

## Conclusion of WFWP USA's GWPN Forum series: Inner Crisis and Resolution

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To empower women and families during this time of crisis and racial unrest, Global Women's Peace Network USA initiated a three-part Facebook live speaker series, under the theme Reflect, Reset, Rebuild. The third and concluding forum was held on the topic "Inner Crisis and Resolution" on August 12, 2020 (see reports on the [first](#) and [second](#) forums).

The first speaker was Kim Evans, founder and CEO of Your Wings, an Arizona-based private therapy and coaching practice, and her talk was entitled "Staying Connected to Family, Self, and God." Through years of personal experience and coaching clients, Ms. Evans shared practices and activities to incorporate while in isolation when we feel ourselves begin to pull away and shut down.

In addition to a breathing exercise, she included four positive steps to peacefulness, that work to lift us up from the inside and reengage us with others.

Our second speaker, Dr. Cornelia Santos, professor of Environmental and Indigenous Studies at Bemidji State University and a Native American of the Apache, Navajo and Pueblo nations, offered her perspective on our connection with nature and our overall well-being, on the topic "All My Relations: Our Universal Connection."

Dr. Santos presented an additional support system we can rely on during these troubling times. Sharing the Indigenous phrase Mitákuye Oyás'ij, meaning "All our Relations," she described the expansive worldview of relatives that includes both humanity and nature. She encouraged us to pause and to look towards nature as a source of connection and centering at this time.

As always, there was time at the end for the live audience to type in their questions and comments and engage with the speakers personally. Many expressed their appreciation for the uplifting and healing words at this time. In addition, five lucky winners from the comment section were chosen to receive WFWP Founder Dr. Hak Ja Han Moon's new memoir "The Mother of Peace."

We hope that this GWPN forum series has been empowering and nurturing for you, and in case you missed any of them or would just like to rewatch them, here are the links to all three sessions:



1. Life and Business: [vimeo.com/423670462/370523a82b](https://vimeo.com/423670462/370523a82b)
2. Crisis in Education: [vimeo.com/434498679/a567deadb1](https://vimeo.com/434498679/a567deadb1)
3. Inner Crisis and Resolution: [vimeo.com/447289698/b0943ca37c](https://vimeo.com/447289698/b0943ca37c)