

***Association for Trauma Outreach and
Prevention (ATOP)
Meaningfulworld Bulletin
January 2020***

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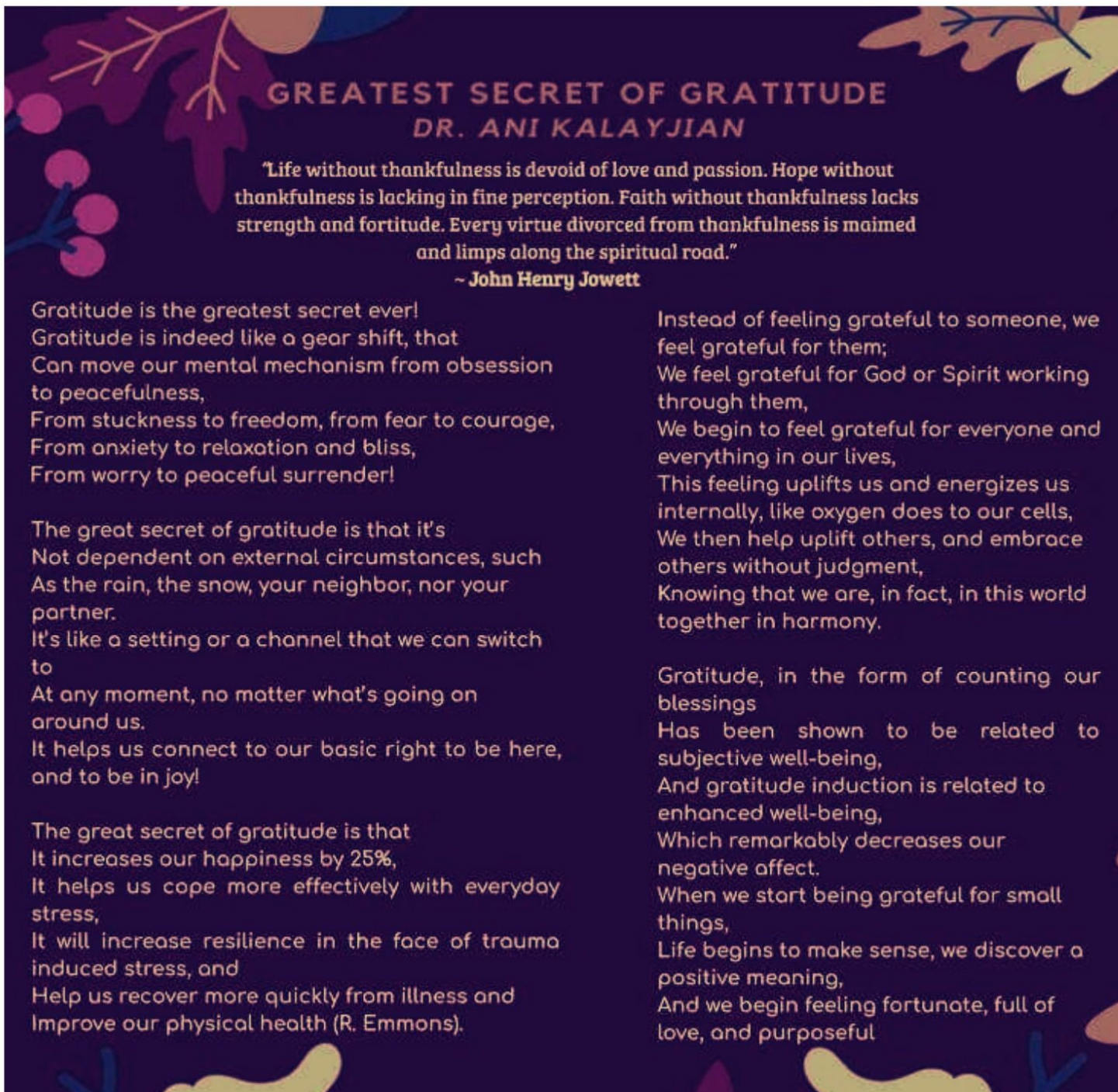
2020: A FRESH START WITH GRATITUDE

Meditation & Soul-Surfing: A Healing & Chakra Balancing Yoga Practice

Hosted by Dr. Ani Kalayjian & Justina Medina, Psy.D.

