

THE JAMPOLSKY OUTREACH FOUNDATION JOURNEY

December 2005

"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."

CAH INTERNATIONAL CONFERENCE

The International Center for Attitudinal Healing in Sausalito, California hosted the 2005 International Conference on Attitudinal Healing. It was a tremendous amount of planning and work for the staff and numerous volunteers many months prior, all of which was a huge success. The previous conference was hosted by the Guadalajara Center in Mexico three years ago.

The conference was held in San Rafael, just north of San Francisco, on October 21 thru 23 and encompassed the Annual Fall Fantasia Gala benefiting the CAH. It was the most successful event to date.

The results were, once again, stellar as the conference provided memorable experiences and replicable modeling of creative, sustainable ways in which Attitudinal Healing continues to be adapted cross culturally.

Hundreds attended this year, representing Attitudinal Healing Centers from throughout the United States and around the world. Participants came from Turkey, Holland, Japan, Australia, New Zealand, India, Brazil, Argentina, Mexico, Costa Rica, Russia, and Canada. The Jampolsky Outreach Foundation (JOF) supported partial and full scholarships for many international attendees to help facilitate the broadest possible experience for everyone.

The primary purpose of the conferences are to give people who are involved in the over 130 Centers around the world an exchange of ideas and the opportunity to learn from each other. Additionally, keynote speakers offer fresh inspiration from their orientations on the conference theme. This year's theme was "Your Attitude is Everything."

The Keynote Speakers were purely inspirational, each and every one. All contributed their time and talents as donations to honor Attitudinal Healing's 30 year history as well as Jerry's 80th year celebration.

The group included renowned authors and international movement leaders such as Dan Millman, Cheri Huber, David Roche, Aeesah Ababio and Kokomon Clotley, Dr. Lee Jampolsky, Michael and Rickie Byars, Don Goewey, Angeles Arrien, and Jack Kornfield and the both of us. There were a variety of workshops and breakout sessions that allowed for much interaction.



Mayor Amy Belser presents the Founder's Circle Award to Jerry at the 2005 Annual Fall Fantasia Gala in honor of his 30 years of dedicated service to the Center's for Attitudinal Healing which he founded in 1975.

MAINSTREAMING AH IN JAPAN

One of the conference participants was Dr. Hiroko Mizushima, a medical doctor, a psychiatrist at Keio University Hospital, and a Ph.D. We received our first communication from Dr. Mizushima in May 2005. Six years ago she broke into national politics in the Japanese Diet as a representative of the opposition Democratic Party. Her now famous essay about the need for societal change in

Japanese society, moved her into the national and international spotlight.

She shared her journey with us along with the fact that she had been reading our books and felt strongly that Attitudinal Healing needed to come to Japan. She became aware that there are three other Centers already in her country

in cities other than Tokyo where she envisions starting a large CAH for cultural healing. She is currently out of the Diet and now wants to concentrate her energy on Attitudinal Healing and how it could facilitate many levels of societal healing.

Then began a series of emails and telephone calls. She came with her husband and two children to the International Conference on Attitudinal Healing. She was able to visit various groups at the main Center and she and her husband decided to return with their two children this month for a six month internship at the International Center in Sausalito. Dr. Mizushima's vision of using Attitudinal Healing to facilitate mainstream change in Japan is in her view very doable. We happen to agree with her.



The 2005 Jampolsky Award recipients

THE JAMPOLSKY AWARDS

The Jampolsky Awards were once again sponsored by the John E. Fetzer Foundation in Kalamazoo, Michigan. Thirty thousand dollars was divided amongst four CAH. The Guadalajara Cecura Center received the Sustainable Excellence Award for overall achievement as a model for other Centers. Three other CAH received awards for innovative, replicable programs in their communities.

The International Center for Attitudinal Healing's 2005 Jampolsky Award recipients (from left to right above) were the Hawaii CAH (the Forgiveness Project and working with indigenous people at risk); Guadalajara Cecura (Sustainable Excellence); CAH Queretero, Mexico (incarcerated youth and their prison personnel); and The Russia CAH (implementation of AH training into the National Social Service system).

