Association for Trauma Outreach and Prevention (ATOP) Meaningfulworld

Bulletin May 2020

A Message From Our President Dr. Ani Kalayjian

Dear Ones,
This pandemic has been a deeply challenging time for all of us and we at Meaningfulworld continue to hold you in positive light and healing. For you who have struggled with the virus or have lost loved ones, we send you our love and deepest condolences.

What Comes After the Global Pandemic?
An Emotional, Ecological and Spiritual Transformation
by: Dr. Ani Kalayjian

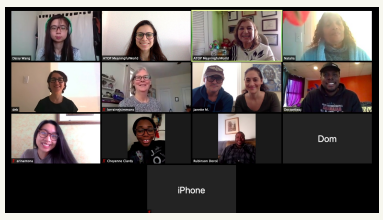
As after any pandemic multiple changes are inevitable.
This time the changes are coming at us
like waves, hitting us with vigor,
vengeance, persistence, and strength,
with the destructive force of a tsunami.

It's a perfect time to ask yourself:
'How do I change my life?'
'How do I stop the old patterns?'
'How do I take charge?

First know this:
Yes, you can! Yes, we can!
We are all in this together.
We cannot continue using our old ways,
trying to pretend change.
We can keep asking incessantly,
"How long is this going to last?"
Or we can ask:
"How long am I going to continue
resisting real change?"

It is time to Stop!
Get off your robotic treadmill
and connect quietly and honestly with-yourself!
Stop! Do not judge yourself.
Remember that our worst enemy
lives between our two ears!
Evict it and move to mindful action.

Move to action with reflection.
Move in the right direction
towards self-love, self-care,
self-compassion, and transcendence!
Start nurturing your emotional intelligence.
Diversify your assets by engaging in loving kindness.
Stop searching for happiness outside of yourself.
Everything you need lies within.
Take this journey to discover your essence.
There you will discover a deeper meaning in your life!



Meaningfulworld Zoom Workshop
Mindful Leadership & Forgiveness, Conscious Leadership, Forgiveness, Meaningfulworld View, Logotherapy

Facilitator: Dr. Ani Kalayjian, Founder – ATOP Meaningfulworld
Visionary Speaker: Ali Fischer - Somatic Healing
Saturday, 16 May, 2020

RSVP by 5/13/20 to take advantage of the promo to bring a guest!
For more information: https://meaningfulworld.com/wp-content/uploads/2020/02/16-May-2020-Mindful-Leadership-Forgiveness.png

Free Zoom Support Group for CoVID-19: How to Manage Stress, Anxiety, Fear and Uncertainty in Times of Global Crises

Emotional support group hosted via zoom
Facilitator: Meaningfulworld Team
Thursdays from 12:00-1:00 PM EST
RSVP: Info@Meaningfulworld.com to receive zoom link

United Nations ATOP Meaningfulworld Annual Mind-Body-Eco-Spirit Conference
Educating & Partnering for Global Health: Transforming Global Pandemics

Thursday, 4 June, 2020
Time: 3:00-4:30 PM EST
Where: Via Zoom

For more information: Click Here

Please Call God
Dr. Ani Kalayjian

Mom, I enter your room, and find you lying down in a fetal position,
Blanket wrapped up to your neck in the month of July.
I greet you and begin a song and dance "Pari louys, pari louys, inchbeses aysor?"
Meaning, Good morning, good morning, how are you today?

You respond by saying "Where is the baby? No one is taking care of the baby, she needs help.
Please call your grandmother, tell her that her baby is waiting for her."
I begin reorienting you, "Mom today is July 28, 2019, you are my Mom; I am your daughter.
Your Mom, grandma, has passed away long ago."

You rush to say, "I know you are my daughter, but the baby, needs your grandmother."
I then get you out of bed, fix your hair, dress you up, and we go for a short walk.
You tell me about the light you saw in your dream, the angels gathered all around you.
Then you ask me perplexed, "What happened? Why am I still here??"

How could I make sense out of the non-sense? Although I have dedicated my life,
To find meaning, creating a new silver lining, as well as helping others create meaning;
How could I help you, my Mom transition peacefully?
How could I make sense out of the senseless physical existence??

"I don't know Mom. Sometimes our bodies linger
Between earthly and ethereal world until we resolve our earthly matters.
Earthly issues may impact our final transition. Let's think together,
Mom is there anything that you need to resolve??"

You look at me perplexed and say: "Amaan Aghchiges (Oh, my daughter) I don't know."
I then wanted to move on to our lighter routine, connecting with relatives, siblings, etc.
I asked you Mom "who should we call today Mom?" You said "Call God."
I was surprised as you usually say, "Call your sister, brother, or call my sister."
I ask you again: "Mom, seriously, who should we call? Zarmine, Kevork, Vasken, or aunt Jacklyn?"
You repeat firmly gazing up to the ceiling: "Call God."

