

Meaningful World

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(ATOP)**

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9th Humanitarian Mission to Haiti

**Sustainable Health and Peace through Meaning-Making, Forgiveness, Transforming
Horizontal Violence, and Establishing Peace and Forgiveness Gardens**

Dr. Ani Kalayjian, Lorraine Simmons, Shayla Tumbling, Raman Kaur



Staff/teacher training in Carrefour - Maison l'Enfants orphanage - The University of Notre Dame, Haiti

On 19 June, 2015 with the support of an enthusiastic mariachi band, the Meaningfulworld Humanitarian Ambassadors—Dr. Ani Kalayjian, Lorraine Simmons, Shayla Tumbling, and Raman Kaur—took a deep breath and danced into the welcoming, supportive energy of Haiti.



Woman carrying buckets on head - Giving Bach Remedies for Stress Relief - Dr. Ani lecturing at the 5th International Conference on Mental Health and Spirituality at the University of Notre Dame in Haiti

While the breath-taking devastation of the 2010 earthquake is still apparent, the people of Haiti show a strong face in the struggle against an unorganized and unstable government, lack of adequate housing, running water, and stable electricity, high unemployment (80% of the people live in poverty), and inadequate education (the illiteracy rate is 60%). Even though the people strive to quell their emotions and there is an underlying hint of apathy, dehydration, helplessness, and horizontal violence, the Haiti is a resilient, energetic country. The dance of motorbikes, tap-tap vehicles, cars, trucks, and pedestrians swaying through the city without a recognizable traffic pattern, nor traffic lights, is mesmerizing. The perseverance of men, women, children, stray dogs, chickens, and goats picking their way through the rubble of wares and trash on often unpaved dusty streets in the sweltering heat suggests stamina to be celebrated. The bright colors of the city—painted walls in turquoise, pink, and green, decorated tap-taps, colorful clothing, vibrant plants and trees—show the old and the new combined in an interesting and exciting blend that demonstrates the liveliness of the people and imparts a sense of hope. The lush greens and dusty browns of the countryside and the vibrant turquoise of a living sea support the energy of Haiti with grounding, steady breath.

A crisis which was just beginning to be a threat at the time of the Meaningfulworld mission but is now a reality is the crisis at the Dominican Republic and Haitian border. The Dominican Republic has been under international scrutiny in recent years for immigration policies that tend to affect mostly Haitians and people of Haitian descent, who tend to be darker skinned than most Dominicans and often find themselves victims of racial discrimination. Close to 40,000 Haitians have been given no choice but to leave Dominican Republic as of 6 July, 2015. Many are left without food, water and shelter so, this adds more strain on the already depleted economy and moral of the Haitian people.

The 9th Humanitarian Mission to Haiti focused on: Sustainable Health through Emotional Intelligence, Meaning-Making, Forgiveness, Heart-Hug Dolls, and Establishing Peace and Forgiveness Gardens.



Heart-Hug-Dolls made by Lorraine Simmons - Forgiveness Garden at University of Haiti - Circle of Gratitude and Love

The team began with two days at the 5th International Conference on Mental Health and Spirituality at the University of Notre Dame in Haiti. Dr. Kalayjian spoke on Sustainable Peace and Health through Establishment of Peace and Forgiveness Gardens. More than 300 were in attendance. On the next day we conducted a workshop on our 7-Step Integrative Healing Model.

The team worked with new collaborators at the Episcopal Seminary with Dean Pierre Simpson Gabaud. Eleven seminarians participated. They were gracious and eager to learn about serving their community in a healthier and more meaningful way. Then we went to our usual orphanage only to find out that due to financial constraints the orphanage was closed and children disbursed. Then the team facilitated a six-hour-long training with 40 professionals in three community-based groups whom we invited to collaborate to provide the training for their

organizations. The three groups, all educational and peace organizations were: Voix et Actions, Lakou Lape, and WOZO.

We then conducted training at the Universite de Etat Haiti (UH). We collaborated with Dean Vallen of the Ethno-Psychology Department. Close to 50 students attended. On the same day the team traveled a long way to Notre Maison (a home for orphans, some with mental and developmental disabilities) founded by Gertrude Bien-Aime-Azor 20 years ago with about 50 children.



