

THE JAMPOLSKY OUTREACH FOUNDATION

JOURNEY

December, 2001

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

THE FORGIVENESSWORKS PROJECT

The purpose of The ForgivenessWorks Project is to be a catalyst at making forgiveness as natural and as important in our lives as breathing and eating. It is our hope that this evolving project and website will serve to stimulate and empower others to take the torch of forgiveness into their hearts and lives and hopefully create forgiveness projects in their own homes, schools, organizations, businesses and other community groups. ForgivenessWorks.org is a place where diverse participants, sponsoring their own forgiveness projects, can discover and interface with each other.

WHO WE ARE

The founders and co-hosts of The ForgivenessWorks Project are Jerry Jampolsky, M.D. and Diane V. Cirincione, Ph.D. supported by an International Advisory Board. Jerry and Diane are married and authors and co-authors of several books, including *Love Is Letting Go Of Fear*, *Teach Only Love*, *Goodbye To Guilt*, *Love Is The Answer*, *Change Your Mind - Change Your Life*, *Forgiveness: The Greatest Healer of All*, *Simple Thoughts That Can Change Your Life*, and many others. Jerry founded the Center for Attitudinal Healing in 1975, now located in Sausalito, California, as well as the psycho-social-spiritual support group model called Attitudinal Healing. A core component of Attitudinal Healing is Forgiveness. There are currently approximately 150 free, independent Centers/Groups located around the world in close to 30 countries. Diane has worked side by side with Jerry since 1981 as President of the Jampolsky Outreach Foundation, sponsor of The ForgivenessWorks Project.

WHAT WE OFFER

Today, perhaps more than any time in our past, the subject of forgiveness has become highlighted in all aspects of the media and has become a prominent area of discussion in our lives. If there was ever a time to find ways of no longer recycling our anger, of letting go of our grievances, of releasing the painful past, it is truly now.

There is a great thirst to understand at both a cognitive as well as emotional level the dynamics of what it truly means to forgive and to be forgiven. There is a hunger

to know how to rid ourselves of the blocks that often make forgiving seem so difficult or even impossible for us to do. There is a yearning to rid ourselves of the emotional and physical trauma that not forgiving invariably causes.

There is another way of looking at the world where we can choose whether we want to experience peace or conflict, to experience love or fear. We can choose how we perceive ourselves, others, and the world around us. It is these choices, and the willingness and the courage to forgive, that offer us the greatest gift we can give not only to others, but to ourselves.

ForgivenessWorks.org is an interwoven tapestry of multicolored threads supporting diverse, cross-cultural, theological, cultural, as well as philosophical perspectives. Exciting opportunities are available online for creativity, inspiration, activity, resources, research, articles, and expressions about forgiveness for adults, adolescents, and kids.

HOW YOU CAN PARTICIPATE

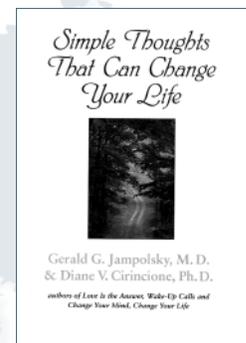
Throughout the ForgivenessWorks site you will discover ways to give and receive information, inspiration, and creativity. As the site expands, so will the possibilities. Now in the third stage of development, we are attempting to make it as simple and as user friendly as possible and appreciate your patience.

Some of the creative projects online at this time include the ability to submit either your or someone else's Forgiveness Story for possible inclusion in an upcoming book series; to create and place online your virtual or actual Forgiveness Garden; to share Forgiveness Quotes, Meditations, or Exercises, Poetry, or Prose. We are currently gathering Global Perspectives on Forgiveness from literally around the world to foster tolerance and further promote understanding. Please feel free to make a submission to FWinformation@aol.com if you have a contribution in this area.

The possibilities are as endless as our imaginations, so please check out the Web Site Map online at www.ForgivenessWorks.org for more details and don't forget to Bookmark this site as a Favorite Place to visit and participate often!

SIMPLE THOUGHTS THAT CAN CHANGE YOUR LIFE

As our lives become more and more complicated, it becomes harder and harder to remember that a simple, single thought has the power to shift our attitudes and, therefore, alter our lives. Like a breath of fresh air, *Simple Thoughts That Can Change Your Life* offers an inspiring collection of open-minding, life-affirming meditations that will break down and gently push aside the emotional blocks that keep us from discovering our true selves. As a bedside reader or the perfect companion to carry throughout the day, *Simple Thoughts* stirs our consciousness, uplifts our spirits, and nourishes our soul lovingly and effortlessly.



