



The Association for Trauma Outreach & Prevention (ATOP)

www.meaningfulworld.com

NY Office

185 E. 85th Street, New York, NY 10028

Phone: 1 (201) 941- 2266

E-mail: drkalayjian@Meaningfulworld.com

ATOP Meaningfulworld Pamper Yourself Holiday Festival and Party 2013

Isha Emley & Blerina Marku



Dr. Ani and Meaningfulworld family
Enjoying laughter & fun while creating
beautiful artifacts under the guidance of
Lorraine Simmons

The “Pamper Yourself” holiday party with ATOP/Meaningful World was a festive and uplifting night of celebration. As a soft blanket of snow settled over the city, a stream of vibrant people began to file in. Each decorated room was alive with spirited conversation and the contagion of holiday cheer.

Generosity abounded in the healers who came to offer reiki, flower essence consultations, angel card readings, and a clay table for playful creations.

Each “Pamper Yourself” partygoer had the opportunity to visit each healer to receive individualized healing. Reiki healing was provided by Vanessa Spencer. Her relaxing touch was deeply

mending. Each recipient emerged from her room realigned and replenished. In addition to the gift of Sandra Delcioppio’s soothing presence, she brought flower essences. Through muscle testing, she exacted which flower remedies would be helpful for alleviating blocks and empowering the potential in each individual. Blanka Angyal offered Angel Card readings.

It was a moment to steal away from the mundane and touch the angelic support ever present beyond our sight. Lorraine Simmons encouraged playfulness by setting up a table of clay. We gathered with her joyful assistance, smooching, twisting, and cutting clay to make candle holders. Bursts of laughter emerged as the first set emerged from the oven burnt to a crisp!



Blanka facilitating an Angel Reading with David Pressley



Sandra conducting muscle testing to identify Flower remedies for Susanna

The night crested with a comedic gift exchange that united everyone in laughter.

We viewed footage from the recent ATOP/Meaningful World mission to Africa, and felt energized and committed to continue making a difference. We then gathered in for the Heart-to-Heart Circle of Gratitude which gently closed the evening. stood together sharing our thankfulness and hopes for the year to come. Empowered by the grace of the season we look forward with courageous hearts and determined minds for the sacred work that lay ahead.

Thank you to all who attended! Special thanks to the healers who gave so fully of themselves. And an extra special thanks to Dr. Kalayjian, who has made all of this possible.

ATOP



Meaningfulworld family, friends, volunteers wishing you a happy holidays!

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 decades of global and local disasters. ATOP is committed to health and global education promoting state-of-the-art scientific theory, 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 Program teams have helped rehabilitate survivors from over 45 calamities, 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, mind-body-eco-spirit health, visionary leadership, empowerment and artful collaboration through a new world view.

Our Motto: When one helps another BOTH become stronger