



A Way of Starting the Day

GERALD JAMPOLSKY, M.D. AND DIANE CIRINCIONE-JAMPOLSKY, PH.D.

WWW.AHINTERNATIONAL.ORG

WE HAVE OFTEN BEEN ASKED about our personal spiritual practice and how we start the day. We do not intend to be a model for others; instead, in response to requests, we are happy to share what works for us. We feel it is essential to start our day with a spiritual foundation. It renews us each day by beginning with a gentle way to greet the morning to remind us not “who” we are, but “what” we are.

When we remind ourselves that we can actually choose just how we want to proceed throughout the day, we remember that Love is our only reality instead of giving focus to our fears. It is a way of reminding us that in the real world, there is no past or future, but only the eternal now.

We usually set our alarm clock for 4:00 a.m. We frequently receive phone calls from all over the world at various times of day. Therefore, we enjoy the still and quiet of the early morning hours devoid of phones, ipads, and computers, and use this time to devote attention to our spiritual core. We are not suggesting that anyone else should awaken this early, just noting that it works very well for us.

Upon awakening, we lie next to each other on our backs and hold hands as we invite one another “to greet the morning.” This, of course, works just as well by ourselves. In silence, we each give gratitude for another day of living and for all the gifts and lessons of the day ahead. Then we imagine Light, streaming from that which connects us all, entering the top of each of our heads and slowly moving down through our entire bodies. Each part changes from material matter into Light until we lie there as beings of Light, reminding ourselves that the Light of Love is our true identity.

We continue to lie in silence to remember ourselves as Beings of the Light. Together we send our Light to people we know are going through challenging times, whether with illness or a relationship problem, etc. Then we recite aloud a poem, which goes like this:

I am not a body, I am free, for I am still as Creation created me.

Today I want Peace.

The Peace of Creation is everything that I want.

It is the aim of all my living here, the end that I seek.

It is my purpose, my function and my life while I abide where I am not at Home.





Then together we share the following affirmations out loud:

Our thoughts create our reality.

We commit to making this day the best day of our lives, regardless of what is put on our plate and regardless of the state of our bodies because every experience is a positive lesson from which we can learn.

Today we will have no thoughts, attitudes or actions that are hurtful to others or ourselves.

It is only my own thoughts and attitudes that hurt me. It is only my own forgiveness that sets me free because forgiveness of myself and all others is the key to happiness.

I am not a victim of the world I see.

I commit to having inner peace as my only goal today, regardless of what is happening to me from the outside world.

Your Light is all that I see, and it is but a reflection of the Light in me.

Perhaps because we wake up with a lot of energy in the morning, we always seem to have long “To Do List” each day. And at the end of the day, with our lists still full of tasks, the temptation to feel guilty seems to hover above us. So one morning in meditation we were guided to create a “To Be List” to celebrate our spiritual being and our true spiritual identity, rather than our ego self which emphasizes form, physical bodies, fear, judgments, guilt, and constantly measuring ourselves against others.

We say out loud every morning the “To Be List” to remind us to hold ourselves and all others (without exception) at our highest possible aspiration.

I am Light of the World and so is everyone else.



The “To Be” List

TODAY, MY SPIRITUAL BEING IS:

INNOCENCE

GUILTLESS

JUDGELESS

ANGERLESS

BLAMELESS

INTERPRETLESS

ONE THAT IS ALL WITH LIFE

SPIRIT, NOT A BODY

THE WILL OF CREATION

FORMLESS

LIMITLESS

TIMELESS

AGELESS

FEARLESS

ETERNAL

HAPPINESS

JOYFUL

UNCONDITIONALLY LOVING

UNCONDITIONALLY FORGIVING

TENDERNESS

KINDNESS

PATIENCE

COMPASSION

HONESTY AND INTEGRITY

FAITHFUL

GENTLE, GIVING, GRATEFUL,
AND GENEROUS

OPEN-HEARTED AND OPEN-MINDED

TRUSTING AND TRUSTWORTHY

LOVING, LOVABLE, AND LOVED

TRANSLUCENT, TRANSCENDENT,
AND TRANSFORMED

UNLIMITED AND UNMEASUREABLE



I am the Universe's abundance that allows all resources to flow through me into the world without any boundaries, borders, or blocks, in total service and love.

We then end our "To Be List" in gratitude for all the blessings and lessons in our lives.

Forgiveness is important for our healing, so each morning we do a forgiveness exercise in our minds. It has become a powerful tool by which we break any negative energy and release all negative thoughts or grievances we might be holding against ourself and anyone else. Here is how we do the exercise:

Picture the face of someone you have a negative feeling towards or a grievance against. It could be someone from the past or from the present; they could be living or dead; they could be someone you know, or someone from the public you have never met (like a politician).

Imagine the person's face as very neutral in expression, close to your face. Behind this person, there is a bright, golden light that gets bigger and brighter as the person's face gets smaller and smaller (a little more each time we say one of the following). As the person's face gradually disappears into a point of light, we say the following:

I forgive you...and I forgive myself
I thank you... and I thank myself
I love you... and I love myself
And I release you... and I release myself

We then go deeper into the consciousness of sending our Light to those we know are suffering from disease, fear, or feeling a lack of love.

Next, we get out of bed, shower, get dressed, and light a candle that sits on a bronze statue of both our pairs of hands in prayer mode. One of us then reads out loud a spiritual lesson for the day.

Afterwards we meditate for twenty minutes, then spend a few moments discussing our experiences of the lesson and the meditation.

Five to six days a week we go to the gym where we exercise for about ninety minutes, after which we come home and have breakfast.

During the day, if we lose our feeling of peace over something, we have a phrase we use to get centered and back on track. One of us says to the other, "Are you willing to start the day over again?" The other agrees and in that moment we mentally hit a "reset" button in our minds. It brings us back to the peace we felt after we had greeted the day. It really works! On particularly hectic days, we have been known to reset the button two or three times.

We find our morning's spiritual foundation is a gentle way for us to greet the day and remember we can choose to make all our decisions that day based on love instead of fear, to remember that we truly deserve the right to be happy, and to teach only Love for that is what we are.

