



# The Africa Heartbeat.

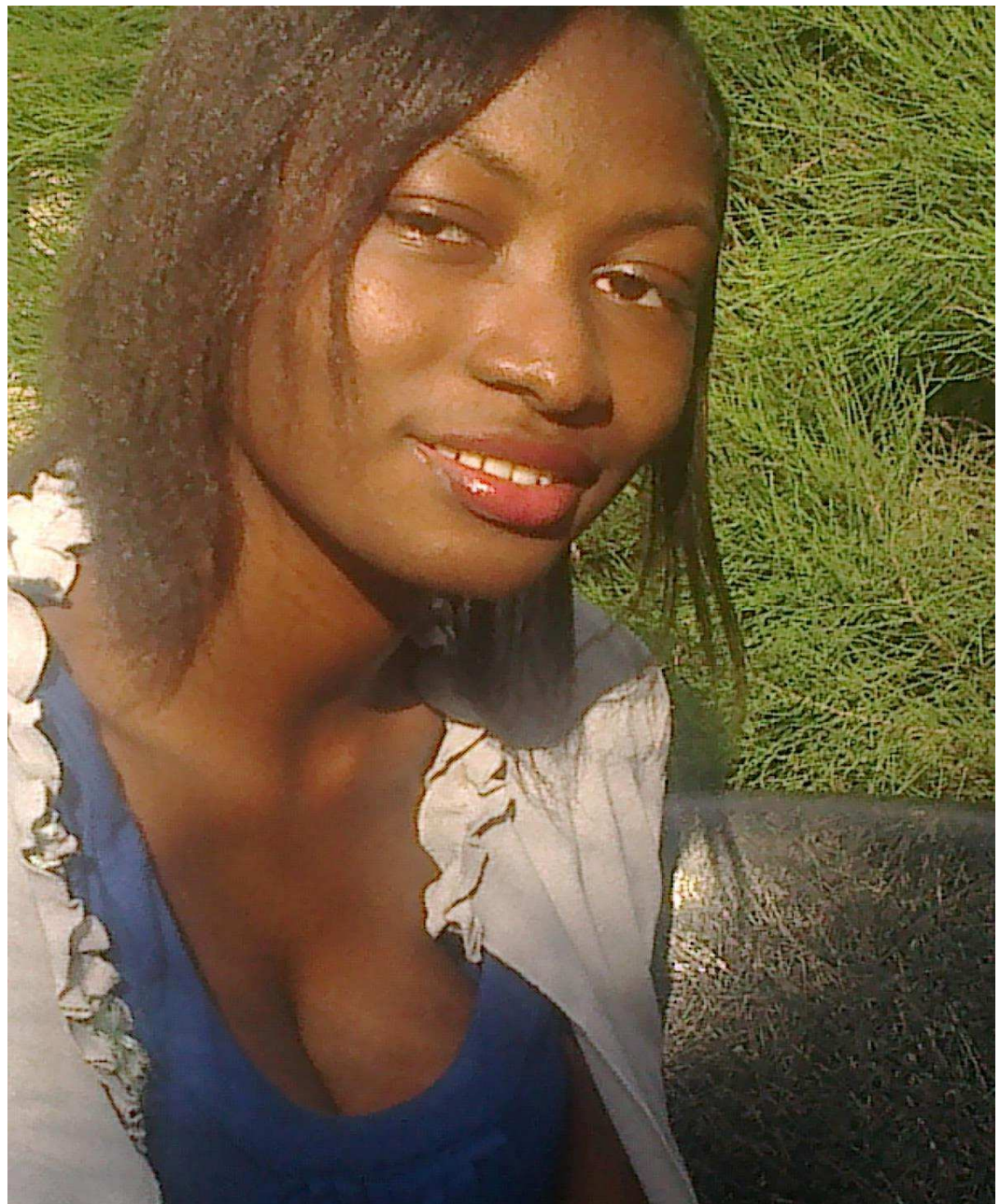
*Connecting AH Africa family.*

*“This principle really touches my soul and it helped me to realize that the main purpose of me living and everyone that exists in the world is sharing love.”*

May KOROMA, Gambian Mentor and Librarian from the starfish International.

