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Meaningful *World* Newsletter November, 2017



Meaningful World Puerto Rico

Holiday Humanitarian Relief Post Hurricane Maria

18 - 30 December, 2017

Building Resilience and Meaning-Making

Utilizing the 7-Step Integrative Healing Model

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Meaningful World Pamper Yourself Holiday Gratitude Party

Saturday 16 Dec, 2017

4-6 pm Personalized Healing, and 6-10 pm

Party

Kindly join us for an afternoon of celebration as we remember all that we have accomplished as a team and as a community in the world this year !

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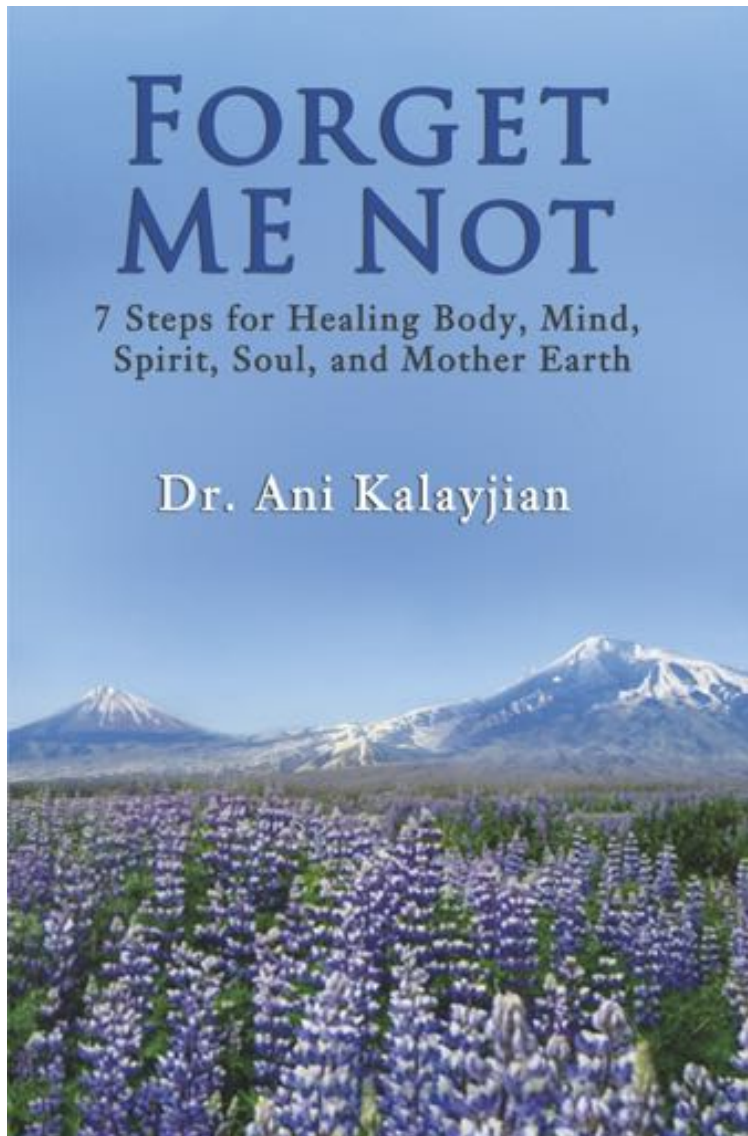
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Transforming Suffering into Resilience: Photo Exhibit on Humanitarian Relief Outreach

ATOP Meaningfulworld Celebrates 72nd United Nations' Day Awards, Celebration and Reception

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2017 RELEASE FORGET ME NOT

7 Steps for Healing the Body,
Mind, Spirit, Soul, and Mother
Earth

Here are the 7 important
agreements for health and
happiness:

1. Transforming our beliefs and identifying our ethical values
2. Exercising our will and perseverance
3. Maintaining continuity and consistency in practicing our healthy habits
4. Using SMART goals and revising them as we evaluate our goals
5. Being mindful of our attitudes and interpretations: positive, kind, loving, non-assumptive, non-judgmental, and forgiving
6. Thinking critically and creatively: seeing all the colors between black and white, good or bad, and seeing it from outside the box
7. Finding our global meaning in life and the specific meaning in our goals

TESTIMONIAL: Dr. Kalayjian's *7-Steps for Healing Our Body, Emotions, Spirit, and Soul* is three things: a powerful memoir, an enlightening self-help book and an immeasurable gift to bestow upon your loved ones and yourself - Dr. Susan Furhman, President of Teachers College, Columbia University, New York, NY

Media & Publications

[Forgiveness and
Meaning of Life](#)



Radio Interview

[Eye on
Psi Chi](#)

[Riverdale Press
Interview](#)



Bronx Net
Interview

[International
Psychology
Bulletin](#)

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around the world

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Download The 7-step
Integrative
Healing Model



Download
Free resource

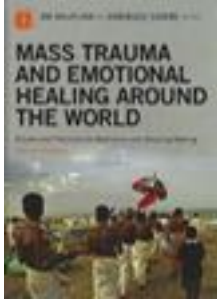
Mass
Trauma and

From War to
Peace:

Forgiveness
and

Disaster &
Mass Trauma

Emotional Healing Around the World



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Meditation CD

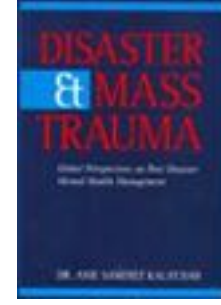


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Reconciliation



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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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