I then held your hands, they were so cold and bluish (as her heart struggled),
I rub your hands, and we pray together,
While I turn my face away from you,
Trying to hold back my tears in vain!

Until tomorrow, when we visit again,
We start again, searching, asking questions to God,
With no response Mom! We start over, again and again,
As nothing we speak, or share is sustainable when one has dementia. I am sorry Mom!

ATOP Meaningfulworld Volunteer Opportunities Call for Interns, Fellows and Coordinators

The following positions are available:

1. Grants

2. Outreach

3. Fundraising

4. Website and Digital Media

For more information: http://meaningfulworld.com/get-involved/internship

Genocide Prevention Essay Contests

New Deadline: 24 May, 2020

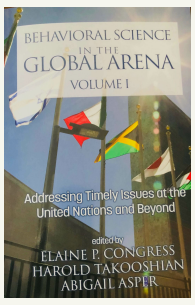
Twenty-Sixth Annual Kreiger Eassay Contest on Preventing Genocide

Essay Subject: "What the Legacy of Genocide Means to Me"
AWARDS: $100 for High School student winner (2 Awards)
$200 for College/University student winner (2 aAwards)

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

Youth Empowerment Program (YEP) Essay, Poetry, Rap, or 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 24 May, 2020
For more information:
https://meaningfulworld.com/our-work/youth-empowerment-program-yep-essay-contest



To Read Article Click Here

ATOP Latest Publishing

Kalayjian, A. and Khan, Amna (2020). Disaster and Trauma Intervention. In Behavioral Science in the Global Arena, Volume I, Addressing Timely Issues at the United Nations and Beyond.
Editors Congress, E., Takooshian, H., and Asper A.
Chapter 14, pp181-192.

Nakashian, N., Kalayjian, A. & Medina, J. (Spring, 2020). Humanitarian Mission to Armenia Launching Suicide Prevention Lifeline Summary. Trauma Psychology News, pp13-17.

Please maintain the following for good health & well-being in general, but especially now in times of CoVID-19!

1. Turn off the news at evening hours to receive a good night sleep.
2. Drink lots of water with lemon and organic apple cider vinegar; drink every 15 minutes.
3. Take L-Lysine (double dose) 1,000 mg daily, if you have some low degree symptoms take it twice! It's an essential Amino Acid to support collagen synthesis and promote healthy immune function.
4. Burn sage (when you leave & return from home, work or shopping).
5. Apply Rosemary ail on your chest for lung support as well as for activating your killer cells; also have oregano oil if your lungs are compromised.
6. Gargle with a salt and warm water for clearing bacteria from your throat.
7. Use distilled warm water and sea salt to wash your nostrils.
8. Don't give in to fear and find ways to focus on your usual goals; if you can't then stretch your body, mind and spirit.
9. focus on incomplete projects; or start readying that wonderful book on your reading list: Forget Me Not: 7-Steps for Healing our Body, Mind, Spirit & Mother Earth (Kalayjian), or How to Stop Worrying and Start Living (Carnegie); as well as gardening and walking.
10. Create laughter, laugh as much as you can, or watch comedy shows.
11. Help yourself, your family and local community with lots of love.
12. Silence the chatter; breathe deeply or meditate! Remember I love you and God and Universe love you too!

If you need assistance please contact me!
Dr. Ani Kalayjian

Gratitude To Our Visionary Speakers

Arthur Jaffe, Ali Fischer, Christina Nunez Gomes, Cristina Como, Mark Ackerman, Marianne Gunther, Ron Friedman, Kathleen Booker, Lata Cheri-Kennedy, Anisa Keith, & Dr. Deborah Barbiere

Gratitude To Our Donors

Dr. Grace Ilanjian; Natalia Tomassini; Talin Manukian; Taleen Gergerian; Irene Tananyan; Dr. Marianne Jeffreys; Dr. Noyemi Isnar; Dr. Prof 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 Avedikian, Joyce Boghosian; Marquerite Satian; Clara Andonian; Alice Movsesianand, Dr. Edmund Gergerian.

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Follow us on Social Media
Facebook: @MeaningfulWorldOfficial
Instagram: https://www.instagram.com/atop_meaningfulworld/
Twitter: @MeaningfulWorld
Linkedin: www.linkedin.com/in/meaningfulworld

Additional Media

Please follow Meaningfulworld's Youtube channel and watch Dr. Kalayjian's three newly prepared videos on healing and empowering ourselves in these challenging times of global pandemic

Youtube
channel: https://www.youtube.com/channel/UC_a4eBBxmAzKuLxx0KSow_w

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