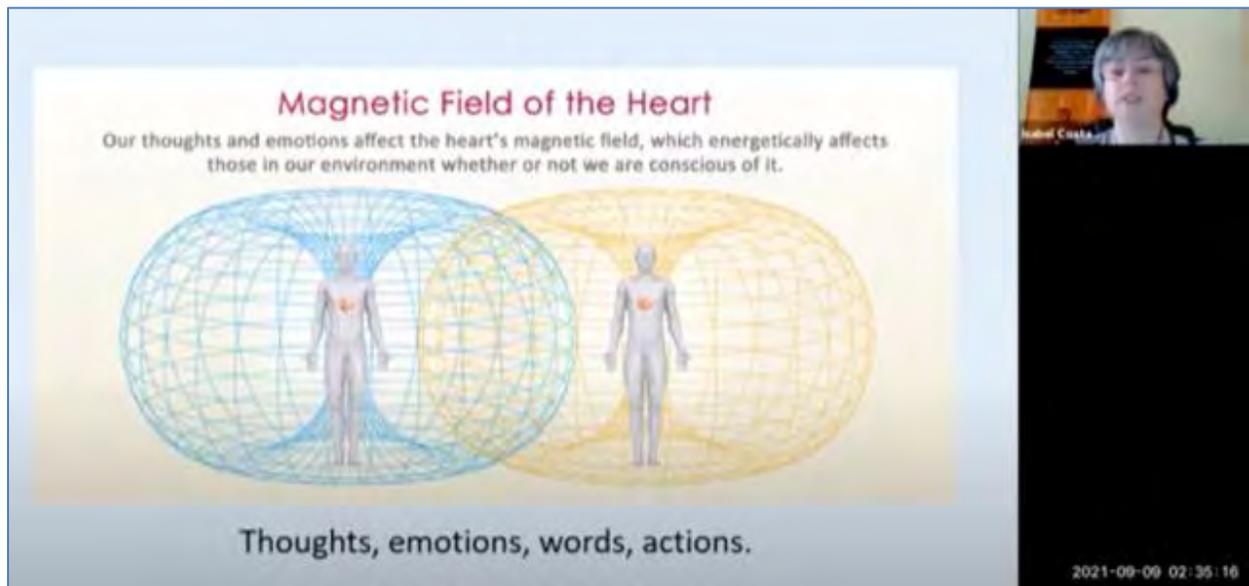


WFWP International's Healing Women's Hearts virtual therapy sessions

Mion Tsuchiaka
September 2021



Women's Federation for World Peace International (WFWPI), featuring Ms. Isabel Costa, conducted a series of five "Healing Women's Hearts" virtual therapy sessions from July to September 2021. These therapy sessions were designed for intercultural couples, mainly Asian wives and African husbands, who are currently living in Africa.



Ms. Isabel Costa is a member of the WFWPI Global Committee, a happiness consultant from Portugal and a Holistic Nutrition Course Trainer from Portugal. She is also an Ambassador of Peace, the author of two books on healthy eating as well as a co-organizer of the Multidisciplinary Congress in partnership with ComMedida.

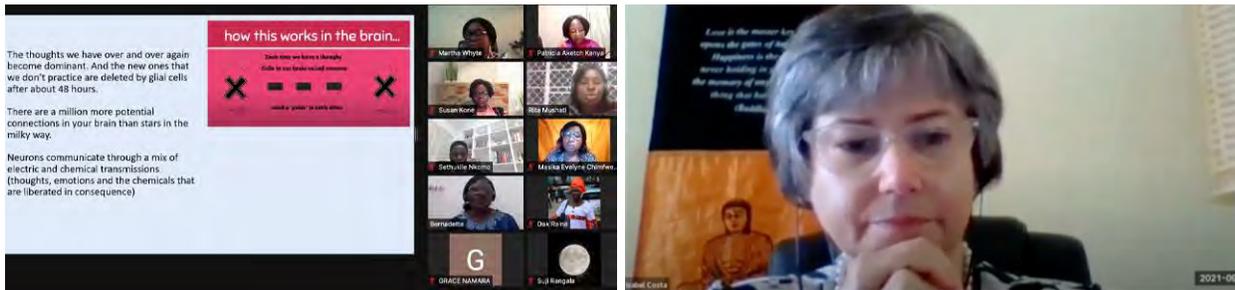
Ms. Costa created a therapy and education curriculum to help couples understand and develop healthy problem-solving skills in relationships. These sessions were particularly profound and relevant to couples

in intercultural marriages, who face both blessings and roadblocks with communication, cultural differences and culture shocks.



The two-hour session consisted of an introduction to the course by Ms. Costa; a special lecture on the basics of relationships, emotions and thoughts; a meditation exercise to recall the inner child in oneself and free her from the negative emotions by forgiving, protecting and loving oneself. It also included a reflection time to share life thoughts and stories, to find practical solutions to difficulties.

After all the sessions were completed, all the participants felt refreshed and peaceful. This is because the participants were able to identify obstacles and challenges in their hearts and develop their relationships from the point where they were healed.



Anonymous said "The sessions are very educational and help me to be a better wife and mother. I feel the love and concern and it is much appreciated." One participant shared "Ms. Costa helped us to look at ourselves. This is a very good thing because many of us have not had time to do this. When we are healed as women, we can in turn help our families to be healed and our children to have better relationships and better families. You have no idea how much this means to us. This is a lifeline for women. This is real women's empowerment."

WFWPI believes that happy women who are healed and empowered create happy families and homes, which leads to healthy communities and a peaceful world. The WFWPI will continue to offer online healing sessions to support women around the world.