Energy Balancing at Episcopal Seminary - Circle of Love and Gratitude - The team at Morelan Bed and Breakfast with Polyanna Domond

The next day the team went to do a staff/teacher training at an orphanage with which we collaborated last year, Maison l'Enfants de la Foi, located in the Carrefour area about 1.5 hrs from Petionville. There were about 20 participants: psychologists, teachers, and community members.

Later in the afternoon we worked with the children at the Maison l'Enfants orphanage. We were greeted with a beautiful sign on the wall that warmly welcomed all the ATOP Meaningfulworld team members. We separated close to 50 children into two groups: based on their developmental levels the children were assigned two groups: one for adolescents and pre teens, and another group for the younger children.

On the morning of June 26 we connected with TV Metropole and taped a brief recorded interview on our outreach, purpose, outcome, and priorities. Later that afternoon we traveled 3 hours to Jacmel, to the coast.

For the next two days the team worked in Jacmel with approximately 30 women from the community as well as about 25 of the youth ages 6–16, and many of those people walked for over an hour to reach our location in over 100°F heat and 100% humidity.



TV Metropole Interview - Television National of Haitians - Planet Creole Radio with Elien Isac

On June 29 our team started the day working with the media as Mr. Wendell at TV Metropole interviewed Dr. Kalayjian. At the radio station Planet Creole we met with owner Carl Demond, who introduced us to Elien Isac, a fourth-generation Voodoo Priest, who would interview us as guests on his live show. After completing the two interviews the Meaningfulworld

team headed to the Orphanage Bonjour Timounyo (“Good Morning Child”) at Ti Place Cazo. We worked with approximately 30 children in 2 groups; adolescents ages 10–16 and the younger children ages 2–7. The team members sponsored five children at the orphanage: Pierre Spiniswr, Deflin Adler, brothers Julien Wikinby (10 years old) and Borren Wikinby (6 years old), and Marcelus Standar (6 years old).

On the last day in Haiti, Dr. Kalayjian was interviewed in a live broadcast at TV Metropole on our mission goals, outreach, outcomes, and lessons learned. In total our team worked with approximately 700 people directly and another 3,000 indirectly, also reaching millions through TV, radio, and newspapers. In this mission we had four media appearances through the Planet Creole radio station, two shows at Television National of Haitian (TNH), as well as at TV Metropole.

The training programs focused on Emotional Intelligence, meaning-making, transforming horizontal violence, sharing resources, practicing forgiveness, the 7-Step-Integrative-Healing Model, the 4 Agreements (Ruiz), generational transmission of trauma, Human Rights Education, peace-building, and UN Sustainable Goals. We also established Peace and Forgiveness Gardens. The team led the adults and children through chakra balancing energy movements, shared the 4 Agreements, and held an art therapy group where children drew and talked about how they felt safe in their homes. We also shared our Heart-Hug Dolls with positive messages written by university students especially for the orphans, and placed in their heart pockets. The team brought many donations for the children and staff, including: clothing, glucose-check machine, Bach remedies (donated by Nelsons), jewelry, hygiene items, shoes, and much-needed over-the-counter first-aid items. Plans were made to continue collaborations with the University of Haiti, University of Notre Dame, the community groups, the Episcopal Seminary, six orphanages, and the Voodoo Priest.



Maison l’Enfants orphanage Staff Training - Orphanage Bonjour Timounyo - Working with Children at Orphanage Bonjour Timounyo

The most frequently expressed emotions were sadness and worry, followed by jealousy, frustration, disappointment, fear of the future and unemployment, and hurt. The areas to strengthen were: literacy, poverty, theft and living in fear of being robbed, fear of expressing their point of view, male dominance at home and at the workplace, 50% did not have access to the Internet, and horizontal violence was reported as something they encounter daily. The recommendations of our team were the following: reading and disseminating the UN Declaration for Human Rights, reading *Man’s Search for Meaning*, creating neighborhood associations, planting peace and forgiveness gardens, using energy balancing to relieve stress, and disseminating what they learned to at least three people and asking those three to disseminate to three others in turn as well.

