

The Africa Heartbeat.

Connecting AH Africa family.



PIETER SMIT

RSA

"Physician heal thyself"

My sight improved, my hearing improved and also that of my partially deaf daughter (33%) who learned with me. My son also elected to heal his asthma based on the new ways he looked at the myriad of ideas and opinions the world presented to him.



New AH support group RSA.

Editorial:

Raising the consciousness of humanity on a number of universal principles that is there to heal all our pains is obviously the only real progress we can make today and since 1975, Dr Gerald Jampolsky simplified this work by not only putting together a set of principles he called "The Principles of Attitudinal healing" but equally started a movement that has grown organically in all the continents of this planet earth. With the numerous social problems that communities in Africa has faced and having exhausted all other possible solutions, it is time to turn around and consider using the corner stone that has been rejected by the builders of our nations for so long-Practical spirituality. This neglect has caused tremendous suffering to so many people in Africa and today more than 10 African countries are taking initiative to usher in a new era of the culture of peace.

This first issue of "The Africa Heartbeat" is so grateful to one of the pioneers architect of this new culture in South Africa. We are happy to let Pieter Smith share his experience with us. **-Tasha Abdou. Attitudinal Healing, Cameroon.**

How did I meet with AH;

I was reading A Course in Miracles with a weekly group of professionals in Nelspruit, and we wanted to put what we were learning into practice. We started by selecting seven Principles which we thought would help us help our clients. We learned that we needed to apply this information to ourselves first. Then we researched the concept wider than the Course and came across the 12 Principles of AH on a yellow Newsletter from the Stichting for AH in Netherlands. And that is how I learned about AH. Our group dissolved soon after that and I moved to the Klein Karoo and set up a Centre for AH and Forgiveness.

How did it transformed my life.

'Physician heal thyself', was my conviction and it brought me to stillness inside, to inner peace. That stillness allowed me to reflect on the meaning of AH Principles (instead of referring to old Opinions, Beliefs and Theories from my past). The only time is NOW (Principles № 5) was probably the prominent cure for confusion and sickness for me. ***My sight improved, my hearing improved and also that of my partially deaf daughter (33%) who learned with me. My son also elected to heal his asthma based on the new ways he looked at the myriad of ideas and opinions the world presented to him.***

Share it with my community or groups.

Whatever fills the heart seems to overflow over the lips. And for me it was no different. I started to share the 12 Principles

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WHAT IS AH?

Attitudinal Healing happens when a shift in our perception allows us to choose inner peace regardless of external circumstances.

Its principles declare that in all life situations we can choose peace - or remain in conflict - and that the only way to be peaceful is to choose love over fear.

The concept reeducates people to understand that conflict or distress is caused not by outside people and circumstances, but by one's "attitude" towards them.



"May we Teach only love for that is what we are."

"We commit to having no thoughts, emotions, attitudes, or actions that are hurtful to others or ourselves."

firstly with every one that consulted me for psychological or related self development challenges. Career choices and marital guidance was part of the picture, even when I presented the Principles of management or the elements of basic literacy or numeracy to adults the Principles had a prominent place. Eventually I felt that the Principles were so much part of my life that I began to present them to groups invited for that purpose only.

Programs and activities that are going on in RSA.

Currently I am presenting the Principles to smaller groups and to individuals and even by correspondence with interested persons. Because of the small size of our village and the immense distances between towns and cities in our country, plus the lack of efficient public transport, the very high cost of fuel and the expressed need of individuals is all I can handle, this is really all we are doing at the moment.

We discovered that all groups are dominated in number by women by far. So in order to attract the menfolk we developed products and materials which interest men and which in elementary form, make them aware of the fact that our bodies are part of the environment and that it is our duty to care for the land and everything else that lives in it. The products I build for this part includes at least one principle of AH. The 'energy towers' have become my main source of income. I also teach art time at the College for Nurses.

What I plan to still do with AH in RSA.