"If ever there was a time to stop recycling our anger, to let go of our grievances, and to release the painful past, the time is now."

—Jerry Jampolsky and Diane Cirincione

UPDATE

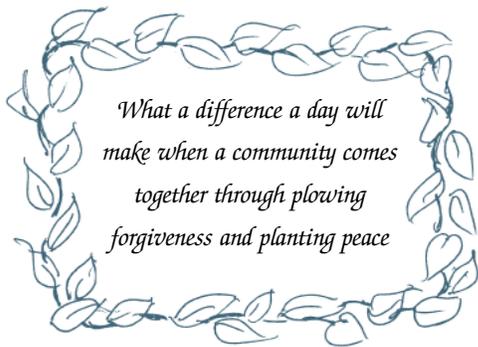
Forgiveness - The Greatest Healer of All is a generic composite of the last 20 years of Jerry Jampolsky and Diane Cirincione's international work on the subject of forgiveness. This book, available at book stores and online at Amazon.com, is now published in over 25 countries and has become a best seller in Japan and also Germany. Contracts were recently signed for its upcoming publication expansion in Saudi Arabia, Turkey, Iran, and Indonesia.

ARTESTEEM COMMUNITY FORGIVENESS GARDEN

In 1981, nine year old Amana helped launch JOF's *Children As Teachers Of Peace* Project with Jehan Sadat. Today she is an art teacher who is Director of the award winning ArtEsteem Program at the Attitudinal Healing Connection in Oakland, California. Together with inner city kids and local schools, Amana Harris has created a Forgiveness Garden and has used it as a metaphor for the youth to experience and maintain "peace, love, and forgiveness in their lives." The following is a sampling of their inspiring curriculum.

STEPS OF FORGIVENESS

There will be 7 Stages of Forgiveness taking place throughout the ArtEsteem Community Forgiveness Garden. These seven stages represent steps taken by individuals to maintain peace, love and forgiveness in their lives. This is a process of rebirthing and awakening through a renewal of thought and consciousness, through gardening.



STEP ONE

This will be the stage of uncovering and revealing issues in our lives that are blocking peace and keeping us in a place of resentment and fear. We will identify and bring forth issues of distrust, hurt and pain in our heart and consciousness. These are areas that we know need some healing, letting go and forgiveness. We carry these issues and bad feelings around and they are constantly getting in the way of us living fully in the present moment. This will be a time when we will unravel, shuffle through and dig up these feeling and issues. This will take place through weeding, leveling the ground and digging the pond. As we do these tasks we will mentally put ourselves in this space.

STEP TWO

This will be the stage of putting all of these thoughts, feelings and issues into perspective from a space of love and forgiveness. When we start looking at conflict from a place of love and forgiveness, we can identify individuals, situations and incidents as "either extending love or giving a call for help." At this point we begin to address these issues and put them into perspective. This will take place through putting all elements and objects of the garden into its place. We will put the garden box, tires, and bathtub in their most effective positions and places.

STEP THREE

This will be the stage of planting the seeds of forgiveness, peace and love. We will bury resentment and pain while planting the seed that will help and free us from grievances. This will take place when each individual plants a seed, seedling, start, or plant.

STEP FOUR

This will be the stage of nurturing the planted seed of forgiveness, as well as the garden as a whole. The seed must be nurtured to grow and prosper. This is a way to keep forgiveness present, current and growing in our lives. Nurturing the forgiveness and peace seed or seedling will also help us remember this process. This nurturing will take place through watering, weeding, and keeping the garden beautiful and growing. This stage is also symbolic of keeping and sustaining life through nurturing.

STEP FIVE

This will be the stage of harvest. We will gather the gifts represented as fruits, vegetables and herbs from our process and steps of forgiveness. These are the gifts from hard work and labor in our efforts to live our lives to the fullest.

STEP SIX

This will be the stage of sharing. We will share our gifts of forgiveness with those we know. Those that we share with will consume our gifts of forgiveness. Sharing forgiveness will hopefully touch the hearts of all we know, love and care about.