Monday, 10 February

For more information: <https://www.meetup.com/New-York-Self-Exploration-Meetup-Group/events/267899224/>



**GREATEST SECRET OF GRATITUDE
DR. ANI KALAYJIAN**

**"Life without thankfulness is devoid of love and passion. Hope without thankfulness is lacking in fine perception. Faith without thankfulness lacks strength and fortitude. Every virtue divorced from thankfulness is maimed and limps along the spiritual road."
~ John Henry Jowett**

Gratitude is the greatest secret ever!
Gratitude is indeed like a gear shift, that
Can move our mental mechanism from obsession
to peacefulness,
From stuckness to freedom, from fear to courage,
From anxiety to relaxation and bliss,
From worry to peaceful surrender!

The great secret of gratitude is that it's
Not dependent on external circumstances, such
As the rain, the snow, your neighbor, nor your
partner.
It's like a setting or a channel that we can switch
to
At any moment, no matter what's going on
around us.
It helps us connect to our basic right to be here,
and to be in joy!

The great secret of gratitude is that
It increases our happiness by 25%,
It helps us cope more effectively with everyday
stress,
It will increase resilience in the face of trauma
induced stress, and
Help us recover more quickly from illness and
Improve our physical health (R. Emmons).

Instead of feeling grateful to someone, we
feel grateful for them;
We feel grateful for God or Spirit working
through them,
We begin to feel grateful for everyone and
everything in our lives,
This feeling uplifts us and energizes us
internally, like oxygen does to our cells,
We then help uplift others, and embrace
others without judgment,
Knowing that we are, in fact, in this world
together in harmony.

Gratitude, in the form of counting our
blessings
Has been shown to be related to
subjective well-being,
And gratitude induction is related to
enhanced well-being,
Which remarkably decreases our
negative affect.
When we start being grateful for small
things,
Life begins to make sense, we discover a
positive meaning,
And we begin feeling fortunate, full of
love, and purposeful

SAVE THE DATE

NEXT ATOP MEANINGFULWORLD WORKSHOP



Mindful Leadership and Forgiveness: Dr. Ani Kalayjian
Visionary Speaker, Irina Wen: Emotional Focused Therapy (EFT)
Saturday, 25 January

RSVP by 1/18/20 and take advantage of the promo to bring a guest!
For more information: <https://meaningfulworld.com/our-work/workshops>

NEXT ATOP MEANINGFULWORLD CELEBRATION



Summer Healing Party
Saturday, 25 July
Time: 4-6:30 pm
Address: 135 Cedar Street, Cliffside Park, NJ

RSVP at Info@Meaningfulworld.com or Phone: 201-941-2266
For more information and tax-redactable donations:
<https://meaningfulworld.com/get-involved/donation>
Here is the link to our Summer Garden Gratitude & Healing Party from 2019:
<https://www.youtube.com/watch?v=PzwYeQl8ia8&feature=youtu.be>

ATOP MEANINGFULWORLD MARCH 2020 COMMISSION ON THE STATUS OF WOMEN (CSW 64) CONFERENCE PARALLEL EVENT



**Witnessing Gender Based Violence Stories: Nurturing Inner Peace with Empathy
and Empowerment: Dr. Ani Kalayjian**
Tuesday, 17 March
Time: 4:30 pm
Address: Venue: Church Center for the United Nations, NY, NY, (10th Floor)

LATEST ATOP MEANINGFULWORLD CELEBRATION



Pre-Holiday Healing Party
7 December

The party had the following Pampering & Integrative Individual Healing Modalities:

