

JAMPOLSKY

ATTITUDINAL HEALING

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Kenneth Wapnick, William Thetford, Gerald Jampolsky, Helen Schucman, Judith Skutch Whitson 1976
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Nº5.

Dr. Gerald G. ('Jerry') Jampolsky, a psychiatrist, was among the first students of *A Course in Miracles* and one of the pioneers in extending its concepts into a healing practice that became known worldwide as **Attitudinal Healing**.

He learnt about the *Course* through Judith Skutch, who was introduced to him in 1973 in the lobby of Washington DC airport by scientists they knew in common and who were travelling to the same conference on parapsychology. The relationship that was established there evolved and deepened in many ways and, in 1975, when Judith met Helen Shucman, Bill Thetford and Ken Wapnick and they gave her access to the manuscripts of what would become the *Course* book, Jampolsky was immediately involved in the project. A dedicated student, he also became what he joked was the group's 'fifth wheel' and played an essential role in publicising its content.

His learning journey on the *Course* was a long one, full of visible fruits in what we still perceive as our material reality. He has authored more than a dozen books on mental health and relationships. His best-known book, *Love is Letting Go of Fear*, published in 1979, has been translated into more than 30 languages. He was also the founder of the **Centre for Attitudinal Healing**, now known as **Attitudinal Healing International**.

Just as the *Course* was crucial for Jampolsky, the actions he took thereafter were equally fundamental in inspiring countless people to transform their minds—and, in doing so, their lives. The essence of the **Attitudinal Healing** approach lies in recognising the extraordinary capacity of all individuals to help one another at any time and to choose their realities, regardless of the circumstances or how terrible, tragic, or hopeless they may seem to be. The **Attitudinal Healing** affirms that there is nothing external that stands in the way of our letting go of fear and recognising Love as the true essence of our Being. Thus, health is inner peace, and healing is the letting go of fear.

Nº6.

1. The Essence Of Our Being Is Love;
2. Health Is Inner Peace, Healing Is Letting Go Of Fear;
3. Giving And Receiving Are The Same;
4. We Can Let Go Of The Past And Of The Future;
5. Now Is The Only Time There Is
And Each Instant Is For Giving;
6. We Can Learn To Love Ourselves And Others
By Forgiving Rather Than Judging;
7. We Can Become Love Finders Rather Than Fault-Finders;
8. We Can Choose And Direct Ourselves
To 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 Life Rather Than The Fragments;
11. Since Love Is Eternal, Death Need Not Be Viewed As Fearful;
12. We Can Always Perceive Others As Either Loving Or Fearful
And Giving A Call Of Help For Love.

1 - THE ESSENCE OF OUR BEING IS LOVE

How much do we confine our Essence, our Being, to Love? Not what we entrust to Love, but what we confine to a specific understanding of the word love itself... what we imprison between the limits, boundaries and conditions of everything insanely projected as real. If we still associate Being with the body and Love with form, we remain identified with something external, something outside of us... with something that we are not and, therefore, something that Love is not. Now we hold the power to revise all this.

***Spirit is the Thought of God which He created like Himself.
The unified spirit is God's one Son, or Christ (C-1.1.3).***

As long as we appear to be many, we will live in this illusory state, described in the *Course* as if we had two minds or a split mind, the ego and the Spirit. The part of the mind where fear dwells, through our will 'in union' with the dream of separation, is entirely devoted to the ego. There, it represents our forgetfulness and our endless distractions. The part of the mind where Love dwells, through our will in union with the Will of God, is totally dedicated to the Holy Spirit. There, He represents the Being and also the Creator, Who are One.

So what is Being? If God is, was and always will be... Being is the Word of God, it is the Action of God. It is His Extension. Being is One in God. He is God sharing Himself in an extension of His Love, and no illusion that 'the other part of the mind' can perceive will ever modify His Essence, and therefore Ours, as the Flow of the One Mind.

Until we surrender all our perceptions to the Holy Spirit so that He can heal them and restore our memory of what Love is, we will not assume our true Identity and recognise Him as He is... as the Essence of Creator Energy. If you truly accept this shift in thinking, it will be impossible not to recognise God as the Essence of all Life and Love as the only extending and sharable Creator Energy. So, if we are the Son of God, how could our Essence not be Love?