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.

Please join us in congratulating the recipient of the AMA Foundation's

2005

PRIDE IN THE PROFESSION

Awards

Life Threatened Young Adults
NBC Special with Phil Donahue

Life Threatened Children
PBS Special with Mr. Rogers

With Bosnians during the war

With Elders

Gerald G. Jampolsky, MD
Psychiatry
Founder and Consultant
The International Center for Attitudinal Healing

RECIPIENT OF PRESTIGIOUS NATIONAL AMA AWARD

The American Medical Association (AMA) announced that Gerald G. Jampolsky, M.D. is the recipient of an AMA 2005 Excellence in Medicine Award "recognizing outstanding achievement in the medical profession as one of the most prolific leaders who has achieved greatness through integrity, commitment to service, and community involvement." He was honored on March 13, 2005 in Washington D.C. "because of his pioneering work in Attitudinal Healing at the International Center for Attitudinal Healing in Sausalito, California because of his outstanding contribution to the professional medical community and his humanitarian contribution to the wider community of the world."

The AMA honored Dr. Jampolsky with its "Pride in the Profession Award" as a "hero of medicine." The award recognizes him as "a physician who is passionate about caring for his patients and advancing the medical profession." He has been specifically chosen "because Dr. Jampolsky has demonstrated excellence in embodying the values of the medical profession through leadership, service, excellence, integrity and ethical behavior." Recipients of this prestigious award are honored because they have "enriched patients, colleagues, and the community by promoting the art and science of medicine and the betterment of public health."

He was awarded the AMA's "Pride in Profession" award for his "significant contributions of leadership and new ideas to the medical profession and also for his steadfast ability to serve as an important reminder to us that the healing power of medicine is strengthened in the presence of compassion and kindness towards others."

Krishna Sawhney, M.D., President
AMA Foundation

INTERNATIONAL AH COMMUNITY

KIEV, RUSSIA

Dear Jerry and Diane,

I returned yesterday from my latest trip to Russia. After completing an interpreting job, I spent a week in Moscow teaching a workshop for 15 Russian psychologists on working with kids in bereavement. Two facilitators from our Moscow Center for Attitudinal Healing attended, as well as two people who were part of the very earliest training Kathy Harris and I did there in 1992-93. For 3 of the 5 days we held a support group for 8 children who had lost a parent so that the psychologists could see what it was like in practice. I came away with a heart full of gratitude for the experience and with many greetings from the participants that I'll pass on to you when I see you soon. They and I also send our gratitude to JOF and you both for your continuing emotional and financial support over the years. Also, Jerry's book "Teach Only Love" has been published this year by Sophia Press and the Moscow Center gave me a copy to give you.

From June 20-24, 2005 five volunteers from the Sausalito Center led an Attitudinal Healing workshop for 25 HIV+ people in Kiev. There is still a great deal of fear and ignorance about HIV among the population of Ukraine as a whole

As in any workshop about attitudinal healing, we spoke at length about the principles and our experiences in the center's support groups, both as participants and facilitators. We led exercises on choice, changing our perceptions, forgiveness and living in the present. Each day one of the Americans living with AIDS told the story of their life since the diagnosis - from the shock and fear that brought them to the Center for Attitudinal Healing to gradual acceptance and a new way of living. Since none of the Ukrainian participants have been HIV+ for more than a few years, they found hope and inspiration in seeing these Americans thriving 20 or more years after they were diagnosed.

By the end of our week of workshops with these wonderful Ukrainians we felt blessed to have had the opportunity to share with them from our hearts and to see the opening and blossoming that happen when people gather together to support each other.

