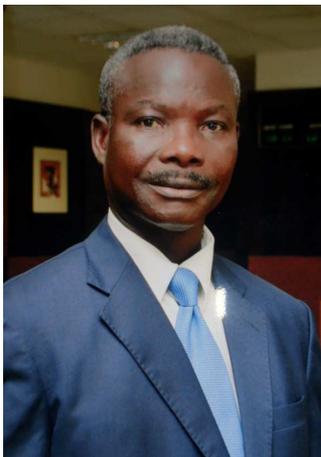


The Africa Heartbeat.

Connecting AH Africa family.



Editorial:



“The Africa HeartBeat” turns the spotlight in this edition on Ghana, the continents’ frontline country in advancing the collective consciousness of the people of Africa. Ben Cofie, besides his profession as a journalist is also using Attitudinal Healing to bring peace and melt away the fear and other factors that blocks the experience of love amongst the people of this beautiful country. In the following article, he shares with our readers how he came in contact with the principles of Attitudinal Healing and having been positively impacted by it, he now embark on sharing it in his community. His story and his action in the field will inspire you to use the principles not only for your personal transformation but to positively impact your community and the world as a whole. **Tasha Abdou. AH Cameroon.**

**BEN COFIE
ACCRA- GHANA**

“I can today confirm that a discussion which started in my office and later continued at my residence the next day, [help shift my] perception from fear to love and brought me, not only peace of mind, but loving attitude for myself and others”

AH Principles Erased My Enragements – And Improved My Health

The main door to the editorial newsroom of the Daily Graphic – Ghana’s flagship newspaper opened and a mature couple entered. They introduced themselves as Aeshah and Kokomon Clotey and that, they have come to place an advertisement; - that was sometime in 2006. An encounter with them changed my life ever since. I knew about their work online, but meeting them personally helped me to grow in the principles of Attitudinal Healing.

They had come to get an advertisement in the Daily Graphic. Having finished what they came for, Kokomon Clotey said, “Can we talk”. I responded in the affirmative and added “Why not”. I can today confirm that a discussion which started in my office and later continued at my residence the next day, taught me the shift in perception from fear to love and brought me, not only peace of mind, but loving attitude for myself

and others. This was the beginning of what I am seeing now as a life long journey, learning how to apply the Principles of Attitudinal Healing in my daily life and making a connection between the Principles of Attitudinal Healing and the Ga-Adagbe language and culture.

Attitudinal Healing Connection

Having spoken at length, the ever-smiling couple Aeshah and Kokomon talked me about ‘Attitudinal Healing’. In fact that was my very first time of hearing these two words ‘Attitudinal’ and ‘Healing’ moving together which sounded good to me. As a linguist and a journalist I love learning new words and connecting them with my core values.

In our deliberations, I was linking what they were telling me about Attitudinal Healing to the mission and activities of my community youth group – Korle-Gonno Youth Association - of which I have been a leader for over a decade.

“Our only goal is inner peace and our function is to practice forgiveness and to focus on seeing the whole person”, Kokomon emphasized, this time, in our Ga dialect - (both of us are from the Ga Adagbe tribe) in Accra, Ghana.

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This couple provoked my thoughts and infused me with an excitement that inspired me to continue to connect with them. During that brief moment I learned from them that, "I have learnt nothing that will free my mind from anger. When Aeshah read to me the "Mission" of the Attitudinal Healing Connection which they were talking about, saying that the "AHC works to eliminate violence by supporting creative and educational program that transform the Spirit and build Peaceful and Loving Communities for all Humanity", I became even more excited, something within me began to stir. I was transported into NOW is the only time. I was at peace at once.

AH-Accra Centre:

Having returned to California – USA, this wonderful couple that God sent to me did not abandoned me. I received learning materials from them and we communicated on the phone, as well as email and Skype, when I am in difficulty and needed guidance. They offered me online training in the basics of Attitudinal Healing. They called the course "Attitudinal Healing 101." We had weekly sessions on Skype for about 12 weeks, 1 hour each session. I can confidently say that they prepared me fully for the task ahead. "Giving and receiving are the same." Their only ask was that I should give it away. Since then I have been sharing these ideas with the young people that I work with after a soccer game. I am now exploring some of the "ArtEsteem" (an art and social justice program for Oakland California youth) murals with the young people.

Kokomon and Aeshah had established a small group of youth in the eastern part of the city of Accra some years back which remained quiescent because most of its members were students who have passed their exams and gone to school in the regions and their trainers some working outside of the city.

The idea of working together and passing on what I have learnt to the youth in our community was mooted some years ago. As a result, I accepted joining hands in grouping the youth of the southern

community - Korle-Gonno, to rejuvenate an AH-Accra Centre. Ms. Mary Clotley, one of the executive members of the initial group was introduced to me and we begin to coordinate and plan our joint activities. We are now in our 4th year of existence.