2 - HEALTH IS INNER PEACE. HEALING IS LETTING GO OF FEAR

What is health and healing for you? Remember the two ways of relating to absolutely everything, including our body. We can perceive through the ego or through the Holy Spirit. The ego believes that the body is its temple and competently keeps the mind at the service of this structure... so health and healing cannot be associated with 'inner', let alone 'peace', much less with inner peace. Fear is the master key to all the locks on the ego's imprisoning chains. The Holy Spirit employs what we choose to experience, no matter what it is, in the service of Atonement, of Liberation, of the Healing of this erroneous perception.

This is God's way of making unlimited what you have limited (T-8.VII.3:5).

While the ego insists on perceiving everything "outside" through fear, denying our true Identity, the Holy Spirit proposes a practice to remember everything "inside", recognising our true Identity. The best example for me is... 'as the rays of the sun are to the Sun'... we are the only Son of a Father who created us in His Image and Likeness so that we might extend Him in His total Completeness. So how could the Essence of Our Being not be Love?

Wrong perception is the wish that things be as they are not (T-8.IX.2:1).

Health and Healing are still associated with illness and the body, so we seek both "on the outside". We desire health and healing while still chained by the ego. This perception is sick. This perception is wrong. Illness is not the function of the body.

The body's true function is Communication and Communion. And this practice will be restored by our willingness to recognise who we truly are. Peace is a Gift, here and now, fully available to "the forgetting part of our mind", through the action of the One Who knows what Life is, what Love is and, consequently, our Completeness.

Trust the Holy Spirit to bless all perceptions of fear, no matter what names they have... He works Miracles.

3- GIVING AND RECEIVING ARE THE SAME THING

First of all, let's recognise what we have as a concept of "giving and receiving". Then we can deal with the contrasts of this world. So what does it mean to give and receive? To give is to deliver, grant or provide something to someone. To receive is to accept, obtain or gain something that has been given or offered.

If we think of reciprocity, there is the expectation that at some point there will be some form of return, even if it's not material or immediate. If we think of generosity and gratitude, there is no expectation of an exchange, but it does involve recognising something that has been offered. If we think of vulnerability, we create the option of lack and of support networks promoting solidarity.

Normally, giving and receiving represent an important movement of energy, one that goes out from us to the world and another that comes in from the world to us. The more harmonious the exchange of these two energies, the fuller the relational interactions will be.

So how can giving and receiving be the same thing if we perceive two energies that even have different names? Two fragmented energies that come and go from us to the other and from the other to us. If 'here' we are in this world where we alternate concepts and strive to keep them together, why would we do anything different with something that seems so simple and so "good"?

The contrast is always greater than we think because we insist on keeping "things that are the same" hidden. Upholding duality and believing in a self-concept that stands like a shield before our very eyes is what we've been able to do until now. That's why recognising concepts as long as there is perception is a good practice for those who want to learn. Salvation lies there: in the happy desire to change. Only then will we recognise everything as being "the same".

Love has truly been given to us and, therefore, it is impossible for us not to have truly received it. It does not fail. God's Gift is the true Flow. This is Divine Completeness. We, in Christ, recognising God's complete Love, give of ourselves, just as He did. The Flow of Love is continuous and infinite and that's why, in Christ, united with our Father, we give and receive in a single verb... to give and receive is to Share.

Reach out to recognise God's Love and share the Flow of Life. Recognise Divine Completeness. To remind us, here in time, dreaming of separation, the Holy Instant made Himself, as His Reminder that His Son is Love, as is He, because we are One.

The Holy Spirit reminds us, with every Miracle, of what we have received from the Lord of Love. He made us by giving Himself and, as we are His Image and Likeness, we also make ourselves by giving ourselves. When we finally understand this change, we will learn our function in this world and only then will we be able to give what we are, sharing what we truly have.

4- WE CAN LET GO OF THE PAST AND THE FUTURE

What do you think the past is?

Memories...

And the future?

Expectations!

I'm going to describe in a single sentence what the past and the future are.

The past is not now.

The future is not now.

