

# THE JAMPOLSKY OUTREACH FOUNDATION

# JOURNEY

December, 1999

*"Attitudinal Healing is a process of letting go of painful, fearful attitudes. When we let go of fear, only love remains."*

## HAWAI'I

The Hawai'i Attitudinal Healing Project (HAHP) is the application of ancient, practical, spiritual principles for personal and societal transformation in Hawai'i.

The Principles of Attitudinal Healing affirm that it is not people or circumstances that cause us to be in conflict. Rather, it is our thoughts, attitudes, judgments and perceptions about people and events that actually cause us distress. Instead of attempting to change other people, we can focus on changing our own minds through personal choice and by taking responsibility for the way we experience our lives. Attitudinal Healing defines health as inner peace, healing as letting go of fear, and views everyone as an equal student and teacher to each other. Attitudinal Healing asserts that as we learn to help others, we learn to help ourselves.

The *purpose* of Attitudinal Healing is to move from competition to cooperation, from blame to responsibility, from conflict to peace, from victimhood to empowerment, from fear to the authentic extension and experience of love.

The *personal goal* of practicing Attitudinal Healing is to take responsibility for our own spiritual, psychological, physical, and social health by choosing to have inner peace as our only goal. It is to have a willingness to let go of the judgments, blame, and guilt that come from the past and block our experience of the present. It is the practice of choosing love and forgiveness as our way of life, and having integrity and harmony in all that we think, say, and do.

The *societal goal* of practicing Attitudinal Healing is to demonstrate and facilitate the Principles of Attitudinal Healing in our homes, schools, communities, workplaces, hospitals, prisons, and government; learning to honor our own uniqueness and that of others, while healing the illusion of separation.

The *broad goal* of the Hawai'i Attitudinal Healing Project is for each of us to help ourselves and others in the state of Hawai'i reach full personal, community, professional, and economic potential. During the process, we can choose to create a state uniquely committed to physical, mental, and spiritual health, where visitors worldwide can come and find true health and healing.

The commitment by JOF to the state of Hawai'i throughout 1999 began with a vision of a man near the end of his life who read our book, *Change Your Mind, Change Your Life*. He recognized within Attitudinal Healing the potential fulfillment of an ancient prophecy by a Kapuna (holy woman) which stated that in the year 2000 the state of Hawai'i would face a serious choice. That is, it would either fall apart from internal strife and economic collapse, or it would choose to heal itself. And, she stated, the method of healing it would choose to use would then become a model for the rest of the world. He believed that Attitudinal Healing was that model.

At the time we were already working with the Queen's Medical Center and the Foster Teens Program. These simple beginnings have expanded and flourished into major involvement in many aspects of Hawaiian

life and government. The types and numbers of workshops, seminars, and lectures are too numerous to elaborate here. Perhaps of more interest are the agencies we have actually trained and continue to work with on an ongoing basis. They include to date the Departments of Health (Director, Deputy Directors, Division Chiefs, Branch Chiefs, Environmental Engineers, Administrative Groups, etc.); Human Resources—Civil Service (Director, Division Chiefs, Administrators, etc.), Human Services (Directors, Branch Chiefs, Supervisors, Social Workers from all five islands), Youth Programs/Corrections, and Justice (Family Court Judges and Administrators, etc.)

We are continuing to work with the state legislature, including the President of the Senate, the Speaker of the House, both Majority leaders, Senators and Representatives, Republicans and Democrats. In addition to continuing a weekly AH support group for legislators, we have agreed to be available to consult weekly during the year 2000 session using AH to help find another way of looking at and working together in the world. We have also committed to fulfill the request to do seminars for the legislators, their spouses/partners, and all administrative staff at the Capital.

We have met with the Superintendent of Education who would like to explore further how AH peer support groups, well underway in California, can be adapted into Hawaii's school system. Plans are already underway to train Department of Safety (prisons and jails) wardens, staff, administrators, and prison volunteers early in 2000. With the help of the staff of the Center for Attitudinal Healing in Sausalito, CA, training will include that of facilitators who will then work directly in all five of Hawaii's correctional facilities doing AH support groups. The adaptation of AH in prisons in numerous countries continues to grow.

