

Living Lives with Intention: International Day of Peace Celebration in Georgia

Myrna Lapres
October 2, 2017



We gathered to celebrate the International Day of Peace by living our lives with intention. The presentation focused on the power and strength we have and how we can connect, cooperate, and work together to heal our families, communities and the world.

The event included a presentation by Myrna Lapres, WFWP Georgia co-chairwoman, a Qigong Meditation led by Christina J. Barea-Young (see photo above) of the The Rising Lotus Qigong, and a lively discussion about how we bring peace into our families, our workplace and communities.

Although the gathering was small, we met some amazing individuals. Three people who are part of the nonviolent communication movement came on the recommendation of one of our WFWP contacts who couldn't attend herself. It turns out that they had been part of a WFWP Bridge of Peace event at the Unity Church in 2012. However, they didn't connect that it was our organization until we meet at the library.

I had contacted Christina Barea through her website. Ms. Barea-Young checked out our WFWP website and agreed to support our program in spite of her busy schedule. She is so inspired about our vision and mission that she said was going to sign up as a member. We are also looking forward to collaborating on a ½ day retreat in early December at her Qigong center focusing on our Leadership of the Heart presentations and activities.