The past is the source of separation, the future its projection. In the past, the ego is made and in the future, it consolidates itself. The Present is the Moment in which the Holy Spirit embraces us and where all this illusion falls apart. The Present is the Holy Instant, it is Forgiveness. How can we let go of the past and the future? By letting go of the ego. By disidentifying from all memories and all expectations. They won't disappear, but they no longer function as a "frame of reference". We will no longer choose the past to justify the present, much less to weave the future.

The ego will no longer be our spokesperson. We assume, in the Now, only the Voice of God as the only reference manifested in us through the Holy Spirit. We will listen without identification and respond without submission, totally detached and free. Listen to His Call and respond, gratefully, with a practice full of desire, intention and trust.

Let us go out and meet the newborn world, knowing that Christ has been reborn in it, and that the holiness of this rebirth will last forever (C-Ep.5:1).

The holy Grace of Now awaits us in every Conscious Breath, in every Moment of Peace, in every Loving Thought, in every Healing Attitude. The Holy Grace of Now is, at this very moment, being offered by the hands of the Holy Spirit to each one of us, no matter where we are. If we are in anger, if we are in sorrow, if we are in guilt... it doesn't matter. He just wants to restore our minds so that the Remembrance of God can happen Very Instant. The detachment will happen step by step in a constant practice of Holy Communication with the Holy Spirit. Recognise all your memories and your expectations as offerings to Him. Entrust every perception, good or bad, to the Light and feel only the eternal brilliance of each Moment. This is Now.

5- NOW IS THE ONLY TIME THERE IS AND EACH INSTANT IS FOR GIVING

What use do we make of our precious time? I inevitably plan to manage it better, endeavour to create routines, focus on what's most important and, of course... reduce any distractions as much as possible. However, just as inevitably, I keep teleporting from the past to the future through the only time that really exists: the Now. And if I use the Now to live between non-existent times, what is all my doing for anyway?

The answer is... maintaining the ego's thought structure. All my doing, between non-existent times, serves only that purpose. But how can I do it differently? An answer to any real change is... The Holy Spirit, because He is Forgiveness. And Forgiveness is Healing, and Healing is the Answer to the ego's thought structure. The practice of Forgiveness is the Holy Communication, which only exists in the Now - where we are sane, where we stop teleporting between non-existent times to finally contemplate.

Inevitably, when Communication is redone, we contemplate in order to commune. We share in the Divine Flow, intertwined, totally in Unity. And in God, to share is to create in Unity. It's channelling Love, it's giving, extending One's Own Creator Energy.

For as long as we have time, we can practise Forgiveness in all of these are gateways to Healing and therefore to the Holy Spirit. Whatever use we choose to make of time, we can inevitably do so in good company, grateful for the opportunity of the Now and of each Instant. Grateful for the Gift, which we share, through our Father.

6 - WE CAN LEARN TO LOVE OURSELVES AND OTHERS BY FORGIVING RATHER THAN JUDGING

If we recognise that what we see reflects all our beliefs... and that our beliefs reveal who we believe ourselves to be... so, what vision do I have of myself when I look at this world? If I look and see a sick world, who am I?

Well... when I have a question, I usually ask someone who I believe knows the answer. In this case, if I want an answer free of any judgement, I ask the Holy Spirit, because He is the One who really knows who I am. And He says: 'You are the holy Son of God, born of the only Creator Energy in existence: Love'.

We are One in God. Therefore, I and anyone else who exists are also one in God. We are all One. And what unites us, here, for as long as there are traces of time, is Forgiveness. Only Forgiveness is capable of sharing a clear vision of ourselves and, therefore, of our entire (other) reflection. In this way, the world becomes witness to the Christ Reflection and no longer to the (other) ego. Forgiveness frees the other and therefore also frees the reflection I see of myself. Only in this way remembrance of our true Identity is revealed and what follows is a world of charity and love.

In my own mind, behind all my insane thoughts of separation and attack, is the knowledge that all is one forever. I have not lost the knowledge of Who I am because I have forgotten it. It has been kept for me in the Mind of God, Who has not left His Thoughts. And I, who am among them, am one with them and one with Him (W-pl.56.30).

To love oneself is not to forget one's own individuality. It means not abandoning His Thoughts. It's allowing God to be in everything we see. It's allowing God to make Himself through Forgiveness, through us, unifying everything that exists in the complete fullness of His Love. Surrender each of your judgements to the Holy Spirit and learn, through Forgiveness, to remember the only Real Thought: Love.

