

The Africa Heartbeat.

Connecting the AH Africa Family.

AH IN CAMEROON (CCAH)

LOVE IS LETTING GO OF FEAR.

IN THIS ISSUE

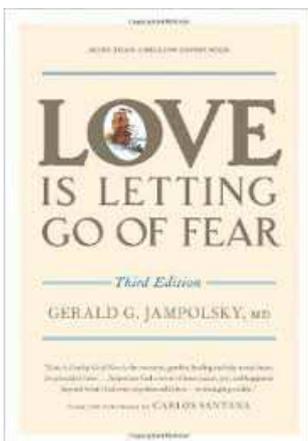
- 1) AH IN CAMEROON
- 2) FOUNDERS MESSAGE
- 3) AH PRINCIPLE FOCUS
- 4) SHARES
- 5) LOOKING FORWARD
- 6) IMPORTANT LINKS.



My name is Tasha Abdou and I can still remember as if it happened just yesterday, the day I bought the little book; “Love is letting go of fear” By Dr Gerald G. Jampolsky MD. That was somewhere around 2003. Two years so more leading up to this year was a dark period for me where I lost all I thought was valuable to me. Though I bought the book in 2003, it was not until 2007 that I really realized the value of the lessons of that book in my life and that realization was going to set in motion a series of transformation that culminated in the formation of an ah center in Douala, Cameroon.

Though it was not very easy to maintain the group so they all come to meetings regularly but it was really fun to study new ways of living and thinking. Because I was the only one who have had a basic The book had twelve important lessons both in their simplicity and relevance to reaching inner peace.

FEATURED BOOK



The Africa Heartbeat.

Connecting the AH Africa Family.



For about four years I read the lessons over and over and discipline myself to live by its daily. Gradually I felt much better and my circumstance started to transform as well. I then realize that truly for things to change outwardly, the inner self needs to undergo a positive transformation and that requires discipline so as to keep the ego in check.

In 2007, I decided to start sharing these universal principles with peoples of my community. I needed training to be able to efficiently facilitate AH support groups, but I did not obtain the travel visa for that purpose. After failing to obtain the visa twice, Jerry came to my aid by putting me in contact with a wonderful mentor, Lynne Law. Lynne was very patient and a marvelous teacher of love. We worked regularly over the phone. After several telephone sessions followed by email correspondence, I was able to team up with a group of friends in 2010 to create the center for attitudinal healing (CAAH) and started meeting to study the principles of AH and to support each other to put it into practice.

In 2011, with the help of Jerry and Els Thissen from Netherlands, CCAH organized the first major facilitator training in Douala that received participants from Nigeria; Ambassador Ebun and Dr Ida Ofor. It was a wonderful moment that ended with the graduation of more than twenty AH trained facilitators. We were also invited to talk about AH on the national Television network, CRTV. Right after this training,

In 2013, with the help of Diana, the AHI youth program coordinator, we launched the youth leadership program in Douala and graduated about 45 students after three months of student. The success of that work earned CCAH a Jampolsky award during the 40th anniversary celebration of Attitudinal Healing in California. The demand for the power to choose program today is beyond our initial expectation as well as the impact on the participants.

As I continue to be inspired by the love of the entire ah family around the world, I remain ever grateful for what ever force enabled me to the little book of inner transformation. "Love is letting go of Fear". A small change that has made a great difference. There is truly no body as powerful as one who feels loved. That is the only gift I want to give everyday of my life.

I am so grateful to be part of this family and with all of us together, the journey is just magnificent.



The Africa Heartbeat.

Connecting the AH Africa Family.

MESSAGES FROM THE FOUNDERS

Giving is receiving.

It was the year 1982 and Diane and I had just started dating each other. We were eating dinner at a small restaurant where a guitar player was performing for the patrons.

He was a fabulous performer! When he took his break, Diane went up to the bandstand and put a twenty dollar bill in his empty hat.

Diane did not wait for him to come back from the bathroom so he could see who gave him such a generous tip; she was not after any credit or recognition.

Diane demonstrated to me, Jerry, that evening that she truly believed in performing acts of kindness out of love and not the egoic need for recognition.

Diane's heart continues to be a gentle and generous heart each day of our life together.

Love and Peace,
Jerry and Diane



“May we Teach only love for that is what we are.”

FOCUS OF THE PRINCIPLE.

The sixth principle of Attitudinal Healing says that **“We can learn to love ourselves and others by forgiving rather than judging”**

In several occasions we find ourselves passing judgment on other people forgetting that each time we pass judgment on others, we are doing so on ourselves.

Its true that people may do things that we feel justified to be angry or judgmental towards them. Even this is the case, it is wise to realize that doing that will not bring us inner peace. Forgiveness is the only healer in this case but that doesn't mean that we condone the act or agree with it. For-giving others does not mean that we are superior. We do not forgive for the sake of others. We forgive easily when we see value in letting go and realizing that we cannot expect to have a better past as Jerry would say.

