

Attitudinal Healing St. Louis



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Attitudinal Healing St. Louis

www.ahstlouis.org

Established in January 2011, the primary purpose of the Attitudinal Healing groups in St. Louis is to teach and apply the 12 principles of Attitudinal Healing that are defined in Jerry Jampolsky's book, *Teach Only Love*. However, in addition to our groups following the guidelines, we feel that our approach and format provide a unique structure and support to group members. We created a very **effective integrative teaching and learning** model that we believe truly helps participants to process together and learn how to apply the principles to their lives. Our goal with each group is to find our own inner peace as we learn to let go of fear and open our hearts to love and forgiveness.

The groups are facilitated by three people trained in AH facilitation; one of which is a teacher and a licensed counselor. Together, we felt that an educational approach combined with the group process, would result in a more in-depth understanding and sharing experience among participants. Consequently, we wrote and organized curriculum to use during the group meetings; the results have been remarkable. We have witnessed participants learn the contents more thoroughly, share more deeply, listen more intently, trust each other openly and, most importantly, make significant shifts in their personal lives.

We begin our groups with an intentional commitment from each participant before they come to the group to: attend each meeting, read and study the text *Teach Only Love*, and be willing to share the experience with each other. Our groups consist of two facilitators and a maximum of eight participants. So far we have had "women only" groups, which we feels helps with connectivity and depth of sharing. Each participant agrees to commit to attending the group once a week for 10 weeks. Upon agreement, a minimal fee is charged to each person to cover the cost of the book and a notebook with study materials. The notebook contains guidelines, philosophy and definition of Attitudinal Healing along with weekly worksheets for journaling and personal reflection. Participants receive *Teach Only Love* prior to the first meeting. They have a pre-meeting reading and journaling assignment. Subsequently, each week group members read an assigned section of the book then study and reflect on personal application of a principle in their lives. They are encouraged to reflect and take notes during group as others also share. We have observed that as a result of their efforts to learn about Attitudinal Healing and come to this sacred, sharing space to join with each other; each person learns to safely and quickly let go of painful, fear-based attitudes and feel the love that is the essence of the group experience. The text and notebook also provide a resource for them to use after group to review and remind them of their learning experience. We have also seen participants bring additional materials to share with

each other such as books, poetry, quotes and music. These resources are also listed on our website: www.ahstlouis.org .

Monthly Meetings:

The Attitudinal Healing principles are tools to help each person find their own answers, inner strength and peace of mind. We wanted to help group members continue the practice of applying the principles to their lives, and so we established monthly meetings using the same format of focusing on a specific principle each month. Participants who have completed the 10-week series are invited along with participants from previous groups. We ask them to re-read a chapter in the book and come willing to share personal experiences with the principle. We have a day and evening group that meets each month. This process involves email communication for the purpose of invitation and reminders.

Marketing:

All meetings are currently held at a Unitarian church in St. Louis. We primarily solicit participants from this church of 550+ members through the church newsletter and recommendations from previous participants. There is also an organized *A Course in Miracles* community in St. Louis which consists of 250+ people who also have shown interest and participated in our groups. All the facilitators of Attitudinal Healing also attend weekly meetings of *A Course in Miracles* at the same church.

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Attitudinal Healing in St. Louis

(This handout is given to anyone who inquires about the group.)

Group Purpose:

The concept of *Attitudinal Healing* is based on the belief that it is possible to choose peace rather than conflict and love rather than fear. We believe love is the most important healing force in the world. *Attitudinal Healing* is the process of letting go of painful, fear-based thinking. When we release fear, only love remains. Our definition of health is inner peace and healing is the process of letting go of fear.

The purpose of the group is to teach and learn how to apply the 12 principles of *Attitudinal Healing* that are defined in the book that we use Teach Only Love by Gerald Jampolsky, M.D. The *Attitudinal Healing* principles will give participants practical tools to help each person find their own answers, inner strength and peace of mind. Studying, processing and practicing these principles together will help everyone. We believe no one is healed alone; we become teachers and learners to each other.

