

WFWP USA: Embrace Your Power with Mantras & Inspiring Stories from HerTribe

Kaeleigh Moffitt
October 23, 2024



Dear,

Today, we're thrilled to introduce the very first edition of *HerTribe Thrive*! Inside, you'll find uplifting inspiration, heartfelt advice, and empowering tips designed to help you connect with like-minded women who are dedicated to making a meaningful difference. **This is just the beginning of something special—a space where women support each other and create ripples of positive change.**



SPARK OF
INSPIRATION

Mom Guilt be Gone!

As mothers, we face endless expectations—from society, social media, and even ourselves. We often wonder if we're doing or being "enough." But who decided what "enough" really means?

An Empowering Perspective: Redefining What it Means to Be Enough

[Read now!](#)



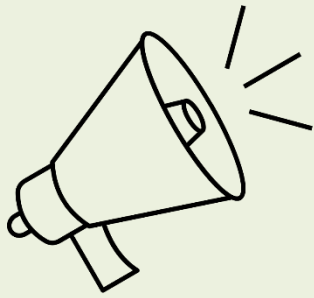
TIPS AND TITLES

Radical Acceptance Book Recommendation

Have you explored the transformative insights of *Radical Acceptance: Embracing Your Life with the Heart of a Buddha* by Tara Brach, Ph.D.? This empowering book not only encourages self-acceptance but also offers practical meditation practices to help us find peace amid life's challenges.

How Radical Acceptance Empowers Women in Today's Culture

[Read now!](#)



VOICES OF IMPACT

HerStory Podcast Episode 1: Prioritizing Family and Lasting Leadership

In this episode of the HerStory Podcast, we sit down with Kaeleigh Moffitt, President of Women's Federation for World Peace USA, to dive into her powerful journey of leadership rooted in authenticity, empathy, and family.

Every conversation has the power to inspire.

[Listen now!](#)



FREEBIE FINDS

Mantras for the Modern Woman

Get ready to elevate your space and mindset with our fabulous freebie: printable mantras! These uplifting phrases are perfect for hanging around your home or using as inspiring backgrounds on your phone. Print them out, display them proudly, and let the good vibes flow!

Each mantra brings positivity and motivation into your daily routine.

[Click here to get your freebie!](#)



CURATED CONTENT

Wholehearted Webinar Series

As women, we often give so much to others, but Wholehearted is a space just for you—to pause, reflect, and reconnect with who you really are. It's a chance to join a community of like-minded women exploring what it means to live with purpose, power, and authenticity. Together, we'll peel back the layers to uncover the depth of our story as women.

Join our 7-week virtual journey starting November 6!

[Register now!](#)

Our Contact Information

Women's Federation for World
Peace USA

481 8th Avenue, Suite 608
New York, NY 10001

www.wfwp.us



WOMEN'S FEDERATION
FOR WORLD PEACE USA





Mom Guilt, Be Gone! Redefining What it Means to Be Enough

Written by: Kaeleigh Moffitt

As mothers, we face endless expectations—from society, social media, and even ourselves. We often wonder if we're doing or being "enough." But who decided what "enough" really means?

Mothers are the heartbeat of the family. As Dr. Hak Ja Han Moon, founder of the Women's Federation for World Peace, said, "A mother is the center of the family." It's not about being perfect, but about providing love, stability, and presence that holds everything together. This central role that mothers play is irreplaceable, and it's time we get rid of the overplayed narrative that "I'm not enough!"

“The Mother is the CENTER of the family”



The Weight of Mom Guilt

Mom guilt creeps in when we feel we're not hitting impossible standards. Social media often shows "perfect" images of motherhood, but these snapshots don't reflect the full story. Comparing ourselves to these curated lives only fuels our guilt, making us feel inadequate.

Redefining "Enough"

Being "enough" isn't about perfection. It's about being present, loving, and real. Motherhood isn't about checking every box or keeping a spotless house. It's about creating a space where your child feels safe and loved. When you show up authentically, that's enough.

Letting Go of Perfection

No one is perfect. Your child learns more from how you handle life's imperfections than from your successes. Focus on connection over perfection—those small, everyday moments of love and laughter matter most.

Practicing Self-Compassion

When mom guilt strikes, ask yourself: would I judge another mother for this? If not, why judge yourself? Be kind to yourself—motherhood is hard, and you're doing your best. Celebrate your efforts and let go of mistakes.

Building a New Narrative

It's time to push back against impossible standards. Being enough is about love, effort, and presence. You are exactly the mother your children need. Let go of the guilt, embrace your journey, and remind yourself: You are enough.





Radical Acceptance Book Recommendation

Written by: Katarina Connery

"I care about you." – Review of *Radical Acceptance* by Tara Brach

I've always been a chronic "doer." My husband once even said I'm obsessed with getting things done. Whenever a problem comes up, my mind races to find the quickest solution—even when the issue is within myself. Fear, shame, doubt, imposter syndrome, you name it—I'm constantly trying to tackle them all. But when the pressure builds up, I start to feel panic. My throat tightens, my chest feels heavy, and my temper shortens.

