



NORTH AMERICA

On a beautiful September afternoon on San Francisco Bay, Founders of five Centers as well as AH International gathered together to share, learn, and be inspired by the creativity in adapting AH for local needs. What began as a spontaneous get together turned into a profound experience.

Dr. Carlos and Lucero Aguirre were visiting from CECURA Guadalajara Center, sharing their successful prison addictions program which combines AH, AA, and Pastoral Counseling. Kokomon and Aeshah Clotley of AHC Oakland shared their work with the Oakland Housing Authority empowering residents in the community to become active for positive change.



Kokomon Clotley, Lucero Aguirre, Jerry Jampolsky, Aeshah Clotley, Carlos Aguirre, Amana Harris, and Diane Cirincione

CAH North Bay was also represented, sharing about the growth of local groups within the community. Also, the CAHs in Mongolia and Russia were represented by Carolyn Smith.

JAMPOLSKY OUTREACH FOUNDATION

Financial support for the Jampolsky Outreach Foundation and Attitudinal Healing International depends on private contributions. A tax deductible donation as part of your giving can truly help and make a difference for so many.

Thank you in advance for your consideration.

CAH NORTH BAY



CAH North Bay training at Santa Sabina Retreat Center, San Rafael, California

CAH – North Bay, the groups and facilitators of the very first Center, continued to grow their roots in Northern California by expanding groups as well as continuing the tradition of conducting an annual training in April at the Santa Sabina Retreat Center in San Rafael, CA. www.cah-northbay.org

AUGUSTA, MAINE

Paige Peterson is a Senior Vice President at Huntsman Cancer Institute and a Chief Consultant for Growth and Development for AHI. On Cancer Survivor's Day, September 10, she was keynote speaker to 1000 survivors at the Maine General Hospital on the Principles of Attitudinal Healing. Paige, a survivor herself, has lived through many forms of cancer and uses Attitudinal Healing as a guideline for her life.

NEW YORK CENTER UPDATE

The Heartlight Center for Inner Peace which houses the Center for Attitudinal Healing Center near Syracuse, N.Y. was founded early in 2010 and continues to grow in its outreach. In September Richard Cuadra Seminars conducted "Introduction to Facilitator Training" with those previously trained in 2010 by Maruja Candano, Founder of AH in Mexico. In addition to support groups, Heartlight now also offers study groups focused on The Twelve Principles of AH.

METRO DETROIT CAH

In 1990 Laurie Pappas met Mark Roby and the Metro Detroit Center for Attitudinal Healing (MDCAH) was born. They started with an AH Support Group in a small church and have expanded to 5 weekly groups that are held out in their community at a hospital, 2 churches, a synagogue, and a room in a business. They also offer classes in many topics related to the AH Principles and network with numerous organizations in their community. The Center has social activities and volunteer recognition, and publish *Heartbeat Brief* as their monthly e-Newsletter. MDCAH is proud of their weekly commitments to expand love and inner peace in many hearts, families, workplaces, organizations and local communities. www.ahmetrodetroit.com

HAWAII CENTER FOR AH

In Kailua, Oahu, Hawaii the HCAH hosted a successful October event beginning with a Friday night lecture on *Love is Letting Go of Fear* and how it relates to practical spirituality given by Drs. Jerry Jampolsky and Diane Cirincione. A two day Intro to AH Group Facilitation and Guidelines followed led by International AH Trainer, Trish Ellis, accompanied by Lynne Law from the CAH – North Bay in California. www.attitudinalhealinghawaii.org



Hawaii CAH June Board and Planning luncheon in Honolulu, Hawaii

EUROPE

Throughout July and August Drs. Jerry Jampolsky and Diane Cirincione traveled throughout Western Europe conducting interactive workshops and seminars on Attitudinal Healing as part of the Attitudinal Healing Mentoring Program (AHMP). This program is successfully expanding the support for developing Attitudinal Healing Centers and Groups worldwide, and is funded primarily by donations.

BARI, ITALY



AH training weekend in Bari, Italy offered by Phoebe Lauren, former Ex. Dir. of the original CAH

Dr. Rosanna Castiglione started a Center for AH in 2008 called Girotondo Di Luce with a number of different ways of using Attitudinal Healing to support parents, children, and families where the children have cancer or autism.

In August Drs. Jampolsky and Cirincione worked with the facilitators as well as conducted a seminar for physicians, social workers, and other medical personnel at the Medical Center. www.girotondodiluce.com

CORFU, GREECE

Diverse, creative applications of Attitudinal Healing continue to emerge, and Franklin Levinson and Ilona Staikou are breaking ground with their adaptation of AH to the new world class Equestrian Center on the beautiful island of Corfu in Greece. They offer International Horsemanship Programs and Clinics for adults and children.

