

Meaningful World

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ATOP MeaningfulWorld's Annual United Nations Mind-Body-Eco-Spirit Festival
Nurturing Peace Within: Uplifting One Another
09 June 2022
Andrew Dolinar, MA

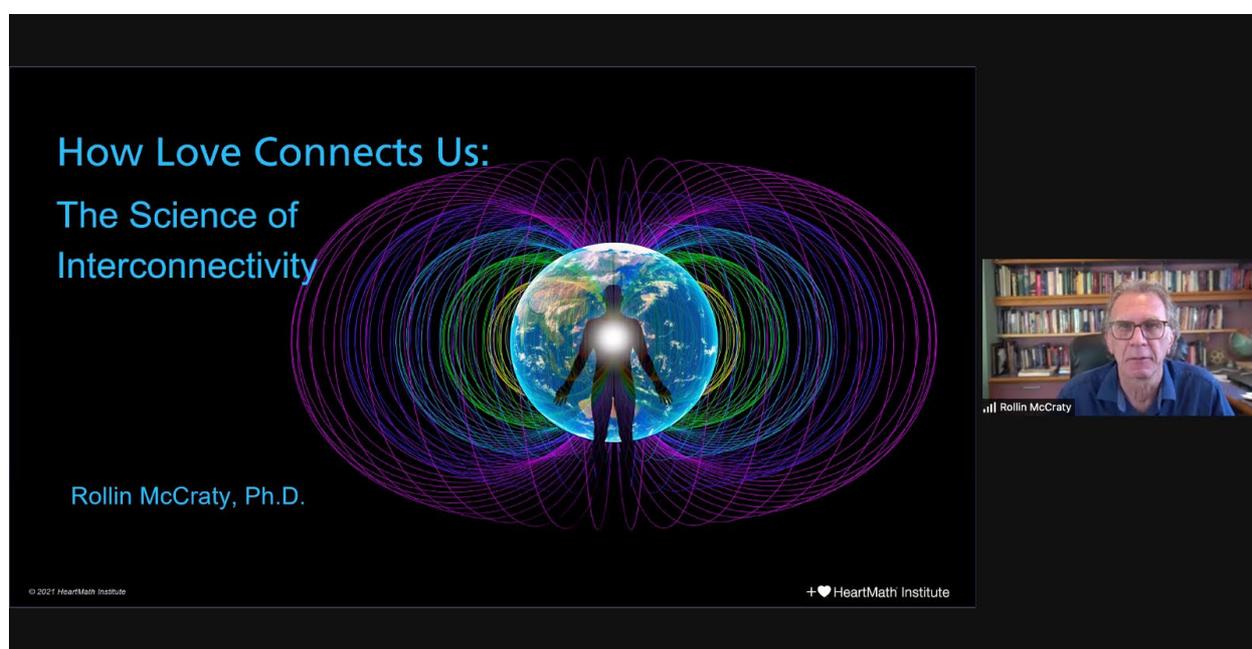
MeaningfulWorld's Annual United Nations Mind-Body-Eco-Spirit Festival was held virtually on 09 June 2022. The theme was Nurturing Peace Within: Uplifting One Another. The festival opened with ATOP UN Intern Kokila Sharda thanking our invited speakers, guests and this year's MeaningfulWorld Ambassador graduates. She then introduced ATOP MeaningfulWorld Vice President Andrew Dolinar, who spoke about the organization's work nurturing inner-peace for over 30 years, and the belief that finding inner-peace is the first step towards building peace globally. Next, UN Intern Will MeaningfulWorld's Founder and President Dr. Ani Kalayjian read a poem exploring "The Other Side of Love", which invites us to see the fulfilling and positive nature of love, even when it feels difficult, hurtful and frustrating. Ending the poem, Dr. Ani reminded the audience that, "The object of love is to serve, not to win. So let's stop the race, and embrace."



