

THE JAMPOLSKY OUTREACH FOUNDATION

JOURNEY

December, 2002

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

GUADALAJARA, MEXICO: 9TH INTERNATIONAL ATTITUDINAL HEALING CONFERENCE

"Reconciliation: Healing the Heart Through Forgiveness" was the theme of the 9th Bi-annual International Attitudinal Healing Conference held in Guadalajara, Mexico in April. Over 500 people attended from five continents to share innovative ways both they and their Center for Attitudinal Healing had successfully adapted the use of the Principles of Attitudinal Healing into the lives of their communities.

Today, perhaps more than any other period in modern times, the importance of reconciliation and forgiveness is reaching people in all walks of life. If ever there was a time to find effective ways to stop recycling our anger, to let go of our grievances and release the painful past, it is now.

This bi-lingual conference brought together representatives from the global Attitudinal Healing community, representing samples from independent Centers in 26 countries, to explore what it takes to reconcile our personal, cultural, and national differences, to choose forgiveness, and to embrace peace.

Pre-conference all-day workshops included topics such as Mindfulness and Service, AH—A Spiritual Journey, and Creative Ways to Face Change and Transition. Numerous workshops throughout the conference explored Attitudinal Healing in relationship to Anger and Violence, Ancestral Healing, Attention Deficit Disorder in Children, Psycho-Social-Spiritual Healing, Loss and Grief and Healing, Becoming Your Own Best Friend, Freedom Behind Bars, Loving What Is, K-12 School-based AH Programs, Spiritual and Harmonious Methods of Conflict Resolution, and Forgiveness and Reconciliation in Post-Conflict Communities.

JOF provided conference support as well as scholarships for international participants and/or presenters from the countries of Croatia, England, Ireland, Germany, The Netherlands, Italy, Australia, Japan, India, Argentina, and the United States.

2002 JAMPOLSKY AWARDS

The Jampolsky Awards were established by the John E. Fetzer Institute in 1992 to create incentive and expand the impact of Attitudinal Healing. In creating the Jampolsky Awards, the Fetzer Institute also wished to acknowledge the ongoing inspiration and humanitarian support work of Dr. Gerald G. Jampolsky in establishing the field of AH and to highlight awareness of practical, viable, and replicable applications of AH through the global network of independent Centers.

Each Conference, three outstanding projects are chosen to receive a Jampolsky Award for exemplary projects. Each selected project has made a significant contribution to their community and provides a replicable model for other Centers. A new Jampolsky Award was established in 2000 to recognize one outstanding Center for both sustainability and service excellence. This new award category recognizes established AH Centers that have an exemplary record of service for ten years or more. This year, each award recipient received \$5000 from the Fetzer Institute.

PROJECT: "ARTESTEEM PROGRAM" FROM THE ATTITUDINAL HEALING CONNECTION, OAKLAND, CA PROGRAM DIRECTOR, AMANA HARRIS

ArtEsteem is an early childhood violence prevention program for at-risk children and youth living in severely disadvantaged circumstances. The project is an amalgamation of art and the Principles of Attitudinal Healing, using self-reflective art as a way to reduce violence, improve cognitive and literal skills, encourage community building, and raise self-esteem. The program, active since 1995, serves children between the ages of 5 and 14 who live in West Oakland, California.



The National Folk Ballet entertained participants of the Conference at the central plaza venue in the heart of Guadalajara.

PROJECT: VOLVER AL CAMINO (RETURN TO THE WAY) CENTRO ACTITUDES QUE SANAN/ BUENOS AIRES, ARGENTINA. PROGRAM DIRECTOR, DR. ALBERTO LOIZAGA

For the past 3 years, this program has provided support for people suffering personal loss, hardship and depression resulting from unemployment and wide-spread economic crisis in their country. Between 1998 and early 2001, nearly 30% of employed people in Argentina have lost their jobs, and persons over 40 are seldom able to find other employment.

Through a month-long program called "Volver al Camino," the Buenos Aires Center provides tools that help people to see themselves and their circumstances differently, to restore hope, and to regain self-esteem and inner peace. In many cases, program participants are able to apply their renewed inner strength to find new and creative ways to support themselves and their families, and to find peace and happiness even in the face of severe circumstances.

AWARD FOR SUSTAINED EXCELLENCE THE CENTER FOR ATTITUDINAL HEALING – THE NETHERLANDS PROGRAM DIRECTOR: ELS THISSEN

The Netherlands' Attitudinal Healing Center has served an ever expanding community with love and excellence for more than 10 years. This Center, founded in 1991, now offers more than 50 support groups in three countries, provides workshops and trainings throughout Europe, and publishes a professional quarterly magazine called "From Heart to Heart"—all on a volunteer basis.

