

## WFWP USA: Watch the Recording - GWPN "Inner Crisis and Resolution"

Angelika Selle  
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### Watch the Recording and Stay Connected

Global Women's Peace Network USA Presents 

**Reflect. Reset. Rebuild.**  
*"Inner Crisis & Resolution"*



**Speaker: Kim Evans**  
Optimal Performance Coach, Somatic  
Therapist and Executive Consultant

*"Staying Connected to  
Family, Self, and God"*



**Moderator: Angelika Selle**  
President WFWP USA,  
Vice President WFWP Intl. (North America)



**Speaker: Dr. Cornelia Santos**  
Professor of Environmental and  
Indigenous Studies

*"All My Relations: Our  
Universal Connection"*

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. Yesterday the third and concluding forum was held on the topic "Inner Crisis & Resolution."

Through years of personal experience and coaching clients, speaker **Kim Evans** shares 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 includes 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**, presents an additional support system we can rely on during these troubling times. Sharing the Indigenous phrase *Mitákuye Oyás'íŋ*, meaning "All our Relations," she describes the expansive world view of relatives that includes both humanity and nature. She encourages us to pause and to look towards nature as a source of connection and centering at this time.

**We also want to congratulate our five [Mother of Peace](#) memoir contest winners:** Kathryn, Susan, Natascha, Lucia, and Richman!

We are pleased to share that overnight this video has reached 2,313 people on facebook. **If you have not had a chance to watch this "Inner Crisis & Resolution" forum, we invite you to watch it, and share with your friends!**

**Watch Now on Facebook!**

**Watch now on Vimeo!**

We hope that this series has brought you new insights, inspiration, and hope in areas of life that are important to you.

**If you are wondering what's next, we invite you to stay connected with Global Women's Peace Network USA activities by signing up with the link below.**

**Stay Connected: GWPN**

- Women's Federation for World Peace USA

Women's Federation for World Peace USA  
[info@wfp.us](mailto:info@wfp.us)

