

WFWP USA: August HerTribe Thrive - Leading with Love

Katarina Connery
August 15, 2026



Dear,

Welcome to the August edition of *HerTribe Thrive*!

This month, we're celebrating love, connection, and intentional care—from nurturing our own hearts to creating meaningful moments with those around us.

In this edition, we're excited to launch our new [Leading with Love: Member Spotlight Series](#), featuring **Myrna Lapres**, a Certified Emotion Code and Body Code Practitioner. You'll also find [Jutta's Heart Wall: It's Never Too Late to Tend to Our Hearts](#) and [The One Habit That Could Change Your Quality Time](#), offering inspiration for personal well-being and stronger family connections.

We're also featuring [Handmade African Bags from Rwanda](#) as part of our **2026 Schools of Africa Fundraiser**. **Members receive 10% off**, and all proceeds support schools and students in Africa.

We hope this issue inspires you to lead with love, nurture your heart, and make a meaningful difference.

SPARK OF
INSPIRATION

Leading with Love: A Member
Spotlight Series

Meet Myrna Lapres

We're excited to introduce **Myrna**, a certified Emotion Code and Body Code Practitioner dedicated to helping others cultivate greater physical and emotional balance.

Through her work, Myrna supports clients in identifying and releasing inherited and trapped emotions, with the goal of helping them move toward greater well-being and a healthier, happier life. She believes energy healing begins with understanding



our body’s innate ability to heal from within—connecting with the universal life force around us to promote healing, balance, and overall well-being.

We’re grateful to introduce Myrna and share her passion for supporting others on their personal wellness journey.

[Read the full article >>>](#)

WISDOM IN ACTION

Jutta’s Heart Wall: It’s Never too Late to Tend to Our Hearts

Wisdom in Action centers on the words of Holy Mother Han, offering timeless guidance for women seeking to live with purpose and compassion. Through a featured quote or passage and a personal reflection, we explore how her teachings can be applied in everyday life and community.

“I can assure you that these experiences are truly the most precious, for they will guide you to feel God's grace. When you go through [difficulties in your] course, you will be able to stand more firmly and be a more mature person. Your character and your spirituality will become well-rounded.”

— Dr. Hak Ja Han, May 3, 1977

[Read the full article >>>](#)

TIPS & TITLES

The One Habit That Could Change Your Quality Times: Simple Digital Wellness Tips for Busy Families

In a world where our phones are always within reach, being fully present with the people we love can sometimes be harder than we realize. In this heartfelt reflection, Naomi Tanaka explores how small changes in our digital habits can create more meaningful moments with our families.

She shares one simple practice that has helped her become more present with her son and strengthen their connection. Her story is a gentle reminder that meaningful family memories are often found in the

ordinary moments when we choose to put distractions aside and truly be together.

[Read the full article >>>](#)

MEMBER'S HUB

Handmade in Rwanda. Making a Difference in Africa



Bring home a beautiful handmade bag from Rwanda while making a meaningful difference! These unique bags are crafted by students in Rwanda and are part of our **2026 Schools of Africa Fundraiser**.

WFWP members receive 10% off their purchase, and 100% of the proceeds from these bags go toward supporting the Schools of Africa Project.

Log in to your **Member Portal** and click **Member Store** to find your promo code. Use the code at checkout to receive **10% off your purchase**.

Every purchase helps provide opportunities and resources for students while supporting the schools and communities they are part of.

[Check it out >>>](#)

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WOMEN'S FEDERATION
FOR WORLD PEACE USA





From Struggle to Strength: Myrna Lapres's Journey

Written by: Myrna Lapres

Some years ago, I found myself in a multi-level parking garage at the MARTA station in Atlanta, walking around clicking my remote to locate my car. That morning, in my haste to arrive at my destination on time, I had failed to make note of which level and section I parked in. After 20 minutes, I heard the faint beep several levels below. I finally found my car!

Once in my car and on my way home, I began to think about how this incident applied to my own life. I am a doer! I thrive on organizing, making lists, accomplishing tasks, getting things done. On my healing journey, I have begun to realize that it is my way of making order out of chaos. It is my "safe place" where I don't deal with feelings and emotions.

