

Meaningful World

2022 Meaningfulworld Humanitarian Mission to Guatemala **Humanitarian Empowerment, Healing, Transforming Horizontal Violence, Meaning-Making, and Establishing Peace and Forgiveness Gardens**

11-24 June 2022

Dr. Ani Kalayjian, & Lorraine Simmons

The ATOP MeaningfulWorld team has worked diligently for the last 3 months organizing a humanitarian outreach mission to Guatemala. During our mission we will work with 5 universities, adults in the community suffering from violence and the pandemic; police, students at Psi Chi, staff at the morgue, the Wuqu Kawoq health alliance transforming generational trauma & the Women's Alliance, PopNoj, survivors of genocide and war of 1982; and RISE students for social Justice to name of few! We are looking forward to a full schedule!

We arrived safely after a 5 hour flight to Guatemala City and we were delighted to be greeted with great enthusiasm by Silvia, Carlos and Alexandra Lima, Rogelio Marroquin and Eliezer Gamez of Asociacion Guatemalteca de Apoyo Psicologico Integral (AGAPI).



After an additional 3 hour car ride through the rolling hillside to Estanzuela Asuncion Mita, where we are being hosted by a loving family, we rested. Our first workshop of the mission, was organized by Eliezer Gamez, and the newly formed Mita chapter AGAPI.

Over 25 community members gathered for a Sunday 1/2-day workshop! We focused on Emotional management & releasing negative feelings from the body. They identified worry and fear as the main negative feelings and gratitude and faith in God as their strengths! We concluded with soul-surfing and energetic release! At the end we provided them small gifts of essential oils and earrings! We were impressed at their insight and faith.



In the afternoon we worked with 20 police officers who were eager to share their daily stressors, family concerns and frustrations while working in the community. Major feelings expressed were frustrations, worry, shame and sadness. We conducted emotional management using our 7-step Integrative Healing Model & mindful breathing. We were impressed at the profound support they showed to one officer who had a sick daughter; they each validated him and took turns giving him hugs. We then taught them the benefit of mindful breathing for relaxation and release, while emphasizing the process of deep belly breathing. They said they had several physical pains, emotional worries, fears and tension. After our exercise they expressed the following: a release of their physical pains, relaxation, released tensions, they felt energized and stopped worrying. One said “this is so easy but we didn’t know it, now that you showed us we will practice,” “I came in tired, I put my mind to my heart & felt relaxed with you,” “I felt encouraged & stopped worrying,” another shared “as soon as my head was cleared I connected with my heart and with God and I feel in peace.” After the meditation we distributed certificates & essential oils of Lavender & Rosemary; we also gifted the Director of the station Post trauma stabilizer & Fearless, flower remedies for their use (donated by FESFlowers.com!)



We had an amazing day! After we had left the Police department the director, Gadiel Orellana text to share positive feedback; “It was amazing; we were all so pleased that you came and we hope you continue coming to work with us!”

We would like to extend our deep gratitude to all of our collaborators, donors, and well-wishers! Our fundraising campaign will continue until the end of June! So, be the change you want to see in the world!

Our Motto: When one helps another, BOTH become stronger!