

THE JAMPOLSKY OUTREACH FOUNDATION JOURNEY

December 2007

"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."



The Annual Fall Gala fundraiser to support the ongoing free services for the International Center for Attitudinal Healing was a huge success this year, with "Remembering the Summer of Love" as the theme. Jerry and Diane above at the Gala.

INT'L CENTER FOR AH, ANNUAL GALA

The annual gala was held on October 27, 2007. The theme this year was the 1960's *Remembering the Summer of Love* and it was a fun-filled night. The Jampolsky Outreach Foundation was involved in helping produce a new video for the event that shares the heart and work of the Center. The night of the event, Jerry said that one of the benefits from practicing the Principles of Attitudinal Healing is learning not to take yourself too seriously. As you can readily see from the photo, we did our best to demonstrate just that on the night of the Gala.

CASTLE MEDICAL CENTER, OAHU, HI

The Castle Hospital seminar expanded the use of Attitudinal Healing for both employees and the general public. *Your Attitude Is Every Thing* was the main theme and the event was filmed for local cable television. A few main points included the concepts that our attitudes determine whether we feel fulfilled or empty, wealthy

or poor, happy or sad, accepted or rejected. It is the rudder of our ship that determines how we will experience our lives. Attitude is more important than how much education we have; how clever we are; the level of our particular skills; our past accomplishments and future prospects or how much money we have in the bank.

Throughout our lives, the attitudes we have influence all of our relationships. It is the most important factor in a life well lived versus one that is a constant struggle. Current research suggests that positive attitudes about aging are a greater factor than wealth, gender, or even our cholesterol level in adding actual years to our life.

THE POWER TO CHOOSE

We have been fortunate to be in a place to open doors to educational programs for students of all ages. From our years of extensive work in the state of Hawaii, we were able to introduce two of Oahu's largest schools to the idea of incorporating the Attitudinal Healing program for youth, The Power to Choose, into their curriculum. The administration, staff, and parent's association representatives with whom we met from Campbell High School and Farrington High School enthusiastically supported the new possibilities.

We subsequently invited the staff from the International Center in Sausalito as well as the Hawaii Center for Attitudinal Healing to facilitate the ongoing programs. These schools are acting as pilot programs for others ones in Hawaii.

Campbell High School is one of the largest high city schools in Hawaii. A few years ago, the principle was awarded "Best Teacher of the Year" for the country. Her incredible attitude and creative dedication inspired her

to make the decision to initiate The Power to Choose Program the first year with the most challenged students in the school—those that had serious behavior problems and many with criminal records. These programs include anger management and emphasize that every moment each of us have choice in what thoughts we put into our heads and how we are going to react in any given situation.

This fall during one of the big football games with a major rival school, it looked like there was going to be a huge fight between the kids in the stands. We were told that a few of the kids from the 'challenged students' class and The Power to Choose Program jumped out in front of everyone and got between the spectators from both teams saying that "there's another way and we don't have to fight. It's our choice."

In the past, these students would more than likely have been the ones to initiate the violence. They stopped the fight and both principles of the different high schools

credit these kids for stopping what could have been a disastrous incident.

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.

SEDONA TALK RADIO

We are in the test stages of the launch of a monthly interactive internet radio show that has the capacity

to include an international audience. The dates and times of the program will be posted on our new website (see page 3). The name of the show is "Conversations on Attitudinal Healing with Drs. Jerry Jampolsky and Diane Cirincione" and may be found at www.SedonaTalkRadio.com. Podcasts of all previous shows are downloadable free whenever you would like to listen. Please join us online.

ATTITUDINAL HEALING CONNECTION GROUPS

For the last 18 years the Attitudinal Healing Connection has been the Center serving the West Oakland community. Their outreach includes many school programs as well as after school. Their drumming and Art Esteem programs have been award winning. We consistently participate in their activities whenever possible. This year the Jampolsky Outreach Foundation created an annual award to support the most promising of the participants in the Annual Art Esteem "Heroes" Show to help further his/her creative endeavors.



NATIONAL HISPANIC UNIVERSITY

In September of this year we were invited by musician and world peace advocate Carlos Santana to join him at the National Hispanic University. It is the first Hispanic University in the country and there are long term goals to duplicate this excellent institution in other communities throughout the country. Located in San Jose, California, it hosts a four year university and a high school. On the drawing boards is a graduate program as well as grade school and preschool.

