

THE JAMPOLSKY OUTREACH FOUNDATION JOURNEY

December, 2000

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

ATTITUDINAL HEALING IN THE REPUBLIC OF PALAU

In the summer of 2000 JOF was invited to participate in the PREL Educational Conference in the Republic of Palau, located just north of New Guinea off the northern tip of Australia. About 900 educators attended from island nations all over the South Pacific.

First of all let us tell you that the Republic of Palau was one of the most beautiful places we have ever visited. The beaches, the Rock Islands, the climate, and the friendliness of the people will long be remembered. Palau is now an independent nation with representation in the United Nations. After over a century of occupation by Germany, Japan, and the U.S., they have finally found their own place in the world.

Teachers, principles, members of boards of education, counselors, social workers, and nurses from all over the Pacific attended our workshops. The new edition of *Teach Only Love* was given to each participant and the practical aspects of the 12 Principles of Attitudinal Healing were found by the participants to have value in all aspects of their work in education.

The pros and cons on to forgive or not to forgive had a lively discussion. There were a good number of people who were able to let go of grievances and unforgiving thoughts they were holding onto with other people as well as themselves.

We had the privilege of spending some time with Billy G. Kuartei, the Minister of Education and his wife who is the principle

of a private school. Out of this discussion we were asked to explore the possibility of brining staff from the Sausalito Center for Attitudinal Healing (CAH) to do a Level 1 Workshop for all of the public school teachers in the country in 2001.

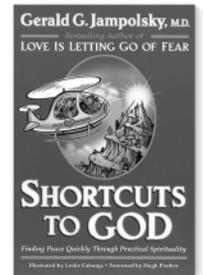
The last day of the conference was held in Pelelieu, long known for its' fierce WWII battle. Now healed and restored to its' original beauty, it was a perfect site for a picnic with singing, music, and dancing in costumes from each "Teacher of the Year's" native land. It is our hopes that sometime in 2001 we and/or staff will be able to return to Palau and also to Guam where we have also been invited.

NEW BOOKS FROM JERRY JAMPOLSKY

TEACH ONLY LOVE has been re-released in an exciting new edition. Six new chapters have been added to this book which serves as a basic manual for those who wish to know more about Attitudinal Healing and how to apply the 12 Principles of AH to relationships, sickness and catastrophic illnesses, sports, business, education and every aspect of our lives.

SHORTCUTS TO GOD is a book about practical spirituality, remembering love and healing our relationship with God and the possible misperceptions we have been carrying around inside of us. It is a sequel to *Love is Letting Go of Fear* and is filled with wonderful cartoons by Leslie Cabarga.

Jerry writes "Twenty-five years ago I never would have believed anyone who told me I would one day be on a spiritual path, much less write a book about God. And I am sure there are readers who will think it



is strange for a man who was an atheist most of his life to be writing a book about *Shortcuts to God*.

This book is about lifting the fog of amnesia that clouds the ancient memories of our Higher Power. If we may have temporarily lost our faith and trust in our Source, it abides deep within our hearts, waiting for us to remember.

This book is about remembering. It is about choosing to forget our hurts and pains and everything else that may have blocked God's Love, which surrounds us at all times.

Though I talk about God, it is not about theology or religion. Rather, it is about what I call Practical Spirituality. Perhaps the first shortcut to take is having a willingness to go beyond the word God. Maybe we can't define God, but we can certainly experience God. To allow such an experience, we need to let go of any past perceptions.

The insights and lessons in this book are much more about unlearning than they are about learning. They are about letting go of being in a hurry, of making our intellects our gods, and being self-absorbed in the past and future where God is never found. It is about letting go of the daily things that keep us separate from God such as our obsessions to control and change other people, to blame others and condemn ourselves. Above all, it is about getting out of the way so that we can surrender to experience God's Love.

I believe that somewhere deep inside all of us, whether we are conscious of it or not, is a longing to experience a joining and an enduring peace with each other and with the Peaceful Presence that created us. Sooner or later we will all come to experience that Presence...and we can choose to make it sooner rather than later."

Local children singing and dancing at Prel on the island of Pelelieu in the Republic of Palau.



NEW CAH IN YOKOHAMA, JAPAN

We were invited by Hiroshi and Janet Ouchi to return to Japan this October on the occasion of the publication release of *Forgiveness, The Greatest Healer of All*, the seventh book of ours in Japanese. This visit also served as a celebration of the formal opening of the CAH – Yokohama.

