



WOMEN'S FEDERATION
FOR WORLD PEACE AUSTRALIA

Way2Happiness & Peace Building Seminar Series

Seminar 1:

Finding Meaning and Purpose – An Interfaith Perspective


The Way2Happiness & Peace Building Seminar Series is based on Universal Values that are shared by the World's Cultures and Faith Traditions.

We seek to know the 'why' of our lives. We desire to feel that we are not merely part of a process, but something bigger than ourselves. Purpose gives us a clear system of values for measuring and defining our values and our lives. The widespread phenomena of depression, aggression and addiction are not understandable unless we recognise the vacuum of meaning in people's lives.



Saturday 15 April, 9:30 - 4:00 pm
Venue: Mount Waverley Community Centre
47 Miller Crescent Mount Waverley

Entry \$30 - includes lunch, morning & afternoon tea

[Register Here](#)

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| 9:30 – 10:00 | Registration and Morning Tea |
| 10:00 – 10:20 | Program Launch: Way2Happiness & Peace Building seminar series |
| 10:20 – 10:35 (15 minutes) | <p>Interfaith Presentation</p> <p>Topic: Purpose gives us a clear system of values for measuring and defining our values and our lives – A Muslim Perspective</p> <p>Presenter: Ahmed Tohow</p>  <p>Ahmed Tohow is the deputy chair of the Board of Directors of the Global Somali Diaspora and is currently a Director of the East Africa Security and Policy Forum. Ahmed also is a director of Australia Somali Chamber of Commerce and is a member of Australia Africa Chamber of Commerce</p> |

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| <p>10:35 – 11:05 (30 minutes)</p> | <p>Activity – Write in your journal and share with others. How did the speaker find meaning and purpose? What values and behaviours provided meaning and purpose? How did this sustain them? Where these values and behaviours common to you?</p> |
| <p>11:05 – 11:20 (15 minutes)</p> | <p style="text-align: center;">Grab a Cupper - Short Break</p> |
| <p>11:20 – 11:35 (15 minutes)</p> | <p>Topic: Living Consciously - Know Thyself The analogy of Plato’s Cave describes a group of people who have lived their lives chained to the wall of a cave, facing a blank wall. Plato’s analogy describes the human condition. The humans living in a cave are in a state of denial of their true human condition. Those who leave the cave into the light of day see the real world as it really is and sees themselves as they truly are.</p> <div data-bbox="368 748 552 976" data-label="Image"> </div> <p>Presenter: Dr John Bellavance Oceania Coordinator, International Association of Academicians for Peace and Vice-President, Universal Peace Federation Australia</p> |
| <p>11:35 – 12:05 (30 minutes)</p> | <p>Activity – Write in your journal and share with others. Write down the values and purposes that provide meaning to your life and share this with another. List the goals that relate to your own personal development.</p> |
| <p>12:05 – 12:55 (50 minutes)</p> | <p style="text-align: center;">Group Photo and Lunch</p> |
| <p>12:55 – 1:10 (15 minutes)</p> | <p>Interfaith Presentation</p> <div data-bbox="373 1429 564 1704" data-label="Image"> </div> <p>Topic: Purpose gives us a clear system of values for measuring and defining our values and our lives – A Hindu Perspective</p> <p>Presenter: Shashi Kochhar</p> <p>In 1998, Shashi determined to give something back to the community as gratitude for love, respect, and honour, received in Australia he started a not for profit, registered, charitable organisation - Friends of the children Foundation to serve community, look after environment, and support children’s hospitals and schools. Since then, the group has become one of the leading charitable group in the City of Monash and neighbouring councils.</p> |
| <p>1:10 – 1:40 (30 minutes)</p> | <p>Discussion and Activity – Write in your journal and share with others. Reflect on a daily basis on what is truly important to you. Do what is important without seeking the recognition of others.</p> |