This is how the director expresses the philosophy of the Center:

"Does what I do make me truly happy? That is the question we continuously ask ourselves. We want to give ourselves and others the opportunity to discover that it is ourselves we've been waiting for all along. That all answers can be found within ourselves and that we always have a choice between peace and inner strife, between love and fear. Our dream is the realization of a residential Center for AH and a School for AH in our country."

VUKOVAR, CROATIA: CENTER FOR ATTITUDINAL HEALING - ZAGREB

Dear Jerry and Diane,

We at the Center for Attitudinal Healing here in Zagreb wanted to update you on the activities of our Center this past year and to thank you for your ongoing, loving support of our work. "Weaving Peace Together" is a project we started about two years ago and is still running. Last year it was implemented in Eastern Slavonia, in a place called Zupanja, close to Vukovar. The objective is to promote Attitudinal Healing through creative expression, cross border collaboration, and inter-ethnic tolerance in nearby Bosnia.

Activities include psycho-social support for women; Croats and Serbs in Zupanja covering topics such as stress, loss and grief, coping with trauma related issues; and, developing new communication skills. These are weekly support groups led by trained facilitators in AH. There have been workshops in Forgiveness and Reconciliation (the later was inter-religious, inter-ethnic) with guest speakers and one workshop in Bosnia on "Tolerance and Creativity."

The same project in three different locations, from November 2000 to now covers education in inter-ethnic tolerance as well as the promotion of traditional craft activities as catalysts for peace. The Attitudinal Healing model was used in four workshops with the goal of providing opportunities for forgiveness and reconciliation, learning new, constructive ways of communication, dealing with guilt, and solving inner and outer conflicts. The following topics were also covered: active listening, dealing with fear and conflict, being of service, decision making processes, and the dynamics of choice.

The Center here in Croatia continues to grow with outreach in Bosnia and Serbia. We are grateful for the support of JOF and hopeful for the future of our region since using Attitudinal Healing has given us another way of being with each other as well as another way of looking at the world."

Our thanks to you,

Maja Mihic, attorney-at-law, Founder and Executive Director CAH-Zagreb, Croatia

P.S. It is All Saints Day here in Croatia and we are all remembering our deceased ones and visiting the graveyards, bringing flowers and candles. My friend Ana, one of the first members of AH Center in Zagreb returned from Vukovar today and wanted to share with you about Vukovar, eleven years after the war on this very special day of remembrance.

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THE SEASON FOR NONVIOLENCE



Jerry Jampolsky and Diane Cirincione with Tenzin Choegyal (Brother of His Holiness, the Dalai Lama of Tibet), Barbara Bernstein (Ex. Director—AGNT), and Brother Wayne Teasdale at the AGNT Awakened World Conference, Palm Springs, CA. in November.

In November JOF was invited to present at the Annual Conference of the Association for Global New Thought in Palm Springs, California with over 800 religious and spiritual leaders in attendance. The focus was the 2003 Season for NonViolence SNV (the three-month period late January to mid-April each year beginning with Martin Luther King's birthday and ending with Ghandi's). The ForgivenessWorks Project of JOF was selected as one of their programs for 2002. The inspiration and success of JOF's ForgivenessWorks Project in 2002 catapulted it to be the primary focus of the SNV portion of the 2003 Conference. As a result, over 100 cities throughout North America will be creating new and / or expanding existing forgiveness projects connected with JOF throughout the year.

The vision of the ForgivenessWorks Project is to empower individuals, families, and communities to make forgiveness as natural and as important as breathing and eating. Some of the suggested community projects proposed and adopted are the creation of Forgiveness Gardens and Parks internationally; the collection and sharing of Forgiveness Stories; creating Forgiveness Days or Weekends for the community; The Art of Forgiveness: composing prose, poetry, and music on forgiveness; and, projects for schools around forgiveness and conflict resolution.

Connections have continued to be made between JOF and other organizations beginning to work with forgiveness. The web site continues to grow and expand its' reach at www.ForgivenessWorks.org.

BUENOS AIRES, ARGENTINA: PILAR

We first met Pilar Benitez Veloso, a most remarkable woman, in Argentina about ten years ago. Born with no hands and stunted growth, she was one of many children born in the fifties with birth defects after their mothers took the drug Thalidomide. Abused, neglected, and tossed aside, she felt very much like a victim most of her life, bitterly blaming her parents and the medical profession for her misfortune. She had very low self-esteem until she found herself attending meetings at the Center for Attitudinal Healing in Buenos Aires, Argentina.

