

The Origin of the Philosophy

Attitudinal Healing (AH) is about healing our inner attitude. It offers this possibility by inviting us to focus on the twelve principles of Attitudinal Healing, which originate from *A Course in Miracles* (ACIM). Within an AH group, we remind one another of our inherent wholeness through listening and sharing without judgment. *A Course in Miracles* is a self-study path devoted to the experience of inner peace. Across the world and the Netherlands, groups come together to share and reflect on this.

In AH groups, sharing takes place with a focus on the principles and guidelines as they relate to everyday life. The way an ACIM group is structured may differ. When a group chooses to read and listen to the text together without any exchange, there is little to facilitate — provided everyone remains faithful to that agreement. Once sharing begins, however, the dynamic changes. Participants may explore their personal understanding of the text or share how a particular lesson is being lived and practiced in their own experience.

The Basic Training

This facilitator training is designed for those who wish to facilitate an AH and/or ACIM group, as well as for those who wish to deepen the practice of these teachings in their own lives. Alongside hands-on practice in facilitating groups, the training explores the deeper meaning of the 12 principles of AH and the 10 guidelines that support the work within AH groups.

To facilitate means to support and ease the process. As a facilitator, you aim is to create a safe and open space in which participants can share, with ease and openness, the situations and challenges they encounter in daily life - how the Principles and Guidelines of AH and/or the Course can be applied in all circumstances, and how the insights drawn from AH and ACIM can transform the way we live and relate.

The foundational attitude offered in this training, rooted in the principles and guidelines of AH and *A Course in Miracles*, can be profoundly supportive in any form of dialogue. As this attitude becomes embodied, it naturally extends into all relationships: with students in a classroom, colleagues at work, and within the intimacy of family life, with partners, parents, and children. In this way, it becomes a way of being, a lived expression of love and awareness.

Specific aspects of facilitation that are explored include:

- gaining awareness of one's own patterns of thinking and acting (one's inner attitude)
- recognizing which attitudes support the facilitation process and which do not
- developing core facilitation skills
- communicating with clarity and presence
- learning to see through the eyes of love
- trusting in the wholeness and inner wisdom of the other
- meeting and holding challenging situations within the group with compassion

Participants are warmly invited to bring their own questions, themes, or specific situations into the training days.