



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, drkalayjian@Meaningfulworld.com

10th Annual Meaningfulworld Mind-Body-Eco-Spirit Festival at The United Nations

Theme: Healing the Wounds of Violence... the SDG's in Action

6 June 2019

On Thursday, 6 June 2019, the Association for Trauma Outreach & Prevention, (ATOP) Meaningfulworld held its 10th annual Mind-Body-Eco-Spirit Festival at The United Nations. The theme of this year's program was "*Healing the Wounds of Violence... the SDG's in Action.*"

Conference Co-Chairs, **Dr. Ani Kalayjian**, Founder & President of ATOP/Meaningfulworld, and **Dr. Leslie Popoff**, ATOP/Meaningfulworld United Nations Coordinator, gave welcoming remarks. Dr Kalayjian concluded with a poem:

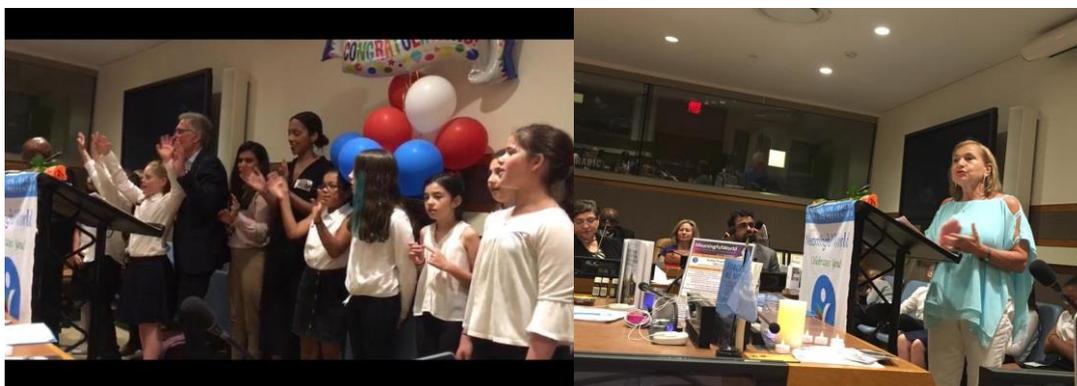
*If I can throw a ray of light across a darkened pathway of another,
If I can aid a single soul to a clearer insight for life, meaning and responsibility,
Thus, helping my brothers and sisters,
IF I can wipe from any human cheek one tear,
I shall not have lived my life in vain while here.*

Eric Shokei Manigian of the Union Theological Seminary opened the program with a guided meditation, which set the tone for the presentations about trauma, healing, and creating inner peace.



A variety of resources and strategies for healing the mind, body and spirit were presented by several guest speakers. Mr. Vik Kapoor, JD, previously a FEMA ombudsman, is a conflict management expert and leadership coach. He shared his own personal experience with traumatic loss at a young age, which remarkably served to lead him in the direction of helping others to define their life's purpose. He shared with the audience the therapeutic tools that he developed, including the "Wheel of Purpose" and his model of self healing, empowerment and actualization. Mr. Kapoor's work revolves around the importance of individuals knowing that they have a purpose in life. He has found that the most important risk that the experience of trauma presents is the risk of leaving the individual without a sense of purpose. He reinforced Meaningfulworld philosophy that "when one helps another, both become stronger".

The program included a musical interlude by the Brooklyn Children's Glee Club from PS 10 with keyboard accompaniment by Director **Fred Ellis**. Their songs included well known selections that the audience enthusiastically joined in with clapping and singing, including "This Land is Your Land" "Peace, Salaam, Shalom".



Dr. Daniela Rosa, from Columbia University, followed focusing on the importance of integrating rituals and cultural practices in their healing process. Dr. Rosa has many years

of experience working with traumatized individuals. She emphasized the importance of cultural and religious rituals in helping to facilitate the healing process. Her research focused on the Latinx community's rituals and practices. Dr. Rosa stated that it is important to try to understand the role of an individual's culture and religious background especially when working with someone from a Latinx community.



Ms. Sowmya Kshtriya, MA, PhD candidate at Montclair State University, and Meaningfulworld Clinical & Educational Coordinator, gave the final presentation on the “7-Steps Integrative Healing Model” developed by Dr. Kalayjian. The 7-step Model is central to the humanitarian programs that Meaningfulworld provides throughout the US and in over 46 countries around the world. This integrative model incorporates various theories which include psychodynamic, interpersonal, existential and humanistic, and facilitates the individual's transformation from trauma towards forgiveness and reconciliation, and meaning making. Learning theory, the use of essential oils, physical release, mind-body-spirit chakra balancing, and meditation are incorporated in the work.

The festival also celebrated and honored the 2019 graduates of the **Meaningfulworld Humanitarian Ambassadors** training program. This year's graduates include Ms. **Kathy Blount, LMSW**, Graduate Fellow at The United Nations, Ms. **Perpetua Igweatu, LMSW**, Graduate Fellow at the United Nations, Ms. **Amna Khan, MA**, Assistant Clinical Coordinator & Research Intern, and Ms. **Gloria Cole-Smith**, Volunteer & Meaningfulworld Supporter.

The 10th annual festival closed with a Meaningfulworld's signature **Heart-to-Heart Circle for Love and Gratitude**, a collective healing ritual developed by Dr. Kalayjian in which all participants experience a connection to each other, and then experience this connection broadened to include others in the community and extend this to the global family. The room vibrated with a sense of community, enthusiasm and a desire to build upon these connections made. Inquiries were made about other Meaningfulworld activities. Dr

Kalayjian reminded everyone to support Meaningfulworld's upcoming Mission on 8 June to Nigeria & Niger Delta. This was a truly inspiring and fulfilling event.

Special gratitude to our cosponsors: ACRPC, The Life Centered Therapy Training Institute, and The Tapping Solution, LLC.

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 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, mindfulness, 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