Practicing The Principles of Attitudinal Healing daily transformed Pilar's experience of life and as a result, her life began to change. She worked at healing her relationships, removing the chip from her shoulder, went to art school and learned to paint with her mouth and her feet. Gradually, she became an accomplished artist in a number of mediums including oil and needle point (done with her toes). Her work is known for its' exquisite detail.

As the current Vice-President of the Center For Attitudinal Healing—Buenos Aires, Pilar invited the Center's Founder, Dr. Alberto Loizaga and his wife and son, to Lisbon, Portugal to witness and attend the meeting of the Association of Mouth and Foot Artists (AMFPA), where she and others use Attitudinal Healing to live in a physically as well as psychologically and socially challenging world.

AMFPA was founded in 1956 and represents about 600 mouth and foot artists in 77 countries with the distribution, sale, as well as financial remuneration of their art work worldwide. It gives the artists a basis upon which to live with lessened anxiety and allows them to determine more freely the lives they wish to live. Pilar now serves on the Board of Directors of AMFPA and attributes Attitudinal Healing with the successful choices and changes she has made. She has shared the lecture stage and the TV spotlight with Drs. Jampolsky and Cirincione as she continues to inspire others around the world.

The profound experience in Lisbon inspired Dr. Loizaga to share the following with JOF: "What a humble lesson it is to see these people who don't feel victimized and who feel a passion for life and the expression of it through their art. They make creative use of their feet and mouth for spectacular art work. These artists without hands are teachers of patience, courage, tolerance and acceptance. It has become an extraordinary experience to my ego to become more detached from the apparent wholeness of the body and also a humble lesson just to realize how little I use my feet and mouth compared with the capacity of those who have no hands; those who continuously express their wholeness through their spirits. Pilar's spiritual hands will continue to show me the way."



Pilar is seen here in Lisbon, Portugal with Dr. Loizaga observing a fellow AMFPA member painting with her mouth. Her painting of a dove is seen in the rear.

KAILUA, OAHU—CASTLE MEDICAL CENTER

One of the ways that we look at our lives and the activities of the Jampolsky Outreach Foundation is to think of ourselves as gardeners. We spend time each day pulling the weeds (negative thoughts) out of the gardens in our minds so that all that hopefully remains is an openness to Guidance and creative ways of expanding peace and experiencing healing in the world. We then see it as our function to spread the seeds of unconditional love wherever we go. Sometimes the flowers will bloom right away, and other times it takes months and even years.

These past five years JOF has continued to create vehicles for its Hawaii Attitudinal Healing Project (HAHP) by applying the ancient, practical, spiritual principles of Attitudinal Healing for personal and societal growth in homes, schools, organizations, communities, workplaces, hospitals, social service agencies, as well as throughout the state government.

JOF has worked with numerous hospitals in Hawaii on the Islands of Oahu, Big Island, and Kauai. Three years ago Drs. Jampolsky and Cirincione were invited by Castle Medical Center to a series of meetings with the president and the board as well as individual department heads. Castle is a partner in the Seventh Day Adventist national chain of hospitals serving the Windward side of the island of Oahu.

The purpose was to explore how Attitudinal Healing and the use of the Principles could effect positive change for both employees and clients within the Medical Center. In preparation for the opening of their new Wellness & Lifestyle Medicine Center, JOF was asked to launch the first lecture of the Mind-Body-Spirit Forum Series last year. Shortly thereafter, the Director of the new Center, John Westerdahl, Ph.D., M.P.H., R.D. completed two trainings in Attitudinal Healing at the first Center in Sausalito, California.

The Fall of last year, Castle Medical Center opened a Center for Attitudinal Healing as part of the hospital's new Wellness & Lifestyle Medicine Center. It is the newest of more than 150 such independent Center/Groups for AH located in 30 countries. This Fall the new Center was launched with a lecture by Drs. Jampolsky and Cirincione, followed by the beginning of weekly support groups for the community.

"Attitudinal healing incorporates universal principles that are nonsectarian and represent a practical spirituality that can be applied to life's issues," says Dr. Westerdahl. "The new Center will offer free support groups for those wishing to learn and apply The Principles of Attitudinal healing in their lives. The support groups are designed to help those touched by illness, loss, or other of life's challenges and are led by Castle's volunteer facilitators who are specially trained in Attitudinal Healing. The support groups are based on the concept that nonjudgmental listening and sharing are powerful healing forces. Attitudinal Healing is based on the belief that it is not other people or events in the past that actually cause us to be upset. Instead, it is actually our own thoughts and attitudes about those things that cause us distress. The healing process involves discovering the ways in which people hold onto grievances and pain. Participants learn to stop condemning themselves and blaming others, as well as how to release their attachments to old habits and attitudes. The AH support groups, offered free to the community, provide participants with opportunities for self-exploration and the chance to support one another in a dynamic learning process." Additional trainings for facilitators, hospital volunteers, home and hospital programs, etc. are being planned at Castle Medical Center in cooperation with the Center for Attitudinal Healing-Oahu.

