

FFWPU Nepal: 5-Day Pure Water and Leadership Workshop at Lekhnath Center

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We hosted a 5-Day Pure Water and Leadership Workshop under the theme "The Divine Principle: A Guiding Light for Life and HJ Leadership" at the Lekhnath Center in Pokhara. Twenty-five youth and students from esteemed colleges and institutions in Pokhara participated. The workshop aimed to foster leadership skills, empower youth to embody "Pure Water," and emphasize their critical role in national development and peace-building efforts.

The purpose of this program was to witness a new generation of young people centering around the True Mother's direction during the 160-Day Special Activities period, leading to a victorious entrance into the Cheon Il Sanctum in Cheon Won Gung. This workshop marked the first condition of youth witnessing activities throughout the 160-day period.

The program commenced on the first day with registration and the arrival of distinguished guests, creating an atmosphere of unity and anticipation. The opening ceremony featured a symbolic water-pouring ritual by the Chief Guest and Special Guest, signifying growth and harmony. Welcoming remarks were delivered by Mr. Ram Chandra Devkota, Senior Leader of FFWPU/UPF Pokhara, followed by a keynote speech from Mr. Birendra Shrestha, Vice President of FFWPU-Nepal. His address emphasized the relevance of the Divine Principle and HJ Leadership in personal and organizational growth. Special remarks were shared by Shree Bal Krishna Subedi, Shree Laxmi Tripathi, and Chief Guest Shree Bam Dev Sharma, highlighting the importance of fostering leadership and moral values. A vibrant cultural performance by Deepak Sapkota added a celebratory touch. The session concluded with a vote of thanks by Mr. Kedar Bajagain and a group photo capturing the collective spirit of the participants and organizers.

The workshop included lectures, interactive activities, and team-building exercises for participants. On the second day, participants engaged in discussions on the "Principle of Peace (Ideal)" led by Mr. Birendra Shrestha, complemented by team-building exercises that fostered unity and camaraderie. The third day focused on the "Cause of Human Conflict (Reality)" by Mr. Deepak Sapkota and "Solutions for Conflict and Peacebuilding" by Mr. Shrestha, drawing from the Divine Principle. Interactive games and discussions enhanced the participants' understanding and engagement. On the fourth day, Mr. Prakash Babu Thapa, President of FFWPU-Nepal, delivered an inspiring lecture on True Parents' life course, deeply motivating the participants to seek further training.

The fifth day was dedicated to community service through a "Clean and Green Pokhara" campaign. Participants, alongside local residents and representatives from Pokhara Metropolitan City, cleaned a 6 km area around Ward 29, spreading awareness and demonstrating the spirit of service. The participants were profoundly moved by the campaign, which fostered a sense of selflessness and unity.

The graduation ceremony marked the formal conclusion of the workshop, beginning with the singing of the national anthem and a cultural performance that set a celebratory tone. Participants such as Dupendra Purja and Rachana Karki shared heartfelt reflections, highlighting the profound impact of the program on their personal growth, leadership skills, and understanding of the Divine Principle. Distinguished guests, including Ward Member Shree Kalidas Pokhrel and Chief Guest Mr. Prakash Babu Thapa, commended

the participants for their dedication and engagement. Certificates of achievement and participation were awarded, including the prestigious Ambassador for Peace Awards.

The 5-Day Pure Water and Leadership Workshop left a lasting impression on both participants and the community. It showcased the transformative power of the Divine Principle and the importance of youth in peacebuilding and leadership. The event laid a strong foundation for continued growth, inspiring attendees to apply the workshop's teachings in their daily lives and contribute positively to their communities.



Reflection

Rachana Karki (Participant):

It has been a privilege to be part of this international organization. I feel immense happiness knowing that this organization is dedicated to guiding humanity toward the right path. While people across the world seek peace, true peace often feels elusive due to conflicts, selfishness, and wars. However, if we focus on fostering selflessness and serving others rather than pursuing only personal gains, we can create a world where peace becomes attainable.

We were sent to this earth with the potential to reflect divine qualities. Whenever we help others, we embody the essence of divinity in their lives. This realization reminds us of the profound responsibility we bear as human beings.

The purity of water symbolizes the purity of the mind. Just as clean water sustains life, a pure mind sustains positive thoughts and actions. Conversely, when water is contaminated, it reflects a negative mindset that harms not only our present but also our future. This organization has worked tirelessly to uplift humanity, reminding us of the virtues our ancestors once upheld.

