Mrs. Costa gave an introduction to the session saying "A woman can show the way to another woman up to the point where she has healed herself. Women's wounds begin in the family, especially in the relationship with mother." The climax of the session was the meditation exercise to recall the inner child in oneself and free her from the negative emotions by forgiving, protecting and loving oneself and one's mother. Many of the participants couldn't help but shed tears, reflecting on their own experiences and trauma.



After the exercise, participants looked refreshed and tranquil. Many women then shared stories from their childhood. An anonymous participant said "Today I could find peace in my heart and forgive my father, who was always beating my mother. I think that this therapy session can help many women because they need to be healed first, not judged." Another anonymous participant shared "I was in the position of president for quite some time but I always felt unconfident and lacking in something. I was raised by an auntie who treated me badly and I never knew the love of my mother. Through the session, I learned to appreciate and see the importance of healing our children as soon as possible."

With this 2.5-hour healing session, the participants expressed their desire to support women and children in Africa to overcome the pain and afflictions of their past and move forward towards freedom together. WFWPI plans to conduct healing sessions continuously in the future.