Although we can't see with certainty where all this is going, we do trust the extremely positive forward-moving force that is guiding us in the creation of a new model for local and statewide community healing. We are deeply committed to helping Hawai'i heal as a continuing way of healing ourselves.



*Founding friends and co-creators of the Hawai'i Attitudinal Healing Project (HAHP) from various aspects of Hawai'i Government.*

## BANJALUKA, BOSNIA

The JOF Attitudinal Healing Training Scholarship Fund, which has encouraged and supported international participation in Level 1 and Facilitator Training for eighteen years, received a telling letter from Sinisa Simidjija of Banjaluka, Bosnia. He participated with us last year at the conference for leaders of various religious factions in Bihac, Bosnia. Sinisa writes:

*Once more, thank you for inviting me to Sausalito, to the seminar I will remember for a long time. The principles of attitudinal healing are for a long time an integral part of my principles, principles that have made it possible for me not only to leave the war as an innocent person, but even to help others who needed help desperately. I was hoping to meet a group of like-minded persons, but I did not hope to feel so much understanding and love for me until then, especially with people new to me, and in such a short time.*

*I returned to my country where every other 50 years there is a war breaking out...*

*I returned to my home town, where 200,000 traumatized people live, and where every other person has lost his home, and almost every family has lost at least one of its nearest.....*

*I returned to my home even more firmly convinced in the efficacy and efficiency of the Center for Attitudinal Healing in healing the traumatized. I am convinced, after years of working with the community, that attitudinal healing is the missing, final part of the conflict resolution programs, and of the necessity of establishing a center like that in Banjaluka. As chairman of the Citizen's Initiative – Banjaluka, I would like to officially inform you this way that the C.I. – B. is ready to provide logistic support for a possible project like that.*

*Both of your contributions at the Bihac Conference for Religious Leaders created a very successful conflict resolution program, CSIS, in the territory of the former Yugoslavia, which now has a new positive dimension.*

Love,

Sinisa Simidjija

## CROATIA AND SLAVONIA

JOF is pleased to support a project this year of the Center for Attitudinal Healing — Zagreb, Croatia. As part of the founding roots of the Center in 1993, JOF is proud of this Center's goals: *...to develop approaches that assist people from divergent ethnic groups in moving toward reconciliation ...to support people in their recovery from psychological trauma associated with the war and those experiencing catastrophic life events...to educate groups involved in facilitating and empowering forgiveness and the reconciliation process and to support inter-ethnic dialogue...and to serve the community by promoting peer support groups, communication, reconciliation, and effective methods of resolving conflict using the principles of attitudinal healing.*

The "Weaving Peace Together" project, referred to above, is intended to help heal the wounds of war for women in Eastern Slavonia where some of the biggest traumas of the war were inflicted.

The handicraft project gives a glance of hope to the highly vulnerable group, women possessing no other skills but traditional ones, such as weaving, knitting, embroidering, sewing, etc. The project focuses on women from the region and helps them become self-sustaining through income-generating activities, thus strengthening their social and economic position and independence. One of the primary goals of the project is to empower rural women, through local peer support groups, to heal the wounds of war and ethnic hatred through attitudinal healing and conflict resolution skills.

## KINGDOM OF TONGA

In 1998 after one of our morning meditations, we both received guidance that our work in Attitudinal Healing would take us further into the Pacific. We truly did not know what that really meant.

In the first part of 1999 Jerry read an interview in the Honolulu newspaper in which the Princess of Tonga expressed her concern for teenagers in their capital city. There had been an increase in crime and drug addiction. He faxed her offering our help.

About three weeks later, a member of the Tonga Parliament, Esau Namoa, came to Hawaii and asked to meet with us. He shared with us some of the challenges they were facing in Tonga. He also had a project of his own helping the elderly. Fortunately, we were able to procure for him three container loads of medical equipment from Queen's Medical Center to assist the hospital in Nuku Alofa, the capital. We later received an invitation from Baron Vaea of Houma, Prime Minister of the Kingdom of Tonga, to come to his country.

