



MeaningfulWorld

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

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The Guatemala Humanitarian Outreach team from the US & Guatemala. Dr. Ani Kalayjian, Lorraine Simmons, Marinés Mejía & Francisco Charchalac.



Mission goals:

- * Transforming horizontal violence
- * Leading trauma healing workshops
- * Teaching emotional intelligence (EQ)
- * Conducting collaborative research
- * Nurturing resilience
- * Encouraging ecological consciousness
- * Tree planting

Welcoming committee at the Airport Silvia, Alexandra & Carlos Lima and Eliezer Gámez.



Workshop in Estanzuela village district Asunción Mita, sponsored by Agapi and Eliezer Gámez.



Mita community workshop, Lorraine, Dr. Ani and Ruth helping people of all ages.



Police Department in Asunción Mita.



Outside of the National hospital, Ernestina Garcia Vda De Recinos, patients await appointments at the clinic. MeaningfulWorld conducted workshops with psychologists and physicians.



Universidad del Valle de Guatemala workshop and an interview with journalist Pedro Barrera from Revista (UVG publication).



Marinés Mejía tried "Fear Less" flower essence donated by Fess Flowers.



“Garbage dump” area of Guatemala City for an all day workshop with staff from Safe Passage and SERnina.



“Garbage dump” area of Guatemala City (left photo) in stark contrast to other areas of the country.



Soul-Surfing with Safe Passage (school) and SERnina (program to help young women) in Guatemala City.



Tecpan, suburb of Guatemala City, in Chimaltenango, working with Maya Health Alliance, Wuqu' Kawoq' (Mayan community health resource).



Soul-Surfing, important for moving the trapped negative emotions from the body. Maya Health Alliance, Wuqu' Kawoq'.



Conference organized by Silvia Lima, Psi Chi, CICAPS (Psychosocial outreach in Crisis), & College of Psychology.



Dr. Ani keynote speaker at annual Psi Chi, CICAPS (Psychosocial outreach in Crisis), & College of Psychology conference in Guatemala City. Being interviewed for the University digital magazine.



Heart-to-Heart Circle of Love and Gratitude and Secret Prayer at the conference. Special guests were the fire fighters from ConRed.



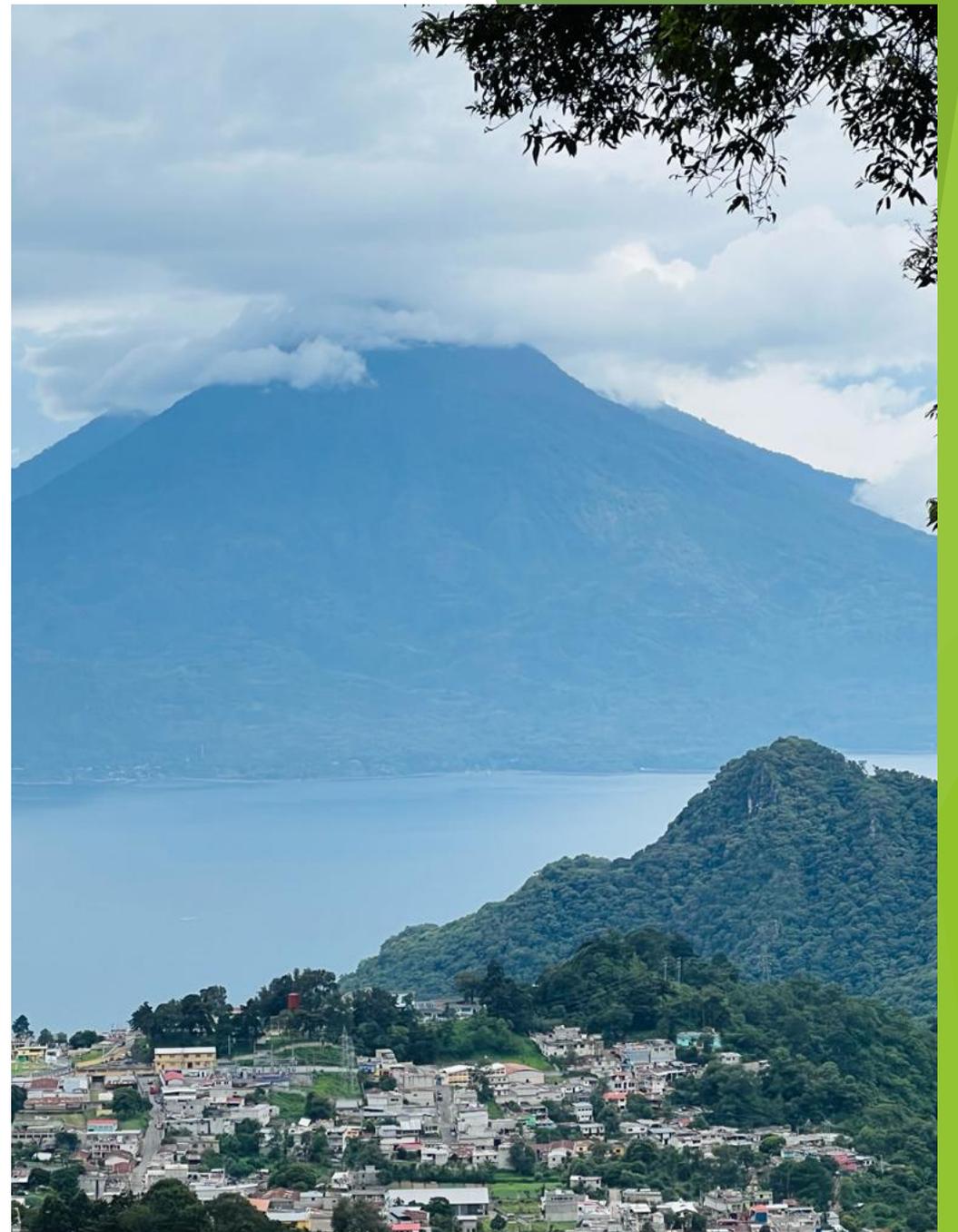
Conference with psychologists and firefighters.



