

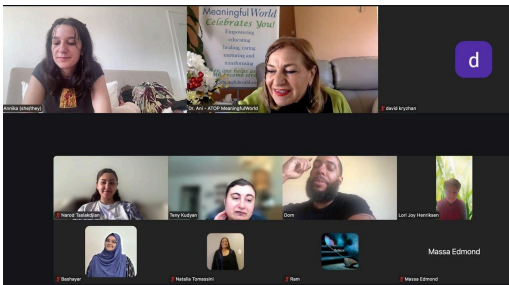
Meaningful World

The Association for Trauma Outreach & Prevention (ATOP)

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28 March 2026 Workshop on Disaster Relief, Mindfulness, & Sound Healing
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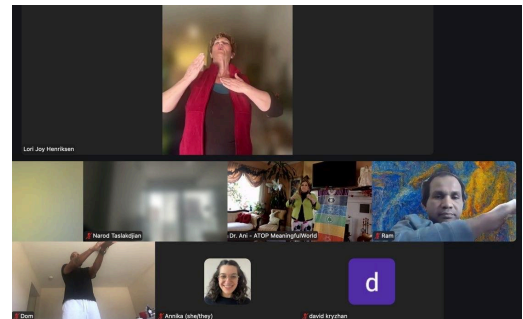


How can individuals respond to disasters with both practical action and emotional resilience? This question guided ATOP MeaningfulWorld's workshop on Disaster Relief and Meaning-Making held on 28 March 2026. The program brought together a diverse group of participants committed to humanitarian work, trauma-informed care, and personal growth. This is one of the workshops that is a prerequisite to graduate as a *MeaningfulWorld Ambassador* for Humanitarian Relief and Peace Building.

The workshop began with opening remarks by *Intern Coordinator Annika Jawanda*, setting a warm and welcoming tone for the day. This was followed by a lecture from *Dr. Ani Kalayjian*, Founder and CEO of MeaningfulWorld, who emphasized the integration of emotional intelligence, empathy and mindfulness in disaster relief efforts. She read a poem she wrote on Taking a Leap: <https://meaningfulworld.com/wp-content/uploads/2021/02/take-a-leap-1.png>

Dr. Ani explained the typical stages of survivor response after a disaster. In the initial stage, survivors often experience shock and disbelief as they attempt to process what has occurred. Followed by denial, when individuals may appear emotionally numb or unaffected. As awareness of the situation increases, emotional reactions tend to surface more intensely. Survivors may feel overwhelmed and exhibit a range of responses, including crying, restlessness, anger, withdrawal, trembling, and difficulty speaking. Dr. Ani highlighted that social support, meaning-making & Emotional Intelligence (EI), play a crucial role in helping survivors regain emotional balance and return to their baseline level of functioning, underscoring the importance of compassion and connection in trauma recovery.

Visionary speaker *Lori Joy Henriksen* then guided participants through a sound healing meditation session, a holistic practice that uses sound vibrations to support physical, emotional, and mental well-being. Using techniques such as singing bowls, gongs and chanting, the session introduced participants to how specific frequencies can shift brainwaves into relaxed states associated with



calmness and deep meditation. These calming sounds can help reduce stress, slow heart rate, and ease anxiety, while also supporting improved sleep and emotional release. Following the session, many participants reported feeling more relaxed, balanced, and at ease.

After a lunch break, participants returned for a meaningful presentation from **Dominico Jones** who shared a powerful reflection on his experience in MeaningfulWorld, describing the weekly support groups as a safe space for emotional release and growth. He emphasized how his understanding of empathy evolved into truly meeting others where they are, rather than trying to fix their problems. Through this practice, he highlighted the importance of patience, vulnerability, and self-compassion, describing the community as one of “brave souls” committed to healing.



The workshop also included a screening of *2023 Humanitarian Mission to Armenia: Post Ethnic-Cleansing in Nagorno-Karabakh*, offering a sobering perspective on the human impact of mass trauma. This was followed by a healing group session facilitated by Narod Taslakhdjian, providing space for discharge, empathy, reflection and shared support.

▶ Feb 2005, Humanitarian Relief In Sri Lanka, ...

In the afternoon, participants engaged in “Soul Surfing” facilitated by Narod and Lori, followed by a guided meditation. Soul-Surfing is done through yoga practice integrated with breath work, physical movements, chakra balancing, visualization, color consciousness, mindfulness of the organs, and positive affirmations. These practices reinforced the importance of mindfulness and self-care for those engaged in humanitarian work, and for general wellbeing.

The workshop concluded with a meditation session. Closing remarks and graduation reminders followed, recognizing participants’ continued dedication and growth. The collective contributions of speakers and participants created a deeply meaningful environment centered on resilience, empathy, and volunteer action. Overall, the workshop selected MeaningfulWorld’s mission to integrate disaster relief with meaning-making and emotional healing through sound. As echoed throughout the program “When one helps another, BOTH become stronger,” reminding us that healing is both an individual, and collective journey.

1. 31st Annual Krieger Contest on How to Prevent Genocides & War. Submission by 24 April 2026 - <https://meaningfulworld.com/wp-content/uploads/2026/02/2026-Kreiger-Essay-film-Contest-Preventing-Genocide.pdf>
2. Saturday, 25 April 2026, Genocide prevention Program, upholding United Nations Human Rights Declaration and SDGs. At Fordham University. More details at <https://meaningfulworld.com/our-work/global-humanitarian-ambassador-certification/2026-25-april-genocide-prevention-upholding-united-nations-human-rights-declaration-and-sdgs>
3. Humanitarian Mission to Senegal, 4-17 April 2026, focused on trauma healing, emotional intelligence, empathy, United Nations Sustainable Development Goals, ecology, and peacebuilding. <https://meaningfulworld.com/wp-content/uploads/2026/02/2026-4-17-April.-Senegal-MeaningfulWorld-Humanitarian-Mission-pre-press.pdf>