

Meaningful World

The Association for Trauma Outreach and Prevention

Pre Holiday Pampering & Gratitude Party

6 December, 2025

The red carpet welcomed participants surrounded by numerous plants and festive Christmas lighting. Inside the house, a beautifully decorated Christmas tree, sparkling lights, candles, flowers & poinsettias created a warm and inviting atmosphere, immediately embracing us with warmth, love, and cheerful energy.



Guests enjoyed 7-private healing practices. Art Jaffe offered deep tissue, spiral massage. Karine Arshakyan led breathwork sessions, Dana Mark guided mindfulness exercises, Natalia Tomassini provided Reiki healing, Nina Terzian shared LifeWave techniques, Dr. Ani Kalayjian offered transformative flower remedies, as well as film and networking sessions. Each healer was warm and compassionate, generously explaining their practices and the benefits they bring.

Our assistant research coordinator, Gamze, shared her impressions, "Natalia Tomassini's Reiki session was unbelievable. It had such a deeply relaxing and therapeutic effect. It was one of the most valuable 10 minutes of the day for me."

Our Educational Coordinator, Nairy, shared a session with Karine Arshakyan that was really powerful and gave her a new perspective, as she shared "sometimes we forget how powerful our breath is, and this is something that I definitely want to practice more."



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Participants reported that after working with Art, their pain had miraculously subsided, and although they were limping when they came in, after treatment they were dancing away without pain. They also reported that the mindfulness session led by Dana was reinforcing, relaxing and transformative.

As the healing sessions came to a close, guests enjoyed a special screening highlighting our humanitarian relief efforts in Guatemala. The film captured meaningful moments from the field and reflected a day filled with connection, care, and renewal, reminding everyone of the purpose behind our work and the lives we continue to touch and transform. [Link to watch the video](#)

After the film, everyone gathered around the Christmas tree to receive gifts. With great generosity, Dr. Ani welcomed each guest and personally handed out presents, bringing big smiles and warm laughter. Special organic healing herbs were harvested from Dr. Ani's 'Peace & Forgiveness Garden', dried and carefully placed in colorful pouches for distribution. Herbs were rosemary, lavender, mint, oregano, sage, thyme, and chamomile. The atmosphere felt heartfelt and joyful, as everyone felt seen and appreciated in that special moment.

Following the gift exchange, guests were treated to a wonderful homemade multi-course dinner. The table was filled with an abundant variety of dishes, including flavorful homemade appetizers, fragrant rice dishes, tender and savory chicken, an assortment of cheeses, crunchy mixed nuts, and refreshing drinks. The meal ended with a selection of delicious desserts, fruits, eggnog, creating a warm, cozy, and family-like dining experience that everyone truly enjoyed.

Filled with the warmth and happiness from the meal, we were carried by the vibrant energy of DJ Harry/Harout Latirotian, who entertained us with uplifting international music. Everyone danced together, laughed, and truly enjoyed the joyful atmosphere.

The evening unfolded in a warm and festive atmosphere, with sparkling Christmas lights glowing around in every room and soft music creating a peaceful, cozy mood. Guests moved freely through the 2-floors of the home, sharing laughter and meaningful conversations, while the holiday decorations added a sense of comfort and joy to the night. Circle dance followed, the gathering felt intimate and heart-warming, bringing everyone together through story telling, jokes, and shared presence.

The night concluded with thoughtful parting gifts & take home foods — a gentle and symbolic way to end a meaningful healing evening. Special gratitude to our team members Nairy, Gamze, and David.

Your support is valuable to continue our outreach in countries in dire need of our support such as Palestine, Ethiopia, Turkey, Columbia, Indonesia, Malaysia, and Uganda. Your support will help us organize humanitarian missions in these aforementioned countries.

Kindly share your tax-deductible offering on our website [Link to donation page](#)