The sister hospital to Castle is North Hawaii Community Hospital, dedicated to pioneering the blending of Eastern and Western medicine at the Waimea location on the Big Island of Hawaii. In September, the hospital along with the Five Mountains Medical Community hosted the Association of Healing Health Care Projects Symposium, The Nature of Healing: Honoring the Traditions of Healing in Modern Health Care. Representatives from hospital systems around the U.S. were present, and Drs. Jampolsky and Cirincione were the keynote speakers at the opening session.

NATIVE AMERICAN YOUTH

Dear Jerry and Diane:

Recently our team had an opportunity to practice the newly found tools of Attitudinal Healing in two five-day workshops with Native American Youth. There is no question that it was not an easy experience for us being so very used to 'in your face' processing techniques. However, holding the Attitudinal Healing vision you have developed over many years with resounding success, provided an experience of incredible joining where none seemed possible; of tremendous healing where it appeared we weren't 'doing anything'; and of tremendous personal growth for everyone including our staff.

It turned out that most of these youth were illiterate and, consequently, much of our work involved the kids creating their own interpretations of their journeys. Our summer camps will be thrilled to be able to use 'Love is Letting go of Fear' and I fervently hope that the case of books you so generously offered will arrive ere long.

Again with gratitude and increasing clarity,

Diederik Wolsak



The new home of the Castle Center for Attitudinal Healing, is located at the Castle Medical Center's new Wellness and Lifestyle Medicine Center in Kailua, Hawaii.

My name is Ana. I am from Vukovar and survived the siege and fall of my hometown in 1991. The same year I came to Zagreb with floods of refugees with my mother, sister, nieces and brother in law, a Serb from Vukovar. During the siege and bombing my whole family found shelter in my cellar. One night, under heavy shelling, my brother in law Aco reacted fiercely to some comment I made. "If you do not shut up, I will put a knife under your throat." I thought I could never forget nor forgive him. I saw all Serbs as enemies. I decided not to speak to him or "them" ever again.

"I realized that the person I was hurting most was myself by not wanting to forgive."

In Zagreb, after a while I found my safe place at the Center for Attitudinal Healing. I felt accepted and loved, the way I was, all gray with pain and anger, despair and hurt. I went through a healing process and slowly let go of my rigid, negative attitudes. I realized that the person I was hurting most was myself by not wanting to forgive. It was not who I really was. I tried to remember the good times and friends I had among Serbs before the war and let go of the bad things that happened. What helped most was learning to listen to other's suffering and pain, without judging or trying to find out who is right or who is wrong. I found new friendships and above all, I found my true mission in life—helping others without expectations or conditions. I could finally accept and understand my brother in law's pain and suffering. He was taken as a prisoner to a Serbian camp and, when released, treated by his own family in Serbia as a traitor because he wanted to join his wife and children in Croatia. He was then rejected again by his Croat friends and the other refugees from Vukovar.

My guidance was to suggest that he come to my Attitudinal Healing support group at the Center. Much to my surprise, he not only consented to come, but he eagerly embraced the Principles and slowly was able to accept himself and others without judging; trying to respond and not react to difficult situations. He opened up to the forgiveness process and allowed himself to be healed by helping me to heal. In the evenings we read together "Love is letting go of fear," something I could never have dreamt of before. Life turned out to be good to us even during our refugee days when we decided to change our minds about it.

Thank you, Jerry and Diane.

Ana

MOSCOW, RUSSIA

A message from Dr. Irina Kossova, M.D., Co-Founder and Executive Director of the CAH – Moscow

"We are so pleased to say 'Thank You' to Jerry and Diane and the supporters of JOF for their encouragement and support this past year. We are happy to report that the Center for Attitudinal Healing - Moscow has been awarded a grant from Fred Matser's Foundation. We are grateful for the "good word" JOF put in to bring our efforts and accomplishments to their attention.

We're just starting a new season of groups. In two weeks we'll start our cancer group again (it's been ongoing since 1994; it breaks each year for the summer). October 19-23 we're going to be holding a training seminar in Attitudinal Healing for social workers in the greater Moscow area and surrounding communities.