However, I am also learning this stops me from being present. Being a doer keeps me from connecting to myself, my family, and my loved ones on a deeper level. How often am I not present to my impact on my husband because I am caught up in getting a project completed? When was the last time that I missed the cues in my son's voice as he wanted to tell me more about the challenges of balancing work, life, family, and the addition of a new baby? Wasn't it just yesterday that I complained about the tension in my shoulders without realizing that I am not making enough time for self-care?

So, how does one undo years of "doing" and grow to be more present? First, it must start with being more connected to myself. For me, the awareness began a long time ago, but I fought it tooth and nail, always falling back into what I knew—the familiarity of doing. But over ten years ago, my husband and I moved from California to Georgia for his work and I found myself without all the "doer hats" that I had been wearing.

I struggled to find what I was supposed to "do." I read "Who Moved the Cheese?" "What Color is My Parachute?" and I did a lot of crying, praying, and meditating. Joining a yoga studio gave me the opportunity to become more self-aware and taught me incredible lessons about being more flexible and letting things flow. Joining a community band allowed me to reconnect with the love and joy of creating music with others while playing my flute.

During these past years, I have discovered my passion for working with others as they begin to heal their relationships and their families. Repeatedly, I have been reminded that healing is a process of being intentional, it takes presence and involves peeling back layer after layer to discover our true self. It begins with the willingness to do the work."

Recovery of Your Inner Child" is a book that helped me on my healing journey. The author Lucia Capacchione says, "For us to be fully human, the Child Within must be embraced and expressed...Inside every adult, there is a child crying, 'Let me out!'"

My recent inspiration is working in partnership with Heavenly Parent, our creator—not just relying on my own abilities to plan and conduct activities but checking in with Heavenly Parent to see if this is my best next step or if I should have a different focus. Mother Moon said in her memoir, "It is women whom our Heavenly Parent is calling to serve as the mediators of forgiving, purifying and regenerating grace to all humanity."

This is my hope—to be a mediator, facilitator, and supporter of others. And it starts with finding that love, joy, and grace within. I believe that on our journey in life, one of the most profound things that we can offer others—partners, children, parents, friends, co-workers, bosses, neighbors—is our own healing and growth towards being a more loving person.

Visit www.coachmyrna.org to learn more about Myrna Lapres and her work.



JUTTA'S HEART WALL: IT'S NEVER TOO LATE TO TEND TO OUR HEARTS

THE ONE HABIT THAT COULD CHANGE YOUR QUALITY TIMES: SIMPLE DIGITAL WELLNESS TIPS FOR BUSY FAMILIES

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Jutta's Heart Wall: It's Never Too Late to Tend to our Hearts

"I can assure you that these experiences are truly the most precious, for they will guide you to feel God's grace. When you go through [difficulties in your] course, you will be able to stand more firmly and be a more mature person. Your

character and your spirituality will become well-rounded."

— Dr. Hak Ja Han, May 3, 1977

"The privilege of a lifetime is to become who you truly are" — Carl Jung

Editor's Note: This article contains material related to childhood trauma and abuse, which may be upsetting for sensitive readers. Reader discretion is advised.

Disclaimer: Not all links and holistic beliefs/ practices mentioned below are affiliated and/or endorsed by WFWP USA.

In order to share my story, I have to explain a little bit about my search for a deeper purpose and meaning in my life. I became very fascinated with the teachings of Carl Jung regarding the subconscious mind and the trauma research by Dr. Gabor Maté.

For many years I had a dream of sitting in a glasshouse. I was inside this structure surrounded by glass walls. I could look out to watch people in their comings and goings, and hear their busy steps.

My life situation was similar. I always felt distant from people. It wasn't that I didn't like them, I just felt an invisible wall between myself and others, including my own family. I convinced myself that I was just a loner and accepted this as my life. I didn't trust people easily and always felt like an outsider. I had a very good childhood friend when I was 5 years old until I was about 12, but after our family moved away, I wasn't able to make friendships as easily.

Then, through our West Region's WFWP sponsored monthly series, "[Self-Care is Not Selfish](#)," I learned about the [Fearless Living program with Charlotte Gray](#). She started to coach me on letting go of negative concepts, beliefs and wrong expectations. At one point she suggested that I contact life coach, and HerTribe host, [Myrna Lapres](#), to have an Emotion Code Reading.