We were impressed that sold out crowds came to our lecture and workshop, many of whom came by air and train from the northern and southern most tips of Japan.

There were people from all walks of life, including many from the business sector including well known business consultants, Toshio Masuda and Mariko Ejiri who invited many others.

One woman executive from a large corporation, who had read the Japanese version of *Forgiveness*, was deeply depressed after loaning a large sum of money to a friend who was unable to repay the loan. She not only was able to see value in forgiving this person, but the many other people in her life that she had not forgiven. She was so moved by the workshop and the book, she purchased 200 more to send to friends and the people in her company.

We were moved by the ability of the Japanese people to go deeply within themselves and share their intimate stories of forgiveness with each other.

One of the pressing problems in Japan is the increase in the suicide rate. Last year alone, 45,000 including many businessmen in response to the economic depression, committed suicide compared to 15,000 in 1995.

One woman who had been seriously contemplating suicide was able to let go of her shame and self-condemnation after reading *Forgiveness*. She came to the workshop to strengthen her commitment and was able to help others who were also going through deep depressions.

Our last day in Japan we were asked to meet a most respected businessman in Japan, Mr. Funai. He is a beautiful and rare combination of corporate giant and spiritual mystic. He sponsors a national annual conference on healing each year with over 25,000 in attendance. He asked us to keynote that conference next September in Japan and to return to deepen our friendship and explore further the application of Attitudinal Healing in Japanese business. He, along with Mr. Masuda and Ms. Ejiri feel that the work of Attitudinal Healing is what has been missing within not only their own lives, but in the Japanese business climate and want to help explore and promote the possibilities.

Once again, as we have found in so many other countries we have visited, there is a deep thirst and hunger for a spiritual core in peoples lives, a need in which these practical principles seem to meet.

MANILLA, PHILLIPINES

A couple by the name of Mila and Wawel Mercado attended our workshop on *Forgiveness* and *Shortcuts to God* held in Manila, October 21 and 22, 2000. There is no way of sharing with you the depth of the impact they etched on our hearts and in everyone there.

The husband, Wawel, shared their story. Wawel stated he and his wife, Mila, were married 5 years ago and ten months later his wife gave birth to a beautiful, baby girl. The tragedy occurred at that time when Mila developed an embolus, resulting in seizures and a coma. When she awoke from the coma, she was trapped in her body leaving her totally dependent on others. Mila is a quadriplegic and because of her neurological condition, is unable to communicate verbally. Mentally and emotionally, however, she is keenly alert.

This tragedy happened before they celebrated their first wedding anniversary and their first Christmas together. His love, devotion, commitment and courage, and his willingness to go through such unimaginable hardships was beyond description.

Wawel shared the very interlinings of his heart and soul that day, at times with tears running freely down his cheeks and at times with the fire of anger for all that has happened to his wife, himself and his life. And incidentally, for a man from the Philippine culture to reveal his feelings to others, let alone in an auditorium where there was over 700 people, was most unusual and amazingly courageous.

Wawel went on to say there had been times that his anger had gotten out of control to the extent that he has broken a chair and a door. He stated there are times that he wallows in his guilt for wanting a baby so soon in the marriage. There are times that he feels like a victim. And then there are other times like the day before our conference when there was a celebration of his daughter's 4th birthday at her school.

The intense care that it took to care for Mila left little Maria Theresa pretty much on her own. Wawel stated that had never been to his daughter's school before, and that as her present, she wanted her parents to come to her school for her birthday celebration. She introduced her 14 little friends to her Mom one by one, with so much pride and love. She then requested to sit on her mother's lap for her special birthday picture. She wanted to show off her Mom and to let everyone know how much love she felt from her Mom and her Dad. He realized that not only his wife, but his daughter too had started their relationship off without words to communicate and that, ultimately, they didn't need any to have a truly close bond. At that moment Wawel felt the Grace of God and how blessed he was to have such an angelic daughter.



For those of you who wish to contact Wawel and Mila Mercado, you may reach them by e-mail: wawel@asiaonline.net.ph.

During our two day lecture and workshop he stated that he had begun to get in touch with how angry he had been at God and how much he had been blaming God for the misfortune of his wife and family. He was asking for help, wanting to see this differently.