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## **EDITORIAL**

Once in a while we come across Angels that carry a very important lesson for us and if we fail to listen to them, due to any of our prejudices we haven't' relinquished, we miss important lessons and inspirations that could have been a blessing for many generations to come.

That is how I see the story of the starfish which inspired Yarr Sin in the Gambia to create the Starfish international. Where May KOROMA and a host of school mates encountered Attitudinal healing through Auntie Donna that she describe as a wonderful and patient mentor.

Before we serve you with the inspiring story and admonitions of **MAY KOROMA**, "The African Heartbeat" will like to share the story of the starfish thanks to the Starfish international website.

## **THE STARFISH STORY.**

One day a man was walking along the beach when he noticed a girl picking something up and gently throwing it into the ocean. Approaching the girl, he asked, "What are you doing?" The girl replied, "Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don't throw them back, they'll die." "My daughter," the man said, "don't you realize there are miles and miles of beach and hundreds of starfish? You can't make a difference!" After listening politely, the girl bent down, picked up another starfish, and threw it back into the surf. Then, smiling at the man, she said...  
"I made a difference for that one."



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## **THE HEARTLIGHT PROGRAM.**

I started Attitudinal Healing, which we called *Heart Light*, at Starfish International.

when I graduated from High school, Starfish International introduced *Heart Light* to the Starfish students who have graduated from high school and wanted to return so they could render service to their community. This was for us to get to know each other more and be comfortable in the presence of each other despite our differences, background, attitude and behaviors.

I wanted to come back at Starfish to mentor the students and help them, not only to realize their dreams but also to be able to fulfill them. We wanted to give them the kind of support that we were given when we were Starfish students and we also did not want to leave the program because we have develop so much interest in the program.

The *Heart Light* session was held at St. Peter's Technical Junior Secondary School during the Starfish Summer program in 2013 and our animator was Auntie Donna, a Volunteer at Starfish International.

Being an amazing facilitator, Auntie Donna slowly but clearly explained the 12 Principles of Attitudinal Healing to us.

She did that in such a way that we could grasp the essential lessons in each of the principles and actually live by it. Living by the principles has helped me in many ways.

Of the 12 principles, the following six has greatly enhance my happiness and inner peace:

- The essence of our being is Love.
- Health is inner peace, healing is letting go of fear.
- Now is the only time there is and each instant is for giving
- We can let go of the pass and of the future
- Since love is eternal, death need not be viewed as fearful.
- Giving and receiving are the same

Let me share how I feel about the first principle;



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## **The essence of our being is Love.**

This principle really touches my soul and it helped me to realize that the main purpose of me living and everyone that exists in the world is sharing love. It also taught me that I should not judge people base on their appearances, attitudes, behavior or background. For me to cease from judging others, I have to learn to love everyone unconditionally. I need to find the positive side of every person I meet and try to focus on that as I interact with them.



All the principles talks about how we can better our lives. When you look at each principle with just an ordinary heart, you will see that it's all about helping others to heal yourself. Some people might ask themselves why they should help other people when they have lots of other things they could be doing with their life. Well, when you look at it with an open and sincere heart, you will find out that whatever assistance you offer others, you get self fulfillment and heal yourself in turn and that completes the third principle which says, **“giving and receiving are the same”**.

Starfish International, through its Heart Light program has help us to realize how special they are when they get to know their inner qualities and how to use them to help those that are in need of help. I believe that these twelve principles of Attitudinal healing have helped the program to fulfill it's propose.

May Koroma, Starfish International, Gambia.

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**Message from the founders:**

How can we help every person we encounter feel better about themselves?  
We can decide to find something about them that is very positive. For example, we can comment on the sparkle in their eyes or the tremendous smile they possess. We can make them feel that the time spent together is the most important moment of our lives.  
We can focus so completely on what the other person is saying that there isn't any room for the mind wandering elsewhere.  
We can bring energy into the conversation that will make them feel better about themselves by just being with us.  
We can choose to listen to them with a heart so full of love that there is no room for any judgments on our part.  
We can make it a purpose in our life to love the other person so fully and so completely that there is no room for fear.

Love and Peace,  
Jerry and Diane



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