7- WE CAN BECOME LOVE FINDERS RATHER THAN FAULT-FINDERS

What are defects? Imperfections, habits, something undesirable or flawed... they are the dreams that we discover in every moment of separation.

The first criterion for being a good fault-finder is judgement. If you practise judgement, you are inevitably practising discovering defects... defects that never reflect or project which your fear, but always your certainty. The other person has guilt, is a sinner and so no trace of conflict remains to haunt you. The other is not your brother, he is not holy and you will never be one with him. We don't recognise God's Creation and continue to "expect" miracles in a world perceived by this mind that doesn't seem to know how to do things differently.

When you discover Love, you save yourself from fear. And the practice of a Discoverer of Love is to forgive. Only through Forgiveness we will no more judge and project darkness, because only the Vision of Christ belongs to the Discoverers of Love. Nothing remains apart from God's Creation... His Son is holy and all His Thoughts reflect this Holiness. He looks at his brother and contemplates his brother reflects Christ, because He recognises his own Identity.

The Holy Spirit is the Voice that speaks for God. He proposes that we receive each of our judgements, each of the defects we discover, in order to dissolve them before our Holiness. We will discover defects in order to discover Love... means and end will be one and the same, and that will be the only purpose we will give our perceptions from now on: we will reveal them all, one by one. We will discover so that the whole of Creation shine and finally reflect the Light of Heaven.

8 - WE CAN CHOOSE AND DIRECT OURSELVES TO BE PEACEFUL INSIDE REGARDLESS OF WHAT IS HAPPENING OUTSIDE

Whilst we look to the world for solutions to any problem, we identify even more problem, we identify even more with the problem and, consequently, trap ourselves in an endless search. We focus our attention on the outside and, distracted, forget about Peace along an insane path doomed to failure...

What then seems to us to be salvation at every moment when we believe we are living in a problem, living in an external situation that seems to come "by delivery" to put an end to our peace? What seems real is never real. Neither what appears to be the solution, nor what appears to be the problem, and even less what appears to be 'our' peace. All this projection only hides the biggest obstacle that Peace has to overcome, the biggest problem we 'need to solve'... the fear of God.

Our vision contemplates what happens externally and if the mind, a believer in separation, is in charge of all the workings of this thought structure? So tell me, what's the problem? The problem is who is in the room'. Who is in charge of loving or fearing, who is in charge of feeling or not feeling peace, who commands the whole world as good or evil. That's the watermark of the ego. A subtle, almost translucent signature that often goes unnoticed if we don't look closely. if we don't look closely. And only it can be afraid of God. Only the forgotten mind of God's Remembrance could fear God.

To fear God is to choose to believe in something that doesn't exist through Him. It is to believe in a world apart from His Existence, invented or fabricated to 'end' Him. That's impossible... nothing could put an end to God, not even our forgetfulness or all our distraction. What seems to happen externally is not apart from us. The world, as a thought apart from God, cannot exist... God does not stand before us as an adversary, as a strong opponent in our search for peace, He makes Himself present in every Moment that we consider real, just to remind us that He is Peace.

And if He is Peace, we are Peace in God, because we are One. If we are Peace in God, we see a blessed world... a world that can only show myself, because we are One. We see our own thoughts, which are like the Thoughts of God, because we are One. God is the only Source, and I cannot see Salvation apart from Him, because we are One.

Let every perception of fear be the only "problem" to be solved. The Holy Spirit is the One Who does not forget direction and can always guide us to God's Peace. He is the One Who makes the blessed world possible for the holy Son to remember Who He is and the world He creates. who He is and the world He creates, always in His Image and Likeness.

9- WE ARE STUDENTS AND TEACHERS TO EACH OTHER

If we are One, who are you?
If we are One, who is the other?
If we are One, who is the master?
If we are One, who is an apprentice?

***You cannot give what you do not have. A savior must be saved.
How else can he teach salvation? (L-pl.39.3:3)***

And what is Salvation? Salvation is Holiness. It is the recognition that we are holy because God created us, and nothing exists apart from the Extent of His Holiness. This is one of the many impossibilities we have learnt to believe in. Who taught us? The master we still choose to serve. The one to whom we still give our attention.