Two months prior to our visit, we arranged for Mr. Namoa and another citizen



*A day of learning and sharing with Fusi Laukau's (far right) family on the remote island of Hunga.*

involved in social work to attend a Level 1 Attitudinal Healing Workshop in Hawaii. This was helpful in many ways, not the least of which was their enhanced ability to get "a frame of reference" for our work.

Late August, we arrived in Tonga, 4 hours north of Auckland, for 10 days. It was a powerful and amazing learning experience for us. Relationships were built with the Prime Minister, the Minister of Health, the Director of Health, the Minister of Education, the Director of Education, the Minister of Civil Service, and the Deputy Chief Justice. We were most honored to accept an invitation for an audience with the King of Tonga, a rare privilege these days. We spoke together of many things, including healthy change through personal responsibility and just what that might mean for Tonga in the 21st century. He was most interested in Attitudinal Healing and its implications and he gave his support to the work.

We found the people of Tonga extremely committed to their spiritual life with over 95 per cent of the people going to church every Sunday. They are devoted to the elderly, yet many of the elderly spend a fair amount of time alone during the day. We went into the country and demonstrated how attitudinal healing support groups benefit the elderly, as well as their caretakers.

We visited the hospital, spoke at the 57th Annual Medical Congress, and met with high school teachers. We have been asked to return to do Attitudinal Healing and Facilitator Training for all 700 government teachers in the year 2000. If this occurs, we plan to invite facilitators from Centers in Australia and New Zealand, as well as the U.S., to assist.

We also had an opportunity to visit a very small island with only 900 residents. The island of Hunga, part of the Vivao northern chain of islands that make up the Kingdom of Tonga, was the birthplace of Fusi Laukau. She is the Director of the Center for Attitudinal Healing – Tonga, who accompanied us to Hunga where we were hosted by her loving Mother and family. They created a feast for us, cooked with

much love and delicious hospitality. Fusi was our guardian angel who guided and directed us with grace and ease throughout this new land.

There were no telephones on the island. There had been one, but it broke down three years ago and no one ever felt the need to fix it. These people were among the most happy, un-neurotic human beings we have ever met. They believe in love and forgiveness, cooperation not competition. There is no stealing on this island because there is a lack of possessiveness and a feeling of an extended family that goes beyond one's blood family. We believe that we and others have much to learn from the people on this small island.

*Love is Letting Go of Fear*, the Mini Course, and a card with the Principles of Attitudinal Healing are being translated into the Tongan language and will be published by the Ministry of Education. Royalties from all the sales will go to the Center for Attitudinal Healing in Tonga to support their work.

#### AUSTRALIA

September is a beautiful time to be "down under," especially as far as the island of Tasmania, where one of the newer CAH's has formed. The lush beauty of the valleys and rivers were only surpassed by the hospitality of the people. Over 300 came from all parts of the island to expand their knowledge and awareness of the practical ways Attitudinal Healing can effect their lives and the lives of those around them.

After Tasmania, it was off to Melbourne to lecture and visit with long-time friends at the Center there. Catching up with Sr. Margaret Noone at "Very Special Kids" was a treat. As an intern at the Tiburon CAH, she was able to use Attitudinal Healing to empower her in the founding of a place where life-threatened children and their exhausted and weary parents could find nourishment and respite care. Her work has been so successful that recently she was awarded the highest civilian honor in Australia for her work.

Traveling north and west of Sydney, we entered the lovely hamlet of Bundanoon. Petrea King, who for over 20 years has been serving persons living with cancer, was the recipient of a large grant to buy and refurbish Killarny, a residential estate now used for cancer care. Our work there was planned to coincide with their official opening of the first residential Center for Attitudinal Healing for persons challenged with living with cancer. A new model has been created using the Principles, which will be shared at the 25th International AH Conference in Oakland in April 2000.

