

# THE JAMPOLSKY OUTREACH FOUNDATION JOURNEY

December 2004

*"Attitudinal Healing is taking responsibility for healing our own minds and hearts and for having harmony and integrity in all that we think, say, and do."*



*Trish Ellis, Director of both the Hawaii CAH (all Islands) and the International Network of Attitudinal Healing Centers, accepts the formal Proclamation from Maui Mayor Alan Arakawa as part of The Cities of Forgiveness Project begun by JOF in 2004. He officially declared Maui County (including Maui, Lanai, and Molokai) "a county that embraces the concepts of forgiveness and reconciliation as important community values."*

## CITIES OF FORGIVENESS

The Cities of Forgiveness Project was created by the Jampolsky Outreach Foundation in 2004 and adopted by the Hawaii Forgiveness Project of which they are co-founders. It is simple, easy to understand, and inexpensive. Namely, cities and towns, counties and states around the world are joining with each other one by one by declaring themselves, "Cities of Forgiveness," etc.

The premise here is to go in the direction of releasing personal and cultural past hurts in order to envision the potentials of a positive and peaceful future. The purpose is to raise the consciousness of forgiveness in each of us on a community level.

Our vision is to raise the consciousness of forgiveness in each of us with the notion that as we focus on forgiveness in our own lives and in our own communities, the world that we see can change.

The presentation of forgiveness in non-religious terminology and as a primary psychological tool to release the individual from inner anger, rage, blame, pain, and depression is the key to its broad appeal and successful, ecumenical, and cross-cultural applications.

## HAWAII CAH GROWTH

For the last six years JOF has mentored and supported growth in the Hawaii CAH as well as the international network of all Centers. In 2004 Trish Ellis, Director of the International AH Network for many years, expanded her work to accept the position of Executive Director of the Hawaii Center. Located on diverse Islands, many facilitators have been trained and numerous groups have begun in response to the needs of the community.

Specific groups in Hawaii that have emerged this last year include Bereavement, Healing Relationships, Person to Person, Seniors, Chronic Illness, Weight Management, Prison Staff, Military Spouses, and Residential Mental Health Support. Groups are held at the Castle Center for Attitudinal Healing at the Castle Medical Center as well as throughout the Island of Oahu and, soon, the Island of Kauai.

## JAMPOLSKY OUTREACH FOUNDATION

*JOF has served to support the work of Drs. 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, and governments who wish to incorporate the Principles of Attitudinal Healing and 'practical spirituality' into their personal, professional, and/or community lives. JOF is a non-profit 501(C)(3) supported solely by donations.*

Forgiveness does not mean in any way condoning others behaviors or undermining the place of justice in society.

It simply allows the 'injured person' to access additional choices to set them free from past hurts that dominate their present life and discolor the future

with fear, distrust, and hopelessness that anything will change.

Forgiveness is the change agent for each individual, each family, each community, each city, each state, and each country to free itself from the negative bonds of the past, to fully express in the present, and to envision hope for a peaceful and abundant future.

## INTERNATIONAL FORGIVENESS DAY

The Hawaii CAH and The Hawaii Forgiveness Project sponsored the 2nd Annual International Forgiveness Day in Hawaii. It began in 1997 through the vision of its founder, Mr. Robert Plath, an attorney from California and long time member of the International Center for Attitudinal Healing in Sausalito. Governor Lingle has proclaimed International Forgiveness Day in Hawaii.

Hawaii is one of many places around the world celebrating forgiveness and the goal is to establish International Forgiveness Day as the FIRST global holiday annually on the first Sunday in August by the year 2010 where 300 countries around the world will transcend our perceived differences to bring about a healing, wholeness, and peace that we can all embrace.

The focus on forgiveness is unique for a "holiday" because it truly brings together diverse groups to a place of common ground where we can experience our connection to each other. Forgiveness is always a CHOICE, simple yet often difficult to do. Honoring Heroes of Forgiveness helps to remind us that this choice is one of, if not the most important, life skill we can practice in our daily life with everyone we come in contact with, including ourselves.

We (Jerry and Diane) were honored as Heroes of Forgiveness in 2003 in San Francisco. We are specially moved with the recipients this year and decided to share one of their inspiring stories.