We are holy because our mind is part of the Mind of God and, no matter how much perception navigates between loss and unhappiness, our Vision is impeccable (without sin). Our Vision is free from the duality that the ego (or the part of the mind that doesn't believe in its Holiness) insists on teaching us. This apparent conflict between Truth (it's part) and illusion (is apart), can only be resolved when we disidentify from the ego. Only then will we allow the holy Son to remind us of God. Let him tell us who we are.

Everything is within us: the Father, the Son and the Holy Spirit. This is why the *Course* teaches us to know ourselves. Through Holy Communication with the Holy Spirit, we practise dissolving that which does not reflect the Love of which we are a part, and which will never recognise our true Identity: the voice of the ego. We dissolve every belief that limit and constrict us, so that Love can flow freely throughout flow freely throughout Creation.

We will practise listening to and learning from the holy Son who we are, and in every action that we perceive as we perceive as adverse, we will extend this learning by offering the Blessing of Holiness. The 'other' will always be the bearer of this Call for us to dissolve the voice that we perceive as separate from the Holy Mind, the One Mind. We will learn to contemplate God at every Moment, and we will never stop extending Him with joy. In Christ, like our Exemplary Master, Jesus, we will continue to experience Creation with holy eyes, increasing the Circle of Atonement through Forgiveness and thus express only Love in Unity.

In the same instant,
the master listens and the apprentice speaks.
Look at Being
and you will see that there is no distinction
between the giver and the receiver.

10- WE CAN FOCUS ON THE WHOLE OF LIFE RATHER THAN THE FRAGMENTS

Why do we fragment life? Why do we tear apart what is ours? What we believe there is in this way of living? Some belief sustains this habit, and it is precisely this kind of thinking that we need to take care of if we want to promote some kind of transformation.

Fragments can be significant moments, memories, reflections, learnings or even the representation of a set of small pieces that make up something bigger... that's it! There it is: the belief in separation. Parts that we believe make up a whole, which, if very well 'mixed', even seem like an experience. And, perhaps, it is in these experiences that we believe we can find the solidity that the world seems to have.

We are used to fragmenting people, things and events in order to size up each target detected as a possible threat. A very simple example of this fragmentation mechanism is the way we judge everything: a person is dishonest, and so we will relate to him/her; a thing is ugly, and so we will relate to it; a thing is ugly, and so we will relate to it; a situation is unpleasant, and so we will relate to it. The ego doesn't think it's possible that Love, and not fear, is what this fragmentation invokes. The ego maintains that through judgement, condemnation and non-forgiveness, he/she/you will be protected and exempt from all these sins. We point outwards what is inconceivable inwards to accept. This is the most brutal way of consolidating the world.

From the title "We can focus on the totality of life and not on its fragments", the word that attracts me the most is 'can'. It's where all our potential lies, here and now. If we are asleep, believers that we need to create through the ego in order to exist, the fact that we can correct all of this and no longer live surrounded by pieces doesn't sound like an attractive idea? Through what we really want, a whole Universe of Light can open up right before our eyes. Yes, we can. We can wish and we can practise, so that the habit is perceived as an invitation to remember who we are.

In time, the Holy Spirit clearly sees the Son of God can make mistakes. On this you share His vision. Yet you do not share His recognition of the difference between time and eternity. And when correction is completed, time is eternity. The Holy Spirit can teach you how to look on time differently and see beyond it, but not while you believe in sin. In error, yes, for this can be corrected by the mind. But sin is the belief that your perception is unchangeable, and that the mind must accept as true what it is told through it. If it does not obey, the mind is judged insane. The only power that could change perception is thus kept impotent, held to the body by the fear of changed perception which its Teacher, Who is one with it, would bring (T-19.III.5).

If we look at each little piece as an Invocation of Love, and no longer of fear, what will we be surrounded by?

We will be surrounded by Light and enveloped by the totality of Creation. Trust in the Blessing of the Miracle, forgiving every perceived difference and rejoicing in every invitation from the Son of God. The Holy Spirit is the only Answer to all the invocations that desire the totality of Life and the Love It contains.

