



Like a sandstorm...

African Tasha Abdou so much wanted to participate in the Attitudinal Healing facilitator training in the Netherlands, he tried desperately for two years to get a visa to be able to travel there: in vain. So Els Thissen offered to bring the training to his home country, Cameroun, helped by Emilia van Leent.

Annemarie van Unnik

Translation: Emilia van Leent

Since Els Thissen had made herself completely available to accommodate Tasha's wishes, this resulted in a three-day facilitator-training, facilitating several AH-groups and several workshops, one of them in a home for the handicapped. Also there was a contribution on nationwide television.

'When I got off the plane in Cameroun it felt like an enormous heater blew on my legs. There was this incredible heat. Then I decided: "I refuse to give this any further thought!" I came because Tasha Abdou had wanted to participate in the AH-facilitator-training in the Netherlands and was refused a visa. He had been touched – going through a rough period in his life – by Jerry Jampolsky's book *Love is letting go of fear*. He had lost his job – and because he was a drinker his wife had said he couldn't come home any more. While wandering the streets his eye caught this book. He decided to buy it, thinking he knew everything about fear, yet nothing about love. He engaged himself with the lessons found in this book and was able to get himself a job within two months. Since during that time he had also quit drinking he could come home again.

Our first workshop was in a place for handicapped people. As soon as we got there we felt as if we were being raised in consciousness. The next day

quite a group of those who attended came to our next workshop. They had taken the trouble to travel there! What struck me while I was asking questions was that it really doesn't matter what circumstances we live with. One man who was attending told us his leg had been driven off by a non-insured car driver. The police-officer involved had filed no report and that meant he wasn't given any compensation. I asked him "would you rather be the driver"? No, he did not. "The policeman then?" No, neither. Then I said: "so you got the best deal out of the three of you: you don't have to be the driver or the police-officer". "That's right!" he said and a big smile lit up his face. Also there was a 30-year old mother who had – they said – a deaf and mute child, that was sitting in a wheelchair due to his very weak crooked legs. The worry for the mother was that as her son grew older and heavier it would be ever more difficult for her to pick him up and carry him. She was crying at the very thought of that. I said to her: I notice you think this is a problem, and what about him, is it also a problem for him? She looked at her son, who sat literally beaming in his chair, and then responded that for him it clearly was no problem at all.'

I am sorry

'In the Netherlands we deal with situations where people are being bashed about or raped. It struck me that in Cameroun this seems to happen more frequently and is regarded as acceptable. Having injuries seems to be an accepted part of life. Health care is too expensive for most. And if you live in the bush you will have none of it anyway. Mrs. Ebon, - of whom we will speak of more later – was hit by her husband and because of this left blind in one eye. A doctor later told her that she would not have lost sight had she been able to go to hospital. One participant after the other told a story about a

physical defect or handicap. Then I divided the participants in an outer- and an inner circle, having them standing opposite each-other. What had happened in each individual life did not have to be told: people knew that very well for themselves. Instead I asked people to tell the person opposite from their hearts: 'I am sorry for what happened to you in your life.' And then they would move on to the next person and repeat that same sentence, about 15 times. Through the well meant compassion in those words healing took place with visible results. One man told about this on the third day of the training: All my life I've kept a book in which I wrote *who* wronged me, *what* they did and *when*

– as if there is hardly any mental disturbance that has to be gone through to reach it. Matters that deal with the heart are understood immediately. Things happen and life goes on, like children live. At the same time there is a yearning for change. "we need a change in attitude" is often heard. A need to stop corruption, hitting each other, to stop rape, killings and tribal thinking. Putting emphasis on social class, level of education, political and tribal bias will forego the awareness of unity. And that is exactly the focus of AH. *Everyone* is welcome – and that is what people have felt and what has touched them. The invitation is to look past the outer shell to where there is equality and oneness. Tasha said that AH



they did it. Yesterday I felt such love here that upon coming home I tore it apart. I decided I no longer wanted that. After that I went to sleep and I had a dream in which I was seated in the middle of a plant. The plant, which in Africa is called peace-plant, grew ever bigger and bigger. Around it sprouted more peace-plants, each gently enfolding a participant of the training. While he told this he was in tears and indeed so were we all.

Two women from the training had travelled in from Nigeria. One of them, eighty-year old Ebum who is a former ambassador for Nigeria in Mexico, started a Center for AH in Nigeria.

She told us that same morning: It is now that I really begin to understand what AH can do for you, how it can touch you; I realize the extension of it.

Yesterday something happened to me. Something came up that stemmed from my childhood – I hadn't even realized it was still there. Then I had a dream last night involving all people from my childhood. They came up to me with smiling faces, peaceful and in harmony. I hadn't seen them in years, they may even be dead. And peace entered in a long past situation.'

Peace and unity

'Cameroun is a great country and I could easily live there. In the people I met I found their hearts easily surfaced. There is a great understanding of the heart

will spread across the whole of Africa like a sandstorm because of the heart-felt need to do things differently. This also was the topic of the TV-show in which AH was the main feature by mouth of Tasha and Emilia.

I felt tremendously welcome, guided and carried. There was no need for me to figure out what to do. Tasha picked us up, we would arrive somewhere and work. Because Emilia knows my work so well her translation is fantastic. On the third day of training people started answering questions before the translation: as if they had listened through the words that were being spoken. We had exercises to bring people closer together despite barriers of for example social class. In that way they got to know each other and could discover that everyone deals with the same sort of things. Rich or poor, man or woman, if you are being bashed it hurts the same. This inner understanding leads to new friendships and mutual helpfulness. We had a golden time. Once we came back home I couldn't share much about it because words cannot truly describe the experiences. Upon coming home I took a ACIM card asking "what was this all about?" It read: *As God sent me to you so will I send you to others. And I will go to them with you, so we can teach them peace and union.*' ●

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