(continued on back cover)



*Steve Backman receives a lei from Dr. Diane Cirincione. Backman was recognized as a forgiveness hero yesterday during Hawai'i International Forgiveness Day events at Central Union Church on August 1.*



*In October Drs. Jampolsky and Cirincione were featured on the international show, *The Hour of Power at the Crystal Cathedral*. They were interviewed by Rev. Robert Schuller about Attitudinal Healing and the book, *"Forgiveness, The Greatest Healer of All."**

## PRO ATTITUDE

### THE PROBLEM

A stressed-out work force is incapable of high performance or meaningful collaboration. Stress is the greater part of why morale is low, why teams can't reach decisions, and why goals are not met. Stress negatively impacts efforts to improve company communications, creative innovation, and absenteeism.

### THE SOLUTION

Drs. Jampolsky and Cirincione have been consulting with the International CAH for the last two years in helping to develop the A.H. program, *PRO attitude* for businesses and organizations. The Center now offers highly effective workshops that teach attitude shifts that end stress. Instead of stress management or reduction techniques, they get to the core of the problem. Workshop graduates return to work more positive, calm, and energetic. As they use the practical tools of Attitudinal Healing, they cultivate a more engaging and resilient attitude. This leads to improved team relationships, higher performance aspirations, and greater self-confidence. All of this inevitably lifts people to a higher potential for sustainable success.



To find out how *PRO attitude* can help your Company or organization, contact the CAH at (415) 331-2249 or visit [www.pro-attitude.com](http://www.pro-attitude.com)

## HAWAII STATE HOSPITAL

In March we had a most powerful learning experience that helped reinforce some of our original beliefs. We gave a talk on "Forgiveness, The Greatest Healer of All" at the Hawaii State Hospital located in Kaneohe, Hawaii. The audience was filled to capacity and intentionally comprised of a mixture of patients with mental illness and members of the staff.

Before we began there was some entertainment. A Hawaiian man with a beautiful falsetto voice played the guitar. He accompanied seven women from the local "halau" (a Hawaiian dance group) who performed hula with a most sacred quality. The unique composition of the halau was both residential patients as well as staff members – a first for sure.

What was fascinating to us was that it was impossible to tell who were patients and who were staff members in the performers or the audience. It felt to us that they were all one family without any categorizations.

We knew that many of the patients had been at this hospital for years with a variety of diagnoses such as Schizophrenia, Manic Depression, as well as various other diagnoses for mental illness. Some had committed violent crimes and were there for forensic reasons. But in this situation the costumes of their diagnoses and the labels of who they were was not evident. What was evident was the light and love in everyone's heart.

It was like homecoming for me (Diane) for I had been an intern at this hospital in 1995/96 and felt my experience there was one of the most important learning experiences of my life. The course in Attitudinal Healing I co-created with patients continues to be taught to this day.



*Students from the Fisher Island Day School, ages 4 through 10, enjoyed Jerry and Diane's reading their children's book, "Me First and the Gimme Gimmes."*

## MIAMI, FLORIDA

Early November found us in Miami for a variety of reasons. The first was certainly the sweetest when we spent time at the beautiful Fisher Island Day School, founded through the vision and support of our dear friends, Robert and Lexie Potamkin. It is distinctly "the primary school of the future" where there are plans to mainstream the model into other private as well as public schools. The positive use of leading edge technology blended with a holistic approach to learning and school management make it an extraordinary experience for all who enter there.

JOF has been asked to support the growth of the school by integrating Attitudinal Healing as a generic part of the core curriculum as well as the organizational behavior. At the same time, parents of the school have begun to join in learning how they can support staff, the children, each other, and themselves by using The Principles of Attitudinal Healing throughout their lives.

Each of the sessions, with the children first, then staff and teachers, then parents, were unique and, yet, interconnected with the others. JOF has made a permanent commitment to The Fisher Island Day School to mentor and support its growth, development, and replication to other schools.

We look forward to fulfilling their request to integrate Attitudinal Healing into the very fabric of this inspiring enclave of learning.

For more information on FIDS visit their website at [www.fisherislanddayschool.org](http://www.fisherislanddayschool.org)

Florida International University Department of Religion and Spirituality hosted a reception for us at the office of the Provost followed by an evening event. We lectured on our book, "Forgiveness – The Greatest Healer of All" to a capacity audience. The head of FIU at Biscayne Bay was most interested in Attitudinal Healing and has asked us to follow up with him on how these concepts might be adapted within the University setting for students, faculty, and staff. FIU is the most racially diverse and integrated university in the US with two campuses and 34,000 students.

