



**Ranjana (Ranji) Ariaratnam**

Nonviolent Communication (NVC) Teacher

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In my TRE work, I am passionate about holding space for people who want to deepen their self-care and to heal themselves, whether from the stresses of daily life or the repercussions of more momentous events.

After being born and raised in California, I spent years overseas as a humanitarian aid worker in Africa, the Balkans, and Asia, working in over 10 countries and visiting close to 50, and I have seen trauma first-hand as well as experienced it vicariously. I found that while the work I contributed to in the field of aid was urgent and life-saving, it was largely not transformative in that it did not address the conditions which led people to be displaced by wars in the first place.

A few years after being introduced to Nonviolent Communication (NVC) by my Ammah ('mother' in Tamil), my husband and I returned to North America and immersed ourselves in the study of NVC as part of our exploration of practices that address the roots of violence and suffering. We now share NVC with groups, couples, individuals, and organizations through workshops, series, group facilitation, mediation, and private sessions.

In our NVC work with others as well as in our own healing, trauma has been a recurring theme, and it became clear to me that I wanted to increase my capacity to hold space for people to heal themselves. After a dear friend heard Dr Berceles speak about TRE she suggested I explore it as another possible way in which I could do this.

In TRE I found a further method for addressing deeply held tension and pain, using a physical approach, which complements very well my practices of NVC, yoga and Vipassana meditation. As with these other practices, TRE taps into our own inner wisdom. I am exploring ways to bring NVC and TRE together, and will continue to offer them independently as well.

One of the aspects of TRE that inspires hope in me is how, after one learns it, it does not require ongoing outside support – it is a self-practice that people anywhere of any background can do for themselves. And in so many places where I have worked around the world, this is key to the healing that needs to happen to create the world I want to live in.

I currently split my time between northern California and Vancouver, British Columbia working with people in person and via Skype. In a recent trip to Sri Lanka, the land of my heritage, my husband and I began exploring how to support people there in recovering from the decades-long war. We intend to continue to offer NVC and TRE in future trips to Sri Lanka, as well as in other war-affected regions of the world.