

# Meaningful World

**#STANDUP4PEACE**

2021 United Nations 40<sup>th</sup> Anniversary of the International Day of Peace

**No Peace without Peace of Mind**



From left holding sign Dr. Kalayjian, Guruji Dileepji, drummer John Pizzuto, Samer, & Sowmya

On 18 September 2021, *ATOP MeaningfulWorld* team successfully commemorated the 40th anniversary of the *United Nations International Day of Peace*, with a live march from 42nd Street at Times Square to the Dag Hammarskjold Plaza on East 47th Street, across the United Nations Headquarters. The team was joined by various ATOP members, four interfaith ministers, the *World Yoga Community*, musicians, and Heres2Life Organization.



Clockwise: Event Organizers Diego Bustamante, Samer Sabbour, Andrew Dolinar; In group from center MeaningfulWorld founder Dr. Kalayjian with guest speaker Martha LaCroix from Heres2Life

Meaningfulworld’s march was centered around the theme of “No Peace without Peace of Mind” and looked to achieve several goals. First as our team marched across the city, they chanted things such as “What do we want? PEACE! Where do we want it? Worldwide!” Psychoeducational handouts on transforming Horizontal Trauma, Emotional Intelligence and transforming bullying were distributed over the course of the march, and team members held up banners reading “Forgiveness Brings Peace to Humanity” and “When One Helps Another BOTH Become Stronger.”. The marching procession was led by Drummer **John Pizzuto**, who accompanied us from Times Square to the Dagg Hammar skjold Plaza. The group was also joined by **Lee Tomboulian** on accordion and **Carlos Cuevas** on harmonica, who played popular songs such as Imagine, Instant Karma, Give Peace a Chance, Let there be Peace on Earth, and Come Together, throughout the event

Upon arrival at the Dagg Hammar skjold Plaza, the second portion of the program began. **Guruji Dileepji** began with a meditative Shankh Nadam (Secret Sound of Conch Shell). Co-Captains **Diego Bustamante** and **Samer Sabbour** gave their opening remarks on the International Day of Peace. Diego spoke on the importance of upholding the Day of Peace “We are here today commemorating the United Nations International Day of Peace because we are fortunate and

privileged to be in possession of the essential freedoms and rights the UN has fought to preserve.” He continued “The purpose of this walk is to promote awareness and prevent bigotry and other forms of violence, uphold dignity, integrity and nurture love with forgiveness. Flames of hate left unchecked in the forest humanity no matter how remote will eventually consume us all. Simply doing nothing because you feel it is not your responsibility is a poor excuse.”



Dr. Kalayjian leading a Heart-to-Heart Circle of Love and Gratitude

Dr. Ani Kalayjian followed, sharing a poem titled “Let Love Transform You” emphasizing the importance of finding love within oneself, nurturing it, and letting it grow and spread around us. Following this, interfaith ministers representing Buddhism, Islam, Judaism, Hinduism, and Christianity shared on what peace means in their religions and faiths, drawing attention to the parallels and similarities between their faiths with a commitment to interfaith practice. The ministers had all walked side by side during our march and their words reiterated the possibility to achieve common ground and understanding with one another, reminding that all religions call for peace and love and that God resides within us all; a call for everyone to do their part to love and respect one another.

Later, Samer Sabbour shared a message on ‘Transforming bullying’ reminding that “Though we cannot control a pandemic like COVID19 we most certainly can control the way in which we treat one another. The way in which our words impact one another are profound and when we say hurtful things it is very hard to undo their impact. The damage of our words is lasting.” **Martha LaCroix**, our invited guest speaker from California, the Heres2Life followed advocating for Transforming Bullying through respect. **Andrew Dolinar**, Meaningfulworld

Intern Coordinator, followed with a message on the importance of mental health awareness, all of which are needed during the pandemic and heightened psychological distress.

In conclusion, all attendees held hands for our signature Heart-to-Heart Circle of Love and Gratitude, sending peace to countries in distress around the world. Convocation was followed by Eric Manigian, from Buddhist Action Coalition, who reminded our group that true peace and love come from within, and it is only with this desire and search for this love that we can truly begin to help others.



*Posing in front of the United Nations ~ Dr. Kalayjian presented with a special gift on her birthday*

***ATOP Meaningfulworld works tirelessly to promote and nurture peace through:***

1. Monthly psychoeducational workshops on self-care, peace building, anger management, conflict resolution, forgiveness, mindful leadership
2. We offer weekly free support groups on Thursdays at noon. Kindly email [info@meaningfulworld.com](mailto:info@meaningfulworld.com)
3. We offer internships and mentorship for youth in high schools and universities
4. We offer morning and evening rituals for our mind-body-eco-spirit health
5. We offer over 40 films on our YouTube Channel for empowerment, mental health awareness, social justice, and suicide prevention, and stress management: [https://www.youtube.com/channel/UC\\_a4eBBxmAzKuLxx0KSow\\_w](https://www.youtube.com/channel/UC_a4eBBxmAzKuLxx0KSow_w)
6. We offer yoga, Soul-surfing, Meditation and Mindfulness zoom sessions
7. We offer free Meaningfulworld Resources for COVID-19 Pandemic: <https://meaningfulworld.com/our-work/research-and-publications/meaningfulworld-resources-for-covid-19-pandemic>

Special gratitude to our cosponsors: ATOP Meaningfulworld, World Yoga Community, Hereis2Life, AGBU, ICERM, and ACRPC. Kindly visit our website: [www.meaningfulworld.com](http://www.meaningfulworld.com)