One of our favorite places in the world is Perth, Western Australia, where we traveled next to consult and do workshops and lectures. The Perth CAH has undergone a metamorphosis over its last decade. Involvement in the community now

includes the business arena, where 300 businessmen and women joined us at a breakfast meeting to adapt the Principles of Attitudinal Healing in the transformation of their professional as well as personal lives. The response was extremely positive and the experience seemed to open new doors for the local Center to expand its potential for learning, growth, and service.

#### FINDHORN, SCOTLAND

In October we were privileged to participate in an international conference on Forgiveness at Findhorn, Scotland. There were over 400 participants from 40 countries. It was a powerfully moving and transforming conference. There was a priest from Capetown, South Africa who had worked for years for equal rights for blacks. One day while living in exile, he opened a package that he had received in the mail. It turned out to be a bomb, and both of his hands were blown off along with numerous other body wounds. He has two prostheses, but his zest, spirit and energy remain undaunted as he continues his work. He does not choose to be a victim and is a strong teacher of the power of forgiveness.

Then there were two men we met from Nigeria. Their story was most powerful and penetrating. One, James Movel Wuye was an evangelical pastor and the other, Muhammed Nurayn Ashafa, was a Muslim Imam.

Nigeria's history is filled with warfare and violence between religious factions. Both of these men had been leaders of their own militant youth groups. Together, they influenced most of the young people throughout the country. Part of their agenda had been to kill each other. James had lost his arm, and hundreds of thousands of Nigerians had lost their lives as a result of religious war.

One day they were both invited to the same meeting. A mutual friend put his hands on their shoulders, and said: "This fighting is not the way that God wants you to demonstrate the word of God. Find a way to communicate with each other that teaches God's Love."

At first they were cautious and distrusting. As they talked, they began to find a few things in common. Before leaving, they agreed to meet with each other again, but had trouble on agreeing where the meeting would take place. Neither felt safe at the other's location and they finally agreed to meet on neutral ground at the University. The people they represented didn't want them to meet. They told them that it would probably be some kind of trap, and that they would be killed if they went.

Deciding not to heed the fearful predictions, each felt somehow compelled to meet again. When they finally did meet, they discovered that they had many misperceptions about each other as well as

about their religions.

They developed a personal friendship and decided to visit each other's homes. Their families are now close to each other. They began to find things in both religions that seemed similar, and they found many other things they had in common, like love of their families and of the youth of Nigeria. They also found about two dozen theological areas where there was not agreement. Rather than seeing disagreement as a way of finding an enemy, they decided to respect their differences.

They have written a book which they shared with us titled, *The Pastor and the Imam....Responding to Conflict*. In it they shared: *In the Zangion-Kataf conflict the passions of religion, as a result of the roles played by us as the Pastor and the Imam, led to the escalation of violence. In the end it left behind burned out mosques and churches, houses and vehicles. Livestock, food and cash crops were destroyed. Most disheartening were the mutilated corpses which littered the place.*

They now travel together throughout Nigeria, these two brothers, and work particularly with the youth to help them resolve their conflicts. They demonstrate in the most powerful way possible the power of the willingness to forgive and the tangible results that come from healing our perceptions.

#### SCOTTSDALE, ARIZONA

In October, just prior to our departure for Europe, we were invited to the Camelback Inn where Jerry was the recipient of the Gladys Taylor McGarey Medical Foundation's 1999 Lifetime Achievement Award "for outstanding lifetime achievements in the field of health that translate to diverse populations and are multi-culturally adaptable." Over three hundred people attended the banquet awards ceremony. Our son, Dr. Lee Jampolsky, and two granddaughters, Jaleana and Lexi, were



*Rev. James Movel Wuye and Muslim Imam Ustaz Muhammed Nurayn Ashafa, once bitter, nationalistic, theologically opposed youth leader rivals in Nigeria, were sworn enemies. Today they work to unite the youth of Nigeria through forgiveness, tolerance, and cooperation.*

also there. Jerry was able to share what was happening worldwide with Attitudinal Healing. Dr. Elizabeth Kubler-Ross, an old friend, also attended and we were able to spend some precious time alone with her. She was the 1998 award recipient.