STEP SEVEN

This is the stage of having the ability to recycle this process. As individuals we are constantly working on maintaining peace, we will always be able to go to the first step of forgiveness in the realm of gardening.



Individuals of varying ages come together in West Oakland, California to "plant the seeds of forgiveness" in their community.

LONDON AND MANCHESTER, ENGLAND

In June we gave lectures and conducted workshops in London and Manchester, England. We offered these fund raising events for the emerging Centers there. It was impressive how eager the participants were to find new ways of understanding forgiveness and applying it to their lives.

We spoke about creating Forgiveness Gardens or parks in communities. Both in London and Manchester there was great interest in doing this. We later received word that one of the persons who attended our workshops is starting a Forgiveness Garden in Belfast where Protestant and Catholic children are participating together. Another women wrote to us that she is starting a Forgiveness Garden in Beirut, Lebanon.

Many participants met us in southern England at Glastonbury and Stonehenge for an awesome learning experience together.



Stonehenge served as a spiritual meeting place for those interested in Attitudinal Healing in England.

BELGIUM

For fifteen years the Center for Attitudinal Healing in Belgium has offered support groups in both Flemish and French. JOF supported their work this year with a successful fundraiser event. Once again, we find that regardless of the culture, the practicality of Attitudinal Healing is easily accepted and found useful in so many aspects of daily life.

HOLLAND

Inspired to expand her work in prisons during JOF's last visit to Holland, founder and energetic Director of the Attitudinal Healing Center in Holland, Els Thissen, has accomplished far more than anyone could have imagined. There are now over 50 groups of Attitudinal Healing that meet weekly throughout the Netherlands. The Dutch Center also has a quarterly magazine on Attitudinal Healing circulated throughout Eastern and Western Europe. Recently the Center has received a gift of land and a commitment to build a residential Center for Attitudinal Healing in Holland. The Center will have multiple uses, one of which will be a retreat center for cancer patients.

THE HAWAII ATTITUDINAL HEALING PROJECT

(HAHP), now in its fourth year, is the application of the practical, spiritual Principles of Attitudinal Healing for personal as well as societal transformation in the state of Hawaii. One of the goals of JOF is to introduce and mentor culturally appropriate adaptations of Attitudinal Healing and successfully integrate this innovative psycho-social-spiritual model into every aspect of daily life.

HAHP continues to grow with expansion into the field of education. School principals and administrators in elementary, intermediate, and high school levels are expanding their use of the Principles of Attitudinal Healing to deal with ever growing challenges facing many facets of education throughout the state. Consultative meetings with members of the legislature have continued as well as workshops and meetings with the Department of Health and the Department of Human Services.

When appropriate, the Center for Attitudinal Healing (CAH) – Sausalito is contracted for expanded support. More recently, the CAH – Oahu, mentored and often trained by Jerry and Diane, has begun doing local trainings. Current plans to train personnel in AH as well as clients at the Institute of Human Services (IHS) for homeless men, women, and families in Honolulu has begun.

First initiated by JOF, the support group model will now be offered on an ongoing basis by the local Oahu Center. JOF is committed long term to serving the people and state of Hawaii in diverse and culturally appropriate ways.

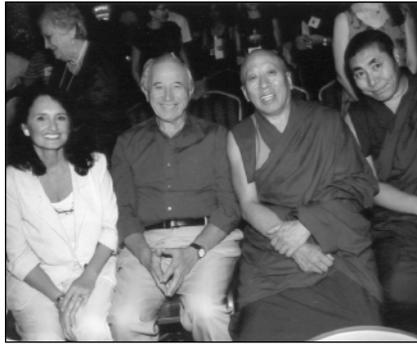
HAWAII PUBLIC TELEVISION

Three days after the September 11th tragedy the staff of the Public Television Station was scheduled to have its annual retreat to envision and strategically plan for the year.

Mike McCartney, the President of PBS and a long time proponent of the positive, practical effects of Attitudinal Healing, asked us to come and spend the first morning of the retreat with them. He felt before they could talk about strategy that they needed to process this tragedy and the fears that were affecting their lives at home and at work.

It was a most productive morning where people shared their deepest fears and feelings about the recent past and present, and then were able to finally get on to the business of visioning the future.

