

Attitudinal Healing the Power of



Gerald Jampolsky, M.D. and his wife Diane Cirincione, Ph.D. have traveled the world to share their message of love and forgiveness with a wide diversity of people, cultures, religions and beliefs.

and of Love

by Tom Blackburn-Rodriguez



Gerald Jampolsky is the author of six books, and along with his wife Diane Cirincione, Ph.D., and son Lee L. Jampolsky, Ph.D. is the co-author of five more. He has also produced 12 audiocassettes and three videocassettes. Among his topics are “Love is Letting Go of Fear”, “Good-bye to Guilt” and “Achieving Inner Peace.” By any definition he is a success, having potentially influenced the lives of millions through his travels, lectures and other educational efforts. Yet his own story is one of personal struggle and growth that provides a model for his message of the healing power of love, forgiveness, and oneness, based on principles developed at the International Center for Attitudinal Healing, which he founded in Tiburon, California in 1975. We spoke with Jampolsky and Cirincione on the lanai of a beachfront home of a friend in South Maui. It was the location of their marriage in 1990 and they were both relaxed and casual as they prepared for their return to the mainland.

The International Center for Attitudinal Healing began as a place where children and adults with life-threatening illnesses could practice peace of mind as an extension of spiritual transformation and inner healing—practices that soon evolved into an approach to life that could have benefits for everyone. Today, there are numerous Centers or groups in 28 countries all over the world. Including locations in Hawaii, Ghana, Australia, Belgium, Switzerland, Italy, Brazil, Russia, and Germany, and many more. As with the original center, now located in Sausalito, California, all of their direct services are free.

The International Center for Attitudinal Healing

“I was an alcoholic at the time and killing myself with alcohol yet afraid to die,” said Jampolsky, when I asked him why he started what has become his life’s work. “I was making rounds at U.C. Medical Center in San Francisco, with an Oncologist in the Pediatric Oncology Ward, and a seven-year-old kid who was dying asked the oncologist, ‘What is it like to die? I saw that the Oncologist became fearful, changed the subject and asked him about his bowel movements.’”

“It occurred to me, where do kids go? And I started a little investigation and I found out that often times they go to the cleaning lady in the morning who’s mopping up the floor where they feel they can have an honest conversation.” That was the impetus for Jampolsky to start a center where kids could come, where they would not be charged any money, and where programs would be based on the spiritual principles that Jampolsky would come to call Attitudinal Healing. He saw the children as “wise spirits in young bodies,” teaching him another way of looking at life and another way of looking at death, providing him with an opportunity to heal as well as opening the door for kids to heal.

Now, according to Cirincione, by operating on Jampolsky’s philosophy to “give away whatever you can, whenever you can, and whenever you need something it will be there,” the Center has grown and to date there are similar centers in 28 countries on five continents. But, when the Center began the idea of feelings or thoughts having an impact on healing were not widely accepted in the medical community. “If you think back in 1975, the words ‘support group’ were not part of our vernacular. It never existed,” said Cirincione.

“This idea of support group actually, in our minds, evolved out of this group with Jerry’s need and these children where you were really on a horizontal level. There wasn’t somebody doing therapy on someone else. Each person was contributing to create a safe environment where each person could grow within their own potential using the 12 Principles of Attitudinal Healing—which are basically universal principles—applied to everyday challenges, so there is a way to evolve out of the cycle. This really gives you tools to really move forward.”

Attitudinal Healing

In his best-selling book, “Teach Only Love,” first published in 1983, and reissued in

an expanded edition in 2000, Jampolsky writes, "Attitudinal Healing is based on the belief that it is not people or external situations that cause us to be upset. Rather, what causes us conflict and distress are our thoughts, feelings and attitudes about people and events. Attitudinal Healing is letting go of fear and our negative hurtful feelings from the past. Attitudinal Healing allows us to correct our misperceptions and to remove the inner obstacles to peace."

A close friend of Jampolsky, Judy Skutch Whitson, first suggested the term when the Center began. Defined, the phrase has specific ideas in mind that express what Jampolsky has also referred to a "practical spirituality," that frees the mind from the pain of the past and the fear of the future.