Carlos, who has been deeply touched by Attitudinal Healing, was interested in the University starting a class in Attitudinal Healing called "Live Your Light." We met with the President and Provost and many of the faculty members. They were excited about the application of The Principles of Attitudinal Healing in the curriculum and plan to incorporate it into the freshman class curriculums of both the high school and the university. We, as well as others from different Centers including ones in Mexico, will participate throughout the upcoming year. The core curriculum will act as a prototype for other schools.

MEXICO CITY CENTER FOR AH

The Center in Mexico City will be celebrating its 20th anniversary year in May 2008. We have been blessed to celebrate each of the five year anniversaries with them since their founding in 1988 and this one will be no exception. We have asked the Center's founder to write a few words about the history and activities of the Center which JOF has helped support this year and in various ways throughout the years.

"Our Center in Mexico City is named CECURA. I am Maruja Candano, Co-founder and Executive Director of CECURA since its birth almost twenty years ago.

We are rejoicing on advance because Jerry and Diane will be with us and lots of people here are looking forward meeting them and knowing more about Attitudinal Healing and how it is being used around the world.

Today we have five Centers for Attitudinal Healing in Mexico City alone and we have helped to start Centers in ten more cities all around our country and another one in Houston, Texas for Spanish speaking people. But it was not that way in the beginning, when we started as a small group of 14 people.

The story goes like this: My husband Gerardo, an attorney, and myself (Maruja), had read Jerry's book *Teach Only Love* right after Gerardo's cancer diagnoses. It was so helpful during the whole process that after being declared in remission two years later, we dreamed about having a Center in Mexico .

While in San Diego in a business trip, we called Jerry to see if he could receive us in Tiburon and to our surprise, he said YES! It was one of our most wonderful weekends! We met him and talked for hours that seemed like minutes.

On Monday we visited the Center and were very moved, because we participated in an AIDS Support Group. Then Phoebe Lauren, Marilyn Robinson and other wonderful people from the Center in Tiburon gave us as much information as possible and offered to come to Mexico when we were ready, so we came back full of enthusiasm and hope.

Phoebe kept her promise and came four times, working endlessly with us and Marilyn kept in touch by phone and e-mail. Our deep gratitude for them! After a couple of months with some of the friends that had answered to our invitation, we went to Tiburon, California for the Facilitators

Training and upon arriving back home, we started a study group to get ready to open our Cectura.

One day, almost a year later, a woman begged me to start a group for her daughter who had lupus. We didn't feel ready, so I called Jerry for help. I did not forget his answer: *"Don't be afraid, because those who come to your group will be the teachers you need."* He proved to be right and with that in mind there were no limits for our work.

So for many years now we have been offering groups for ill persons, for their families, for teen-agers, and for person to person groups supporting people with different life challenges.

For the first 14 years we held the groups in different places. And six years ago one of the co-founders offered us a place so at last we were able to have our own address, library, book sales, and the permanent space to give some workshops.

Different group participants have been trained as facilitators and they have started four other Centers in Mexico City, including one for elder people in a government facility. So now we are able to offer many groups within our large city, and we are able to keep in close contact between all of us.

Besides the many weekly groups, we offer twice a year a Facilitator's Training and a Workshop on Attitudinal Healing. Also we offer several times a year different workshops including The Magic of Forgiveness; Interpersonal Relationships - a Master in Love; From Words to Silence (To Find Peace in Yourself); and Awake to a Different Way of Seeing Your Life.

The workshops are offered sometimes in Mexico City and some other times in different States of our country. The most recent ones were held in Veracruz, Ver, attended by 70 persons; in Houston, Texas, attended by 90 people and in Torreon, Coah, attended by 400 persons .

Our Continous Educational Program received the Jampolsky Award, and several years after that, another program received it too called "Attitudinal Healing As A Spiritual Path." We have also helped start Centers in 10 States in Mexico, and in several of them we return once a year for their anniversary to give a workshop open to everybody and to give a facilitators training to their staff.

For the last fifteen years I have participated in a weekly radio-program on Attitudinal Healing broadcast to a large audience. Several times a year, upon invitation, I also

give lectures and workshops to different Associations and Hospitals,

Jerry and Diane were invited to lecture and give workshops on Attitudinal Healing in two different cities in Cuba. A year later upon Jerry and Diane's request, my husband and I also went to Cuba with Carlos and Lucero Aguirre from the Center in Guadalajara. There we did many volunteer and facilitator trainings as well as counseled on how to run a Center, etc. We still keep in touch with the Cubans who have Centers in both Havana and Santiago de Cuba.

Before my husband's death in 2005, we also gave many workshops on Attitudinal Healing to poor peasants and indigenous people in different rural zones of our country. We verified how universal is the application of the work of Attitudinal Healing.