Our last event was at the Mt. Carmel Spiritual Life Center which was amazing as well. Father Gomez, the Director, is dear friends with the founder of the Center for Attitudinal Healing in Havana, Cuba, Father Marciano Garcia who recommended we come. It was a profound seminar summed up by the experience of one of the participants, a man formerly from Haiti. He had been guided to come to the Mt. Carmel Center every day for the last three weeks, but never knew why. Father Gomez confirmed the man's presence as well as his confusion as to why he was coming there. At our seminar Raoul came to understand clearly why he was there and shared the following story.

Born in Port-au-Prince, he lived his life without his father who was exiled by then President Duvalier, who had grown up with him since childhood. No matter what Raoul did, his anger and bitterness towards the ruler ultimately affected his personal and professional life in negative ways.

Raoul gradually lost his wife and children and his job. He later came to work and live in Miami and became part of the Haitian delegation. At an event with Senators and other dignitaries, as part of his job he came face to face with Duvalier. As he approached him, Raoul's anger and rage boiled to the top and he felt the deep seeded hatred rise up in a way that he wanted to literally reach out and kill Duvalier. He certainly was large and strong enough to do so.

Raoul approached the President slowly and said his name and his exiled and now deceased father's. As soon as he said it, Duvalier looked strait into Raoul's eyes and began to speak. "I have been looking for years for your father and his family to say that I am deeply sorry for all the pain that I have caused him and his family. I apologize to you and your family for all that I have done."

Raoul's entire being relaxed and he felt the years of pain leave him. He was stunned that it could all change inside him in just an instant. He related to us that he now sees that Attitudinal Healing can help people heal inside even if they don't have a reconciliation or apology. Ralph has joined with Father Gomez and others to begin a Center for Attitudinal Healing in Miami with the seeds sewn at the seminar.

## INTERNATIONAL AH COMMUNITY

JOF continues to assist in supporting the position of the Director of the International AH Network. This includes the creation in 2004 of the electronic, on-line, and on-going newsletter summarizing various experiences, events, and growth of Centers on five continents. Interactive on-line discussions have been able to bring together those from remote locations to continue to teach and learn from each other.

## CECURA QUERETARO'S 10TH ANNIVERSARY CONFERENCE IN MEXICO

Dear Jerry and Diane,

We are very happy to tell you that we had a very good success at our 10th Anniversary Conference celebration of the founding of our Center using your techniques about Attitudinal Healing. We had a full auditorium at the Museo Regional with over 300 in attendance.

Among the people invited, there were government authorities, hospital personnel, industry and commerce people, Catholic Church representatives, businessmen and women, educational entities, non profit associations, etc. as well as the other Cectura (CAH) representatives from Centers in all of the other States of Mexico.

Cectura Queretaro is today a non-profit corporation and has a Board of Directors that meet monthly to direct the Center in how it can grow and be helpful to more and more people.

On behalf of the Board and all of us here in Queretaro, we would like to Thank You both for your personal assistance, supportive words, and generous funding you assigned to our celebration. Because of your help we were able to also gain financial support in the community. We look forward to our next 10 years and all that it will bring to our people.

Respectfully and gratefully yours,

Tere Valero, Armando Birlain, Monica Cobian  
Founders, CAH - Queretaro

## CROATIA AH VILLAGE

We would like to share what is happening here in Croatia. We, Renata and Maja, visited the site of the future Center, situated in the small village of St. Martin in the northwest of Croatia. The initiative is well under way for establishing a Center for Health Helianum aimed to provide psychosocial support based on The 12 Principles of Attitudinal Healing to the terminally ill, the handicapped, war veterans with Post Traumatic Stress Disorder (PTSD), and people with special needs.

We met with all relevant people who are going to put this idea to work. The mayor is going to donate a large piece of land on the banks of river Mura where we plan to prepare premises for housing.

Our local partner is the largest association in Croatia for people with severe illnesses. It was agreed that it will apply the Attitudinal Healing approach, provide education, workshops, support groups etc.

*The village has many other advantages: thermal waters and a spa, hills and meadows, rich ethnic heritage, ecologically protected, various sport facilities, fishing, rafting etc. The photos will be sent to you as soon as we get them. We would like to exchange ideas and continue to learn from others who share the same vision and dream about it becoming a reality.*

Love and peace,

Maja, Renata, Melita, and Vesna  
Founders, CAH - Croatia

## BRAZIL CAH EXPANDS

Centro Para Cura das Atitudes will sponsor programs in San Paulo and Brasilia for Jerry and Diane next May in Brazil. El Centro also does workshops and groups in the cities of Natal and Fortaleza. Their weekly support groups include the local hospital in San Paulo for patients with chronic pain. They train group facilitators each month as well as conduct support groups for prisoners who are incarcerated nearby. We look forward to our visit to Brazil as well as Buenos Aires, Argentina.