Jampolsky writes that, "Attitudinal Healing views the purpose of all communication as joining and regards happiness as a choice. It recognizes that we are all worthy of love and that happiness is our own responsibility as well as our natural state of being." It acknowledges that we can forgive and see that ability to forgive as our only function. In this way we can learn to make decisions, not on fear from the past, but by hearing the inner voice of love.

Practical Spirituality

I asked Jampolsky about the term "practical spirituality" and why it was used. "What we have done is create a place where everyone can come regardless of their religion, or if they're atheist. So we tried to create a terminology that's not threatening to other people," he said. "We tend not to use the word 'God' in our work, although in my life I do. In "Love is Letting Go of Fear," my first book, we did not mention the word God."

"Practical spirituality means by using these principles you tend to get an 'ah ha!' reaction, whether you are dealing with the problem of money, whether you're dealing with a problem of health, whether you're dealing with a problem of politics, love is the answer no matter what the problem," he continued.

Cirincione pointed out that because the principles are generic it has allowed their work to be presented to persons of all faiths. "We have lectured in the Islamic Republic of Iran, we've worked with fun-

damental Christian churches, with the Catholic Church, with Mother Teresa, with the Dali Lama, with the Buddhists, with the Jewish community, the Hindu community and with indigenous people in many different parts of the world. This work is very generic. It's celestially designed that way; we weren't wise enough to do that. But, we did want it to be inclusive and therefore it has become extraordinarily inclusive," she said.

A Mini-course for Life

A forthcoming addition to the many offerings provided by Jampolsky and Cirincione is the "Mini-course for Life." Information on the course can be found at Minicourseforlife.com or at JerryJampolskyandDianeCirincione.com. The new course is an 18-day mini-course based on the original that has been out for many years and translated into numerous languages. It has been enhanced to include the Twelve Principles of Attitudinal Healing, along with other healing information that was not in the first course.

The course is self-taught and can be accessed through a book to be published shortly and available on Amazon.com. It will directly available on the mini-course website, which will also include an E-book that can be downloaded from the site.

Cirincione notes that the course can be taken individually at your own pace. You don't need an outside teacher. It can be done alone, although many couples have taken the original course together. "What you learn," adds Jampolsky, "is that there is an inside teacher. You learn to ask your inner heart how to make decisions and what direction you want to go into."

Forgiveness and Letting Go of the Past

"Forgiveness doesn't mean that all of a sudden you and I are going to start hugging each other if you and I had a problem," said Jampolsky. "But it really means that you're letting go of the past—which we call 'Celestial Amnesia'—so that the other person doesn't have to change at all, and may not change. But it means the way the world gets changed, the way we get changed, is really healing our own mind. Experiencing oneness with ourselves and

the Universe, or love. It means feeling oneness with everyone in the world. So, we're really healing the illusion that we're separate from each other and that's why the emphasis on helping each other. All of our groups are support groups."

Cirincione said, "It's really about a willingness to choose to forgive and we don't actually have to know how to do it. But, I think if you have a little willingness the Spirit comes along and helps you along the way. Forgiveness certainly also means giving up all hope for a better past, you know the past is not going to change. It's really about moving forward. It's not really about reconciliation, that's nice if it happens, the hug thing, but forgiveness is about forgiving ourselves for the judgments we have about another person."

The Only Lesson is Love

I asked Cirincione what was meant when they say that "The only lesson is love." "I don't necessarily say that the lesson is love," she said, "But that the answer is love no matter what the question. Whether we think it a matter of not enough money, whether we're losing our job, or someone we love has either died or gone away, doesn't love us, our children, life threatened, whatever it is there is an underlying fear that permeates every problem that we have. It's the same fear."