The feedback we received was extremely positive about how the Principles of Attitudinal Healing can shift perceptions and change lives in not only amazingly short time spans, but in dramatically positive directions. Jerry and Diane were then asked to do a PBS show on the same subject which received very supportive public feedback.



Achok Rinpoche and Lobsang Jamyang from Dharmasala, India, first met with Jerry and Diane at the Association for Global New Thought (AGNT) Conference in Palm Springs, California.

TIBETAN GUESTS

The Season For NonViolence group includes representatives from churches in eighty U.S. cities who focus the two months between King and Ghandi's Birthdays on promoting nonviolent educational and experiential activities. The SNV Group selected JOF's ForgivenessWorks Project as its vehicle for 2002 at the Association for Global New Thought's Annual Conference in Palm Springs, California.

During the conference, Jerry and Diane became acquainted with the representative from His Holiness The XIV Dalai Lama, Achok Rinpoche, who oversees all Tibetan Libraries and Monasteries worldwide, and his assistant, Lobsang Jamyang.

While visiting the Bay Area a few weeks later, they visited with Jerry and Diane and then members of the Sausalito Center Staff, Board, and Volunteers. They spent their time understanding and embracing the Principles of Attitudinal Healing and their practical applications in diverse everyday life situations.

Achok Rinpoche expressed high admiration of the work and said Attitudinal Healing could be very useful in the Tibetan community in exile in Dharmasala. He stated that "Attitudinal Healing was the closest form of the Buddhist principles put into action that he had observed."

JOF will be granting scholarships to the monks he would like to send for training in California. He also invited Jerry and Diane to come and visit with him and His Holiness in Dharmasala, India.

Twelve years ago the JOF Project *Children As Teachers Of Peace* created a documentary on children searching for peace in the world which included segments with His Holiness in various locations. Jerry and Diane have had the honor of interacting with the Dalai Lama and sharing perspectives on diverse subjects. Visiting in Dharmasala will be a welcomed reunion.

HALLOWEEN PARTY

In October, the Center for Attitudinal Healing hosted the annual Halloween Party, a tradition first begun by Jerry over 25 years ago, for the children and their families who participate in various free groups at the Center. This year both the creativity and enthusiasm were as exciting as ever. One man in his early thirties was there with his four children. He stated his young wife died of cancer at age 28 less than three years prior and he became a single parent with his life totally devoted to his four children. His spirit was inspiring and when asked how he coped with so much on his shoulders, he simply stated that coming to the Center every week with his children was a lifeline for all of them and a tremendous blessing. He said that he and his kids had found a safe and unconditionally loving environment within which to grieve in their own time at the Center. Most helpful to them was the realization that they were not alone as others were also dealing with loss and grief. He said it was wonderful seeing a smile on his kids faces once again and he somehow just knew that they were all going to be alright, despite their tragic and untimely loss.



Twenty-five years after the first Halloween Party, children from the Center for Attitudinal Healing in Sausalito continue to come together for support and fun.

GUADALAJARA, MEXICO

The Bi-Annual International Conference on Attitudinal Healing will be held in Guadalajara, Mexico April 19-21, 2002. The theme of the conference, *Reconciliation—Healing The Heart Through Forgiveness*, was inspired by and supportive of The Forgiveness Works Project, sponsored by the Jampolsky Outreach Foundation.

For more information regarding this exciting event, please contact us at (415) 331-6161 ext. 111, or visit us online at www.healingcenter.org

THE POWER OF FORGIVENESS

By Gerald Jampolsky, M.D. and Diane V. Cirincione, Ph.D.

If you saw an advertisement about a new drug that guaranteed to free everyone from anger, grievances, guilt and shame, as well as many of the headaches, backaches, insomnia and other ailments that are frequently caused by our angry emotions and unforgiving thoughts, and if you were told that this remedy had no side effects, that it was impossible to overdose on it, and that it was free, wouldn't you rush out to buy that drug?

The simple decision to forgive will do that and so much more. Through conscious forgiveness, you will find yourself feeling peaceful, happy, fully alive and with a zest for living that is beyond your imagination. The fact is that holding on to grievances and unforgiving thoughts is like putting toxins into the mind. We would never knowingly ingest poison, yet we continue to keep angry, toxic thoughts in our minds. Research confirms that our emotions can affect our immune system and every organ in the body. Holding on to "attack thoughts" and grudges is like taking poison and expecting someone else to die!