Atitlan, to the University of del Valle Solola in the area of Tecpan. MeaningfulWorld conducted a workshop with professors and psychologists.



After our workshop the team, Dr. Ani, Francisco, Lorraine and Maria del Pilar took a walk to see volcanos and the lake town of Atitlan. It was a beautiful respite after a busy day.



PoPNoj psychologists who help the Mayan community work on healing wounds of genocide.



Mayan Ceremony at PoPNoj

We began with a Mayan ritual, all standing in a circle, introducing ourselves and reviewing the significance of 4 colored candles:

- * Yellow signifying the Mother Earth and skin
- * Purple or black signifying spiritual, tranquility, hair
- * White signifying knowledge, the wind & the bones
- * Red signifying the rising sun, connection with passion and blood



An exercise to validate another person while offering a token of friendship on the wrist.





Taking a break in Antigua with volcanos in the distance and visiting museums with Abigail Ortega and our host Gilda Petit.





The infrastructure of the government is dysfunctional and leaves the condition of the roads in disrepair. After torrential rains caused massive flooding and mudslides, there were sink holes and over 8 bridges were washed out. This meme was on social media poking fun of Guatemala's president.



At INACIF, (National Institute of Forensic Science), Dr. Gonzalez welcomed us to the morgue in collaboration with AGAPI and Silvia Lima.



Hugs and Gratitude at the morgue where the work environment is extremely stressful.



RISE, young women's group to eradicate sexual harassment in educational institutions.