We have challenges, some beyond our control, (i.e. economy and social), which makes us to re-adjust the frequency of our meetings and other activities. Example is the current unstable energy situation facing our country. We have become very creative in dealing with these challenges. Our activities have carried us to meeting youth groups of other communities when the need arises. We have built relationships with instructors and Principals of schools and have been able to form educational sessions on Attitudinal Healing in schools for young people. The process of working with young people has been challenging but with the tools that we have in Attitudinal Healing nothing is impossible.

Currently, the leadership of AH-Accra Centre is translating the 12 Principles of Attitudinal Healing into two widely used Ghanaian dialects in the city of Accra – i.e. Ga and Twi to facilitate its work that we believe increase the value of these tools with local people.

Initiatives towards Self-sufficiency:

Our group is passionate about becoming self-sufficient. We are exploring a variety of entrepreneurial ideas to support the work of AH in Ghana. Towards this end the bracelets that are created in our cottage industries could be sold to create a source of income for the Accra Centre. In addition, we are thinking of selling bake goods and the mural projects as well as other cultural creations could also be sold as a source of income for self sufficiency for the Attitudinal Healing Center in Ghana.

Personally, tuning and turning my mind consciously on the 12 Principles of AH has erased my engagement and improved my health, especially mental health.

BEN COFIE– AH ACCRA, GHANA



ArtEsteem in
Accra

The Africa Heartbeat.

Message from the founders:

Changing the Flat Tire of Our Attitudes.



We recently noticed a striking resemblance between a negative attitude and a flat tire.

Even though it is technically possible to drive a car with one flat tire, it is very difficult! The car moves very slowly and becomes far less

responsive to the steering wheel. It can even become a dangerous situation, if there are other drivers on the road who are moving at a faster speed. Whenever we had been driving and experienced a flat tire, we immediately pulled off to the side of the road to fix the tire. Sometimes we were able to fix it ourselves, and other times we had to call AAA to help us. Either way, the end result was the same - we were able to continue driving to our destination. A negative attitude about something, big or small, can act just like a flat tire. It can slow down our minds and make us less responsive to the joy all around us.

Even though we are quick to pull over to the side of the road to change a physical flat tire, we are far more likely to carry a negative attitude with us wherever we go!

Now, when we notice we might be carrying a negative attitude or judgment through the day, we gently remind ourselves that if it's healthy to change a flat tire, it's healthy to change our attitude.

Love and Peace,
Jerry & Diane.

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.

**For more information on Attitudinal Healing please visit;
www.ahinternational.org
Or write to trish@ahinternational.org**

The Africa Heartbeat.

The power of forgiveness.

Rose and Emmanuella are both students of lower sixth arts in G.B.H.S DEIDO in Douala Cameroon. They have been friends ever since they meet in that school about four years ago. Emmanuella is a very care-free girl who loves to joke around the campus. Daughter of a Cameroonian administrator. She has experience a lot of difficulties in her life. One of it was that in 2008 after a nationwide riot where several people especially youth lost their lives, Emmanuella was kidnapped and kept away from her family for several days. The kidnapers were planning to rape her when she succeeded to escape.

Both Rose and Emmanuella were so closed together until something went wrong between them. They stop talking to each other, were no longer visiting each other. This went on for more than 6 month and as will be discovered later, they both wanted to get back together again so bad but didn't know what to do to get together again. Several attempts were made by Rose to no avail. On one of our session on the power to choose program, we discuss about forgiveness and who benefits most from the act of forgiveness. All the participants were so moved by the fact that forgiveness is especially beneficial for the person offering it than the person receiving.



Rose and Emmanuella both participants and members of the same group found what they have both been seeking for to repair their relationship. With the encouragement of their two mutual friends who were already very uncomfortable with the strain in their relationship, they both stood up and express a desire to forgive each other. We took the opportunity to reinforce the decision by calling first Rose to the middle of the circle. While she stood there, each participant in their turn shared with the group what she appreciate about Roses character. When everyone had spoken, Rose was asked to go back to her seat which she did with tears running down her eyes because she just discovered that unlike what she was thinking before, she is really appreciated for who she is.

Now was the turn of Emmanuella and the same process was carried out and she too left the center of the circle actually crying. Both were then call to the center to express their sincere forgiveness to each other and they both fell in the arms of each other hugging and crying. All the other children including the facilitator could not hold back their tears. At the end of the session, all the participants were so happy about the incident and one could see Rose and Emmanuella literally holding hands out of the library hall. Their two mutual Friend Marceline and DORCAS were just simply overwhelmed with joy to see their friends together again.

That day we all learned by that experience that forgiveness is truly the greatest healer of all as Jerry truly said.

Tasha Abdou AH Cameroon (Experience from PTC Program)

The Africa Heartbeat.

Questions from AH promoters-AH Africa region.

