



Healing Of Persons Exceptional

**H O P E
G R O U P
O P E N I N G**

w i t h t h e

- ♥ **PRINCIPLES OF
ATTITUDINAL HEALING,**
- ♥ **SERENITY PRAYER, and**
- ♥ **GROUP GUIDELINES.**

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**HOPE Supportive Groups** are for folks dealing with serious personal issues. They support **hope**, the key to the discovery of *meaning, value* and *purpose* in life. **Hope's promise of possibility** replaces fear and opens the heart to intention, truth, and love. **HOPE groups** help you build a successful life... and heal.  
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HOPE GROUP OPENING

- **We are a HOPE group.**
- **We come together to find wellness.**
- **Wellness comes with the discovery of peace of mind.**
- **We find peace of mind through understanding and letting go of guilt and fear.**
- **In this way, we learn to live in each moment.**
- **In this moment, we can choose to focus on the whole of life rather than its fragments.**
- **We seek the power that makes this choice possible.**
- **We come to realize that this power lies within each one of us.**
- **This power, as we understand it, is Love.**
- **With Love's power we come to realize the promise of hope.**

THE PRINCIPLES OF ATTITUDINAL HEALING

(With heartfelt, loving thanks to Jerry Jampolsky, MD and all Centers of Attitudinal Healing worldwide.)

- 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 extending love or giving a call for love.**

A PRAYER FOR SERENITY

**God, grant me the serenity
To accept the things I can not change,
The courage to change the things I can,
And the wisdom to know the difference.**

HOPE GROUP GUIDELINES

We agree to:

1. help the group focus on attitudinal healing by letting go of fear and conflict, and seeing life in a peaceful and loving way.
2. work on our own healing processes, offer mutual support, and practice non-judgmental listening.
3. recognize the importance of each person's process; in this way we create a safe atmosphere for the whole group.
4. support each other's inner guidance, and trust in that process.
5. share what has worked for us in our own lives without expectation of it working for others; for there are no "shoulds".
6. risk and expose our own emotional states; thus we share our common experience.
7. use our time together with mutual care, consideration, and respect.
8. be students and teachers to each other, interchangeably.
9. maintain a loving focus on each speaker, and refrain from cross-talk or walking on another's talk.
10. keep all personal information that is shared in a HOPE group meeting strictly confidential.

The working concepts of attitudinal shifts and healing come out of Earl Nightingale's benchmark studies of the history of human success and Doctor Jerry Jampolsky's study of the contemporary spiritual work called *A Course in Miracles* and the application of its fundamental principles. It includes the work of many others including Bernie Siegel, MD; Margot Taylor Fanger, MSW, LCSW; Wayne Dyer, PhD; Brian Tracy; Larry LeShan, PhD; and Joan Borysenko, PhD.

H.O.P.E. is a 501(c)(3) not-for-profit organization. The contributions of participants support HOPE's outreach work. We accept donations gratefully according to the principle, "value given for value received," according to a person's budget. Please consider that the group accepts responsibility for paying any space rent and a consideration of the guide's time and mileage.

The participants of each meeting are jointly responsible for following the Opening, Principles, and Guidelines. The H.O.P.E. Center and its founder, Ken Hamilton, are open to questions, comments, and suggestions of all group participants and their families, and friends of H.O.P.E.

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