Dr. Ani then introduced **Laura Shivani St. George**, founder of The Wisdom Alliance, an organization dedicated to fostering wellness, happiness and connection, and the UN Representative for Ocean Lifeline. Shivani St. George offered a prayer as invocation for the

event, expressing gratitude to all beings and mother earth that nurture us and allowed for this event to be brought forth. She also performed a song on harp honoring the water and sky, and acknowledging the peaceful balance that allows life to flourish.

Andrew Dolinar and Executive Advisor Lorraine Simmons next introduced the celebrated graduating MeaningfulWorld United Nations Ambassadors. This year's graduates completed a series of workshops focusing on self-care, humanitarian service, trauma prevention and treatment, mindful leadership, meaning-making and Emotional Intelligence. These lessons were drawn from the organization's work treating generational and horizontal trauma and violence in vulnerable communities around the globe. Each graduate received diplomas and handmade blue-green scarves to mark their many achievements. The 2022 graduates included Deanna Medina, BA; Kathleen Huang, BA; Kokila Sharda, BA; Nola Sheehan; and Willem Robbins. Each of them provided brief remarks that highlighted the important lessons they have learned through their work with MeaningfulWorld, including the importance empathy, support group facilitation, and international peace building.



The event then invited our distinguished guest speakers to present their work on Nurturing Inner Peace. First, UN Intern Willem Robbins introduced Dr. **Rollin McCraty**, the Director of Research at the HeartMath Institute and Research Center. Dr. McCraty's presentation, entitled "How Love Connects Us: The Science of Interconnectivity", discussed his research on Personal Coherence, "An optimal state in which the mind and emotions are brought into alignment and in sync with the energetic heart's intuitive guidance." In his research, Dr. McCraty has shown that heart-mind coherence facilitates brain function and promotes optimal physical and mental performance. To help facilitate this coherence he noted the importance of compassion, gratitude and tolerance, which he noted can help build a world of deeper care and kindness.

The next speakers were Drs. **Joyce Yip Green** and **Karen Brown**, co-founders of Linc International, an organization that applies the principles of international psychology to build cultural bridges in communities through training and consultation. Dr. Yip Green first presented on arts-based approaches to uplifting communities. She recounted her experience using methods such as visual imagery, memory recollection through documents, and photo elicitation with refugee Laotian women in the US. Though many in this community have experienced displacement and immense trauma, she found in the resilience and the ability to build and uplift

communities. Dr. Brown followed this presentation by discussing her work on intergenerational trauma with indigenous communities in Australia. She presented the C.H.A.T. healing model, which she learned from these community's self-assessment of what they needed to heal from trans-generational trauma. The model focuses on Connections, such as learning aboriginal languages, Holistic living that recognizes the connection of the mind, body, spirit, land and community, Acknowledging history and emotions, and Teaching their culture and traditions.



The final speaker was **Yevtart Majian**, the founder of the Coordinating Committee on Armenian Nonviolence (CCAN), aka Armenian Nonviolence. Majian began his presentation citing the first question posed in Plato's Republic, "Are you willing to be persuaded?" Majian asserted that this question is key to understanding many of the issues in modern societies around the world. A lack of empathy and willingness to hear one-another drives conflicts, violence and hatred in many forms. He discussed the use of community engagement strategies he has employed to counter this social tendency. This has included the creation safe spaces for open dialogue, which he has used most recently with Russians and Ukrainians to build mutual understanding and provide an opportunity for individuals to feel heard.

Final convocation was given by Reverend Dr. **Joni Carley** to close the conference. Rev. Carley acknowledged the power and inspiration seen in the dialogue created Despite the divisions seen throughout the world, she found hope for a better tomorrow in the commitment to change expressed through the day. "We are the ones we've been waiting for. The convergence of souls here today [...] are responding to the fierce urgency of now by saying 'Yes'".

Our next event, a Garden Healing & Gratitude Party, is in July. For further information and to RSVP email info@meaningfulworld.com. Also visit our website www.meaningfulworld.com

