

## H.O.P.E. 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, and in this way we create a safe atmosphere for the whole group.
4. support each other's inner guidance, and to 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, and 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 H.O.P.E. Group meeting strictly confidential.

The principles of attitudinal healing and success-full thinking grew out of the founder's studies of Earl Nightingale's benchmark work on the nature of human success that began for the founder in 1975.

H.O.P.E. is a 501(c)(3) not-for-profit organization. Participant contributions support H.O.P.E.'s outreach work. We accept donations gratefully according to the principle, "value given for value received, and the size of present budget... \$0.05 for one is the same as \$50.00 for another."

The group accepts responsibility for paying any space rent and 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. BOD and its founder, Ken Hamilton, MD, are open to questions, comments, and suggestions of all group participants and their families, and to all friends of H.O.P.E.

Find H.O.P.E. at PO Box 276., South Paris, ME 04281-0276.  
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**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,**
- ♥ **the SERENITY PRAYER, and**
- ♥ **H.O.P.E. GROUP GUIDELINES.**

**H.O.P.E. Attitudinal Healing Support 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. **H.O.P.E. Groups** help you build a successful life... and heal.

## **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.**

## **H.O.P.E. GROUP OPENING**

- We are a H.O.P.E. 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.**