Group Guidelines:

Group Size: Up to eight participants-women only.

Participants: Women who are experiencing life challenges or who are in transition and wish to gain inner healing and peace through a support group process.

Length: The group will meet at Eliot Unitarian Chapel in Kirkwood or another nearby location weekly for 10 weeks. One or two of the principles of *Attitudinal Healing* will be the focus each week. Participants are expected to attend the majority of the meetings. The group meets for two hours each week.

Confidentiality: Facilitators will follow group guidelines of confidentiality to provide a safe place for participants to develop trust in one another and heal together.

Facilitators: Julie Morreale is a licensed professional counselor, who has been trained to facilitate *Attitudinal Healing* groups through the “Center for Attitudinal Healing” in Sausalito, California. Her co-facilitator is Corinne Esneault, who is trained as a healing listener, facilitates “A Course in Miracles” study group at Eliot Chapel and is a Pastoral Care Associate at Eliot. Carole Glauser, who completed facilitator training at the *Attitudinal Healing International* 40-year anniversary conference, is a third facilitator who assists on an ongoing basis.

Costs: A nominal fee of \$30 will be charged to cover the book and instructional materials. Payment is due prior to the beginning of the 10-week series.

Completion of AH Support Group: Those participants who complete the 10-week group will be encouraged to continue this healing curriculum by attending one of the monthly *Attitudinal Healing* support groups, which meet on the first Thursday of each month from 10:30 a.m.-12:30 p.m. or the second Tuesday evening from 7-9 p.m.

Facilitators:

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Curriculum Text:

The Principles of Attitudinal Healing will be taught from the book written by Gerald Jampolsky, M.D., creator of the principles of Attitudinal Healing, entitled Teach Only Love.

Each participant will be given this book to study, process and practice the principles discussed in the group, along with a binder for handouts and journaling.

The Twelve Principles of Attitudinal Healing

1. The essence of our being is Love.
2. Health is inner peace. 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 rather 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 others as either extending love or giving a call for help.

**For more information on *Attitudinal Healing in St. Louis* refer to: www.ahstlouis.org

***For more information on *Attitudinal Healing International*, the organization started by founder, Gerald Jampolsky and Diane Cirincione, refer to: www.ahinternational.org

Guidelines for Attitudinal Healing Groups

The following guidelines were developed so that safety is provided in our support groups. If you feel a guideline is not being followed, please feel free to speak up.

1. In the groups we recognize that love is listening, and we agree to listen with an open heart, to give mutual support and to practice non-judgmental listening and sharing.
2. We are here to heal ourselves. We are not here to give advice or to change anyone's beliefs or behavior. Being accepted as we are makes it easier for us to accept others.
3. We share from our own experience. By risking and exposing our own emotional state, we find common experience that allows for joining.
4. We respect ourselves and each other as unique; we recognize that each person's process is important, not our judgment of it.
5. We support each other's inner guidance and assist one another in finding our own best answers.
6. The roles of student and teacher are interchangeable. They fluctuate from one to the other regardless of age or experience.
7. We practice being present with others, seeing each person as whole and not defining them by their appearance, mood, behavior or circumstance.
8. We agree to keep in mind that we always have a choice between peace and conflict, between love and fear.
9. We recognize the confidentiality* of what we share in group, recognizing this is important for maintaining the group as a place of safety and trust.

**Confidentiality is strictly maintained with the following exceptions: If someone poses a serious danger to themselves or another, or if there is suspected child or elder abuse or neglect, we are required by law to report this information to the appropriate authorities*

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Attitudinal Healing Defined*

- Is there another way of looking at the world that changes our experience of life?
- Is it possible to choose and let go of fear and conflict completely?
- Is it possible to heal our painful thoughts and attitudes about the past and to bring peace to ourselves and others?
- Is it possible to forgive everyone who we think has hurt us and to forgive ourselves for our mistakes and for the shame we feel about the past?
- Can we truly know peace and happiness while living in a world that seems so chaotic and crazy?
- Can we remove all our self-imposed blocks to love and come to know and trust in who we really are?
- Can we simplify our lives by recognizing that there are only two emotions--love and fear?

