

Meaningful World

Nurturing Peace Through Meaning-Making & Nurturing Love

David Babigian

What is meaning-making? How do we make positive meaning amidst crises, trauma and despair? How do we integrate love into our everyday challenges?

Over 50 people gathered at the Community House of Moorestown to hear ATOP Meaningfulworld President's message on nurturing peace through meaning-making at the Center for Conscious Living. The Center for Conscious Living, located in Moorestown, New Jersey, is a spiritual community committed to contribute to the transformation of the planet through the transformation of individuals.



Rev. Dr. Katherine McClelland gave a heartfelt introduction for Dr. Kalayjian. Dr. Ani began with a heart-centered meditation. "Inhale, I am love, exhale, love is all around me." She continued sharing Chinese sardonic saying, "may you live in interesting times." She shared her personal experiences through her poem "[I am a Syrian refugee](#)" of individual trauma, growing up in Syria, experiencing the war, immigrating to the USA as a teen, and facing adversity in high school as she was bullied and called a 'dirty immigrant.' She used the chair as a symbol for transforming adversity and emphasized the importance of mindfully identifying, releasing, discharging negative emotions (by placing the chair down), instead of carrying it along in our body, mind, or energetic world, therefore, making our life here in this form very difficult.



"As we experience each trauma or adversity, we are able to use those as steppingstones to rise up, one step at a time, to improve our mindset and to widen our horizons." This exercise was received extremely well by the audience as many members approached Dr. Ani after the event and shared the profound impact her speech had on them, many citing the chair's example and remembering they are above their adversity, and that they

will achieve post traumatic growth. She then emphasized the value of meaning-making, instead of attaching value to people and materials. A value that cannot be taken away in a natural calamity or a human-made disaster as long as we are breathing. Dr. Kalayjian described how she met with Dr. Frankl, the author of Man's Search for Meaning, studied with him, challenged him, and learned from him.

Yes, we are living in interesting times, Dr. Ani continued, physical and emotional walls of hatred and exclusion are being raised under the disguise of democracy, security, safety, even



in the name of peace. I challenge us to be mindful and vigilant, conscious, in the moment, and NOT to react to negativity with hatred and anger. Instead, with love and forgiveness I challenge us to choose peace, peace within and all around, and choose the light. As Martin Luther King Jr. said so poignantly, “Only with light we can overcome darkness.” Such as the light that the Center for Conscious Living provides.” Why did Dr. Ani focus on trauma healing? Because there are at least 5 kinds of trauma: Individual, Collective, Generational, Vicarious, and

Horizontal. “What survivors taught me that the honeymoon phase after each disaster, when people come together to help one another, celebrate their humanness, reinforce their love and compassion to one another and to the universe, SHOULD NOT be ONLY a PHASE, but a lifestyle.”

Dr. Ani concluded her message and participated in the rest of the gathering, where there were prayers and faith-based music. After the event, many participants gathered around Dr. Ani to share their heartfelt appreciation and transformation. Many participants shared how impactful her speech was and how it changed their way of thinking. One person told her “Your message was very moving, I received it, and commit to share it with others.” Another participant told Dr. Ani that “I was procrastinating my own self-healing and that you have motivated me to begin my self-care/healing.” Many people made a verbal commitment to read Viktor Frankl’s book, as some said they had the book but didn’t read.



MeaningfulWorld expressed deep gratitude to Natalia Tomassini and David Babigian for their assistance. Special gratitude to Rev. Dr. Katherine and the organizing committee at the Center for Conscious Living.

The Center for Conscious Living has invited Dr. Kalayjian to return and conduct a workshop on 11 November, 12:30-4:30 pm addressing Nurturing Self-care through Integrative Healing, Emotional Intelligence, and Meaning-making.

The link to Dr. Kalayjian’s message can be found here:

<https://youtu.be/3EWc-tn1YOE?si=8DEZANltGo2s1nJ8&t=1024>

For more information: <https://meaningfulworld.com/> <https://newthoughtccl.org/>