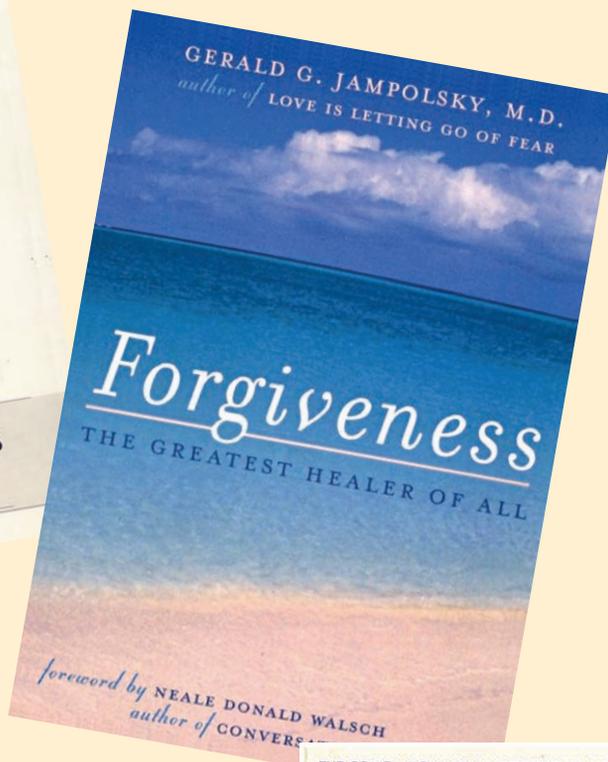
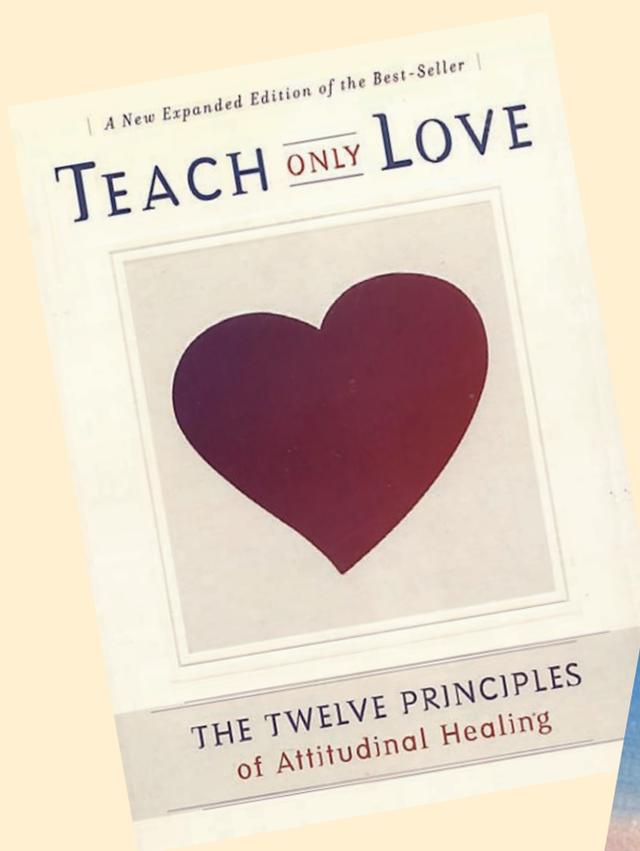
"That fear is fear of separation. From something or someone. Whether its we're dying and its the fear of separating from our life, from our money, from our kid's health, from someone we love. The ultimate thing is that fear of separation permeates it all. And when you remember that—which I can't remember all the time, sometimes I think it's actually the fear itself—but when I remember that it's the fear of separation I realize that that separation ultimately rooted in my separation with Source. If you're feeling separate from that which created you, however you define it, you're going to project that separation out onto to scarcity and the rest of the world. And when I remember it then I feel that connectedness, and that remembrance is the love."