Love,

Carolyn Smith

(Carolyn co-founded the Moscow CAH with Jerry and Diane in 1987)

CROATIA

Dear Jerry and Diane,

Renata and I are want to Thank You both for your ongoing support and encouragement. To catch you up to date, we are very much engaged around the project Center for Health in St.Martin. We are submitting a request for concession on

the state owned land, as a first step. The next step is establishing a new body - a coalition of several NGOs as partners in the project. By March 1 we are submitting a project to the European Commission for the CARDS program. Melita and I will be working together on the program that will include trainings for helpers and volunteers, facilitators and counselors. Attitudinal Healing will be the basis, and other alternative approaches will be used too: arts, yoga, dance, etc. We want to create a model that is easily replicable in other parts of Croatia, particularly Dalmatian hinterland. I have been present here with community building programs for three years and have come to know the problems very well, especially ethnic intolerance.

In this area I would like to develop an Attitudinal Healing Village model similar to one currently in Costa Rica. This area is particularly interesting because it was very badly destroyed during the war and there are abandoned villages, community centers and schools that are state owned too and local government is willing to use it for projects like ours. It is ideal for Vision Quests, adventure sports, hiking etc. National Park Krka is close by.

I would like to consult with you both about the program as we progress and also connect with the person in charge of A.H.Village in Costa Rica. Drug problem in this area is very serious and I am sure that we can offer a solution.

Thanks again for being there for us.
Looking forward to talk to you soon.

Love,
Maja Mihic, Founder, CAH Croatia



Jerry and the Police Chief Colonel, South District Sao Paulo with JOF shoe insert "May Every Step You Take Be One of Forgiveness" (now in Portuguese).

BRAZIL

Police Academy in Sao Paulo, Brazil

In May, 2005 we were invited by the Center for Attitudinal Healing to give lectures and workshops in Sao Paulo and Brazilia, Brazil. We worked with persons with illnesses and AIDS, business groups, prison employees and guards, the hospital, and the local university. We were given little information about our talk to the Police Department in Sao Paulo, except that those officers that would attend would be doing it on a volunteer basis on there off time.

Sao Paulo is a city of 16 million people with much violence, drug problems, and severe problems with street children. Our hosts, Luiz and Rita Pontes of the Brazilian Center for Attitudinal Healing did not expect more than 20 to 40 officers to attend. To everyone's surprise, we had to move the venue to a bigger hall when well over 300 officers showed up. Each was wearing their bullet proof vests and hand guns.

Before we talked, we met with the officer that was the Chief of Police in charge of 3500 officers. He said he was personally intrigued by our subject, "Attitudinal Healing in the Police Department." We gave him one of our shoe inserts that states "May every step you take be one of forgiveness." He liked it and immediately put it in his shoe.

We talked about the importance of the police officer's role in protecting society. We also discussed the Principles of Attitudinal Healing and the role of forgiveness, compassion, kindness, and love in a police department. During the discussion part of our presentation there were two officers that had attended the Attitudinal Healing Support Groups at the local Center in their city. One officer stated that in the Marines he had been taught to hate and to kill. Then in the police department he again had been taught much of the same. Through Attitudinal Healing he stated he had begun to look at the world differently. He began to see the heart of the person behind the offence and found there was actually another way of looking at the world as a police officer.

Another female officer stated she also had attended the Attitudinal Healing Groups. She had taken a leave of absence from the police department because of an issue with her superior. She gradually found that she could see both him and other things differently. She practiced forgiveness, returned to her job, and now has a harmonious relationship with her superior.

At the end of our talk the Colonel in charge stated that Attitudinal Healing was the paradigm he felt for which they had been looking. He truly believed that there was a needed place for love and compassion in the police department. He stated he would like Luiz and Rita from the Sao Paulo Center for Attitudinal Healing to offer in-service training for his police department and requested 3,500 shoe inserts in Portuguese for all his officers. A donation from JOF helped make this possible.

BUENOS AIRES, ARGENTINA

We arrived late May in Buenos Aires in the afternoon where we were immediately taken from the airport to The Pink House, which is like the White House in the United States. It was a thrilling experience to stand on Eva Peron's balcony where so much history had been made. We had a special guide and learned much about the history of the Argentina.

