

Meaningful World

The Association for Trauma Outreach & Prevention (ATOP)

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Meaningfulworld Humanitarian Outreach 2nd Mission to Puerto Rico

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**Humanitarian Empowerment, Healing, Transforming Horizontal
Violence, Meaning-Making, and Establishing Peace and Forgiveness
Gardens**

Dr. Ani Kalayjian, Lorraine Simmons, & Terry Mar Anglero Sanchez

The Meaningfulworld team was strong and united in our goals for the 2nd Humanitarian Outreach mission to Puerto Rico for post Hurricane Maria. The team included: Dr. Ani Kalayjian, Lorraine Simmons, and Terry Mar Anglero (From PR). We established a good working relationship from the first day, and not only achieved all our goals, we also established new projects.



The New Chapter in Puerto Rico



Dr. Ani, Terry & Lorraine



Soul-Surfing warm up

Challenges facing Puerto Rico are multiple: ten months after hurricane Maria, 10% lack electricity, 20% electricity was restored last week, many still suffer in process of renovating their homes and apartments and some are still relocated to live with families within Puerto Rico and

an estimated 135,000 have relocated to families outside of the island. In addition, they suffer from Generational impact of colonization; Horizontal Violence exhibited in high levels of domestic violence, family violence, and street crimes; increase addiction, unemployment, high trauma of the double hurricanes in 2017, increase suicide, homelessness, lack of mental health care, and brain drain.



Radio PAZ 810 AM Interview



Managing Emotions



Mindfulness

The goals we set to address these challenges were: to transform Horizontal Violence, establish Peace and Forgiveness Gardens, nurture sustainable education through emotional intelligence (EQ), establish neighborhood associations, and nurture resilience. Concomitantly supporting the founding of a Meaningfulworld local branch to create a healing foundation to address mind-body-eco-spirit levels.

The Meaningfulworld Puerto Rico chapter has formed, under the leadership of Terry Mar Anglero Sanchez. The chapter members successfully completed an intensive – 3-day training and a fourth day supervision. They learned the 7-Step Integrative Healing model, the stages of disaster, disaster preparedness, transforming horizontal violence and generational trauma, transforming ancestral trauma into ancestral wisdom, forgiveness, and meaning-making.

On our first day, we met with the Department of Education officials and successfully planned additional meetings to finalize our project to integrate Emotional Intelligence and Mindfulness into the curriculum from K-12. Meaningfulworld PR members, psychology professors, and community, all supported this initiative. To our delight, we broke ground by getting an immediate appointment with the Chief Psychologist Dra Regina Cibes.



Victimization



Dr. Regina Cibes, Dept of Ed



Victorious

We then systematically planned to outreach through social media, TV and Radio. We were interviewed on three radio stations; PAZ (peace) 810 am with Judith Felicie, WABA with Nereida Nieves, and UPR University Radio, we received invitation from Univision (but were unable to oblige due to our packed schedule) and TV AHORA ES with Brenda Rivera. With our multiple radio and TV interviews, we potentially reached over two million people. We received unanimous positive feedback from all journalists and audiences, as our timing was impeccable,

since PR began the hurricane season, and the approaching anniversary for hurricane Maria is triggering PTSD in many people. They also reaffirmed the value of transforming Horizontal and Generational trauma, as well as the trauma of the recent hurricanes. People randomly expressed their feelings readily, and seemed still traumatized, as they cried, shared and expressed their sadness, fears, and worries in elevators, reception desks, cafés, malls, and restaurants.

We outreached to 4 elder care residences: Balseiro, Miramar, San Jorge, and Hogar. Close to 40% of the 3.5 million population in Puerto Rico are older than 60. The majority of the residents welcomed us enthusiastically, reinforcing the need for continued mental health education and integrative holistic healing. The majority expressed the following feelings: loneliness, worry, disappointments, frustrations, insomnia, isolation, and lots of body aches and pains. They especially enjoyed our Soul-Surfing, and integrative healing remedies and essential oils. Many were active members of their communities and living by themselves, many of whom lost their homes due to Hurricane Maria.

Outreach to the police was sobering as their trauma is so repressed, while domestic violence and suicide are the highest in this group. They craved our healing modality and all the complimentary healing methods such as: Supplements, essential oils, flower remedies, etc. They expressed difficulty sleeping, high levels of frustrations and impotence, and physical aches and pains. They instantly embraced our recommendation of support groups for the police, and the PR Meaningfulworld will be following up to provide these services. They also invited and engaged community leaders to participate in our workshop.