A book Gerardo and I wrote about our journey since we were introduced to Attitudinal Healing so many years ago called "My Cancer, A Gift In A Fancy Wrapping," has an Introduction from Jerry, which we deeply appreciate, and has been another useful tool for many people in facing illness and death.

So now we are preparing to celebrate, as I told before, "Twenty Years As Bridges Of Peace," which we also intend to be a gathering with the other Centers in Mexico and with those groups out of our country that speak Spanish. We now have a Scholarship Fund so Cubans and Mexicans that are not able to pay for the trip, might be able to come and join us. If you are interested in cooperate, please let us know.

Our e-mail is cecura@yahoo.com and our Web Site is www.cecura.org.mx, in case you want to know more about us or have a look in our monthly article that has been appearing for three or four years now.

I want now to thank Jerry and Diane and their Jampolsky Outreach Foundation for helping with the conference and some scholarships. And I want to thank all the people of the International Center for Attitudinal Healing who have supported our Center and myself in many difficult moments throughout the years and have always been there for us.

May the peace of God be with all of them and with all of us because peace in the world starts with each of us!

Maruja Candano

CECURA, Mexico City

A MINI COURSE FOR LIFE

One of the books we wrote this year is *A Mini Course for Life* which has a forward by Carlos Santana. It is an expansion of a booklet and cards titled *To Give is To Receive: An 18 Day Mini Course in Healing Relationships and Bringing About Peace of Mind*.

As a primer for Practical Spirituality, *A Mini Course for Life* includes 18 Daily Lesson Cards and concepts in Attitudinal Healing. The Principles in this book have proven to be effective for individuals and in Support Groups and Centers for Attitudinal Healing around the world for nearly three decades.

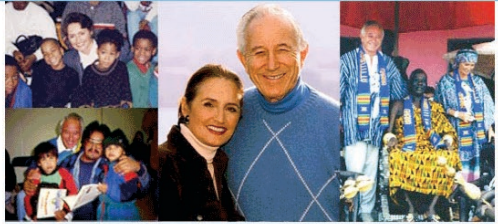
This self-taught course works for all ages from adolescents on and has also been successfully used in dozens of diverse cultures. These universal principles are condensed into a short and simple format that can profoundly affect one's own life and the lives of those around them in the most positive ways.

A Mini Course for Life is available in book form in English and as a downloadable, printable book in both English and Spanish from our new website. Japanese and Chinese versions are currently being translated and other languages are planned. To order any of our books as well as the new eBook versions, please go to www.jerryjampolsky.com or www.dianecirincione.com.

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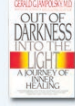
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Jerry Jampolsky, M.D. & Diane Cirincione, Ph.D.



"You're Attitude Is Everything and it determines how you experience every aspect of your life. You cannot always control what happens to you in the world, but you do determine how you react to it many times a day by your attitude."

Books, etc.

and more!

Welcome

Thanks for joining us at our new, official online home. We are happy to share with you what's going on with us and as well as the historic work of Attitudinal Healing. Herein you will find easy ways of accessing all of our Books, CD's, DVD's, Podcasts, Articles, Events, monthly online Radio Show, *Conversations with Jerry and Diane*, and much more.

It is our desire to make this as user friendly as possible because Jerry, being dyslexic, knows from personal experience how important this is. Join our e-mail list and share our world. It will be our pleasure to update you on our current Podcasts, Events, Articles, etc. when they occur. For more information on the International Center for Attitudinal Healing, go to www.attitudinalhealing.org

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Gerald Jampolsky, M.D.
Diane Cirincione, Ph.D.
Foreword by CARLOS SANTANA

PREVIEW

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Jerry and Diane
discuss the book

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"Finding Our Way Home"

more information coming in November

Jerry and Diane's
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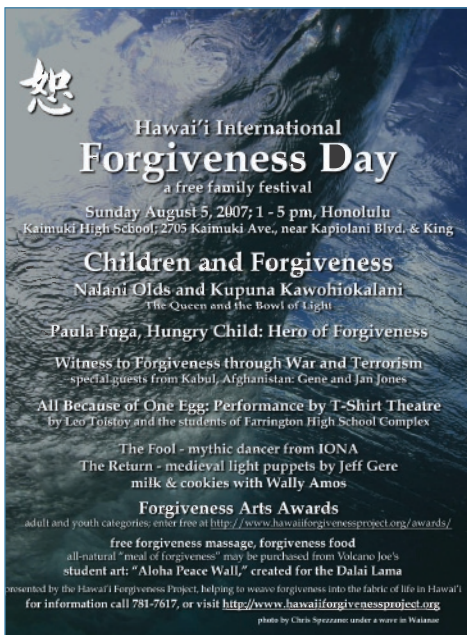
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Finally — our JOF website is officially up and running! All radio broadcasts, podcasts, audio, video, and book information, etc. will be directly accessible from the new Home Page. The Jampolsky Outreach Foundation newsletters, *The Journey*, will all be available online from 1998. And because *The Journey* will now be published online and downloadable, we are able to offer it in color.