We were then taken for a ride to the Congregational Hall where the Congress meets. We came in the back entrance and in a few minutes we were through a door that led to the main hall. To our surprise the rotunda was completely filled with photographers and dignitaries. We were being honored by the National Senate on behalf of the President and Vice President of the country for the benefits Attitudinal Healing continued to give to the society there.

The next day we participated in an all day workshop on forgiveness and met with members of the Buenos Aires Young Presidents Organization. Dr. Alberto Loizago, who founded the Center almost twenty years ago, has done a magnificent job at sharing the practicality of Attitudinal Healing in Argentina.



Drs. Alberto Loizago, Jerry Jampolsky, and Diane Cirincione being honored at the National Senate of Buenos Aires, Argentina in May, 2005

FORGIVENESS WILL SET YOU FREE

In February of 2005 it was our good fortune to be able to visit Kalaupapa, Molokai in Hawaii. We had been invited by our good friends, Taka Harada and his wife, Dr. Ellen Caringer who live on Maui, Hawaii. Taka's brother, Paul, who is now 79 years of age, had been living in the leprosy colony there since he was thirteen years of age. Winnie, his wife of 50 years, had been banned there when she was just twelve.

When Paul was sent to Kalaupapa, his family like most other families, completely separated from him. It was as if he never existed. It was most difficult for us to imagine the degree of fear that they suffered at being separated from their families. At that time being sent to Kalaupapa was a death sentence because almost everyone died within five years of being diagnosed with leprosy. Paul has fingers missing from both hands. His spinal column has become affected so he has no pain or heat recognition in his arms or legs.

For example, he was fishing with us and fell. He injured his leg and it was bleeding. He had no pain and was not aware of it till we called it to his attention and pulled him from the water.

Taka is Paul's younger brother and had no idea of the existence of his brother till the mid 1960's. Since that time, Taka visits Paul and Winnie several times a year.

Winnie's mother was never infected with the disease. But her grandmother, father, uncle, two brothers and a sister all had the disease and were sent to live in the Colony. Treatment for leprosy came about in the late 1940's after which many of the patients decided to leave the island. There are now only 28 patients left.

Kalaupapa is a bittersweet place to visit. The shoreline and scenery are exquisitely beautiful. There is a history and burial here of over 7000 people dying very difficult deaths from leprosy. In the mid 1850's people were thrown off the ship and had to swim ashore to survive or drown. There was no law or order or nursing care till Father Damien and Sister Marianne Cope came in the 1870's.

Paul and Winnie are two of the most remarkable people we have ever met. We were privileged to hang out with them and "talk story." Paul said that they would never have been able to make it without their faith in God. Through all their hardships it was forgiveness that set them free. They believe that they went to Kalaupapa "so others would not have to." This is their consolation and it brings them peace.

They have a small home and live a simple, peaceful life filled with nature all around and a resignation and acceptance of what has transpired. They have attained that spiritual state that so many of us have strived to attain. Just being in Paul's and Minnie's presence was a most treasured and special inspiration for us.

INTERNATIONAL FORGIVENESS DAY

In March we had a most powerful experience while helping to celebrate International Forgiveness Day in Honolulu on the first Sunday of August. With close to 500 people in attendance, we awarded certificates of merit to four exemplary heroes of forgiveness. International Forgiveness Day continues to expand to countries around the world.



Jerry was a 2005 recipient of the Temple Award for Creative Altruism presented at the Institute of Noetic Sciences' "Consciousness and Healing Conference" in July at the Hyatt Regency in Arlington Virginia



EVELYN OSTIN

An interesting question to ask ourselves is: "What persons have inspired us spiritually in our lives?" The Dalai Lama and Gandhi and Mother Teresa are obvious ones for us. But not so obvious on that same list is a much lesser known person who didn't have a religious or political following. She never ran a big company or produced successful movies or acted on the stage or screen. She didn't compose or perform great music or pen a book or coin any slogans or quotable prose. As far as we know, she never gave lectures or did workshops or even taught in any school or university. She was a devoted wife and homemaker. She was mother to her own three sons...and anyone else who might have needed a mother figure in their lives to love them unconditionally. If you needed a sister or a friend, she was definitely that too. She impacted our lives with a depth that is beyond words and was one of the most spiritual people we have ever been privileged to know. She..... was Evelyn Ostin.