## ENGLAND SATELLITE GROUPS

The England CAH has expanded its Facilitator Training and "satellite groups are opening all over the country now" according to Founder, Lindsay Willcocks. JOF initially supported development of the Center which now has the intention to secure a permanent location in London this year. They have successfully developed a Forgiveness Training Model now being offered to other Centers worldwide.

## INNOVATIVE APPLICATIONS OF AH IN THE WORKS INCLUDE:

- The new Families for Attitudinal Healing Center is now teaching Attitudinal Healing at Monterey Peninsula College Sociology Department in Monterey, California.
- Video-conferencing support groups connecting those in need in remote areas from Maine are currently being developed.
- An interactive on-line attitudinal healing course is being developed at the Grand Rapids CAH
- A weekly radio show is now broadcasting Attitudinal Healing throughout Chiapas, Mexico.



Oahu/Kauai CAH facilitators celebrate Hawaiian style

## CHOOSING THE BRIDGE OF FORGIVENESS OVER FEAR

We are convinced that if we are to find inner peace in a world that often times seems chaotic and insane that it will be through forgiveness. Over time people have come into our lives and appear again years later to remind us of how important it is to focus our vision on the Bridge of Forgiveness.

Many years ago as a young psychiatrist I, Jerry, had a patient who was a 35 year old single woman. In the early 1970's she was deeply depressed and on occasion had suicidal preoccupation. She lived in San Francisco and crossed the Golden Gate Bridge each week to get to my office on the northern side. She often stated that she thought she might commit suicide by jumping off the Golden Gate Bridge.

My patient had become the mistress of a successful and well known business man. The relationship had gone on for ten years. He was married and kept saying he was going to leave his wife at any moment, but never did.

The anger and feeling of self-imposed victim hood began to build up in her. In therapy she began to realize that the anger she had towards him had gotten transferred into self anger and self loathing. Her suicidal preoccupation was actually related to her intense anger towards him. She was able to forgive herself for having stayed in that situation... and to forgive him and move on in her life as she decided to move to another city.

One early morning this past winter as Diane and I were heading to the airport, we were driving across the Golden Gate Bridge. As the attendant took our money, she hollered out, "Dr. Jampolsky, Do you remember me? I was your patient who was always thinking about jumping off the Golden Gate Bridge and look at me now!" My ex-patient was full of joy and a zest for living. We often see her these days as we drive across the bridge and continue to look at each other with the fullness of gratitude and amazement.

This toll taker on the bridge remains a wonderful reminder of how we can learn to change our minds and then change our lives. The Golden Gate Bridge has become for her a bridge of forgiveness as she had climbed her mountain and let go of her fear.

[www.AttitudinalHealing.org](http://www.AttitudinalHealing.org)

May  
Every  
Step  
You  
Take  
Be One Of  
Forgiveness

JOF has created "shoe inserts" that go inside the shoe to help all remember that forgiveness is one of the most valuable choices we can make. The shoe insert is for "healing your sole!"



*Drs. Jampolsky and Cirincione were the recipients of The 2004 Light of God Expressing Award at the International Conference of Unity Ministers in Minneapolis, Minnesota*

## 2004 AWARDS TO JOF

Light of God Expressing Award – this award was presented to Jerry and Diane on Thursday, June 17th at the International Association of Unity Churches convention in Minneapolis. They were also honored with the 2004 Golden Works Award, presented to Jerry and Diane on Tuesday, July 27, by the Church of Religious Science International as part of the "Awakening Humanity Conference" at Asilomar in Monterey, CA. On August 7, Jerry was specially honored in Anaheim, CA. for the launch of the 25 year Special Edition of his classic book, "Love Is Letting Go Of Fear" at the Annual MDC Conference.