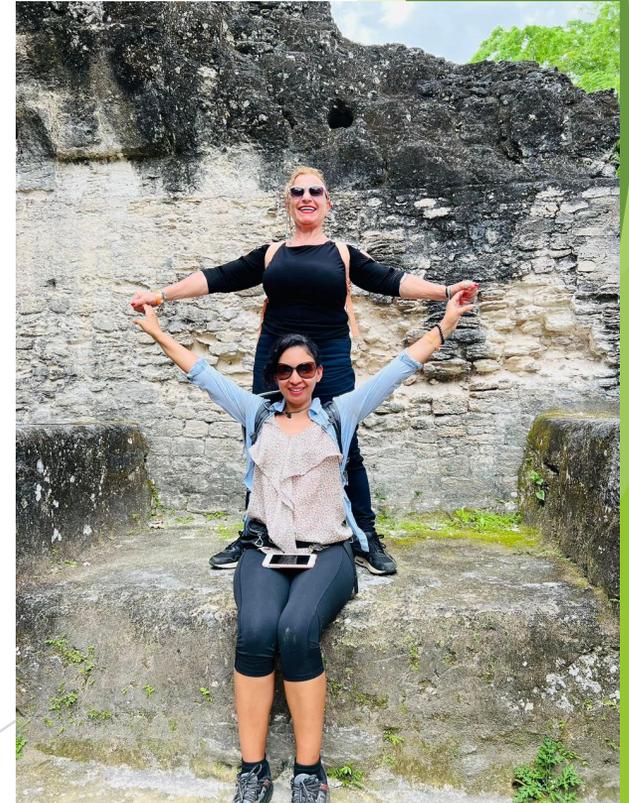
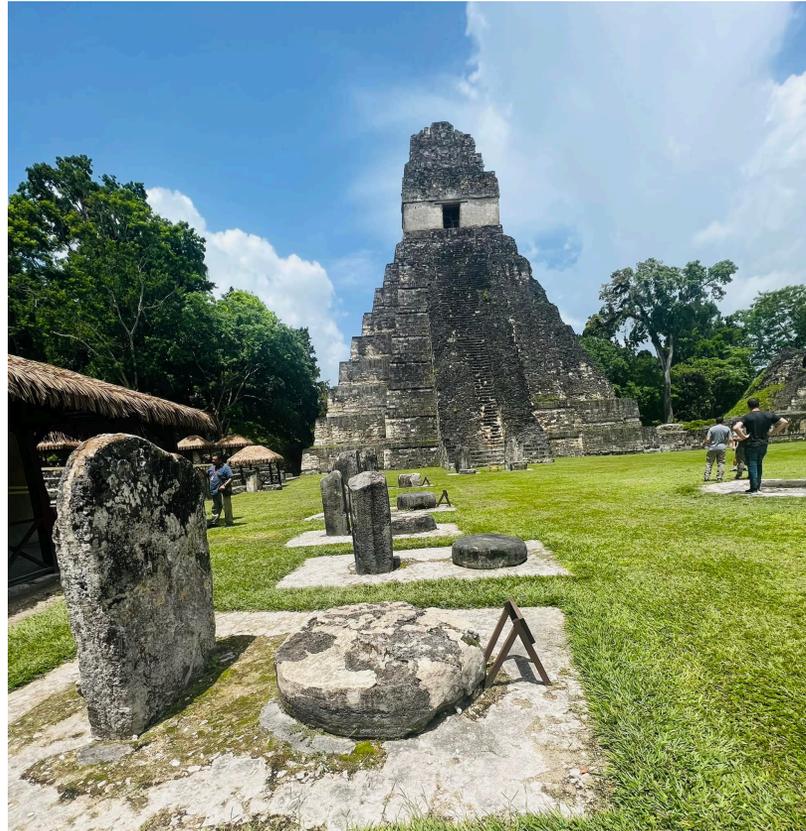
Heart-to-Heart Circle of Love and Gratitude with RISE.



The team flew to Peten and met with Javier Esquivel, agricultural engineer, to learn more about a reforestation project called Las Azuzenas, where 16,000 cedar and mahogany trees have been planted.



Tikal National Park, an archeological site with more than 2,500 years of history. Discovered by UNESCO in 1955 as a Mayan national park, which is 576 sq kilometers. For 1,600 years it was occupied by Mayans, it's the second largest Mayan city. It's the 1st site worldwide to be accredited the title of Mix World Heritage, it is within the Mayan Biosphere Reserve.



We impacted 325 people directly and 3,000 indirectly.

We traveled to the 9 regions of Guatemala: Mita, Solola, Tecpan, Guatemala City, the Garbage dump area, Peten, Atitlan, Antigua and Tekal, while breathing in and absorbing the beauty of Mother Earth and the lovely people.

We worked with 4 Universities, 9 NGOs, 4 Associations, the Police, Firefighters, staff at a hospital and a the Metropolitan Morgue.

After 13 workshops, the team identified the following areas of strength in Guatemala:

- * Strong family values
- * Identity with ancient *Mayan* cultural roots
- * Silent resilience
- * Commitment to help one another
- * High levels of education amongst collaborators
- * Dedication to religious and spiritual practices
- * Openness for international collaboration

Our collaborators have a vision to embrace the scientific process and continue the research process and joint publication.

The challenges we identified are:

- * Learned helplessness
- * Disconnection from practicing Mayan healing techniques
- * High levels of domestic violence, inequality, repression and violence against women
- * Patriarchal judicial system
- * Machismo
- * History of repression of Mayan peoples, and repression
- * High rates of suicide and high rates of homicide of women

The team has made the following suggestions for sustainability:

- * Join the free Meaningfulworld weekly zoom support groups
- * Join our monthly workshops via zoom
- * Continue scientific research
- * Create peer support in each organization and empathy groups at the morgue
- * Connect troubled youth with reforestation programs
- * Create and update a resource list
- * Create men's EQ groups through teaching trade professions
- * Integration of Mayan traditions
- * Organize nature retreats, and mediators for support and follow up

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