We began to explore the possibility that many terrible tragedies happen in our lives in which we do not have the answer of why, and that when something goes wrong in our lives that our egos want to blame someone, ourselves, or God. We asked them to consider the possibility that there was no one to blame, and that perhaps it might be helpful to begin to forgive our false ideas that God would ever hurt us and consider the possibility that God is but a Loving Source of ours consisting of and, surrounding us in, unconditional love.

There was not a dry eye in that auditorium that day as we began to explore with him and his wife another way of looking at the world and another way of looking at their life. Perhaps the most important part of the day was not the words that were spoken, but the love, compassion and respect that was generated in the audience for this family. As we talked we could feel the unspoken words of the audience say: "And I thought my problems were so great; they are minuscule compared to this family's. And if they can persevere and continue to be so loving, then there is hope for me and my problems."

We suggested that everyone who wanted to heal themselves might consider coming to where this couple was sitting and giving each of them a long hug. This lasted for over an hour.

Everyone left with the feeling in their hearts that no matter what the problem, love is definitely the answer. Because of this couple the new Center for Attitudinal Healing in Manila is going to start a support group for those family members and friends who support persons to some one who is ill or are disabled. Wawel is interested in continuing his healing process through the new A.H. Center by helping other couples who may be facing the same challenges that he and Mila have faced. The students will become the teachers.

INTERNATIONAL NETWORK

A primary focus for JOF support this year has been the solidification of the position of the Director of International Networking & Outreach. Responsibilities of the Director, Trish Ellis, who is based at the Sausalito CAH, include coordination of the bi-annual International Attitudinal Healing Conference; support of AH centers and groups around the world; and, the development and implementation of AH trainings & workshops (in collaboration with CAH staff). JOF support also supplemented a portion of the conference described below.

SUPPORT OF NEW CENTERS

The Network outreach office functions as a resource center for Attitudinal Healing centers and groups around the world. There are currently 150 Attitudinal Healing locations in 25 countries where group and one-to-one support is provided to people in crisis. This year, new centers/groups have formed in Dublin-Ireland, Bogota-Columbia, Sao Paulo-Brazil, Yokohama-Japan, Manila-the Philippines, and Saltsjo-Sweden, as well as locations throughout the U.S. The outreach office conducts annual surveys of centers & groups, develops and distributes "start-up" materials for new centers, provides telephone and email support, maintains referral directories, maintains the international website, and coordinates the developing International Advisory Board. This year we are implementing a Regional Stewardship program to improve communication among centers and to develop mentoring relationships between experienced and novice groups and centers around the world.

INTERNATIONAL CONFERENCE 2000

The Eighth International Attitudinal Healing Conference, was held April 14-16. This year, 367 participants—representing 21 States and 13 Countries—gathered in Oakland, California to celebrate the 25th anniversary of Attitudinal Healing, and to share a common commitment to peace and harmony. The program was designed to celebrate the diversity of the local and global Attitudinal Healing community. It included five pre-conference workshops, nineteen break-out sessions focusing on Attitudinal Healing programs from around the world.

THE JAMPOLSKY AWARDS

At the conference, three Attitudinal Healing Centers received the Jampolsky Awards for exemplary projects. Each selected project has made a significant contribution to healing and peace in the world and provides a replicable model for other Centers. In addition, a new Jampolsky Award category was established this year to recognize one outstanding center for sustainability and service excellence. This

new award category recognizes established Attitudinal Healing Centers that have an exemplary record of service for ten years or more. This year, through the generosity of the Fetzer Institute, each of the four award winning centers received \$7500. Future, ongoing funding for support of the bi-annual Jampolsky Awards is being sought by the JOF. Award winning projects are representative of the many creative ways Attitudinal Healing is used around the world. The following projects won the 2000 Jampolsky Awards.

Project: "Attitudinal Healing: A Spiritual Journey" from CECURA, the Mexico City Center.

In a city where almost everyone has personally experienced loss as a result of a street attack, kidnapping, murder or some other form of aggression, this program supports those who have suffered such losses through violence. It offers weekly support groups, a series of workshops on Forgiveness, Loss & Grief, Healing Mind, Body & Spirit, and training in facilitating Attitudinal Healing at home and in the workplace. The award was used to secure a facility in Mexico City to continue this and other AH service programs

Project: "Reintegration Program in the Kanjarbats Community" from the ASSOCIATION FOR ATTITUDINAL HEALING (AAH), Pune, India.

