

UPF UK commemorates the UN International Day of Peace 2021

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United Nations International Day of Peace 2021 is commemorated every 21st September. Universal Peace Federation branches around the world have highlighted this date to promote peace and peaceful initiatives. This year Caroline Heward sought to demonstrate how to find inner peace through meditation. Many Ambassadors for Peace enjoyed the chance to reconnect in-person for the first time for many months.



An Ambassador for Peace award was presented to Ms Hera Kruja for her efforts for charity



Caroline Heward facilitated all to have the chance to experience inner peace by leading a guided meditation. She is a Harley Street Stress Expert, Speaker, Trainer, Mentor. Specialist in trauma, depression, stress, anxiety, relationship, and intimacy issues. Provides fast solutions using chakra psychology to identify root cause for stress. Focused on resolving the "internal battle" and repeating behavioural patterns, creating calm and inner peace. Over two decades of expertise, specialist in meditation practices.

The guided meditation was created by Richard Down who is author of Jurema Dreaming medicine sound journey. He is a shaman healer with a professional background in psychotherapy, hypnosis and NLP. He uses Icaro healing song and sound frequencies to achieve healing effects, to bring harmony, peace. www.richarddownshaman.com We are grateful he gave us permission to use this meditation.

The event was livestreamed on facebook so forming a hybrid pattern event to open the programme to a wider audience.