I really need to do nothing. Whatever must be done gets placed in front of me in such a way that I cannot ignore it. For example while I am focusing on farmers I get a request to solve a problem in a Retirement Village with 288 houses. It is about pigeons messing on verandas and making

a noise early in the morning. The management have been shooting the birds every year but came to the conclusion that the birds have been living symbiotically with man for centuries and every vacancy that is created by killing a bird, nature fills with three birds in that "hostile" environment. (The same applies of course to jackals, baboon, wild pig etc. that plague farmers.) And they may as a result accept that the way to a solution is NOT to shoot but to love and to care differently.

When I presented this suggestion to the management, many of the inhabitants wanted to know more about living in the present and about AH. So providing it fulfills a requested need. And that is how it is now. I am awaiting a program to start with the local church where I base start off by basing AH on Romans 12.1 ... and I am negotiating with some ladies and farmers in Montagu for some AH and Energy Tower activity early in May.

Message from the founders:

Thoughts On Being 90 Years Old

We believe the following affirmations are helpful no matter what age we are. Diane happens to be 69 years old, and Jerry 90 years old, at the time of this writing.
"We commit to being happy no matter what is put on our plate and no matter the state our bodies are in."

"We commit to having no thoughts, emotions, attitudes, or actions that are hurtful to others or ourselves."

"We commit to reminding ourselves at the beginning of the day, throughout the day, and when we go to bed that we are the light of the world and here to shine our light on everyone with no exceptions."

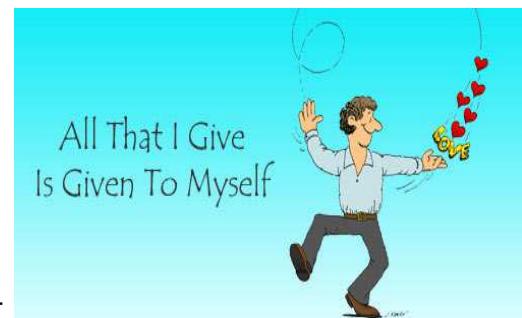
We believe that our Spiritual DNA is joy and happiness.

Love and Peace, Jerry and Diane

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The 12 principles of Attitudinal Healing.

- 1) The essence of our being is love.
- 2) Health is inner peace and healing is letting go of fear.
- 3) Giving and receiving are the same.
- 4) We can let go of the past and of the future.
- 5) now is the only time there is and each instant is for giving.
- 6) We can learn to love ourselves and others by forgiving than judging.
- 7) We can become love finders rather than fault finders.
- 8) We can choose and direct ourselves to be peaceful inside regardless of what is happening outside.
- 9) We are students and teachers to each other.
- 10) We can focus on the whole of life rather than the fragments.
- 11) Since love is eternal death need not be viewed as fearful.
- 12) We can always perceive ourselves and others as either extending love or giving a call for help.



AH Africa Updates;- Cameroon:

Cameroon Center For Attitudinal Healing has been offered lecture hall in "CAMARA LAYE" Bilingual primary school for after-school and weekend classes on the power to choose program. We are so grateful to receive support to fully furnish the hall for a better delivery of the program.



Useful information:

There shall be an all AH Africa online/Skype meeting on the 11th may 2015.The details of the meeting and time per country and how to get into the meeting room shall be provided by The AHI international communications coordinator– Trish Ellis in the days ahead.

Names of AH center promoters in Africa: 1) Kwizera Markson in Rwanda. 2) Ben Coffi in Accra Ghana, 3) David Owusu in Kumasi Ghana, 4) Mariama Keita in Mali, 5) Charles Nduati in Kenya, 6) Scholar Achieng in Kenya, 7) Mark Pluckton in Rwanda 8) Abebe from Ethiopia, 9) Yassin Sarr and Donna Richards frm Gambia,10) Tasha Abdou from Cameroon, 11) Pieter Smit from the Republic of South Africa.

We submit this modest proposal for your kind scrutiny and very grateful to Pieter in south Africa for his support and encouragement. Thank you so much Pieter!