



Happy New Year! Welcome 2016!!

Meaningfulworld December 2015 Newsletter

2015: Year in Review by CEO Dr. Ani Kalayjian

As we carefully review the year of 2015, and get ready to embrace the New Year 2016, we would like to express our deepest gratitude to you for your continued support, your care for yourself and humanity, your generous sharing of your gifts, and your passion to create positive meaning. We had two Meaningfulworld Humanitarian Outreach Missions impacting directly

over 3,000 people in each mission, as well as impacting over 30,000 indirectly. We have worked in the following 3 countries: Haiti (June), The Middle East, Palestine & Israel, (May), and a team is planning a mission to Nepal early February.



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Pamper Yourself Festival: Meaningfulworld Pre-Holiday Healing Party

With decorative lights ablaze, seasonal decorations adorning the hearth and celebration music playing to ring in the festivities - The Meaningfulworld team welcomed over 30 guests to the annual PreHoliday Interfaith Healing Party on 12 December, 2015. The energy was high and people were excited to join the fun. Guests were treated to fresh, organic fruits and vegetables, breads, and hors d'oeuvres while networking and awaiting their turn to meet with a healer. Guests were invited to consult with multiple healers in 10 minute-mini sessions to experience the sharing of wisdom and information. Support was shown to all but especially to those sharing past traumas

[Link to Full Press Release](#)



Meaningfulworld Post- Holiday Winter Retreat At Stony Point Retreat Center

Meaningfulworld Post Holidays Retreat is designed to help you discover that your life and your practice are one, holly and peaceful.

Unlike other workshops which focus on 'You are broken, and we will fix you,' approach; we believe that you are whole, complete, intact, and have multiple potentials & capacity to make meaning. Everything that we offer in a weekend retreat is geared to strengthen your potential, on mind-body-eco-spirit levels. Each and every exercise is designed to empower you, motivate you to start your practice, and if you have it, that is wonderful, we help you strengthen it, walk with you, empathize, and discover new and positive meanings.

[Link to Full Photo Album](#)



Meaningfulworld invites you to join our 7-Steps of Forgiveness Training on 30 January: Peace Building, Ancestral Healing, & Forgiveness

Facilitator: **Dr. Ani Kalayjian**, Founder & CEO - ATOPMeaningfulworld
Visionary Speaker: **Dawn Bhat**, Body Psychotherapy

Program Focus: Stage III includes didactic and research based information regarding domestic, interpersonal, workplace, and global violence, as well as transforming PTSD, Horizontal Violence and Generational Trauma. The focus in this stage is non-violent constructive communication, models of conflict transformation, cultural awareness and sensitivity, EQ, assertiveness, forgiveness & mindfulness. This training is recommended for those seeking greater understanding of emotional management, lessons learned, transforming vicarious trauma, Horizontal Violence, peace building, meaning making and transcendence. This is also for those planning to become Meaningfulworld Ambassadors, and for joining our Humanitarian Outreach Programs around the globe.



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