That's when I stumbled upon *Radical Acceptance: Embracing Your Life with the Heart of a Buddha* by Tara Brach, Ph.D., a book that came at exactly the right time. As the title suggests, one of the central messages is that we cannot change without fully accepting who we are in the present moment. This includes the parts of ourselves we may not like. But acceptance doesn't mean giving up or resigning ourselves to "this is just how I am, take it or leave it." What I learned from this book is that we must approach ourselves from a place of inherent worthiness. **The baseline is always this: I am valuable and worthy, even if I never fully "fix" what I perceive as my flaws.**

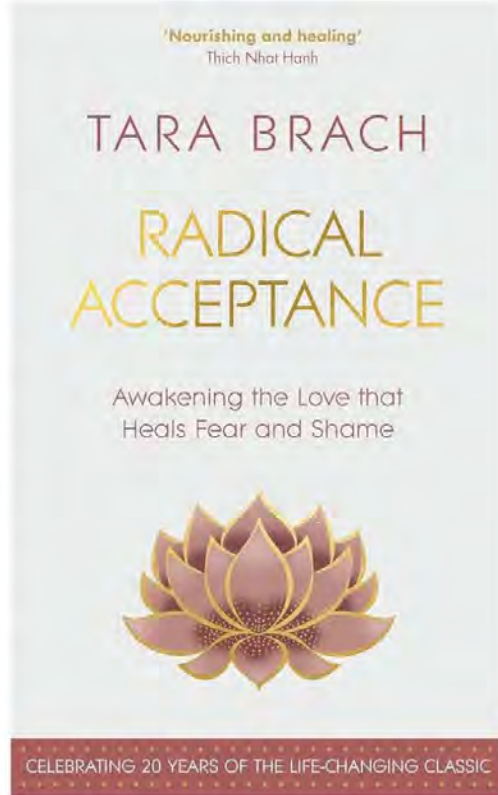
Each chapter of the book concludes with a meditation practice, many of which I found deeply powerful. Tara Brach also offers recorded guided meditations on her website, ranging from five minutes to twenty or more. Through these, I experienced an incredible sense of calm and peace, whether the meditation was general or focused on a particular theme, such as dealing with fear.

One of the most transformative lessons from the book was a simple practice Dr. Brach suggests for moments of overwhelming negative emotion. Our instinct is often to fight these feelings, telling ourselves we shouldn't feel that way, or comparing our struggles to others. Sometimes, we jump straight into problem-solving mode, trying to fix the feeling before even understanding it. **Instead, she advises starting with radical acceptance—placing your hand on your heart and saying, "I see you. I care about your suffering."**

I tried this. Picture me sitting in my car, stressed out, saying to myself, "I care about your stress and worry." It felt awkward at first, but I soon realized the power in this small act of self-compassion. Instead of beating myself up over feeling afraid or inadequate, I allowed myself to simply acknowledge and accept my emotions. This freed me to process those feelings and love myself more fully. With practice, I became better at weathering the emotional storms that once overwhelmed me, with a newfound sense of grace and serenity.

From the book: "When we practice Radical Acceptance, we begin with the fears and wounds of our own life and discover that our heart of compassion widens endlessly. In holding ourselves with compassion, we become free to love this living world. This is the blessing of Radical Acceptance: as we free ourselves from the suffering of 'something is wrong with me,' we trust and express the fullness of who we are."

I learned so much from this book, and I wholeheartedly recommend it to anyone looking to embrace themselves with greater love and compassion. While Dr. Brach is a practicing Buddhist and incorporates Buddhist themes throughout, the book is accessible to readers from all spiritual backgrounds. You don't need a deep understanding of Buddhism to connect with its message, and you can easily apply your own faith or philosophy to the teachings.





HerStory Podcast Episode 1: Family First, Leadership that Lasts

Written by: Grace Kisile

In this heartfelt episode of the *HerStory Podcast*, we have a warm and insightful conversation with **Kaeleigh Moffitt, President of the Women's Federation for World Peace USA**. Kaeleigh opens up about her inspiring journey as a woman in leadership, sharing how she navigates challenges with authenticity, empathy, and family values at the core of her approach. Her story is one of resilience and grace, where she has learned to embrace her emotions as strengths, allowing her deep sense of femininity and nurturing "motherly heart" to guide her leadership style.

A beautiful thread running through Kaeleigh's journey is the way she balances her family life with her public work. She reminds us that true leadership begins at home, within the love and care we give to our families. She believes that the harmony we create in our personal lives is deeply connected to our ability to lead in the wider world. Kaeleigh also shares her exciting plans to organize a pilgrimage of 40 influential women to Korea for the opening of the international interfaith temple—a momentous step toward global peacebuilding.