It is our responsibility to uphold moral values and foster respectful and ethical relationships. Relationships built on a strong foundation of integrity and love can lead to a better and more harmonious society.

On behalf of myself and my school, Sri Laxmi Secondary School, I extend my heartfelt gratitude to this organization for inviting our students to participate in this meaningful workshop. Thank you for your dedication to shaping a better world.

Thank you very much!

Pramesh B.K. (Participant):

Participating in the 5-Day Pure Water and Leadership Workshop has been an invaluable experience for me. I feel privileged to have been part of this program, which offered profound insights and practical tools for personal and professional growth. While it is challenging to encapsulate my learnings in this brief reflection, I would like to highlight a few key takeaways that deeply impacted me.

One central theme of the workshop was that peace is an aspiration shared by many but pursued by few. True leadership, as I learned, requires not only a desire for peace but also active efforts to achieve it. It

necessitates inspiring and mobilizing others towards constructive action, even in the face of challenges or opposition.

The discussions illuminated selfishness as a primary cause of unrest in the world. Through the teachings and activities, I realized that rising above self-interest and embracing selflessness are essential for fostering harmony. This aligns with a higher purpose in life: to strive for values such as integrity, compassion, and service - qualities that every individual should aspire to cultivate.

Another important lesson was about the interconnectedness of our actions and the legacies we inherit. Just as we may inherit financial debts, we also carry the weight of social and moral responsibilities passed down from previous generations. It is our duty to address and rectify these inherited issues to create a better future for the next generation. The analogy of a glass of clean water was particularly impactful, demonstrating how even a single drop of impurity can contaminate an entire system. This symbolizes the need for vigilance in maintaining purity in thought, action, and decision-making, applicable not only to leadership but also to every aspect of our lives.

Although I wish I could elaborate further, time constraints prevent me from doing so. Nevertheless, this workshop has left an indelible mark on me, and I am committed to applying the insights I have gained to both my personal growth and my contributions to society.

Thank you!



Salina Pun Magar (Participant):

I had the opportunity to participate in a 5-day training program where I gained profound insights about life, human nature, and personal growth. Here is a summary of the key takeaways from this workshop.

Understanding the Mind: We were introduced to two types of minds:

Good Mind: Leads to positive actions and a righteous path.

Evil Mind: Leads to negative actions and harmful consequences.

A central message that resonated with me was: "I believe in God, who reveals Himself in order and harmony. I should never embrace an evil mind in what exists." This inspired me to focus on aligning with a good mind, pursuing a virtuous life, and emulating God's character by cultivating a good heart. Before attending this training, I believed that life's purpose was limited to achieving professional success - becoming a doctor, lawyer, or businessperson. However, I now understand that life holds a deeper purpose rooted in three core responsibilities:

Individual Perfection: Striving for personal growth and alignment with moral values.

Family Perfection: Building harmonious and principled family relationships.

Perfection of World Dominion: Living in harmony with others and contributing positively to the world.

The Nature of Conflict:

The workshop highlighted the internal conflict between the original mind (good mind) and the evil mind. For instance, a bad mind may lead us to look down on others or focus on their flaws, while a good mind inspires us to see the good in people and seek ways to support and uplift them. I learned the importance of maintaining a mindset like flowing water - constant, pure, and positive. A "good heart" embodies kind intentions, perceiving others with compassion and a willingness to help.

Lessons on Human Morality:

One key discussion focused on the reasons behind human fallibility, emphasizing the dangers of immoral actions, such as:

Selfish character

Sexual promiscuity

Divorce

I learned that these issues often stem from failing to follow principles and fulfill responsibilities. A meaningful takeaway was: "There is no freedom outside of principle. There is no freedom without responsibility." This taught me that true freedom comes from living within the boundaries of moral and ethical principles.

Final Thoughts:

This training has been transformative. I now recognize the importance of maintaining a good heart, being aware of human nature, and avoiding pitfalls that lead to moral decay. The workshop reinforced that to live a fulfilling and principled life, we must:

Move forward with a good mind and heart.

Be responsible and principled in all actions.

Aim to align with God's ideals of goodness and harmony.

This experience has provided me with a fresh perspective on life, and I am committed to applying these teachings on my journey. Thank you all; I hope we will meet again.