I would like to share an experience we just had that has warmed our hearts and we hope will warm yours too.

'Last Thursday Lena and I (Lena is the Center's program director and head trainer) were at a reiki class. After the class we normally have a sharing circle. One of the women in the class, a 75-year-old named Renata we had not met, shared that she has been focusing on forgiveness lately and that this has been very important to her. We left class with her and took the metro together, and she was telling us about a book she's been reading, how much it's helped her and how much energy the book gives off. The book turned out to be Jerry's *Forgiveness, the Greatest Healer of All*, which we had not yet seen. Lena and I were amazed at the connection between Attitudinal Healing and the practice of reiki, and how well they complement each other. It's really wonderful. Of course we went straight to a bookstore and bought several copies of Jerry's book. We read it with great interest. We'll definitely use it with our participants because questions about forgiveness are constantly coming up in our groups and our lives.'

From CAH-Moscow with love to Jerry, Diane, and everyone at the Center. — Irina

The work of the Jampolsky Outreach Foundation (JOF) serves to support the work of Gerald G. Jampolsky, M.D. and Diane V. Cirincione, Ph.D. as they are guided to respond to calls throughout the world to meet the needs of those people, organizations, governments, etc. who wish to incorporate the Principles of Attitudinal Healing and 'practical spirituality' into their personal, professional, and/or community lives. JOF also acts as a supplemental support on special projects/needs and the JOF Scholarship Fund to the original Center for Attitudinal Healing in Sausalito, California, founded by Dr. Jampolsky in 1975.

MONTEGO BAY, JAMAICA

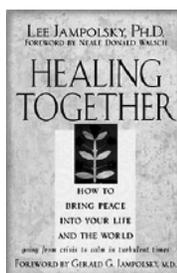
The economic and racial situations in Jamaica have been worsening these past few years. There had also been a dramatic increase in violence, murder and drug addiction problems amongst adults as well as the youth. JOF was invited through long time friend, Rev. Rosemary Rhae, to begin dialogues, lecture, and do a workshop on Forgiveness for the community in May under the auspices of the Unity Church. We were also asked to visit the school there.

Rev. Pearl Davis, the local minister, had started the school for lower income children sixteen years ago out of her own heart and home. Currently, over 400 are in attendance grades K-6. The school is housed in an old building four stories high where children and teachers are crowded into makeshift rooms with cardboard walls separating the grades and severely limited teaching resources. The only place for exercise is on the concrete roof, which doubles for an outdoor classroom for the sixth graders. It was remarkable to see the love and the learning and the ingenious creativity that can take place under such crowded, limiting conditions. We attended all the classes and were inspired by both the dedication of the teachers as well as the enthusiasm, attention, and motivation of the students.

Offering a public lecture, a workshop, and private sessions, the days were filled. Many professionals from various disciplines traveled 5 to 7 hours to attend the three days of events. There were three busloads from as far as Kingston, where social challenges are even greater. Interest in starting Centers for AH in both cities were expressed and, to date, facilitators from Montego Bay have been trained at the main Center in Sausalito, CA. and have begun weekly AH support groups for the community.



Children are our teachers of joy and innocence.



HEALING TOGETHER: HOW TO BRING PEACE INTO YOUR LIFE AND THE WORLD

Following September 11th for about eight weeks, our son, Lee Jampolsky, Ph.D., a psychologist, was inspired to write night and day about traumatic events in our lives that can become opportunities for Spiritual Awakening. The result was published on September 11, 2002 by Wiley.



YEARS END

The Jampolsky Outreach Foundation continued its tradition of mentoring, giving consultation, and providing other various levels of leadership and support to emerging as well as established Centers for Attitudinal Healing as part of the 150 independent Centers network located in 26 countries on 5 continents.

Scholarships in 2002 for diverse trainings in Attitudinal Healing were provided through the Center for Attitudinal Healing – Sausalito, California to individuals from Croatia, Russia, New Zealand, Japan, Argentina, Canada, Hawaii, Jamaica, Northern Ireland, and England.

The worldwide response of humanitarian, educational, conflict resolution, and support work in Attitudinal Healing 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 ongoing development of the www.ForgivenessWorks.org website has been made possible through inspirational support of Hal and Dorothy Thau.

Support for special projects of the Foundation was also received from Robert and Lexi-Brockway Potamkin, Steve and Denise Goodfellow, Larry and Joyce Stupski, Fred and Chris Matser, Arthur and Peggy Jampolsky, Larry and Phyllis Girard, Warren Wertheimer, Edward and Carole Rudman, and Dale and Liz Edlic.

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

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