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| <p>1:40 – 1:55 (15 minutes)</p> | <p style="text-align: center;">Grab a Cupper - Short Break</p> |
| <p>1:55 – 2:10 (15 minutes)</p> <p>2:10 – 2:40 (30 minutes)</p> |  <p>Topic: How do we Become Self-Aware?</p> <p>Rigid beliefs about life stem from persistent, irrational demands about ourselves, others, and the world. We can observe our mind racing with dysfunctional thoughts about the past and the future and we can change these thoughts into positive and loving ones.</p> <p>Presenter: Anne Bellavance Women's Federation for World Peace Australia President</p> <p>Activity and Discussion – Write in your journal and share with others.</p> <p>Step 1: Identifying rigid beliefs Challenge your dysfunctional beliefs.</p> <p>Step 2: Replacing a rigid belief with a flexible alternative - Rewriting Rigid Rules About Living</p> <p>I am useful to people because ...</p> <p>I am loved because ...</p> |
| <p>2:40 – 5:55 (15 minutes)</p> | <p style="text-align: center;">Grab a Cupper - Short Break</p> |
| <p>2:55 – 3:10 (15 minutes)</p> <p>3:10 – 3:40 (30 minutes)</p> | <p>Topic: Mental prisons – Free your Mind</p> <p>Second way to discover our strengths and weaknesses is become aware that we have created mental prison for ourselves. For example, becoming aware of our need for the approval of others and letting go of this need. This realisation allows us to free ourselves from the mental prisons we have created for ourselves.</p>  <p>Presenter: Dr John Bellavance</p> <p>Activity and Discussion – Write in your journal and share with others.</p> <p>List the fixations in your mind with the past and the future, and the mental prisons you created for yourself. Now list how you can use this information to monitor your thinking and emotions and guide your thinking and actions in the future.</p> |

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| | Decide Your Action Plan (how are you going to practice what you have learnt). |
| 3:40 – 4:00 | CONCLUSION Award Presentations |

Online Advanced Seminar 1: Finding Meaning and Purpose – An Interfaith Perspective
Thursday April 20th | 7:00 - 8:30 pm

Seminar 2:

Saturday May 6th | 12:00 – 4:00pm
Venue: Mount Waverley Community Centre
47 Miller Crescent MOUNT WAVERLEY

Online Advanced Seminar 2:

Thursday May 11th | 7:00 – 8:30 pm

Seminar 3:

Saturday August 5th | 12:00 - 4:00pm
Venue: Mount Waverley Community Centre
47 Miller Crescent MOUNT WAVERLEY

Online Advanced Seminar 3:

Thursday August 10th | 7:00 - 8:30 pm

Seminar 4: UN International Day of Peace

Saturday September 16th | 9:30 - 4:00pm
Venue: Mount Waverley Community Centre
47 Miller Crescent MOUNT WAVERLEY

Online Advanced Seminar 4:

Thursday October 12th | 7:00 - 8:30 pm

This seminar is presented by:

[Women’s Federation for World Peace \(WFWP\)](http://www.wfwpaustralia.org) is an NGO in General Consultative Status with the Economic and Social Council of the United Nations. We adhere to the principle that women, working together, taking initiative, and empowering one another across traditional lines of race, culture and religion to create healthy families, are resolving the complex problems of our societies and world - www.wfwpaustralia.org

[Universal Peace Federation \(UPF\)](http://www.upf.org) is an NGO in General Consultative Status with the Economic and Social Council of the United Nations. We support and promote the work of the United Nations and the achievement of the Millennium Development Goals - www.upf.org

The Family Federation for World Peace and Unification (FFWPU) is comprised of families from around the world striving to establish a world of peace and unity among all peoples, races, and religions as envisioned by Rev. and Mrs. Sun Myung Moon and to embody the ideal of true love, which is to live for the sake of others. FFWPU champions three ideals: family, peace, and unification. <https://www.familyfedaustralia.org/>