The Pune Center uses Attitudinal Healing in a program to reintegrate families from a "criminal" tribe into mainstream society. They are committed to teaching alternative, respectable ways of living through a rehabilitation program that includes education, vocational training, legal and medical aid, as well as Attitudinal Healing groups. The program's basic objectives are to develop awareness that legal avenues for economic and social development are available, and that living peaceful lives, with self respect and confidence are attainable goals.

Project: "Change your Mind, Change your Life" from GETTING WELL, INC., Orlando, Florida.

Getting Well, Inc is an intensive, multi-dimensional, residential, behavioral medicine program which puts into clinical practice the adage of Attitudinal Healing, "Change Your Mind, Change your Life." It is essentially a 28-day program of Attitudinal Healing, facilitated by licensed Mental Health counselors with the help of volunteers. A wide variety of proven psychotherapeutic techniques are used to break through the ego's defenses and help the participant rediscover their essence and inner peace. The Getting Well model demonstrates a way that Attitudinal Healing can be practiced and taught within the existing medical Behavioral Medicine-Psychology-Psychotherapy settings. The Jampolsky Award was used to fund scholarships for participants with financial need.

Project: "Sustainable Excellence Award" - THE ATTITUDINAL HEALING CENTER, Oakland, California. From the beginning, the mission of The Attitudinal Healing Connection has been to use Attitudinal Healing "to eliminate violence in the lives of our children, our families and our communities." For more than 10 years, The Attitudinal Healing Connection has developed successful programs to accomplish its goal of providing "education and support that facilitates the shift in perception from fear to love." Through after-school programs, workshops, trainings, conferences, and distribution of the book "Beyond Fear," The Attitudinal Healing Connection's "Racial Healing Project" applies the principles and processes of Attitudinal Healing to the issues of ethnic tension and racial conflict. The Attitudinal Healing Connection is a model center, addressing the needs of its local and global community with the highest quality of innovative service. It is also the co-founder and now mentor to the CAH in Accra, Ghana in West Africa.



Jalena, Lexi, Grant and Jacquelyn Jampolsky sharing their tribute to their Grandpa. The occasion was Jerry's 75th Birthday Celebration along with the Center for Attitudinal Healing's 25th Anniversary.

G is for the **GREAT** times we share

R is for the **REMEMBRANCE** of your many accomplishments

A is for **ALWAYS** having that special sparkle, that flicker of love in your eyes

N is for **KNOWING** the true meaning of life, and for teaching us that happiness

D is for **DESTINY**, something which only your life can describe

P is for helping **PUSH** through the hard times

A is for **A** very happy 75th!

THE HAWAII INITIATIVE FOR HEALTHY CAMPAIGNING

A few years ago we founded the Hawaii Attitudinal Healing Project. Since that time there have been numerous activities including Attitudinal Healing Workshops for various departments of the government including Health, Human Resources, Human Services, Justice and Youth Programs. Also a small Center for Attitudinal Healing has started in Honolulu and is being housed by the Unity Church located at Diamond Head. We have also done workshops for The Senate and the House, for their significant others and spouses, as well as for the Administrative staff of the legislature.

In January we were asked by some member of Congress to consider doing a workshop for those running for public office that might be based on the Principles of Attitudinal Healing. After due consideration we decided to create a workshop called, "The Hawaii Initiative for Healthy Campaigning."

The workshop was held in August on Oahu, Hawaii at Windward College. Attending were Democrats, Republicans, some incumbents and others running for the Senate, the House of Representatives, the office of mayor as well as other elective offices. Our guidance was to create an unconditionally loving environment wherein the attendees could discuss what was in their hearts, their concerns, as well as what a healthy campaign might look like.

We were surprised that the enthusiasm of the discussion was so great that the group chose not to take any breaks during the day. At first there was a brief discussion about the Principles of Attitudinal Healing, focusing on the possibilities of choosing to be peaceful even when there is chaos around you. The possibility of seeing your opponent not as an enemy but as "either loving or fearful...giving a call of help" was also explored. There was a great deal of open discussion which was facilitated by both of us.