Attitudinal Healing answers all these questions with an unqualified and enthusiastic "Yes!"

Attitudinal Healing is a life philosophy that embraces love over fear and peace over conflict. It equips us with powerful tools for healthy choices, successful challenges and positive change. The root of conflict and distress can be identified in our thoughts, feelings, and attitudes that in turn affect the experience without placing blame or judgment. Attitudinal Healing is based on the belief that it is not people or external situations that cause us to be upset. Rather, what causes us conflict and distress is our thoughts, feelings, and attitudes about people and events. Attitudinal Healing is letting go of fear and our negative, hurtful thoughts from the past.

Attitudinal Healing allows us to correct our misperceptions and remove the inner obstacles to peace. This begins with a willingness to find another way of looking at the world, at life, and at death; to have peace of mind as our only goal; and to make forgiveness our primary function. It is discovering the effect that holding on to our grievances, blaming others, and condemning ourselves has, so that we can choose to no longer find value in them. Attitudinal Healing asserts that when we let go of fear only love remains and that love is the answer to all the problems we face in life. It is the recognition that our true reality never changes and that Love is all there is.

The 12 principles of Attitudinal Healing are spiritual principles that lead us to love and away from fear. The application of these principles is "practical spirituality" that can be used in every aspect of our lives. There is not one area they do not apply. As we learn to change our attitudes and change our minds, we change our lives.

At the core of the 12 principles is forgiveness. Forgiveness does not mean condoning or agreeing with a horrendous act. It is a decision to no longer attack one's self. Forgiveness is, quite simply, the decision not to suffer. To forgive is to make the decision to be happy, to let go of judgments, to stop hurting others and ourselves, and to stop recycling anger and fear. Forgiveness is the bridge to compassion, to inner peace, and to a peaceful world.

"To forgive is to remember only the loving thoughts you gave in the past and those that were given you. All the rest must be forgotten." (ACIM Text, P. 354, Para. 1) Teach Only Love: The Twelve Principles of Attitudinal Healing, Gerald G. Jampolsky, M.D., Atria Books, 2008.*

The Process of Attitudinal Healing

Begins when we are willing to look at our fears, guilt, and pain with compassion and without judgment. Perfection is not an option for ourselves and others.

Supports our becoming still and listening to our inner guidance. ****Checking in with ourselves before making a response****

Feelings are not caused by people, things or events outside ourselves but by the choice of thoughts and attitudes about these events. Trust the guidelines. We are responsible for our thoughts and the feelings we experience.

Encourages us to re-examine our relationships, bring them into the present by releasing past judgments and grievances. Our only goal is inner peace and our only function is forgiveness.

We can affirm choice by learning to choose between peace rather than conflict, and between love rather than fear.

Attitudinal Healing is the healing of the mind so that we experience unity with others with each choice we make. This is an active process and relies on shift in perception so that we use our mind in a healing way.

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The Principles of Attitudinal Healing*

These principles are the foundation of Attitudinal Healing. The first principle is the key. It unites and flows through all the others. As the principles are practiced, it is evident that they overlap and each includes aspects of other principles. The principles are not dogma. Spiritual in nature, they are nonsectarian and are offered only as tools.

