

## WFWP Italy: Human potential and the challenges to overcome and free it

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This was the 4th appointment on a series of events on the topic: Is it still possible a better world?

Giuseppe Calì UPF South Europe coordinator shared a part of Unification Thought about Ideal Men and Women according to God's vision Elisabetta Nistri president of WFWP Italy, shared about some MINDFULNESS teaching that can help us to discover mental traps to avoid to fall into them. It is very important to have awareness of what is going on in our mind, which thoughts and which emotions are guiding our daily life, and decide and choose what can really help according to our life purpose.



In the afternoon 3 ambassadors of peace shared their experiences: Evaldo Cavallaro explain how IPNOSI can help to overcome some traumas, because everything comes from our mind Klarjida Rapai explained how harmful selfishness and individualism are because they prevent to reach common wellness. On the other side empathy and altruism bring benefit to everybody including to the individual Maria Barbarisi shared about how is important to have self-esteem to have better relation within ourselves and with others People from the audience shared their deep thoughts from their own experiences.

Everybody enjoyed the time together and learned a lot for their daily lives. They went back with the desire to meet soon again

[www.youtube.com/watch?v=VkJqGS8CGAg](https://www.youtube.com/watch?v=VkJqGS8CGAg)