



FORGIVENESS CIRCLES

As we wrote in ***WITH Forgiveness ~ Are You Ready?*** we each have the right and the opportunity to live a life filled with love, peace, happiness and abundance. We know that forgiveness is a vital key to turn this dream of happiness into the reality of Heaven on Earth.

While the principals outlined in ***WITH Forgiveness ~ Are You Ready?*** are simple and life-transforming, our own experience along with the feedback we have received, indicates that implementing them into our everyday lives requires dedicated effort. We have also found that having a support group consisting of a circle of individuals who are actively practicing these principles, can significantly improve and accelerate our ability to change our point of view. With this in mind we have created Forgiveness Circles as a practical way to support people like you who have joined the international *WITH Forgiveness* Community and wish to further implement these powerful ideas and lessons into their lives.

We trust that this information will help you to start a Forgiveness Circle in your community. Please know that you belong to an international network of people implementing the *WITH Forgiveness* message in their personal lives, families, workplaces, and communities. It is through our personal commitment to forgiveness that we are creating greater peace, reconciliation and happiness for all.

We look forward to hearing about your Forgiveness Circle: your questions, successes, and ways to continue to expand forgiveness throughout the world. E-mail us at: askus@withforgiveness.com with anything your group would like to share with us.

With all our love,
Susyn and Sheri
www.withforgiveness.com



FAQ's on Forgiveness Circles

What is a Forgiveness Circle?

A Forgiveness Circle is a group of individuals who gather with the intent of integrating *WITH Forgiveness* into their daily lives within their communities. Forgiveness Circles are open to anyone who wishes to attend. They are self-sustaining, governed by group consensus, with facilitation rotated amongst members in service of peace and happiness of all the members. When you join a Forgiveness Circle, you are joining a network of committed individuals dedicated to consciously living life filled with love, peace, abundance and happiness!

What are the requirements for membership in a Forgiveness Circle?

The only requirement for membership in a Forgiveness Circle is a desire to master your awareness, free yourself of past wounds, and commit to an expanded experience of love, peace and happiness in your life through the practice of forgiveness. Our *WITH Forgiveness* international community sustains itself with relationships: the relationship between the individual and the forgiveness community and the relationship between the forgiveness community and the greater world. If you desire true freedom from emotional pain, reconciliation between people, and unconditional love in our world, then you are welcome to become a member of a Forgiveness Circle.

What do you do during a typical Forgiveness Circle?

Meetings begin and end with a prayer, music or a reading chosen by the facilitator (see the *Prayer for Peace & Happiness* and the *Circle of Fire Prayer* on pages 10 - 11 of the Information Packet). During a Forgiveness Circle your group may choose to focus on a specific chapter of the ***WITH Forgiveness ~ Are You Ready?*** book, have a discussion of the lesson, and also share your challenges, experiences and ideas related to that chapter. You might even invite a guest speaker to join you. While we suggest working through the book chapter-by-chapter, it is ultimately up to your Forgiveness Circle to develop a format that is most supportive of your member's personal expression and desires.

How do I start a Forgiveness Circle?

By setting your intent, you begin the process of creating a Forgiveness Circle. This Forgiveness Circle Information Packet contains all the information you need to start your Forgiveness Circle.

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How do I find members for my Forgiveness Circle?

Start by sharing your desire to start a Forgiveness Circle with friends and family who have received the daily *WITH Forgiveness* email messages or have read ***WITH Forgiveness ~ Are You Ready?*** When you sign-up to download the Forgiveness Circle Information Packet, you provide us with information about the circle you are forming and that information will be available on the *WITH Forgiveness* website so people in your area can contact you directly. You can also post flyers in your local grocery store, coffee shop, New Thought Church, bookstore etc. or place an ad in your local paper. Once you start spreading the word, people are sure to come!

How can I find a Forgiveness Circle?

The *WITH Forgiveness* website: www.withforgiveness.com has a list of Forgiveness Circles. Go to the website, click on the "Community" button and then choose "Forgiveness Circles." If there is no Forgiveness Circle in your particular area, we encourage of you to take the action of starting one! It can be as simple as you and a friend gathering weekly as a start.

How much does it cost to start a Forgiveness Circle?

There is no charge to download the Forgiveness Circle Information Packet and start a circle. You may consider making a donation to *WITH Forgiveness* to support our continued outreach to expand forgiveness throughout the world. (Donations can be made on the right side of the *WITH Forgiveness* website page through PayPal.)