11- SINCE LOVE IS ETERNAL, DEATH NEED NOT BE VIEWED AS FEARFUL

Isn't it curious to think that death is the only fact that we really attribute to God? We believe that there is "a way" for everything, but death... ah, yes, only God can do it and undo it. We set ourselves a goal and pray to the Power of God that time be preserved and extended, and its purpose to be completely changed in the function assigned to His Son.

The Purpose that God gives to time is not life, it is Forgiveness. What, in time, was created to die, will one day die. And what time cannot end is the function God has established for his Son: the Son of Life will never die. He is the Extension of Love and Life forever, without end.

The Healing, Forgiveness, is the greatest Gift that God has conceived for everything that we propose to the perception we have of time. And it was through this Gift that Jesus unnailed feet and hands from the dream of death. The crucifixion did not designate His fate or time of His death. Everything was defined solely by His Purpose in Oneness with His Creator, with His Father.

How lovely is the world whose purpose is forgiveness of God's Son! How free from fear, how filled with blessing and with happiness! And what a joyous thing it is to dwell a little while in such a happy place! Nor can it be forgot, in such a world, it is a little while till timelessness comes quietly to take the place of time (T-29.VI.6).

Salvation cannot threaten Life and offer death to God's holy Son. Forgiveness is the Gift offered to remind us that only Life exists. Forgiveness allows the Remembrance of Love so that we never again associate God with what we perceive with deep despair. Forgiveness reminds us that we dwell within the one Source of all Life. Look around you and allow God's Way to be among us. Allow, through the practice of Forgiveness, that in each brief moment Timelessness takes the place of time. May our practice establish Love eternally.

12 - WE CAN ALWAYS PERCEIVE OTHERS AS EITHER LOVING OR FEARFUL AND GIVING A CALL OF HELP FOR LOVE

What is a request for help if not a perception offered to the Holy Spirit to be healed?
What is a request for help if not a Call from the Holy Son to be answered? To offer love to ourselves and, consequently, to others, is to surrender what we perceive as still unanswered to the Light of the Holy Spirit.

Normally, because of the attraction of the habit of a fierce practice, we keep "secret" all our thoughts: we continue to observe the world, perceiving its details, judging every instant of the experiences we have chosen here in time and offering the ego the meanings we've invented in order to sustain a structure of thought that demands only guilt, without any communication with the Father, with the Son and with the Holy Spirit.

What we insist on keeping voiceless, we keep unheard and unanswered, making the Power that would be able to change this whole scenario of terror completely impotent, completely impotent. We cage the Holy Spirit; we bind the hand of the holy Son and ask the Father to pay the price for our freedom in an unhealthy attachment to the ego.

What do we need to keep secret? What do we protect from the Interpretation of the Holy Spirit? Why is the ego still so attractive? The Call is made. The Holy Spirit hears our request for help when we no longer choose to live without Answer, without Correction, without Healing, without Light, without Love.

May every mind offer its children to Creation.
May every mind perceive through the Holy Spirit.
May every thought be healed, not hidden.

Nº8.

- 01- To desire is to invoke the Remembrance of Who we are.
- 02- In the Remembrance of our true Identity lies our true Individuality.
- 03- The Holy Spirit and the Practice of Forgiveness
is the Holy Answer to everything we perceive.
- 04- Perception condemns the Present to either the past or the future.
- 05- To stabilise attention and perception is to trust in the Eternal Firmament.
- 06- Just as God stretches out in you, you, in God,
extend into all of your creation.
- 07- - True Communication is internal;
There is only Communion between minds.
- 08- All Existence is in God.

A suggested exercise... write about your practice. Writing, in a free and non-judgemental way, is an excellent exercise for thoughts to appear right before your eyes. As we think, we perceive!

Write without any kind of worry: don't select ideas, don't correct mistakes and grammatical forms. Allow the flow. Bring your thoughts to Life. The sheet of paper will be the perceived Bridge between your consciousness (notice the overload of automatic thoughts) and the Holy Spirit's Interpretation (notice the feeling of relief, clarity, organisation and understanding).

Adopt kindness as part of this Sacred Dialogue. Allow Wisdom to flow through your thoughts and transform your inner dialogue into a witness to your Path of Healing and Peace.