Franklin was originally trained in AH in Hawaii and has been a member of the AH International community for almost twenty years. The AH Corfu Group consists of staff and friends learning

together how to apply The Principles of Attitudinal Healing to not only teaching equestrian skills, but working together better as they grow this amazing oasis where horses and humans interact in profound ways as students and teachers to each other. www.wayofthehorse.org

DORTMUND, GERMANY

About a year and a half ago a husband and wife team, Karin and Johannes Arko of Vienna, Austria, decided to explore Attitudinal Healing and were mentored by Melanie Gleishen, AH Germany.

Like many longtime Course in Miracles students, the Arkos felt that Attitudinal Healing and the AH Support Group model could help them and others experience practical spirituality more in their everyday lives.

This past August the Arkos sponsored a two-day workshop in Dortmund for many ACIM students from both Austria and Germany where Drs. Jampolsky and Cirincione gave an introduction to, and demonstration of, an Attitudinal Healing Support Group. After their return to Vienna, about 20 persons joined the Arkos in the ongoing exploration of being members of AH Groups.



Vienna, Austria AH Support Group founders Johannes and Karin Arko hosted an AH/ACIM weekend in Dortmund, Germany in October with Drs. Jerry Jampolsky and Diane Cirincione (center)

The Arkos offered a weekend course introducing Attitudinal Healing, Listening, and Forgiveness. Their training for facilitation will be in The Netherlands and then will be offered in Vienna later in 2012 as they build their Groups towards the creation of a new Center. www.attitudinalhealing-austria.info

THE NETHERLANDS



Over 100 seasoned AH Facilitators attended an all day advanced workshop in August with Drs. Jerry Jampolsky and Diane Cirincione

The country with the largest number of highly experienced Attitudinal Healing Support Group Facilitators is The Netherlands. Founded almost two decades ago by Els Thissen, they now have about 60 AH Groups identified by three regions which section the country. Stichting Centrum voor Attitudinal Healing (CAH The Netherlands) hosted an all day training for over a hundred of its facilitators given by Drs. Jerry Jampolsky and Diane Cirincione which was inspiring for all.

The 'Dutch Model' for a Center for Attitudinal Healing is becoming quite popular. It places the AH Groups within the community instead of at a central building location. Support Groups are held at hospitals, schools, churches, office buildings, and even homes. This brings the groups to the people instead of the people coming to the groups. Both models are effective and good for their own communities. This one, however, eliminates the need to financially support a building expenditure and makes operating financially feasible for an all volunteer organization. It has begun to be duplicated by even the very first Center's facilitators and groups in Northern California, the CAH North Bay. www.ahnl.org

BERLIN, GERMANY

Attitudinal Healing Germany was founded about two years ago in Berlin by Melanie Gleishen, a business consultant and trainer. Melanie, like all the other people who have started Centers, has a fire in her belly and applies Attitudinal Healing in every aspect of her personal and business life.

Drs. Jampolsky and Cirincione conducted a workshop with Melanie for AH Group Facilitators in August, supporting both the

"The power of love and forgiveness in our lives can produce miracles."

growth of the Center in Berlin as well as groups evolving in other parts of the country. Melanie's vision is to have Attitudinal Healing support available throughout Germany. www.ah-germany.de

LONDON, ENGLAND

The Miracles Network, founded seventeen years ago by Ian Patrick to support ACIM in England, hosted a stunning evening Miracle Cafe Gala Dinner and Talk at the Hilton Hotel in London. Drs. Jerry Jampolsky and Diane Cirincione were guest speakers and held an all day workshop the day following on *"Letting Go of Worry, Stress, and Fear in a Changing World,"* a very popular and relevant subject.



Weekend events in London, England included an interactive workshop on Attitudinal Healing

During both events simple, down-to-earth, practical tools for dealing with challenging subjects were the main focus. Areas of discussion included concerns about the economy, job loss, cost of living issues, family and relationship worries, personal security and terrorism, all within the context of finding inner peace of mind. www.miracles.org.uk

MEXICO

MONTERREY, MEXICO

In 2001 Margarita Duke founded Centro de Curación de Actitudes Monterrey and started the first AH Circle Group. Since 2006 Juan Manuel and Argelia Aldape have developed groups in many parts of the city and today there are close to 60 certified group facilitators.

To celebrate the 10th Anniversary in November, events featuring Maruja

OPRAH'S AHA! MOMENT

From Oprah's LifeClass, OWN, October 2011



OPRAH: Gerald, you mentioned that the secret to really finding true happiness is forgiveness. What do you mean by that?

Dr. JAMPOLSKY: It really means letting go of the past. It really means letting go of our perception that we need to hold the grievance the rest of our lives, that if we really want to hold on to grievances, we'll never really be happy. It's really a willingness to see the person in the light of love rather than in the action that happens. So, it's really changing perception, and it really means letting go of the past that we thought we wanted. You know, we can't really change that past. So, it means really releasing the negative perception of it and coming back to the present.