Art Jaffe - Spiral Technique

Dr. Ani - Flower Remedies

Sowmya Kshtriya - Runes Reading

Tanya Vartanian - Reiki

Films from Armenia & Haiti Humanitarian Missions

For more information:

<http://meaningfulworld.com/wp-content/uploads/2019/09/2019-Meaningfulworld-Humanitarian-Mission-to-Armenia.pdf>

ATOP'S LATEST PUBLISHING

Kalayjian, A., Medina, J., Simmons, L. (Fall 2019). Stepping into health with Joy: 7-Steps for healing our mind, body, spirit & mother earth, in collaboration with Meaningfulworld Haiti Chapter. Meaningfulworld 14th Humanitarian Mission to Haiti. Trauma Psychology News, pp 14-19.

Avedisian, M. (Fall 2019). Genocide, Trauma, & Forgiveness. Trauma Psychology News, page 38, APA Annual Conference session.

ATOP MEANINGFULWORLD VOLUNTEER OPPORTUNITIES



Call for Interns, Fellows and Coordinators

The following positions are available:

1. Grants
2. Outreach
3. Digital Media
4. Fundraising

For more information:

<http://meaningfulworld.com/get-involved/internship>

ATOP MEANINGFULWORLD ESSAY CONTESTS

Youth Empowerment Program (YEP) Essay, Poetry, Rap Skit Contest

Essay subject: "Creating Inner Peace: Transforming Bullying"

AWARDS: \$40 Grade School Winner; \$50 Middle School Winner; \$75 High School Winner; \$150 College Student Winner

Deadline 1 May, 2020

For more information: <http://meaningfulworld.com/our-work/awards-essay-contest/2020-atop-meaningfulworld-peace-essay-contest-1-may-deadline>

Twenty-Sixth Annual Krieger Essay Contest on Preventing Genocide

Essay Subject: "What the Legacy of Genocide Means to Me"

AWARDS: \$100.00 for High School student winner (2 Awards)

\$200.00 for College/University student winner (2 awards)

Deadline 24 April, 2020

For more information: <http://meaningfulworld.com/our-work/essay-contest/2020-meaningfulworld-genocide-prevention-krieger-essay-contest-24-april>

GRATITUDE TO OUR VISIONARY SPEAKERS

Arthur Jaffe, Ali Fischer, Christina Nunez Gomes, Cristina Como, Mark Ackerman, Marianne Gunther, Ron Friedman, Kathleen Booker, and Lata Chettri-Kennedy

GRATITUDE TO OUR DONORS

Dr. Grace Ilanjan; Natalia Tomassini; Talin Manukian; Taleen Gergerian; Irene Tananyan; Dr. Marianne Jeffreys; Dr. Noyemi Isnar; Dr. Harold Takooshian; Randolph Giudice; Percy Lambert; Lisa Chin; Ara Boghosian; Betty Labine; Hina Syed; Rita Zoroghlian; Anisa Polatoglu Goz; Siroun Terzian Meguerditchian; Carla Tufenkdjian; Bourquin Consulting; Alma Daniel; Supriya Reddy; Lisa Schiller; Lisa Tan; Shulamit Lazarus; Victoria Sirota; Lory Lazarus; Young Kim; Nayri Kalayjian; Dr. Tara Pir; Dr Carol Lachman; The Tapping Solution; Life Centered Therapy; Lorraine Simmons; Kathy Blount; Art Jaffe; Marian Weisberg; Janet Demirjian-DiDonato; Jackie Kazarian; Gloria Smith Cole; Eric Manigian; Kevork Ucaryan; Dr. Garen Boghosian; Ilka Peck; Jinnie & Chuck McCormick; Maureen Britt; and Dr. Maggie Avedisian.



Contact us and learn about our work at:

<http://www.meaningfulworld.com>



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