Evelyn was married to Mo who has made a major and lasting mark on the music world as the former head of Warner Brothers Records and later at Dreamworks. Evelyn and Mo's love for each other was beautiful to behold. It was also important for the rest of us to witness how the often meandering road of love can find its way home in even the most challenging of times and circumstances.

Evelyn developed a melanoma cancer that later metastasized throughout her body. We became part of her support system and continued to hold her and Mo as cherished friends. She carried a light within her and although she is no longer in body form, many of us continue to feel her presence and glow each day. There was an indescribably, unconditionally loving energy that came from her that was beyond this world. Evelyn died of cerebral bleeding in October 2005. There was an amazing 2500 people at her Remembrance Service who all felt so very grateful for the relationship they had with her. Now that she is gone, it is this loving energy that reaches back to comfort and support each of us that she loved.

This woman never thought of herself as special and viewed herself just as a very ordinary person. Well, maybe she was and perhaps that is what made her so beautiful. She may have been an ordinary person, but she lived and acted in extraordinary ways. That is what makes her a truly large spiritual being. Evelyn Ostin

has earned her place amongst the great spiritual teachers and influences of our times because she taught without teaching and tried to live each and every day with a harmony and integrity in all she thought, said, and did.

We dedicate this issue to Evelyn Ostin because of our belief that we all need those who by the very nature of their beings are way-showers to help us see what is possible in an often impossible world.

WORLD BUSINESS ACADEMY FORUM

Santa Barbara, CA, Sept. 24-26, 2005

Dear Jerry and Diane,

'Congratulations' on being recently named as Fellows of the World Business Academy. You both have been dealing with stress for 30 years, from venues as disparate as Bosnia and children's hospices. Recently, you have turned part of your attention to business, where the twin realities of globalization and the Information Age have co-conspired to create work conditions producing high levels of stress which homo sapiens have not evolved to endure.

You have been pioneering the mind-body relationship for 30 years and with the numerous Centers worldwide, you have recently launched a business initiative called Pro-Attitude to reduce stress in the workplace. We know that The Principles of Attitudinal Healing are applicable in any context because they speak to a common denominator of human character.

The compassion, commitment, and dedication to helping others understand the healing power of forgiveness so evident in your presentation at the World Business Academy Forum, was inspiring to all those who participated in your plenary sessions. I am continually grateful for your willingness to share your insights with the Academy's network and for your generosity of spirit. Naturally, I am even more grateful that you two are such phenomenal planetary resources. My attitude is "healed" just by being in your presence.

Sincerely,

Rinaldo S. Brutoco,
President & Founder
World Business Academy



Jerry and Diane (keynote speakers) with staff and supporters at the EIGHTH ANNUAL SUN VALLEY MOUNTAIN WELLNESS FESTIVAL, May 27-30, 2005. Co-sponsored by St. Luke's Wood River Medical Center

YEARS END

The Jampolsky Outreach Foundation is pleased to be the recipient of additional awards throughout 2005 and 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 Eastern and Western Europe.

Scholarships were provided to Centers on five continents for trainings throughout the year and for attendance at the International Conference in Northern California in October.

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 loving support of Ted and Vada Stanley.

Printed material, the website, and the publication of The Journey continues to be made possible through the inspirational support of Hal and Dorothy Thau.

Additional support for JOF in 2005 was gratefully received from Larry and Joyce Stupski, Steve Goodfellow, Fred and Chris Matser, Larry and Phyllis Girard, The Institute of Noetic Sciences, B.V. Dalvast, Lexie Brockway Potamkin, Warren Wertheimer, Patricia Chambers, and Arthur and Peggy Jampolsky.

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. Ciricione, Ph.D., President, Jampolsky Outreach Foundation

Jampolsky Outreach Foundation

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