1. *The essence of our being is love.* Love cannot be hindered by what is merely physical. Therefore, we believe the mind has no limits; nothing is impossible; and all disease is potentially reversible. And because love is eternal, death need not be viewed fearfully.
2. *Health is inner peace. Healing is letting go of fear.* To make changing the body our goal is to fail to recognize that our single goal is peace of mind.
3. *Giving and receiving are the same.* When our attention is on giving and joining with others, fear is removed and we accept healing for ourselves.
4. *We can let go of the past and of the future.* We experience inner peace when we let go of our attachments to the painful past and the fearful future and learn to live in the present.
5. *Now is the only time there is.* Pain, grief, depression, guilt, and other forms of fear disappear when the mind is focused in loving peace on this instant.
6. *We can learn to love ourselves and others by forgiving rather than judging.* Forgiveness is the way to true health and happiness. When we choose to see everyone as a teacher of forgiveness, each moment gives us an opportunity for happiness, peace, and love.
7. *We can become love finders rather than fault finders.* Regardless of what another person's behavior might be, we can always choose to see only the light of love in that person.
8. *We can choose and direct ourselves to be peaceful inside regardless of what is happening outside.* Despite the chaos in our lives, we can choose to be peaceful, knowing that we are connected and sustained by our loving, peaceful Source.
9. *We are students and teachers to each other.* Peace comes to us when we recognize and demonstrate that all our relationships are equal.
10. *We can focus on the whole of life rather than the fragments.* It is an illusion to believe that our lives are separate from each other. Healing is focusing on our interconnectedness with each other and all living things.
11. *Since love is eternal, death need not be viewed as fearful.* We begin to let go of our fear of death when we truly believe that what is real never changes and that Love is always present.

12. *We can always perceive others as either extending love or giving a call for help.* Rather than seeing anger and attack, it is always possible for us to recognize a call for help and to answer with love.

The Benefits of Attitudinal Healing*

Some of the possible benefits of Attitudinal Healing include:

1. Experiencing ourselves as love
2. Finding inner peace
3. Finding happiness
4. Letting go of fear
5. Letting go of judgments
6. Letting go of guilt
7. Letting go of being a victim
8. Letting go of our fear of death
9. Letting go of unforgiving thoughts
10. Letting go of pain
11. Letting go of being right and making others wrong
12. Letting go of blame
13. Letting go of our fear of the past and future
14. Letting go of being a fault finder
15. Letting go of withholding love from anyone, including ourselves
16. Letting go of our need to assign guilt or innocence
17. Letting go of complaining and listing our hurts
18. Letting go of our fear of intimacy
19. Becoming a love finder
20. Counting our blessings
21. Focusing on love rather than on appearances
22. Walking through life more lightly
23. Laughing more
24. Living in a consciousness of giving rather than getting
25. Recognizing that there is something greater than ourselves

**Teach Only Love: The Twelve Principles of Attitudinal Healing* by Gerald G. Jampolsky, M.D., 2008.

Attitudinal Healing Group Opening/Meditation

Let us take a moment to settle ourselves. (Light a candle in the middle of the group to begin.)

Close your eyes, relax, settle in, breathe slowly and intentionally.

As you take each breath say to yourself, "I breathe in peace, I breathe out fear."

As you continue to breathe, realize how important this sacred, special time of joining is.

We have come together to support one another on this journey of life that we share.

We stand in unity with each other, holding the awareness that the *essence of our being is love*.

And remember always that we are teacher and students to each other.

Pause

Take another deep breath and slowly open your eyes.

We will now read the "Sharing Group" poem together.

Sharing Group

I come to learn, I come to live

I come to heal, I come to give.

As I give, I do receive.

In the process, I do believe.

Love expressed with listening hearts,
dissolves the fear that judgment starts.

Safely now, I let it go,

Willing to let my feelings show.

Joined as one, I am set free,

from my judgments cruelty.

Free to be who I may be,

allowing grace to flow through me.

Attitudinal Healing Worksheets

Participants are given one for each week, prior to the meeting. These worksheets correlate with Chapters 7-19 in “Teach Only Love.” Participants are asked to read an assigned chapter(s) and complete the correlative worksheets. Everyone is asked to share their journaling as inspired.

Attitudinal Healing Principle #1

“The essence of our being is love.”

Define “Love”

Personal Reflection and Application of the Principle

In what ways do I demonstrate love, peace, happiness and certainty in my daily life?

When I am upset by something, how do I return to a loving state of mind?

Attitudinal Healing Principle #2

“Health is inner peace. Healing is letting go of fear.”

Define and describe your health

Personal Reflection and Application of the Principle

What are my core beliefs about myself and my body?