It seemed to us as if an angel had been sent to us that day. One of the candidates had his 5 year old grandson with him. He wandered in and out of the meeting, occasionally going outside to play. Because of his presence, we both pointed out that today, perhaps more than ever before, parents and children are becoming more focused on wanting to teach and demonstrate to their children values such as how to be honest, fair, respectful, compassionate, forgiving and showing them better choices on how to deal with their anger control. We asked the question "Would they not want their campaign utilizing principles that they would want a five year old to identify with?" This question struck a major cord.

Diane then related a story of our experiences with the Liard First Nation People in Canada. The Chief found that one of her life long friends who had been on her council had decided to run against her. She felt betrayed and angry and he was also very upset with her. Even though they were not speaking, both agreed to meet with us.

We explored the possibilities with them that they might choose to continue to see each other as brothers and sisters as they have done all their lives, keep to the issues in campaigning with an agreement of no personal attacks, and have an agreement to see each other as brother and sister following the election. They campaigned taking the high road, full of respect for each other as brother and sister, and they discussed just the issues. After the election they worked together to help support as many views as possible.

Since Hawaii is in many ways a small community with people knowing each other most of their lives, the question was raised would it not be possible to do what this tribe decided to do. There was eager discussion about what people thought a healthy campaign would look like. It was suggested that other workshops be held so that learning could be an ongoing process.

One of the fascinating things that occurred near the end of the day was that the perception of who was a Democrat and who was a Republican began to vanish as we attempted to find out the things we have in common rather than the things we find different in each other. Both seasoned Democrats and Republicans shared their experiences and gave advice freely to candidates of both parties. Often the advice was to be defenseless.

We left the meeting feeling this was a small beginning to a much larger end.

CAH AT CASTLE MEDICAL CENTER

On the Windward side of the Koolau Mountains on Oahu lies the well respected Castle Medical Center, a 7th Day Adventist Hospital which is part of a 22 hospital nationwide chain. A number of the staff had read our books and participated in other events in Hawaii around Attitudinal Healing over the last few years. The Executive Board asked us to meet and look at the relationship of their religious beliefs and the Principles we use. After serious thought and a number of meetings, they stated that our universal spiritual principles were very much a compliment to what they espoused. They then formally requested that we explore with them the possibility of incorporating Attitudinal Healing into the fiber of the Medical Center's philosophy.

Inspired by what Attitudinal Healing could offer the general community, they launched a Body, Mind, and Spirit Lecture Series and asked us to do the first lecture. The September event was a sold out success and warmly received. Both of the Chaplains from Castle and the State Hospital at Kaneohe (where Diane did a pre-doctoral year internship in 1995-96) decided to work together to create a CAH on the Windward side. Castle Medical Center is now planning an Attitudinal Healing workshop for all employees in 2001. It will be facilitated by us and the staff from the Sausalito Center for A.H. with assistance from the CAH Honolulu.



YEARS END

The new millennium hosted an expansion of Attitudinal Healing around the world. Activities in North, Central, and South America as well as Europe, Asia, and the South Pacific highlighted both the Jampolsky Outreach Foundation's as well as the A.H. Network's growing ability to support individual, culturally adapted, community-based Centers.

JOF helped support the pivotal position of the Director of International Networking and Outreach as well as the Bi-Annual Conference—2000, *Choosing Peace Over Conflict, Choosing Love Over Fear*. Scholarships for training in Attitudinal Healing were also made available through CAH - Sausalito.

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

The publication of *The Journey* as well as initial web page development for JOF is made possible 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, Fred and Chris Matser, Larry and Joyce Stupski, Arthur and Margaret Jampolsky, and others. Additional funding was gratefully received from donors to the Jeanie Renchard Memorial Fund.

Jampolsky Outreach Foundation is supported by the generosity of its donors. Please join us in continuing this work in the world. JOF is a non-profit, 501 (C)(3) Foundation and all contributions are tax deductible.

Gerald G. Jampolsky, M.D., Founder, The Center for Attitudinal Healing

Diane V. Cirincione, Ph.D., Jampolsky Outreach Foundation

Jampolsky Outreach Foundation

98 Main Street #777, Tiburon, California, U.S.A. 94920 Tel. 415-435-1622 Fax 415-435-1643

e-mail jampolskyj@aol.com <http://www.healingcenter.org>