## PUBLIC TELEVISION PROJECT UPDATE

Three years ago we envisioned the creation of a 90 minute prime-time PBS program on the subject of Forgiveness. The purpose was to raise the consciousness of the power of choice around forgiveness in the world and to encourage deeper integration of it as a tool for experiencing both inner and outer peace in everyday life. To date the production team under award winning filmmaker, David Kennard, has been brought together and is working well; initial funds have been raised for the preliminary portion for PBS approval; final funding is being secured for the rest of the film; and pilot filming has been completed in three locations including interviews with the Dalai Lama in India and Richard Gere. The project continues with hope and creativity.

## INTERNATIONAL FORGIVENESS DAY

(continued from front)

### 2004 Heros of Forgiveness

In 1995, Steve Backman's life was spiraling downward in a daily ritual of cyclical drinking and a cry for help. Little did he know that his cry for help would soon be heeded through a head-on automobile collision that nearly killed an innocent victim, Chris Loukas. Six weeks after the accident, Steve visited Chris against the family's and attorney's wishes, and was given the gift of forgiveness by Chris, an act that transformed Steve's life to soberness and peace. Both of the men and their families have since developed a strong bond of friendship and share their story so others can find the miracle of forgiveness in their own lives.

## "YOUR ATTITUDE IS EVERYTHING"

The father of the first child who died at the first Center for Attitudinal Healing in Tiburon, CA., Brete Harrison, an old friend, came to us in 2002 to offer the possibility of bringing Attitudinal Healing to a larger audience through print media.

Two years and much work later, current plans are to begin producing a weekly, internationally, syndicated newspaper column in May 2004 titled *Your Attitude Is Everything*. It will cover numerous subjects applicable to everyday life for varying age groups and span one quarter page.

*Your Attitude Is Everything* will be distributed by one of the largest syndication groups in the world and intends to answer questions, expand possibilities, and offer ways that shifts in attitude can alter not only experiences, but actual lives. It will help people understand the power of their thoughts and attitudes in creating their reality. It will help them take fuller responsibility for their happiness, discover new ways to make choices and change, let go of blame and grievances, learn the power of forgiveness, and so much more.

The diversity in column topics is an endless spectrum. Examples include overcoming everyday anxiety; single parent overload; adult children as caregivers; issues and attitudes about aging; teenage challenges; how to talk to a dying friend; dealing with a spouse who has an affair; coping with terrorism; what to do about an overly critical boss; and anger and its effects on our health - just to name a few. The column will also include thoughts for the day, helpful suggestions, and the wonderful opportunity for us to refer books and websites on related topics.

## ATTITUDINAL HEALING CELEBRATES 30 YEARS IN 2005

Upcoming events to celebrate the founding of the first Center for Attitudinal Healing by Jerry and Friends will culminate October 21-23, 2005 at the International Conference on Attitudinal Healing. It will be held for the first time in conjunction with the Annual Fall Fantasia Gala fundraiser for the International CAH in Sausalito. The three day event will take place at the Marin Civic Center and Marriott in San Rafael, CA., located just ten minutes north of the founding Center. Drs. Jampolsky and Cirincione will help host the events and on behalf of JOF, assist in the strategic planning throughout the upcoming year.



*The Annual CAH Gala fundraiser is held at the Marin Civic Center in San Rafael, CA. each October. Jerry dances the night away with two of his favorite young ladies, granddaughters Jalena (15) and Jacquelyn (18) Jampolsky*

## YEARS END

The Jampolsky Outreach Foundation continued its tradition of mentoring, giving consultation, and providing other levels of leadership and support to emerging as well as established Centers for Attitudinal Healing as part of the 150 independent Centers/Groups network now located in 30 countries on 5 continents.

New Centers and Groups were established this year in various U.S. cities as well as in Canada (Alberta, Calgary and Waglisla), Australia (Hobart, Rosario and Tasmania), England, Cyprus, and Mexico.

JOF scholarships in 2004 for diverse trainings in Attitudinal Healing were provided through the International Center for Attitudinal Healing in Sausalito, CA to individuals worldwide.

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](http://www.ForgivenessWorks.org) website has been made possible through inspirational support of Hal and Dorothy Thau.

Support for special projects of JOF was also received from Larry and Joyce Stupski, Robert and Lexi-Brockway Potamkin, Fred and Chris Matser, Arthur and Peggy Jampolsky, and Larry and Phyllis Girard.

**Please consider a tax-deductible donation to support the work of the Jampolsky Outreach Foundation, a non-profit 501(C)(3).**

Gerald G. Jampolsky, M.D., Founder, The Center for Attitudinal Healing  
Diane V. Cirincione, Ph.D., President, Jampolsky Outreach Foundation

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