



Change Your Mind, Change Your Life

Believing Nothing is Impossible

by Gerald Jampolsky, M.D. and Diane V. Cirincione-Jampolsky, Ph.D.

Recently, it was our blessing to give a public lecture during the 20th anniversary celebration of Cecura, the Guadalajara Center for Attitudinal Healing. During the lecture, we interviewed a 32-year-old woman named Gilda, a financial advisor with an international investment firm. She was not at all nervous, and we both observed that she was one of the most peaceful persons we had ever met.

About seven years ago, she married a man with whom she had fallen deeply in love. Shortly thereafter they had two daughters. Her husband was a wonderful, loving and caring father. Gilda had a most happy marriage.

Unfortunately, her husband later got involved with drugs, resulting in erratic behaviors including an affair. The whole situation was just too much for her to handle. Gilda obtained a divorce and, because of his unstable behavior, sole custody of their two daughters. There was a stipulation from the court that her husband could only visit the girls, who were then two and three years old, under supervision.

Almost a year later, as Father's Day was approaching, her ex-husband asked very sincerely if it would be possible for their two little daughters to spend the Father's Day weekend with him at his apartment. After a day of serious thought, she gave him permission for the visit since his behavior had been better in recent months.

She phoned him the next day to make sure everything was okay and see if he needed any help since the girls were so young and not used to being away from their mother. There was no answer, but she assumed they had gone to play at a nearby park.

She phoned him again the day after,

and still received no answer. That time she felt very apprehensive and immediately went over to his place.

She knocked on the door. There was no answer. She knew from the past where there was a hidden key and proceeded to enter after she unlocked the door. The first thing she saw was her two little daughters, lying on the floor, their throats cut ear to ear.

Gilda screamed and screamed, and felt she had gone crazy with disbelief. She finally called 911. When they arrived and searched the house, the police found her ex-husband. He had attempted suicide by stabbing himself in the chest several times. He did not succeed in his suicide attempt, was hospitalized, and later sent to prison where he remains to this day.

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Let us pause here for a moment, and ponder some questions:

If this happened to you, would you not think it impossible to forgive this man for such an incomprehensibly horrific act of violence?

Would you not think it impossible to ever, ever, ever forgive him for such a cruel act against two innocent children?

Would you feel justified in believing there are certain things people do that are completely unforgivable?

Would you think that a woman who

could forgive her ex-husband for murdering his own children was out of touch with reality?

Well, let us continue with Gilda's story. Gilda did indeed feel crazy, insanely crazy, when she discovered her dead toddlers. She was engulfed in fury, hate, and retaliation. She even seriously questioned if she should go on living and having to suffer such horrible loss, hate, and guilt for the rest of her life.

Gilda was beyond misery.

Two weeks after this tragedy, a friend referred her to Cecura where she began to see co-founder Lucero Aguirre at the Attitudinal Healing Center where they deal with many forms of violence in society, including kidnapping and murder.

After many, many months of work using the Principles of Attitudinal Healing, Gilda chose to begin the slow process of forgiving herself.

She began to understand that if she continued to hate her ex-husband and herself, the hate would eat her up alive.

Forgiveness to Gilda did not mean she in any way agreed with what he did. It was a decision to no longer hurt herself, to suffer, or to be angry and bitter for the rest of her life.

Diane said to Gilda, “I do not think that almost anyone who hears your story could believe they would ever be able to forgive someone who murdered their children, and then move on to find peace in her life. We really want to learn from you. How do you feel you were able to do this? What do you feel was the main force that allowed you to accomplish this amazing act of forgiveness?”

Gilda replied, “I can tell you exactly how. I no longer am obsessed as to why he did what he did... the drugs or mental illness or whatever? Rather, I feel very connected to my daughters, and this is

where I focus... in the present. I continue to see both of them, each one holding Jesus' hand and pointing at me while saying to Jesus, "See down there? There is our Mommy. She is filled with love."

Gilda went on to say: "I want my girls to always be proud of me and not see me as filled with hate and revenge. So, I choose a life now for myself that brings me happiness, love, and peace because I know they would not want me to suffer more than I already have."

Regarding her ex-husband, Gilda said, "I do not feel I will ever understand or know how he or anyone else could do something so horrific. But what I do know is that once he was truly a loving father to our girls. I am not here to judge him and I know that there is a Light inside him somewhere, and I do my best to see that whenever I now think of him."

We stopped the interview at that point, and asked our audience to join us in being silent for five minutes so we could all look inside of ourselves and see what unforgiv-

ing thoughts against others or ourselves that we might still be holding on to. Perhaps whatever we have been holding feels like a mere flea bite compared to the horror that Gilda shared with us that night.

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Afterwards, we told the audience that perhaps Gilda was there to be our teacher so we could believe that everything is forgivable, no matter what. We gave the audience more time, if perhaps this was the time for them to let go by seeing no value in holding on to their unforgiving thoughts or grievances.

After our talk, many people came up to Gilda and us to share their stories of personal release of judgments and

forgiveness.

Once, when I, Jerry, was frustrated by understanding what miracles were all about, Bill Thetford (who many of you know helped bring *A Course in Miracles* into the world) defined them as follows:

"A miracle is a shift in perception that removes the blocks to the awareness of Love's Presence in our lives."

The Course states there is no order of difficulty in miracles. That means one illusion is no different than another. We believe it is our job, while we are here on planet earth, to bring Light into darkness and to know without any doubt that forgiveness is truly the key to happiness.

After the lecture and her amazing story telling, Gilda said she believes she is in a position now to help others, and that it equally helps her to be on a continuum of self-healing. She has now become a facilitator for Attitudinal Healing support groups at Cectura, helping others as she heals herself.

