

Attitudinal Healing Person-to-Person Program: Attributes and Affirmations

Dear Person-to-Person participant,

In thinking of how best to describe the essence of the Person-to-Person Program of Attitudinal Healing, what came to mind is to let the attributes of the relationship speak for themselves. With this in mind, the following forty attributes are affirmations to help guide and develop your Person-to-Person experience. To set the purpose of your time together, you may find it helpful to start each meeting by reading several affirmations aloud to each other. Similarly, I've created a series of guided audio recordings of the affirmations for you to use similarly. The written affirmations and recordings can also be broadened to every interaction in life, bringing the essence of Attitudinal Healing to all your relationships.

With Love,

Lee Jampolsky

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1. Our unhurried presence is always the greatest gift to each other.
2. We take time to experience the light of love in each other beyond words, valuing being silent and connected.
3. Our kindness and compassion toward each other facilitate our growth and healing much more than offering advice.
4. We acknowledge each other's pain and know that life sometimes brings suffering. But we also see and hold each other's hearts gently beyond pain and suffering.
5. We offer each other tenderness when the world feels harsh.
6. We authentically let each other know who we are and how we are, creating a safe place to be.

7. We see the light of love in each other when we are patient in our discussions, even if we see things differently or don't understand.
8. Amidst challenging times, we recognize one another's hearts and hear the call for love.
9. Beyond the most challenging circumstances, we see beautiful light in each other and all life.
10. We create and develop the rarest of relationships—one with only genuine goodwill for the other, no matter what happens.
11. We show each other our heartbreak and share our challenges trustingly. Together, our grounding in the power of unconditional love heals despair.
12. We join as equals to learn about the power of love. We are happy learners and teachers with one another.
13. We share a knowing that is beyond this world, beyond beliefs, beyond death, and beyond the constraints of time.
14. Being together reminds us to extend tenderness and forgiveness to each other and the world.
15. Through shared vulnerability, we see life differently, beautiful and miraculous.
16. We decide each time we meet to continue extending love and see each other as whole and complete.
17. Together, we find warmth and empathy kindled from compassionate listening.
18. With the acceptance of one another, absent of judgment, we encourage each other through life to trust the deep well of love and wisdom beyond our fearful minds.
19. Unconditional love with one another takes us to the realization and experience of the interconnectedness of all beings.

20. We speak to one another with mutual respect and gentleness, even when fearful or acting poorly in our darkest moments.
21. When we falter, we ask for help.
22. Our relationship does not come from a script, plan, or role; it unfolds on the pages of life, raw and honest, messy, sometimes elusive, but always loving when we are vulnerable enough to see and welcome each other's hearts.
23. We value simple moments of love over extended intellectualizing.
24. When unsure or lost, we pause to close our eyes and inhale and exhale together, seeing each other in the light of love.
25. Our relationship is devoted to recognizing and loving ourselves in each other.
26. Seeing the light in each other is more important than finding the right words to speak.
27. An attitude of kindness and compassion is more important than having answers, giving advice, or making external changes.
28. Rather than playing it safe or worrying about appearances, we are willing to be vulnerable and authentic with each other.
29. We seek to go beyond the way others may define us. We join together to release our past pain and focus on giving and receiving love.
30. Through our relationship, heartbroken is transformed into heart opened.
31. Though we may be in pain, we discover nothing is broken, missing, or damaged. Instead, through our relationship, we realize we remain whole.
32. Our relationship is devoted to discovering that within us, within all life, there is a place that never changes, a place that exudes peace, a place kept safe for us that is shining with love and tenderness that can start our days anew.

33. Through our relationship, we discover our genuine desire is to let go of fear to live and give from love.
34. Our relationship is devoted to being in the present moment, no matter where we are or the situation. We find peace in the space between tears, the next words spoken, and the last breath taken.
35. We join to listen to the whisper of love within every moment of life. Love speaks to us if we listen and lifts us during our darkest moments.
36. We don't underestimate the effect of our most precious gift, our attention. When we enter the moment mindfully—witnessing without judgment—love blooms in both our hearts.
37. There is no moment more important than this one that we spend together. We discover through our time together that our life and happiness are always found in the now.
38. When we overfocus on our problems, we will miss the solution. So we come together with an openness that whatever the situation, love and kindness will always show us the answer.
39. We discover together that in the simple act of extending love, we make the moment sacred.
40. We don't define each other by a diagnosis, problems, or character flaws. Instead, we focus on and acknowledge the core of who we are—love—no matter how well hidden by pain and challenges. Approaching each other in this way becomes the foundation for healing and growth.