I had studied a little bit about the holistic practice called Emotion Code before but never got to experience the depth of it. It is a form of energy reading, performed by questioning the subconscious mind through muscle testing. The founder, [Dr. Bradley Nelson](#), discovered that the body (corresponding to the subconscious mind where all our life experiences, thoughts, emotions and even those of our ancestors are stored) is like a computer which answers yes and no questions through muscle testing.

During my sessions with Myrna it was revealed that I had a *heart wall* containing trapped emotions of love and effort unreceived, humiliation, sorrow and sadness. Through these sessions I began to remember things I had pushed away to the recesses of my subconscious mind. I remembered for example, and this was confirmed by my younger sister and my good friend, that my older brother had molested and bullied me, even hitting me on the face.

It was not until I heard Dr. Nelson tell the story of the "HappyPeppy" boy- who took on the guilt and sorrow of his older sister and the loss of his little friend- that I was reminded of an experience I had when I was 7 years old.

We lived in East Germany at that time. It was the 1950's. We lived in an apartment that had running water and a stove in the kitchen. No washing machine in sight yet. My mother and another woman were boiling laundry on the stove, and it was time to pour the laundry into a metal tub on the floor. At this point my little brother, who was only a year and a half, came running into the kitchen. In a blur, he stumbles backwards into the boiling laundry. He starts screaming, and my mother is freaking out. She grabs the boy; his whole back is scalded by the hot water.

I don't remember how they got him to the hospital (we didn't have a car at that time and my dad was at work). My younger brother spent several weeks in the hospital for skin transplants and blood transfusions from my parents. That happened 3 weeks before Christmas. Needless to say, I guess we didn't have a merry one that year.

The fact that my parents were preoccupied with my little brother left an open sore for the rest of us. There was not much attention available for us older children. In reflecting back, I can understand that, as a result of this tragedy, I took on some of my mother's guilt for the accident, which created the heart wall in me. The heart wall was built from glass. Also, it made me vulnerable to the abuse of my older brother.



house of my older brother.

It wasn't until I watched the video about the little boy (HappyPeppy), that I remembered the dream I had many years ago where I was sitting in the glass house. It took me 70 years to unload this burden from my heart which made me think that I was not good enough, unworthy, and unlovable, isolating myself from others. Thanks to the Emotion Code and Dr. Nelson's work, I feel liberated. Because of my own understanding of the past, I decided to study the Emotion Code more deeply. I even got certified at a seminar in Salt Lake City in June of this year.

The benefit of the removal of the heart wall became quickly apparent in my relationships with others. I felt freer to talk and approach others, being able to look them in the eyes or exchange hugs. One friend mentioned to me that I looked more peaceful. My older brother went to the spiritual world 2 years ago. I wasn't able to talk to him personally before he died, as he suffered from dementia. I was able to liberate him through other channels and have forgiven him based on my recent discoveries. The greatest breakthrough I had was with my son, Jason. He would open up to me emotionally and share his heart. I realized that he had inherited some of my emotional shortcomings. We shared many experiences from his early childhood, and he can look at his life with more clarity.

The Emotion Code (2019) by Dr. Bradley Nelson is available as a book, as well as featured on many podcasts through Youtube. The information is available to anybody interested in releasing trapped emotions, as well as exploring energy medicine in general. [This video](#) may be a good place to start in learning more about the frequencies of energies within the body. Also, I am more than happy to demonstrate a release session or answer any question for anybody who is interested. You can contact me through my email, at jutta.tobkin@gmail.com.

In HerTribe, we are creating spaces where women can experience personal breakthroughs in self-love, healing, and confidence. If you would like to learn more and join one of our uplifting communities, check out HerTribe here: <https://www.wfwp.us/hertribe>

FROM STRUGGLE TO STRENGTH: MYRNA LAPRES'S JOURNEY >

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The One Habit That Could Change Your Quality Times: Simple Digital Wellness Tips for Busy Families

Written by: Noomi Tanaka

Have you ever looked up from your phone and realized the time somehow slipped away?

I know I have.

Sometimes I pick up my phone to check the weather or respond to a quick notification. Before I know it, I checked a few emails, answered a couple of texts that I've been neglecting, and somehow ended up scrolling through social media. Meanwhile, my family is in the same room, but we're not really together.

As moms, our phones are often our calendars, grocery lists, recipe books, cameras to capture precious moments, and connection to the outside world. They're incredibly useful, but they also have a way of constantly pulling our attention away in different directions. And often it just becomes one more thing competing for our focus.