Domestic abuse is an epidemic in PR, everyone agrees and acknowledges, but feels helpless (impotent in Spanish) to transform it. They feel it's part of their culture, and we had to consistently remind them that culture that promotes violence is not healthy. We helped them identify and distinguish between the healthy practices such as; Hospitality, openness, humor, and resilience, and destructive practices such as; machismo, domestic violence, and sexually inappropriate comments towards women. And when raising the boys, the importance of allowing them to express their feelings openly. Most of the women shared they felt: Helpless, worried, shame, and hurt. They benefited from our workshop and committed to expand their established garden and begin a Peace & Forgiveness Garden.



Heart-to-Heart Circle of Love and Gratitude



Elder Care Center



Police Station in San Juan

We outreached to children as well, thus completing the developmental stages. The children, ages 4 – 13, were in attendance at a day camp, some were very needy, some defiant, many with attention issues, and all were beautiful, sensitive souls. We brought drawings from the Haitian children and gave them as gifts to help make the humanitarian connection with others around the world, and they learned where Haiti is located as well. They were excited to reciprocate and made drawings with loving, happy messages for the Haitian children, stating that they wanted them to feel love too. The team then led the children to express their feelings through the process of using the Manage Your Emotions handout, the frequently expressed

emotions were; fear, anxiety, guilt, worry and shame. The children actively participated in Soul-Surfing exercises, while adding their own interpretative movements. They were a happy, joyful group which lifted the teams' energy.



Dr. Ani with kids



Soul-Surfing Tree pose



Ubuntu Circle

Conclusion: Our team served in 5 regions of Miramar, Rio Piedres, Toa Baja, Hogar, and San Jorge delivering over ten workshops, 3 radio interviews, one TV AHORAES, and one Mall lecture at Casa Norberto. We are grateful to our collaborators, especially our local Meaningfulworld Chapter, under the leadership of Terry Mar Anglero Sanchez, a team of psychologists and social workers to support her, and Dr. Frances Boulon on Board, Professor of Psychology at Inter American University, and past Chairperson of the Puerto Rican Psychological Association. We worked on several projects and we are continuing to nurture: 1. Working with the Police and community leaders on transforming violence: Domestic, Horizontal, Familial, Community, and Generational; 2. Working with older adults, as 40% of the Puerto Rico's population are older than 60; 3. Starting men's relaxation groups to alleviate high levels of unmanaged and displaced frustrations; 4. Establishing Peace & Forgiveness Gardens, planting healing herbs and indigenous trees; 5. Working with children with challenges; 6. Establishing generational programs, connecting the very young with the older populations, to ensure the transmission of ancestral wisdom and the indigenous practices. Although directly we worked with approximately 300 people, while indirectly, through TV, radio, and social media, we reached to over two million people in Puerto Rico, and thousands in USA and around the world.

Your donations are greatly appreciated and tax free: <http://meaningfulworld.com/get-involved/donation>

Founded in 1990, the Association for Trauma Outreach & Prevention (ATOP) Meaningfulworld, charitable organization affiliated with the United Nations Dept. of Public Information, has achieved international recognition as a leader in training humanitarian outreach professionals as well as responding to two and a half decades of global and local disasters. ATOP is committed to health, justice, peace, transformation and global education promoting state-of-the-art scientific theory on peace, forgiveness, consciousness research, internship, and the development of technical skills to train mental health professionals, teachers, psychologists, art therapists, nutritionists, alternative medicine practitioners, clergy, nurses, mediators, interfaith ministers, and lay persons committed to service the self and humanity. Meaningfulworld Humanitarian Outreach Teams have helped rehabilitate survivors from over 45 countries and 25 states in USA, making a daily difference in people's lives, helping to transform tragedy and trauma into healing and meaning-making through post-trauma growth, resilience, emotional intelligence, mindfulness, mind-body-eco-spirit health, visionary leadership, empowerment, artful collaborations, establishing Peace & Forgiveness Gardens, and creating a new and Meaningfulworld view. We work locally and globally in Africa, Asia, the Caribbean, Europe, the Middle East, the Caucasus, Europe, and South and North America.

Our Motto: When one helps another BOTH become stronger