

As an impatient driver no one would let me into their driving lane nor would I let them into mine. I was often angry and so annoyed at other drivers. All the slow pokes always seemed to be in front of me too. I did not realize that my energy field was communicating my anger to other drivers and triggering similar responses in them. Then a gem of a book reached me with several “ah hahs” and I changed my attitude and my life.

ATTITUDINAL HEALING

Many years ago in 1980 good fortune led me to discover Gerald Jampolsky’s book *Love is Letting Go of Fear*. Jerry’s simple phrases (quoted below) suggested that a change of my mind was in order.

“Do I choose to experience *peace of mind* or do I choose to experience *Conflict*”?

Do I choose to experience *love* or *fear*?

Do I choose to be a *love finder* or a *fault finder*?”

“What we experience is our state of mind projected outward.”

“We cannot change the external world nor can we change other people. We can change how we perceive the world, how we perceive others, and how we perceive ourselves.” “I am determined to see things differently.”

Those phrases and others really touched me. I had inherited and added to a critical fault finding streak in myself. As the “ah hah” awareness that it was making me and those around me unhappy dawned on me I began to practice changing my attitude while I was driving. Shifting from impatience and anger to more loving peaceful acceptance of whatever was occurring worked. It was amazing to me at the time what a difference it made. Virtually right away people would easily let me into their lanes. Pokey ones would even move over to let me pass by. I wondered how is this possible. Are they reading my mind? At that time I had not yet understood that we are really all connected, all one in creation and in touch with each other on subtle levels.

After my surprisingly successful driving experience I began carrying attitudinal changes into other areas of my life. Once again Jerry Jampolsky’s healing words provided a profoundly changing “ah hah,” a lesson in forgiveness. His guidance was:

“Inner peace can be reached only when we practice forgiveness.”

“Forgiveness means correcting our misperception that the other person has harmed us.”

“When we see our only function as forgiveness, and are willing to practice it consistently by directing our minds to be forgiving, we will find ourselves released and set free.”

One evening my husband announced tearfully with difficulty that his business was in trouble financially and that we must sell our beautiful just completed penthouse within a week. I was shocked and began to cry. I had had no idea that we were not doing well financially. I had put my heart and soul into creating my ‘okay’ space around me. I had lovingly designed and looked after all construction details expecting to live there the rest of my life. Recalling Jerry Jampolsky’s guidance, and although I was heart broken, I was able after a few moments of tears to let my dreams go. Shaken and saddened, I forgave my husband completely (I thought) and put our penthouse up for sale the next day. Because of exceptional improvements made to the apartment we did sell for cash within a week.

We moved into a pleasant spacious rented townhouse in April, 1982. I found that at first I could not get interested enough to put up pictures or my paintings. All the walls were left bare. Eight months later in December of that year the walls were still bare when my husband planned to hold a Christmas party for his office staff. He began to put up the pictures aided by our youngest son. I burst into deep sobs. Having invested myself so heavily into design and construction of the penthouse, I realized that I hadn’t been able to bring myself to invest my energy in a property again by putting pictures up. I also realized that while I thought I had forgiven my husband I had only forgiven him ninety percent, not one hundred percent. Part of me had not completely forgiven him. With my recognition and tears the last bit of forgiveness was released and finally complete.

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“Love is Letting Go of Fear” by Gerald G. Jampolsky M.D. ISBN 0-553-20796-2

Jerry Jampolsky founded the International Center for Attitudinal Healing. They can be contacted at <http://www.attitudinalhealing.org>

PS

As I write this in 2008, I realize that I have let slip some driving courtesy when I feel I am being taken advantage of. It occurs in instances where I have been waiting in a long line due to a driving lane being closed for construction. Other drivers drive down the closed lane then expect to push in ahead of me. They have waited perhaps a minute to my 10 or more. It has been making me annoyed. Oh! Oh! Time to practice letting go again.

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