Recently, I've been trying one simple habit that's made a bigger difference than I expected:

Before I answer my son, I make eye contact.

It sounds almost too simple, but it changes everything. Instead of saying, "Uh-huh..." while finishing a text or scrolling through my grocery list, I pause for just a moment. I look up. I meet his eyes. Then I answer.

That tiny pause tells him something words can't always express:

"I'm listening."

"You have my attention."

"What you're saying matters to me."

I've also noticed that my son knows when I'm truly listening. He can tell the difference between hearing him while glancing at a screen and giving him my full attention. Children don't always need long conversations or elaborate activities. Often, they simply want to know they've been seen and heard.

I'm still not perfect at this. There are nights when dinner is burning and a pile of laundry is waiting to be folded in our bedroom. But I've noticed that when I stop and intentionally look at my son before responding, something beautiful happens.

Conversations last a little longer. He tells me one more story about his day. Sometimes he just lights up with the brightest smile. It's as if that brief moment of connection opens the door to a deeper quality time. I've also realized something else: it's much easier to be fully present when we're not surrounded by distractions. That's why we've been trying to spend a little more intentional time outdoors as a family.

Nothing elaborate, but something like a walk around the neighborhood after dinner, a drive to the local park, or sitting on the porch while he plays. And when I do, I am intentionally putting my phone down. There's something about being outside that naturally slows us down. We notice birds singing, point out interesting clouds, collect leaves, or simply enjoy the fresh air together.

Without even trying, we start talking more. The pressure to "entertain" disappears, and connection happens naturally. These simple outings have reminded me that family memories aren't always made during big vacations or special occasions. More often, they're found in ordinary evenings when we choose to be fully present with one another.

THIS WEEK'S GENTLE CHALLENGE TO YOU

The next time your child says, "Mom?"; pause for just a moment before you answer. Look into their eyes, and really listen.

And sometime this week, step outside together, even if it's only for fifteen or twenty minutes. The dishes and notifications can wait. The emails will still be in your inbox there later. But your child's stories, laughter, and little moments of wonder are happening right now.

Those are the moments worth looking up for.

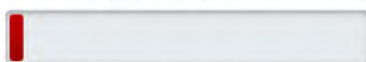
Of course, there are evenings when work emails need to be answered or life simply feels hectic. This isn't about guilt or getting it right every day. It's about choosing one small habit that reminds us what matters most.





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☐ Support Our Schools!

Click here, select your amount, and 100% of your donation (minus transaction fees) will go toward one of our schools in Africa.



☐ Support Service Trip to Handow in Kenya

Our WFWP USA President will be joining the WFWP Japan delegation for a service trip to our school in Kenya in September. Please help us to cover the costs! (approx. \$3000 total)



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"When we give and forget, true love flourishes." - Dr. Hak Ja Han, Founder of WFWP

Learn more about the schools



☒ When you add Gift Assist, more of your contribution goes to supporting the Schools of Africa Project. Thank you for your generosity! ⓘ

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2026 UPDATES

- **\$5,000** sent in March 2026 and **\$3,000** in September 2025 to the **Sun of Mozambique Secondary School** for their **general administrative costs, to install a water tank for the toilets, and purchase new photocopy machines**. This year they have 520 students attending the school.
- **\$11,000** sent in March 2026 to the New Hope Technical Training Institute in **Rwanda** for the **"Women's Startup Empowerment Project 2026"**, a structured program including a business boot camp, one-on-one mentorship, and a final pitch competition to support a select group of social entrepreneurs
- **\$6,000** sent in September 2025 to **New Hope Technical Training Institute in Rwanda** to **purchase necessary training supplies** for culinary arts, beautician, and tailoring courses; these tools are invaluable for the students to practice what they are learning
 - **additional \$8,000** sent in December 2025 to the **New Hope Technical Training Institute** to fund **3 additional specialized trainings** for students to help them be more competitive upon graduation and boost the **daily lunch** so students have nutrition to focus on their studies
- **\$7,800** sent in September 2026 to **Handow Secondary School in Kenya** to **renovate their dilapidated dining hall**
- **\$3,000** sent in September 2025 to **Sunac Elementary School in Guinea Bissau** to **paint and repair their classrooms**

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