"After 25 years and more than thirty thousand guests — that's talking to a lot of people — it was one man's definition of forgiveness that changed my life." — Oprah Winfrey

OPRAH: That was a transcendent moment for me. Bigger even than an 'aha.' He said, forgiveness is giving up the hope that the past could be any different. I think for myself, and I know many of you, you think forgiving means accepting what has happened to you. Well, it is accepting that it has happened to you. Not accepting that it was okay for it to happen. It is accepting that it has happened and now what do I do about it? Forgiving is giving up the hope. Not holding on hoping, wishing that it could have been any other way than it actually was. Giving up the hope that the past could be any different.

And when I got that, I think it took me to the next level of being a better person because I don't hold grudges for anything or any situation. And neither should you. It's letting go so that the past does not hold you prisoner, does not hold you hostage.

Cándano and Patricia Molina of CECURA, Mexico City were held. This included a lecture on "Attitudes Towards Family Life" directed to parents of students from the Monterrey TEC "Instituto Tecnológico y de Estudios Superiores de Monterrey" (ITESM), and transmitted via satellite through the virtual university to more than 30 TEC Campuses throughout Mexico. Also a workshop with 250 in attendance was given on "Attitudes Towards Life: How to get free from the emotional pain and fear that accompanies undesirable situations." www.cecramonterrey.org.mx

MONGOLIA



Senior Trainers Carolyn Smith and 28-year AIDS survivor, Dr. Joe Kerry, (front row, fourth and sixth from the left) conducted AH Facilitator Training in UlanBataar in November. As part of a joint UN-AIDS/AHI Grant they did 11 days of trainings including physicians and persons living with HIV/AIDS.

"Health is inner peace and Healing is the letting go of fear."

AFRICA

CAMEROON, AFRICA

African Tasha Abdou so much wanted to participate in the Attitudinal Healing facilitator training in the Netherlands, he tried desperately for two years to get a visa to be able to travel there: in vain. So Els Thissen offered to bring the training to his home country, Cameroon, helped by Emilia van Leent.

Since Els Thissen had made herself completely available to accommodate Tasha's wishes, this resulted in a three-day facilitator-training, facilitating several AH-groups and several workshops, one of them in a home for the handicapped. Also Tasha and Els were interviewed on a popular nationwide television program, sharing the work of Attitudinal Healing in Cameroon.



Ambassador Egun Adenike Oyagbola and honored speakers and participants in the November three day conference on Attitudinal Healing as it relates to Ethics and Values in Abeokuya – Ogun State, Nigeria

The answers were creatively explored and taught using the Principles of Attitudinal Healing as well as an AH curriculum, "The Power to Choose."

The following leaders have emerged to move AH further into the Nigerian states.

(a) Dr. Olugbemiga Omolayole, an intelligent medical practitioner well known throughout Nigeria, is now the National Coordinator of AH. He has taken up the progress of AHC with passion.

(b) Chief Lai Daniel Gilbert from Kaduna State has just been made the North-West Coordinator for AHC. Many powerful Nigerians come from this region. His town is Kagoro, a town I have visited with the first facilitator of AHC in Abuja. His name is Iliya Stephen Katung and he is to be one of the AH facilitators for the training of youth and students.

(c) Last but not least is the appointment of a coordinator for South-West Geopolitical Zone. Olori Atinuke Ajede is married to a Royal Father (Chief of Chiefs) and is a wonderful human being.

We are using Attitudinal Healing to reverse the tide of corruption, violence, stereotyping, bullying, and low self-esteem. This supports healthy decision making, enabling us to face challenges with thoughtful and ethical choices, ensuring positive change for each person and the country of Nigeria as a whole.

This transformation will take time, but we are dedicated to this with our lives.

Egun Adenike Oyagbola,
Founder, AHC – Nigeria and
Former Ambassador to Mexico

www.ahcng.org



Participants in the three day AH Facilitators Training in Cameroon, Africa, proudly display their certificates of completion.

NIGERIA

Dear Attitudinal Healing Family,

I am pleased to share with you the progress we have been achieving in Nigeria in using Attitudinal Healing to heal our nation's attitudes about ethics and morality. We have the support of many factions of our country including the highest levels of education, law, politics and business. This November we convened a very successful conference attended by professionals, students, NGO's, business persons, and government officials in Abeokuta – Ogun State.

The primary question was how can Nigerians adopt and integrate Attitudinal Healing into our diverse culture and society, and help heal the interior soul of both the citizens and the country itself.

YEAR'S END

The Jampolsky Outreach Foundation in conjunction with Attitudinal Healing International continues to respond to requests for mentoring, training, consultation, leadership, and support to the ever growing number of International Centers for Attitudinal Healing around the world.

New Centers and Groups were established this year in North America, Central America, Western Europe, Africa and Asia. Assistance with trainings and scholarships for travel were provided to a number of Centers on five continents.

The worldwide response of the Jampolsky Outreach Foundation for humanitarian, educational, conflict resolution, and support work continues to be made possible through the generosity and support of its wonderful donors.

Please consider a tax-deductible donation to support the work of the Jampolsky Outreach Foundation, a non-profit 501(C)(3). All levels of participation are deeply appreciated.

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