

Meaningful World

The Association for Trauma Outreach & Prevention (ATOP)

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Press Release

Pamper Yourself Festival: Meaningfulworld Pre-Holiday Healing Party Lyla Parvez

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 Pre-Holiday 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. Expressions of acceptance, validation, empathy and mindfulness were plentiful. Even though energy was high there was a sense of tranquility and peacefulness ruminating throughout the space which strengthened the bond between the attendees, proving to be an open, loving and empathic milieu.

Lorraine Simmons, Meaningfulworld VP of Clinical Programs and **Lyla Parvez**, Publications Coordinator, welcomed attendees. **Upuli Ranaweera**, *Meaningfulworld Treasurer*, and **Dr. Ani**, greeted attendees with a smile and a big hug.



Lyla & Lorraine



Homemade, Organic Appetizers



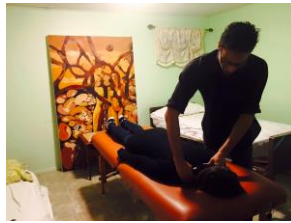
Dr. Ani & Upuli giving warmth

The fellow healers were in attendance: Kabbalah Healing with Dr. Joel Charles, Massage Therapy with Matthew Simmons, Body Energy Healing with Dr. Robert Kandarian, Artistic Expressions (clay) with Lorraine Simmons, Neuromuscular Therapy with Art Jaffe, Supplements and Juicing for Health with Dr. Ani Kalayjian, Flower Essence Healing with Sandra Delcioppio and Meditation with Dr. Ani Kalayjian. Attendees rotated from their choice of healers throughout the 3-hour period. Attendees learned a great deal about themselves within the realm of various spiritual healers, and experienced

tremendous release of stress. While attendees were waiting to rotate to the multiple healers, Lorraine facilitated the making of clay candle holders, with multiple colors and designs in a creative workshop.



Dr. Joel Charles



Matthew Simmons



Dr. Robert Kandarian

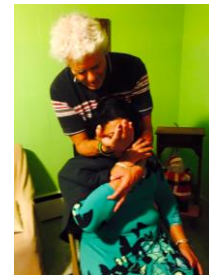
Kabbalah healing was originated in the Judaism faith and is an ancient wisdom that provides practical tools for creating joy and lasting fulfillment. More so, it is an ancient tradition of mystical interpretation of the Bible, reaching the height of influence during the Middle Ages. **Massage therapy** is the manual manipulation of soft body tissue to enhance a person's health and well-being. Two types of massage therapy are relaxation massage, known as a Swedish massage (spas, wellness centers) and rehabilitative massage, known as a deep tissue massage (medical, therapeutic massage). **Energy healing** relies on the belief that the practitioner has the ability to channel healing energy into the person seeking help through different methods: hands-on, hands-off and distant (or absent). Abundance of hands on healing was available.



Upuli Ranaweera



Artistic Expressions with Lorraine



Art Jaffe

Artistic expressions can take on multiple forms; painting, writing poems or books and music, among many other forms. It is a healthy way to spend time, acquire new skills and promote creativity that increases health and happiness. **Neuromuscular therapy** is a precise, thorough examination and treatment of the body's soft tissues. Consisting of alternating levels of concentrated pressure in areas of muscle spasms.

Supplements and Juicing for Health is best used as a supplement to a healthy, plant based diet to help boost your intake of fruits and vegetables and ease the absorption of certain immune boosting and health promoting nutrients. Vegetable juicing and fruit juicing are both additive benefits to any healthy, balanced diet. **Flower Essence Healing**, originally formulate by Dr. Bach, is done through herbal infusions or decoctions, made from the flowering part of the plant that address emotional and mental aspects of wellness. There are 38 flower remedies professionals use to provide help to those seeking it. Lastly, **meditation** is the practice of turning your attention to a single point of reference. It involves breathing exercises, bodily sensations and a mantra. Meditation includes focusing on oneself, becoming one with the spiritual world.

Prior to consuming the food, attendees sat together and introduced themselves to the group. They recited their names, their function within Meaningfulworld and what Meaningfulworld has done for their lives. Dr. Ani facilitated this aspect of the evening and provided presents for Meaningfulworld interns, special guests and provided scarves from multiple areas of the world to Meaningfulworld interns.

An **organic, homemade and healthy dinner** was then served, during which the attendees were

able to socialize with one another, forming a lovely, open space for sharing. Attendees were entertained by Nevart Shadarevian, professional concert violinist, who played from Bach and Komidas (Armenian Composer). We saw a short film of Meaningfulworld's Humanitarian Mission to Haiti. As a result a few people were inspired to sponsor a few children in need.



Introductions



Listening to Violinist



Watching Mission film in Haiti

The last component of the training was *Dr. Ani Kalayjian's signature Heart-to-Heart Circle of Gratitude and Love*, where everyone held hands and placed their right hand on the heart of the person to their right. Dr. Kalayjian, in a guided meditation, invited us to connect with the other's heart, one heart at a time, and with each breath expanding our love and connection with all the hearts in the circle, and then with all the hearts in the world.



Heart-to-Heart Circle of Gratitude and love



Founded in 1990, Meaningfulworld, the Association for Trauma Outreach & Prevention (ATOP), affiliated with the United Nations, has achieved international recognition as a leader in training humanitarian outreach professionals as well as responding to two decades of global and local disasters. Meaningfulworld is committed to global education promoting state-of-the-art scientific theory, peace and consciousness research, 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 laypeople committed to service. Meaningfulworld Humanitarian Outreach teams make a daily difference in 45 countries in people's lives helping to transform tragedy and trauma into healing through post-trauma growth, guidance, empowerment, mindfulness, and meaning-making through a new worldview. Ask yourself... Ask your friends... What makes your world more?

Our Motto: When one helps another, BOTH become stronger