#### YEARS END 1999

1999 has proven to be another fascinating and exciting year with the seeds of Attitudinal Healing being planted in such diverse places as Slavonia, Scotland, Banjaluka, Tasmania, Hawaii, the Kingdom of Tonga, and many more. A request just arrived this week from Sri Lanka!

JOF continued to support international scholarships for training in Attitudinal Healing through the Center for Attitudinal Healing in Sausalito, California. In addition, it assisted in the support of the Network for Attitudinal Healing International, which links Centers around the world. NAHI is in the final planning stages for the 25th Year Anniversary International Conference on Attitudinal Healing, *Choosing Peace Over Conflict, Choosing Love Over Fear*, to be held in Oakland, California April 14-16, 2000.



*A precious visit with Elizabeth Kubler-Ross, M.D. and son, Lee Jampolsky, Ph.D. and grand daughters Jaleana (9) and Lexi (7). The occasion, held at Camelback Inn in Scottsdale, was the Gladys Taylor McKnight Medical Foundation Lifetime Achievement Awards honoring Jerry's life and his work.*

The worldwide response of humanitarian and support work of the Jampolsky Outreach Foundation is made possible through the continuing generosity and loving support of Ted and Vada Stanley.

The development and publication of *The Journey* as well as other Foundation materials were made possible, once again, through the inspiration and support of Hal and Dorothy Thau.

Support for special projects this year were also received from Robert and Lexie Brockway Potamkin, from Fred Matser, and from Larry and Joyce Stupski.

If you would like to join us in continuing this work in the world, your contribution is tax deductible.



## FORGIVENESS—THE GREATEST HEALER OF ALL

by Gerald G. Jampolsky, M.D.

### from the Epilogue

To forgive is the prescription for happiness

To not forgive is the prescription to suffer.

Is it possible all pain regardless of its cause has some component of unforgiveness in it?

To hold on to vengeful thoughts to withhold our love and compassion certainly must interfere with our health and our immune system.

Holding on to what we call justified anger interferes with our experiencing the Peace of God.

To forgive does not mean agreeing with the act; it does not mean condoning an outrageous behavior.

Forgiveness means no longer living in the fearful past.

Forgiveness means no longer scratching the wounds so they continue to bleed.

Forgiveness means living and loving completely in the present, without the shadows of the past.

Forgiveness means freedom from anger and attack thoughts.

Forgiveness means not excluding your love from anyone.

Forgiveness means healing the hole in your heart. Forgiveness means seeing the Light of God in everyone, regardless of their behavior.

Forgiveness is not just for the other person—but for ourselves and the mistakes we have made, and the guilt and shame we still hold on to.

Forgiveness in the deepest sense is forgiving ourselves for separating ourselves from a loving God.

Forgiveness means forgiving God and our possible misperceptions of God that we have ever been abandoned or left alone.

To forgive this very instant means no longer being King or Queen of the Procrastinator's Club.

Forgiveness opens the door for our feeling joined in Spirit as one with everyone and everyone with God.

It is never too early to forgive. It is never too late to forgive.

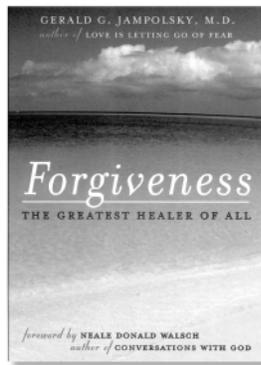
How long does it take to forgive? It depends on your belief system.

If you believe it will never happen, it will never happen.

If you believe it will take six months, it will take six months.

If you believe it will take but a second, that's all that it will take.

I believe with all my heart that peace will come to the world when each of us takes the responsibility of forgiving everyone, including ourselves, completely.



**Forgiveness, The Greatest Healer of All**, "is an easy read and a lifetime of work." Released October 1, 1999, it is currently being translated into 14 languages. Published by *Beyond Words*.

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