

WFWP Georgia launches new heartistic series: Heal Your Family, Heal the World

Myrna Lapres
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After a discussion at a local meeting, the Georgia Chapter of WFWP decided that we need to create more of a connection in heart with each other. In 2019, we held a number of public events including the series, "The Cornerstone of Happiness" and a weekend retreat in Savannah centering on "The Leadership of the Heart." To facilitate a deeper internal connection, we planned two local events. The first was a Christmas party complete with making mochi and jeweled tree ornaments. Joining with the local Silver Club (senior members of our church community), we enjoyed a potluck lunch, a white elephant gift exchange, singing Christmas carols and wonderful fellowship. The second event was a sleepover at the home of WFWP Georgia Chairwoman Myrna Lapres in January. Arriving with food to share and sleeping bags, a dozen

sisters shared, laughed and cried together as we explored how we can create a closer working relationship in 2020.



Spearheaded by assistant chairwoman Celeste Koshida, Loretta Anderson and Myrna Lapres, our chapter launched a series of presentations entitled "Heal Your Family, Heal the World" in 2020. Inspired by the Cornerstone of Happiness and Leadership of the Heart curriculums, the three women developed their own presentations, drawing from their common knowledge and experience as relationship and family coaches. All three have been working with Hilde Wiemann, founder of [Generation Healing](#) and a certified coach with 25

years of experience, wisdom and investment. Through in-person programs and webinars, Ms. Wiemann addresses unhealthy emotional patterns in individuals and families, providing profound insights and practical tools to aid in the process of healing and reconciliation.

Using the concept of the family as the school of love introduced by WFWP founders, Rev. and Dr. Moon, our interactive presentations focus on looking at the model of the healthy family where parents and children, husband and wife, brothers and sisters all desire to unite through true love. It is through the family that we are meant to learn about relationships, giving and receiving love.

Using short presentations, meditations, pair shares, inner child drawing activities and more, we explore the following topics:

The difference between "real," unconditional love and "imitation," conditional love

Childhood wounds and defense mechanisms we develop in order to protect ourselves and survive

How these wounds interfere with our ability to function as adults and how they affect our relationships

understanding that healthy relationships begin with developing self-awareness and learning skills and tools to heal

Reclaiming health and wholeness by building support for real love in our lives



Holding two programs a month, one at the Georgia Family Community Center and one at the Phoenix and Dragon bookstore in Atlanta, the presentations in February and March have each drawn a dedicated group of regulars.

Participants have gained a lot from the experience, as reflected in these comments:

"That meditation was really deep for me. I never realized how much I ignore my inner child."

"Becoming aware of how my relationship with my parents is impacting me today was eye-opening. Being able to talk about this with my partner brought me to tears."

"Wow, I needed this today. It is amazing to realize how I can take back my own power."

Meeting together weekly to plan the presentations is connecting the three women -- Celeste, Loretta and Myrna -- closer in heart. They are discovering more about trust, being authentic and caring for each other as they discuss and practice some of the tools together. They look forward to all that there is to learn and share through the rest of the series in April and May, which may possibly be moved online to adjust for current circumstances.