Bringing People Together

Given the ecumenical movement to bring religions together and to seek a greater understanding of the common ele-

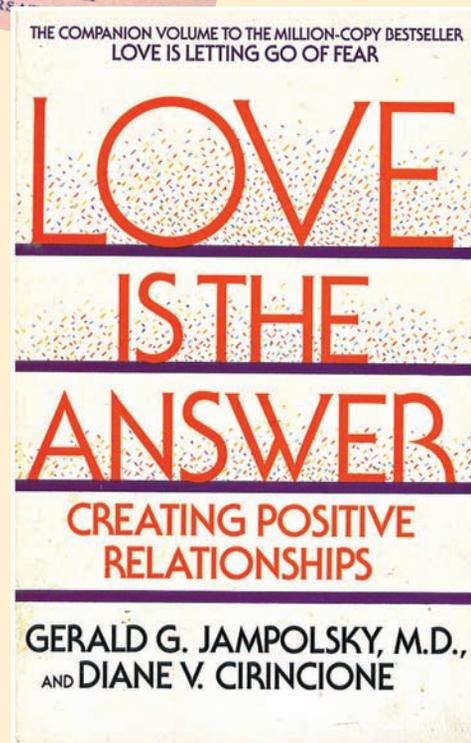


Diane Cirincione and Gerald Jampolsky share a special feeling for Hawaii and for Maui, where they were married 17 years ago.



The twelve principles of Attitudinal Healing, as taken from "Teach Only Love."

1. The essence of our being is love.
2. Health is inner peace.
3. Giving and receiving are the same.
4. We can let go of the past and the future.
5. Now is the only time there is.
6. We learn to love ourselves and others by forgiving rather than judging.
7. We can become love-finders rather than faultfinders.
8. We can be peaceful inside regardless of what is happening outside.
9. We are students and teachers to each other.
10. We can focus on the whole of our lives rather than on fragments.
11. Because love is eternal, death not be viewed as fearful.
12. We can always see ourselves and others as extending love or giving a call for help.





Drs. Cirincione and Jampolsky received the Hawaii Integrative Medicine Award from Brown/Backken World Health Foundation and Dr. Terri Shintani

ments they share, I was curious what role Jampolsky and Cirincione saw for the universality of their message.

"I think that part of the answer to your question is that we have been fortunate to have been invited to do service in almost every religion I can think of. It's not our intention to change religion its to open the door for people to see things a little differently and to decide whether they want to go through that door or not."

"Putting it very simply, Jampolsky said, "our work is really helping people see that there is a choice about what they are experiencing, and they can choose to learn to let go of the blocks to the experience of love. And that's really what a miracle is, it's a shift in perception that removes the blocks to loves' presence. So, our work has to do with forgiveness, letting go of the blocks that interfere with our loving ourselves, hurting ourselves with guilt, and it has to do with the whole process of letting go, lightening up."

The Future of Attitudinal Healing

When the International Center was created in 1975 America was involved in a difficult and inconclusive war and there

was often violent dissent at home along with increasing cultural change and upheaval. I asked Jampolsky and Cirincione—in the face of so such violence that continues to go on in the world—how did they see that your ideas could take root and flower? Did they see that happening? How did they respond to the news of the day?

"What I do is recognize that the most important thing I can do to make this world differently is not to become fearful about what I see on television, or the radio, or what's happening in Iraq. I may not agree with a particular philosophy but my job is not to attack another person. To be determined that I can go through each day and not hurt anyone by my word or thoughts or actions," Jampolsky said.

"I believe if each of us take responsibility in doing that, that we create a different kind of consciousness, and indeed we find that there must be another way of living in this world than repeating 'An eye for an eye and a tooth for a tooth.' So, I think if there is anything I know that can make a difference of seeing this world differently it is the concepts of Attitudinal Healing which have to do with creating the healing of our own minds, which

we're divided, split like, and we battle here and then we project it out onto other people."

Central to the message of these two extraordinary people is that healing is letting go of fear. Even to letting go of the fear of dying. That there is a relationship between the mind and the body that should be recognized in the practice of medicine. Now, these ideas are becoming more prevalent in the medical profession, along with the concept that health is also about attaining inner peace, no matter what is happening to the body.

Jampolsky's ground breaking work was recognized by the American Medical Association in 2005 which gave him its highest award, "The Excellence in Medicine Pride in the Profession Award," for his lifetime of service, not only as a physician and a humanitarian, but over and above that, for his contribution of Attitudinal Healing. Today, 30 schools have added the teaching of complementary and integrative medicine courses to their curriculums and what was once considered radical is now considered mainstream, and much of the early skepticism regarding the power of the mind in the role of healing has dissipated. **REMS**