How can I focus on my heart and the contents of my mind regardless of the state of my body?

What does the statement “I can see people and events with love instead of fear” mean to you? Reflect with a personal example if possible.

“The body cannot tell us how we feel because the source of our experience is our mind.”(p.73)

Attitudinal Healing Principle #3

“Giving and receiving are the same.”

Define “Giving”

Personal Reflection and Application of the Principle

How do I give with my heart? (Use a personal example) and what blocks my heart from giving and receiving love?

What is the greatest gift you have received/given?

Is it possible to give “too much?”

Attitudinal Healing Principle #4

“We can let go of the past and the future.”

Define “Letting go”

Personal Reflection and Application of the Principle

How can I become more willing to let go of the past and future? What is the payoff for resisting?

Attitudinal Healing Principle #5

“Now is the only time there is and each instant is for-giving.”

Define “Your present, loving peace,” and the concept “Now is the only time there is.”

Personal Reflection and Application of the Principle

How do I experience peace in any moment?

What are the triggers that take me to the past? What helps me shift out of that thinking?

Attitudinal Healing Principle #6

“We can learn to love ourselves and others by forgiving rather than judging.”

Forgiveness defined- Read Jerry’s definition on p.120 of the text and compare your definition to his.

Personal Reflection and Application of the Principle

How do I let go of judgments and grievances toward myself and others?

What can I do that shows love towards myself and others?

How do I apologize?

How do I accept an apology?

What words and actions do I use?

Attitudinal Healing Principle #7

“We can become love-finders rather than fault-finders.”

Define “Love-finder”

Define “Fault-finder”

Personal Reflection and Application of the Principle:

How can I shift from being a fault-finder to a love-finder?

Write a love letter to yourself or send a love letter to someone.

Attitudinal Healing Principle #8

“We can be peaceful inside regardless of what is happening outside.”

Define “Peaceful inside”

Define “Chaos outside”

Personal Reflection and Application of the Principle:

Describe your life; is it peaceful or chaotic?

Describe how can you choose to be peaceful in the midst of perceived chaos?

Attitudinal Healing Principle #9

“We are students and teachers to each other.”

Define “Student”

Define “Teacher”

Define “Equal”

Personal Reflection and Application of the Principle

(How do I see myself equal in my relationship with _____?)

“Peace comes to us when we recognize and demonstrate that all our relationships are equal.”

What messages did you receive about yourself that keep you disconnected?

How will you re-program those messages?

Who is your greatest teacher and what did you learn from that teacher?

Attitudinal Healing Principle # 10

“We can focus on the whole of our lives rather than on the fragments.”

Define “Wholeness”-Do you believe the world is whole and that you are part of that whole? How do you demonstrate your part?

Define “Separateness”-Where is your center and who controls you?

Personal Reflection and Application of the Principle

Do I see myself as connected or disconnected with others? (Remember that healing is focusing on our interconnectedness with each other and all living things.)

My fragmented self believes that I am _____.

My whole self believes that I am _____.

How do I achieve distance in order to see the whole...to see experiences more broadly and lovingly?

Attitudinal Healing Principle # 11

“Since love is eternal, death need not be viewed as fearful.”

Define “Body Death”

Define “Spiritual Death”

Personal Reflection and Application of the Principle

Write your own obituary or eulogy. Consider your “whole” life, not just fragments.

Attitudinal Healing Principle #12

“We can always see ourselves and others as either extending love or giving a call for help.”

Define “A call for help”

Define “Answering with love”

Define “Truly helpful”

Personal Reflection and Application of the Principle

How can I call for help and answer with love in my relationships with others?

Do I ask for help?

Am I willing to answer a call for help?

Attitudinal Healing Group Closing

Each two hour group concludes with participants holding hands. One of the facilitators says a closing prayer which relates to what was discussed within the group that day.

The candle is extinguished.

****Those participants who complete the 10-week series are then invited to participate in one of the monthly Attitudinal Healing groups.**