

Center for Attitudinal Healing & the Arts

[Our Approach](#) [Relationship to Arts](#) [Support Groups](#) [Workshops & Presentations](#)

[Comstock Vocal Studio](#) [Rocky Shoals](#) [Residency Program](#)

SERVICES OFFERED

The center provides peer support groups, workshops and retreats, as well as art-based and inspirational activities, using the *[Principles of Attitudinal Healing](#)*.

ATTITUDINAL HEALING

The concept of Attitudinal Healing is based on the belief that it is not people or things outside of ourselves that cause us to be upset, rather it is our own thoughts and attitudes.

Attitudinal Healing is an approach to transforming the conflict, fear, and separation that tend to dominate our lives. It is based upon the premise that each of us possesses an essential quality of being that is creative, peaceful, and whole.

Attitudinal Healing defines this essential quality as *love*, and states that it is accessible in any moment through our conscious choice to experience it. By exploring the conflicts and fears within us, we can discover the choices that allow for healing.

Attitudinal Healing becomes a recognition that as we learn to let go of fear and to forgive ourselves and others we open the door to our own inner peace.

Attitudinal Healing provides the opportunity for us to re-examine our lives and once again choose what it is we want to experience:
Love or fear, peace or conflict.

OUR STAFF

Dan Comstock, co-founder/director
Marie(Zuma) Osborne, co-founder/facilitator
Terry Cady, facilitator
Doug Macaulay, technical adviser



Sally Suk, Dan, Zuma, & Gay Rushmer at International Attitudinal Healing Convention, San Rafael, CA, 2006

For information contact the

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ATTITUDINAL HEALING INTERNATIONAL

Teach only love, for that is what you are. ACIM