As Elien Isac, the Voodoo Priest says, “Meaningfulworld is the Cure for Haiti.” Meaningfulworld is the bridge connecting the fragmented communities of Haiti and bringing an integrative healing that involves physical, emotional, spiritual, ecological, and energetic healing.

Meaningfulworld also transformed the negative impact of Horizontal Violence, and empowered communities to pull one another up. As Ms. Valmond said: Thank you for your training, you taught us about how to manage our emotions especially anger. It was so meaningful.....only the creator will and can pay you for your volunteer services. We see life differently now and have more tools to face whatever comes our way.

Overall, Meaningfulworld has established the following projects in Haiti: 1. Plant a tree project, and establishing Peace and Forgiveness Gardens, 2. Cleaning the environment, trash disposal awareness, 3. Anger management classes for domestic violence, 4. Women's empowerment groups, 5. Educational groups and supervision for psychologist, social workers and students, 4. Uplifting projects through Heart-Hug-Dolls, 5. Psychosocial rehabilitation and mind-body-eco-spirit health, 6. Sponsor a child project, 7. Setting up Ping-Pong clubs to empower youth, keep them focused, and keep them away from violence.

We would like to thank all of our collaborators in Haiti: Father Wismick and the University of Notre Dame, Dr. Kathlynn Griff, the Episcopal Seminary with Dean Pierre Simpson Gabaud, James Duracin at Voix et Actions, Louis Henri at Lakou Lape, Micheal Garly at WOZO, the Universite de Etat Haiti (UH) with Dean Vallen of the Ethno-Psychology Department, Gertrude Bien-Aime-Azor, Orphanage Bonjour Timounyo ("Good Morning Child") at Ti Place Cazo, Planet Creole with Carl Demond, Polyanna Domond at Morelan Bed & Breakfast, Mr. Wendell Theodore at TV Metropole, Ms. Gertrude, Ms. Volmond, Pastor Rubinson, Kara Lightburn and Elien Isac.

We want to take this opportunity to express our deep gratitude to all of our donors for our Haiti Humanitarian Mission: Nelsons for donations of Bach flower remedies, Phyllis Farmer (clothing and jewelry), Lisa Schiller, Lyla Parvez, Dean James Kowalski and Canon Victoria Sirota of the Cathedral of Saint John the Divine, Dr. Ishaq Arustu and St. Luke's Hospital (medicine and acucheck), Anne Kat Maggie, Marian Wiesberg, as well as all those who donated and provided support to our individual team members. We are holding you in our hearts, and we celebrate your generous giving spirit.

Team Reflections

Dr. Ani Kalayjian: This mission has been very fulfilling with a great outreach to millions of people. I was especially happy to outreach to new organizations, new denominations, as well as through multiple TV and radio appearances. The message was clearly stated: "Meaningfulworld is the cure for Haiti."

Lorraine Simmons: I wish to express my gratitude to the entire 2015 Haiti team for the opportunity to be a Meaningfulworld Ambassador with you. Your commitment to work together for the best interest of the people of Haiti is inspiring. I am in awe of the energy that is Haiti and the warmth of the people we met and worked with. I felt embraced by profound love and it is my sincere goal to return to Haiti next year.

Shayla Tumbling: This mission was beautiful. I am so grateful that I had the opportunity to connect with so many amazing individuals & groups working to bring positive change and healing to people's lives. I am forever full of appreciation for those whom welcomed us with open arms and supported our mission to share love, healing, and possibility with all those who can hear our voices.

Raman Kaur: Our Meaningful World mission has been so rewarding and personally transformative for all of us on the team. To be welcomed with such warmth and compassion was beautiful. Not only has this mission been very fulfilling in terms of outreach and training, but to be connected to the pulsating vibe and energy of the Haiti was truly inspiring, fulfilling and wonderful as well! Haiti felt home away from home, and every individual we came in contact with through trainings and outreach full heartedly welcomed us. I am looking forward to returning to Haiti next year!

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, 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 to create a new and Meaningfulworld view. We work locally and globally in Africa, Asia, the Caribbean, Europe, the Middle East, South and North America.

Our Motto: When one helps another BOTH become stronger