



# Teach Only Love: The Twelve Principles of Attitudinal Healing

*Gerald G. Jampolsky*

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## **Teach Only Love: The Twelve Principles of Attitudinal Healing** Gerald G. Jampolsky

Dr. Jampolsky believes there is another way of looking at life that makes it possible for us to walk through this world in love, at peace and without fear. This other way requires no external battles, but only that we heal ourselves. It is a process he calls “attitudinal healing,” because it is an internal and primarily mental process. Jampolsky believes that attitudinal healing, when properly practiced, will allow anyone, regardless of her circumstances, to begin experiencing the joy and harmony that each moment holds, and to start her journey on a path of love and hope.

The mind can be retrained. Within this fact lies our freedom. Our attitudes determine whether we experience peace or fear, whether we are well or sick, free or imprisoned. Love, in its true meaning, is the attitude that this book is about. Love is total acceptance and total giving—with no boundaries and no exceptions. Love, being the only reality, cannot be transformed. It can only extend and expand. It unfolds endlessly and beautifully upon itself. Love sees everyone as blameless, for it recognizes the light within each one of us is. Love is the total absence of fear and the basis for all attitudinal healing.

The principles of attitudinal healing have been expanded since Teach Only Love was first published in 1983. There are now twelve principles, which are used in the 150 Centers for Attitudinal Healing around the world. Dr. Jampolsky believes that these principles have a universal appeal that crosses cultural and religious barriers. He has repeatedly seen how people’s lives have transformed when these principles became their heartbeat and their way of communicating with others.

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Playing with family inside a park, coming to see the sea world or hanging out with close friends is thing that usually you may have done when you have spare time, subsequently why you don't try issue that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Teach Only Love: The Twelve Principles of Attitudinal Healing, you may enjoy both. It is great combination right, you still desire to miss it? What kind of hangout type is it? Oh seriously its mind hangout men. What? Still don't understand it, oh come on its referred to as reading friends.

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