Throughout this episode, Kaeleigh offers her heartfelt reflections on the future of leadership, emphasizing how integrating family into leadership roles can foster a more balanced and compassionate society. Her wisdom on patience, grace, and staying true to oneself shines through as she encourages listeners to lead with authenticity and purpose, making a meaningful impact wherever they are.



HerStory Award



Freebie: Mantras for the Modern Woman

Gifting you Mantras for the Modern Woman—a collection of 5 beautifully designed, printable mantras for women and mothers. These powerful affirmations are more than just words—they are daily reminders to reconnect with your inner strength, find balance, and embrace your unique journey. Whether you're balancing the demands of motherhood, work, or personal growth, these mantras offer the encouragement you need.

Download them for free by filling out the form below and display them in your office, bedroom, or wherever you need to be reminded of your true worth. Our hope is that these empowering messages will uplift you throughout the day. Let these mantras help you realign with your values, stay grounded, and face life's challenges with grace and confidence.



Just a sample of one of the mantras that can be yours today!


CONTACT INFORMATION

First Name *

Last Name *

Email *

I want to receive emails at this address

I'm not a robot 

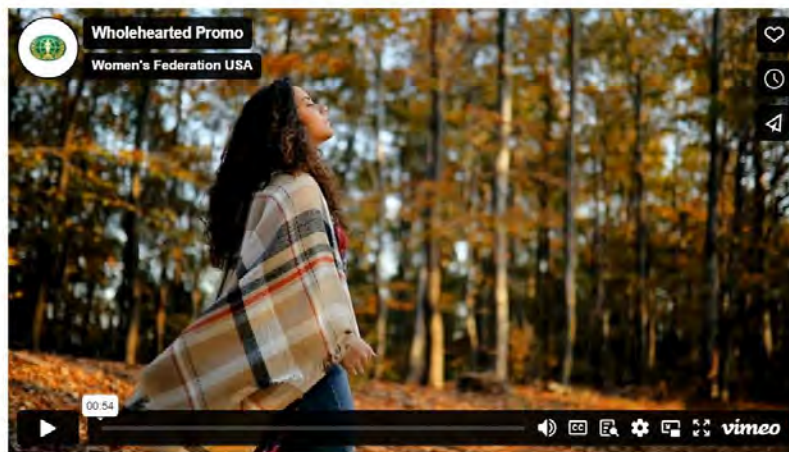
[Privacy](#) [Terms](#)

Upon submitting this form, you will be added to our email list for monthly HerTribe Thrive. You can unsubscribe at any time. We will never share your information with other parties.





UNVEILING THE ESSENCE OF WOMANHOOD



“Wholehearted” is a 7-week course designed exclusively for anyone who is ready to embark on a journey of unveiling the essence of womanhood.

Through a blend of readings, discussions and activities, we will guide you in embracing your unique strengths, navigating challenges, and forging a path towards a more profound connection the identity of woman. Based on the book *Mother of Peace*, memoir of our founder, Dr. Hak Ja Han Moon, we invite you to peel back your layers to embrace your authentic self and explore the depths of what it means to be a woman in her fullest form.

We invite you to join us in this enriching exploration where you'll discover that embracing the essence of womanhood is essential in living wholeheartedly and shaping a more peaceful world.

*** While geared specifically to a feminine audience, we're thrilled to offer a special track for men who are also interested in participating in this journey. We believe men and women are equal partners in creating a better world and are honored to work together towards achieving just that.*

**** It is not a requirement to have read the book *Mother of Peace* prior to the course. Selected passages from the book will be provided in the program's study guide.*

KIND WORDS FROM PARTICIPANTS



"My energy, power and identity as a woman is larger than I thought before, and my impact can be so much greater."



"It's important for us as women to really embrace both the masculine and feminine qualities of God, and explore what it means to be made in the image of God."





"I learned to give myself permission to immerse myself, surrender and embrace a motherly image and relationship with God—finally!"



JOIN US FOR WHOLEHEARTED 2024!



EVERY WEDNESDAY: NOV 6 - DEC 18

8:00 – 9:30 pm Eastern
7:00 – 8:30 pm Central
5:00 – 6:30 pm Pacific



VIRTUALLY VIA ZOOM

Link emailed upon registration.



**\$50 PER PERSON
FREE FOR WFWP USA MEMBERS!**



SIGN UP TODAY!

CLICK BELOW TO REGISTER

[Wholehearted Registration](#)

ARE YOU A WFWP USA MEMBER?

Wholehearted is FREE for WFWP USA Members! To take advantage of this special opportunity, simply login or create your account below. For new accounts, we will confirm your active membership status before you are able to login and register. Not sure if you're already a member? Contact us at members@wfwp.us to check your membership status. Or [become a member today](#).

After logging in, you will be taken to a separate registration form for WFWP USA members.

[Member Login for Registration](#)

[WFWP Leader Resources](#)

[Become a WFWP Member](#)

[Contact Us](#)