"Health is inner peace and Healing is the letting go of fear."



International Forgiveness Day August 5, 2007 was hosted by the Hawai'i Forgiveness Project with Drs. Jampolsky and Cirincione as Masters of Ceremony. This years program had a special orientation towards children and what it means to forgive.

THE HAWAII FORGIVENESS PROJECT

The Hawai'i Forgiveness Project continues the Arc of Forgiveness series --in which the leaders of our society, across all walks of life, talk about forgiveness and the role it plays in their areas of responsibility. Two presenters in 2007 included Senator Les Ihara and respected corporate executive, Christina Kemmer.

Senator Ihara (D, 9th District) is Majority Policy Leader in the Hawai'i State Senate, and serves on several vital committees, including Family Caregiving, Human Services and Public Housing, Commerce, Consumer Protection, and Affordable Housing, Energy and Environment. He is a visionary in public service and an ardent advocate of Attitudinal Healing and its practical applications in politics. He spoke on "Forgiveness in the Hawai'i State Government."

The recent talk to the Forgiveness Project by Christina Kemmer, Executive Vice President of Communications Pacific, was intriguing. She represented Hawai'i's business community, and gave practical examples of forgiveness in action. Christina told a moving story of community forgiveness between native Hawaiians and big land developers that sparked a lively discussion. We continue work on using an ancient native practice of forgiveness and reconciliation: "Ho'oponopono to Resolve Community Problems."

TOYKO, JAPAN

Each month Jerry has participated in the Facilitator's Training at the Center for Attitudinal Healing in Tokyo, Japan. Former Member of the Japanese Parliament and Founder of the Center, Hiroko Mizushima, M.D., Ph.D. continues to develop the Center and to respond to the growing demand for trainings. She recently turned down the opportunity to run for office again, this time as assistant Governor of the Tokyo region. She stated that she felt the work of Attitudinal Healing and the potential it has to help heal many facets of Japanese society was more important for her to focus on at this time.

Dr. Mizushima, a psychiatrist and psychologist, suggests that the gender inequality experienced in the Japanese culture between men and women can be bridged. Likewise, the pressures of business and the high rates of corporate male suicides need another approach to help those that feel helpless and that this is their only way out. Using Attitudinal Healing Principles, she has become successful in making inroads into these cultural challenges.

Dr. Mizushima's intention is to continue to make the Tokyo Center, as well as the 3 other Centers in Japan, strong so they may be helpful to many. We currently plan to travel to Japan to support these Centers in the Fall of 2008.



Moscow, Russia. The Level 1 Attitudinal Healing Facilitator Training was organized and coordinated by the largest Russian AIDS service organization, AIDS-Infoshare. The workshop was facilitated by Carolyn Smith, co-founder of the Moscow CAH, and Joe Kerry, former board president of the ICAH, Sausalito, California.

JOF TELEPHONE MINISTRY

It seems that one of the assignments that we have been given in life is to participate in what we call a telephone ministry. We receive telephone calls each week from all over the world. There are a variety of reasons that individuals call. Life threatening illness, loss and grief, marital and relationship problems, self esteem challenges, and a variety of other serious issues. Jerry is probably on the phone about two to three hours a day and Diane just a little less. What a privilege it is to serve in this way.

YEARS END

The Jampolsky Outreach Foundation continues to respond to requests for mentoring, consultation, leadership, and support to the International Center for Attitudinal Healing in Sausalito, California, and the other independent Center affiliates located around the world.

New Centers and Groups were established this year in North, Central, and South America, as well as Western Europe and Asia.

Scholarships were provided to Centers on three continents for trainings throughout this year.

The worldwide response of humanitarian, educational, conflict resolution, and support work in Attitudinal Healing of the Jampolsky Outreach Foundation gratefully continues to be made possible through the generosity and support of its donors.

Please consider a tax-deductible donation to support the work of the Jampolsky Outreach Foundation, a non-profit 501(C)(3). All levels of participation are greatly appreciated.

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

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