The decision not to forgive is actually a decision to continue suffering. Why then do so many of us find it so difficult to forgive? Perhaps it is because we do not understand the function and benefits of such a practice. It is essential to realize that to forgive someone is not to condone or approve of a horrendous act. It does not mean that the individual is not responsible for what he or she has done. Forgiveness simply means that we have made the decision to heal our own minds by letting go of the hurtful past, a past that our anger and judgments cannot change.

Forgiveness is the bridge to freedom, love, peace, happiness and well being. It allows us to say good-bye to guilt, blame and shame. It purifies the heart and soul and puts us in touch with all that is sacred as we connect with that which is greater than ourselves.

The key to forgiveness is the willingness to make the effort. How long it takes depends on your belief system. If you think it can't be done, it won't happen. If you believe it will take years, that will be your experience. But if you are willing to believe that it can be done in an instant, that is all it will take.

THE TEN STEPPING STONES TO FORGIVENESS

1. Be open to the possibility of changing your beliefs about forgiveness. Recognize that forgiveness is an act of strength, not weakness.

2. Be willing to let go of being a victim. Choose to believe that holding on to grievances and unforgiving thoughts is choosing to suffer. Find no value in self-pity.

3. Remind yourself that your anger and judgments can't change the past or punish someone else, but they can hurt you. The events of the past cannot hurt you now, but your thoughts about the past can cause you immense distress and pain. Recognize that any emotional pain you feel this moment is caused only by your own thoughts.

4. See the value of giving up, not some, but all of your judgments. It is no coincidence that the happiest people are those who choose not to judge and know the value of forgiveness.

5. Recognize that holding on to anger will not bring you what you truly want. Ask yourself this question, "Does holding on to my justified anger really bring me peace of mind?" Anger and peace; judgment and happiness do not occur at the same time.

6. See that there is no value in punishing yourself. Once you truly recognize that your angry, unhappy thoughts about the past are poisoning your life, you will embrace forgiveness and know the meaning of love.

7. Believe that forgiveness means giving up all hope for a better past! Accept your past, forgive your past, and embrace the present and future with hope! There is no law forcing you to remain a victim of the past.

8. Choose to be happy rather than right. When we stop trying to control others and focus instead on our own thoughts, we give ourselves the gift of freedom and peace.

9. Believe that you have the power to choose the thoughts you put into your mind. Perhaps the greatest gift we have been given is the power to choose loving thoughts rather than angry ones. Your mind is not a dumpster that will remain unaffected by the trash you put into it. Treat it like a garden and it will blossom.

10. Be willing to make peace of mind your only goal and believe that forgiveness is the key to happiness. Regardless of the chaos around us, we can know peace if that is our single goal. Choose not to let outside circumstances or people decide whether you will be happy. Anger, judgments and unforgiving thoughts make us suffer, and releasing them brings us joy. It truly is that simple!

"Everywhere, there is a great thirst to understand, at both a cognitive and emotional level, the dynamics of what it means to truly forgive and be forgiven."

—Jerry Jampolsky and Diane Cirincione



YEARS END

JOF continued its tradition of giving consultation, mentoring, and support to developing as well as established Centers for Attitudinal Healing around the world. New Centers/Groups have expanded and/or emerged this year in Australia, New Zealand, Brazil, Republic of South Africa, Ireland, England, Germany, The Netherlands, Peru, Bolivia, Portugal, Spain, Switzerland, and in the United States in Colorado, California, Ohio, and Idaho.

Scholarships for diverse trainings in Attitudinal Healing were once again made available through the Center for Attitudinal Healing in Sausalito, California.

The worldwide response of humanitarian, educational, conflict resolution, 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 the www.ForgivenessWorks.org web site is made possible through the inspirational support of Hal and Dorothy Thau.

Support for special projects of JOF this year was also received from Robert and Lexie Brockway Potamkin, Larry and Joyce Stupski, Fred and Chris Matser, Arthur and Margaret Jampolsky, Larry and Phyllis Girard, Warren Wertheimer, and The Rudolf Steiner Foundation.

The Jampolsky Outreach Foundation is supported solely by the generosity of its donors. Please join us in continuing this work in the world through your tax deductible donation. JOF is a non-profit, 501 (C) (3) Foundation. All levels of participation are greatly appreciated.

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