During this month, let us see value in forgiveness and so learn to love ourselves and others.

Tasha Abdou– AH Cameroon.



The Africa Heartbeat.

Connecting the AH Africa Family.

My ride to inner peace.



I came in contact with Attitudinal Healing in a very dramatic way. It made me understand that chance is just an illusion for enlightened people.

I lost my job at a Microfinance Institution where I was IT Administrator. During this period, lots of fascinating things happened to me.

Deep in me I felt the urge for a different way of living other than being an employee, but was not courageous enough to take the decision. I was controlled by fear of not being able to pay bills. I decided to take a one week spiritual retreat. During the retreat, I had some amazing experiences. One of it concerns my contact with Attitudinal Healing.

I was riding my bicycle around the neighborhood and I bump into Tasha. We knew each other before and he was usually with an earphone on and I asked one day which song he always listens and he told me he was listening to audio books. Then he shared most of his books with me and we became friends. Then we stayed for about 5 yrs without seeing each other until we met again when I was riding my bike. When we met, he told me “I have the impression that I want to work with you”. He did not know how yet. He asked me to bring my CV to his office which I did. In his office we were supposed to be talking about some IT Job, but instead we started talking about something else. He started talking to me about Attitudinal Healing and the Power to Choose Pro-

gram.

When he told me what he had done in some schools and groups, I really felt it is what I have to be doing for my community. When he told me how this program has impacted the lives of the participants and, I read their testimonials, immediately I resonated with the program and pledged my collaboration. From then we started working together.

What made me to decide to work with Mr. Tasha was the fact that, if I had the privilege to go through such a program when I was in secondary school, I think I would have made better decisions in my life.

I had always been controlled by fear even the church instilled fear in me meanwhile it is supposed to be a place of love and gratitude. In school, I study because I was afraid of failure not because I want to acquire knowledge. A job for me wasn't about passion or desire to serve but just to earn money to pay the bills. This is the kind of program I have to get into to help people in my community not to take decisions from a consciousness of fear but rather Love, Compassion and Gratitude.

My favorite AH principle is: “Giving and receiving are the same”. It really humbles me because I always thought that the person giving is superior to the receiver, meanwhile it's the same. It seems clear to me that anything that happens in any one of us affects all the others.

It has been a great journey so far with the Power to choose program. It has been very fulfilling to see youth between 12 -20 years express themselves with so much love in their hearts. By facilitating the program, I also healed myself from past hurts and anger issues which proof to me the horizontal nature of the program embodied by one of its rules-“We are students and teachers to each other.” I look forward to meet with all the AH family because you inspire me with your love and your desire to make a positive difference. **-NGABEN Edmond**

The Africa Heartbeat.

Connecting the AH Africa Family.

AH center in South Africa.

In the South Africa we have reconsidered some old traditional building methods. We found that building with straw is about one fifth the costs of traditional methods and that a family can do it themselves.

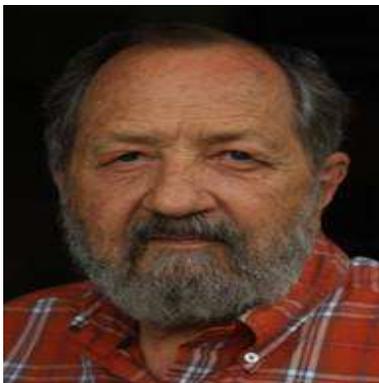
It insulates better in all seasons and can last as long as needed with normal maintenance and care. A straw bale house is more friendly to the environments which is part of our own our own body and more natural.

The A H centre in South Africa lives in a straw bale house and every one that enters remarks on the calm and relaxed feeling it gives. The ceiling is over 3 m high which of course also supports this happy feeling inside the house.

WHAT IS ATTITUDE?

On an old man's shirt was written a sentence
'I am not 80 years old....
I am sweet 16 with 64 years experience'

That's ATTITUDE



Pieter Smit– AH RSA

News from the AH Africa Region

Ghana:

There is a possibility that Kokomon and Aeshah Cloyey will be in Ghana from the 4th to the 24th of August 2015 . They will like to meet with the AH Africa Regional representatives.



Cameroon:

The Center for Attitudinal Healing will be executing the power to choose program with th CRJ (Youth Red cross club of Douala 5) as from the 1st of July 2015.

The "Africa Heartbeat" Editorial Team

Tasha ABDOU -
(Editor-In-Chief)
Tel: +237-675032154
Email: tashaabdou@yahoo.fr

Ben COFIE
(News Editor/Consulting Journalist)
Tel: +233-20-815-6846.
Email: bencogh@yahoo.com

NGABEN Edmond
(Designer/Photo Editor)
Tel: +237- 675398970
Email: eddybeno@yahoo.com

Pieter SMIT
(General Enquiries)
Tel: 027 44 241 2330
Email: pjes@telkomsa.net