

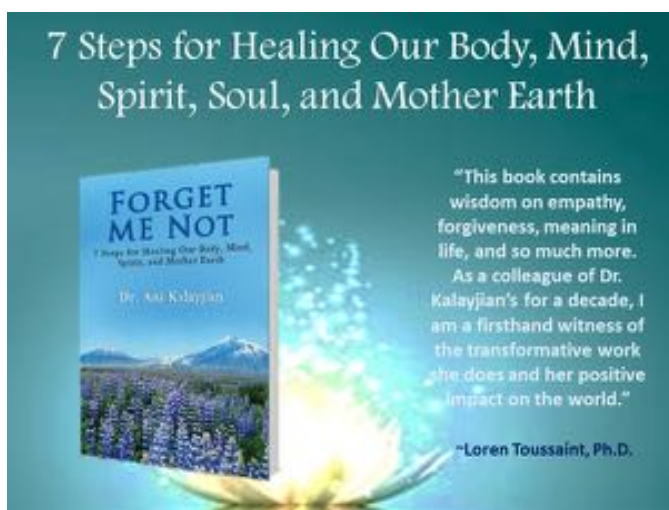


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Meaningful *World* Newsletter January, 2018

Dr. Ani Kalayjian's latest book is available on Amazon, get your copy now!



Dr. Ani Kalayjian is living proof that there is a reason people from all over the globe choose to immigrate to America. It was her desire to come to this country with the hopes and the dreams of being free, to receive a good education, find a good occupation, and exercise her human rights. While

transcending adolescence and gender discrimination in her former country, she has found a higher level of caring and healthy practices for the prevention of disease and promotion of holistic health, educating the mind and the heart. Her analogy of peeling an onion describes how she found her inner core, the gem, the jewel and the diamond that is her.

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ENJOY THE MOMENT Dr. Ani Kalayjian

She ran to the window
With amazement and curiosity of a child
She watched with her eyes wide open and smiled ear-to-ear,
Its snow, she exclaimed, its coming down so beautifully...

The flakes are so carefree, dancing in the air,
Although looking much alike, but they are so uniquely shaped.

As if they are flying or floating around
Before snuggling with one another, while embracing all that they touch.

What a beautiful creation of pure, white, fluffy
Layer of protection and aesthetic beautify
Covering the trees, branches, sidewalks, cars, and streets alike.
While she continues watching with wonderment...

Meanwhile, at the next door, another woman,
with many Bad memories of shoveling snow, pain and discomfort,
Ran to the window, looked at the same snow
And wept, feeling bad, anticipating pain and sorrow...

Her past was so painful,
She wasn't able to enjoy the same beauty Right in front of her eyes.. .
As all she could remember was pain!
She had many options at hand,

Perhaps to have someone else remove the snow,
Perhaps to remove the snow slowly and mindfully,
But she chose to bring in the pain and depression From her gloomy past,
while tears ran on her cheeks.

Don't let your past destroy your present,
Be in the moment, and connect with your childhood curiosity,
Embrace a care-free attitude, with fun and laughter,
Celebrate the moment and enjoy the aesthetic beauty before you.

March 2013 Dr Ani Kalayjian DrKalayjian@Meaningfulworld.com



**Saturday, 27 January,
2018**

**Meaningfulworld Full Day
Workshop
Conscious Leadership,
Forgiveness, Meaningfulworld
View, & Logotherapy**

Program Focus:

- Review the importance of service
 - Learn to integrate mind-body-spirit-souls-environment connection
 - Learn the 5 shadows impacting us negatively, and 5 pillars of service
 - Integrate benefits of forgiveness while shedding light at myths of forgiveness
- Practice forgiveness, forgiveness meditation, and learn about religions & forgiveness
 - Learn healthy patterns of connecting with ourselves, the world, those we serve, and the universe

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Meaningful World

Holiday Humanitarian Relief

Mission in Puerto Rico

**Shared sorrow is half sorrow!
While shared joy is double joy!**



One hundred days, post Hurricane Maria, challenges are numerous; Almost 75% in some areas still do not have basic needs of electricity and communications, poor communication with the neediest due to destroyed roads, large scale exodus to the United States. As a result, frustrations are extremely high, and people are feeling exhausted to live day by day with uncertainty, helplessness regarding not being able to provide for their families, despair and fear of the next hurricane season starting in May. Meaningfulworld programs were the first large scale workshops on the island to provide post trauma healing since the hurricane, especially for mental health providers, who were exhausted physically, emotionally and spiritually. Strengths are also numerous: Resilience, feeling united, helping one another, keeping the spirit of play, music and dance alive being the most prevalent. We developed the following sustainable programs: 1. Men's EQ groups to cope with domestic and GBV violence 2. Integrating Emotional Intelligence in Teacher Certification curriculums 3. Planting trees 4. Teaching the 7-Step Integrative Healing Model in Technical Institute 5. Intergenerational dialogue programs to enhance positive lessons and wisdom 6. Assertiveness training for women 7. Collaboration with UPR to train facilitators to teach the 7- step throughout PR 8. Begin a Meaningfulworld branch in Puerto Rico



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Meaningful World

Dr. Ani Kalayjian & Lorraine Simmons

Interviewed by Daren Jaime on

Bronx Net, 18 October, 2017

Click on the watch video button below to watch full interview.

[WATCH VIDEO >](#)



Media & Publications

[Forgiveness and](#)

[Eye on
Psi Chi](#)

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[Riverdale Press Interview](#)



Radio Interview



Bronx Net Interview

[International Psychology Bulletin](#)

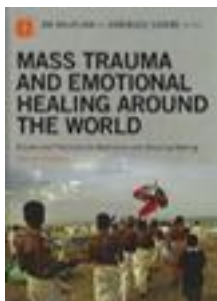
Support! Meaningful projects around the world

[**SUPPORT**](#)

Download The 7-step Integrative Healing Model

[!\[\]\(dd161862f9164df98f62b726e9846241_img.jpg\) **Download**
Free resource](#)

Mass Trauma and Emotional Healing Around the World



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ATOP Meaningfulworld:

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 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 and artful collaboration through a new world view.

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