I would like to know how the AH center is going on with you in Cameroon? How should I be doing so it works? and am i going to get a salary for me and my staff? thanks for your reply. -Mariam Keita-Mali

Dear Mariam,

Thanks for being so candid. In reality, survival is a critical issue with all of us and its very important to consider how what one does will contribute in his survival.

I have the same issue at hand and I also understand that my attitude towards a situation determines if the situation will bring peace or conflict to my heart.

For me, AH activity is my way of giving to the community. I really do not expect to gain any money from it so as to guarantee my survival. What I truly gain from the AH activity is my inner growth and I have come to understand that our experience in life is a mirror of our consciousness and attitudinal healing broadens my consciousness and thus change my external circumstance without me fighting for it.

Yes, the change definitely comes through opportunities that I need to take and work with. I do not run an office and staff. I have a registered non profit association and members volunteer to work on the different AH program. They receive no pay for that and our services are all free including workshops and trainings. It gives us lots of joy and fulfillment to know that we are contributing to the joy of others.

Sometimes we receive support and we are just so grateful for that and we use it to expand our community reach so as to impact more people. Last year our center was awarded the Jampolsky award during the AH international conference and that help us move our activities forward too. We are very grateful for that and for the moral and financial support from other individuals. We are always so grateful for Jerry and Diane, Trish, Els Thissen, Diana Alonzo and especially Lynne Laws' financial support of our efforts here in Cameroon.

I still keep my job and earn a little income from it but with more activities in the field I am considering doing a business that can allow for more time with my AH activities.

I suggest that you simply start a study group and get two or

three friends who are willing to develop their inner peace. Using Jerry's book "Love is letting go of fear" with them and you will realize that after practicing the 12 lessons all the fear you have now about your survival and financial future will be cleared and will be replaced by certitude and love.

I am not sure that it is a typical experience for everyone but that is my own experience.

Before getting to AH, I was a derelict, I was on alcohol and drugs, had lost my business and my wife and kid left and went to her parents. In my case it was not survival that was most important. I was down into real mess and I just thought I was living the wrong way since and that there has to be another way to live that will have less pains and fear and more love.

I was just walking by the street near the school where I now do the power to choose program. There were old books displayed by the street corner and some in trucks and my eye fell on one with a peculiar title. Love and fear on its cover. Instantly I gave the last money I had for it (1000 Frs.) I had no money anywhere else. If I am surviving today (I mean I am not in the grave) then its thanks to that little book. It gave me hope and inner peace. Today I have my wife back and we have four kids we adore.

This can happen to any body. I did not even have a job to secure. I was down in the drain and when I let go the fear that was in me at that time, I became conscious of the love that was already there waiting for my awareness.

From my own experience I do accept with Jerry that truly, when we let go of fear (What ever fear we have) then, only love remains.

I hope my story will be helpful to you.

Sincerely, Tasha



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Letters from Afar.

Dear Africa Region Friends

I would like to pass my gratitude and Love for all of African AH family who are working on different project and program for one common goal.

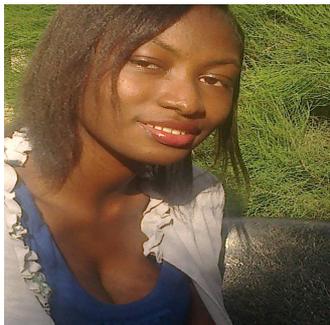
I do believe there is so much we can do and share because of WHO WE ARE as one family of the world. I am so grateful about our issues of African Regional AH e-news letter and thank you so much Pieter for the powerful story you shared with us.

I am so inspired by the experience, all that you have been through give us more courage to keep focused on our vision other things that we want to do.

Thank you also for the organizer and participant of May 11 online meeting, especially Trish, Kokomon, Tasha and all of you who did share your wonderful message. It was a Great time for all of us and let us keep it up.

Abebe From AH Ethiopia

Introducing new faces from Afar;



We are happy to introduce our dear friend and AH promoter from The Gambia, May KOROMA.

Mays' journey with Attitudinal Healing that started at Starfish international thanks to Donna Richards, will be shared in

one of our Africa Heartbeat issue in June. Thank you MAY for your sharing.

News from the AH Africa Region.

KENYA:

Kenya AH center has been set up under the chairmanship of Charles NDUATI. It will be meeting every Wednesday at 2pm.

Three of their members have already attended the online training.

They are hoping to start by giving the introduction training before starting the support groups.

Send Charles an email for more information:

cnduati@googlemail.com

GHANA:

The founders of Attitudinal Healing Connection in Oakland California– Kokomon and Aeshah Clothey



plans to visit Africa before the end of 2015.

They hope to meet as many AH Africa region leaders as possible in Accra and if you are available for the trip to Accra, please indicate by sending an email to

tashaabdou@yahoo.fr

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