How much does it cost to join a Forgiveness Circle?

Each member of a Forgiveness Circle is invited to make a donation at each gathering as part of the practice of giving. Donations can then be made to *WITH Forgiveness* to support its work, to purchase resource material for the benefit of the circle members, to support a local community service project, or even given to the hosting person for snacks and tea. However, no one is turned away should they be unable or unwilling to make a donation.

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This Forgiveness Circle Information Packet Contains:

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- 2- The Role of the Facilitator.....pg 6
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- 4- Forgiveness Circle Formatpg 8
- 5- WITH *Forgiveness* Mission Statement.....pg 10
- 6- Prayer for Peace and Happiness and Circle of Fire Prayerpg 10
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1. How to Set the Intention and Create a Sacred Space

We're grateful you've joined us in our commitment to illuminate the path to compassion, reconciliation, personal, and world peace. Together we will:

- **Transform** the fear-based beliefs and judgments within us that cause human conflict, pain, and suffering.
- **Adopt** specific practices to help us transcend these beliefs.
- **Practice** clear techniques and actions necessary to forgive ourselves and others.
- **Create** community which supports our process of forgiveness.

To insure that this intention is in the conscious awareness of your circle members, take the time at the beginning of your gathering to articulate the intent of the *WITH Forgiveness* community. We encourage you to make copies of our intention to give to your members so everyone's heart is focused in the same direction.

Creating a sacred space begins with your intention and is then supported by the environment you create. While it is not necessary to do anything special you may want to use candles, special objects, pictures, *WITH Forgiveness* posters, a copy of ***WITH Forgiveness ~ Are You Ready?***, flowers, music etc. to remind you that you are entering a sacred space that is connected to a larger purpose and dream of heaven on earth. All circle members contribute to the sacred space by their presence and their commitment to honoring the Divine in each member.

All that is needed for the physical meeting space is a clean, quiet, safe environment. It does not matter if your circle gathers on the floor of your living room, in a community center, or even in a rented space. What is important is that you gather with conscious intent, respect and integrity.

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2. The Role of the Facilitator

Select a facilitator prior to the close of each circle gathering. Ideally rotate this responsibility among circle members so that each member has the opportunity to be a leader as well as a participant. The facilitator's role is to:

- Identify the topic for the meeting, preferably at the previous meeting. You may follow the chapters of the book from the beginning to the end or based on the agreement of the group members – the facilitator may choose the topic. The decision of how to choose the topic for each meeting will be agreed upon at your first gathering. Remember to be flexible since a specific topic may generate emotional reactions and the group may want to continue with a particular topic until they feel complete.
- Keep time so each meeting begins and ends promptly. We recommend that meetings are at least 2 hours to ensure the participation of each member and an opportunity for an in-depth exploration of the lesson.
- Maintain the Circle Guidelines. Should a member forget a Guideline, the facilitator will reinforce the guideline.
- Maintain the basic Circle Format. This Format is designed to support the intention of *WITH Forgiveness*.
- Lead the opening and closing Prayer or choose a reading or song to mark the opening and closing of the sacred Forgiveness Circle.

3. Forgiveness Circle Guidelines

With the publication of [*The Millionth Circle*](#) by Jean Shinoda Bolen in 1999, circles have formed and gather throughout the world to support people in giving voice to their deepest desires and in the words of M. Gandhi, *to be the change they wish to see in the world*. The following Guidelines have been used worldwide and we suggest you follow them in your Forgiveness Circle:

- Consider your circle a sacred space. Agree upon what is to be held in confidence. For instance, the agreement that “*What is spoken in the circle, stays in the circle*” helps to ensure a safe environment for sharing our experiences and feelings.

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- Begin and end with a prayer, song, or inspirational reading.
- Open and close the circle by hearing each member's voice. (This can be as simple as stating your name, a word or two to describe how you are feeling right now, a question you would like answered, or what you have learned during the gathering.)
- Only one person speaks at a time. There is no cross talk. You may use a talking stick or power object that is held by the person who is speaking. When the speaker is finished the talking stick is passed to the next speaker. This can be done in a clockwise fashion and if a person chooses not to speak s/he says "Pass" and gives the talking stick to the next person. Or the talking stick can simply be passed from one speaker to the next based on who is moved to speak. Everyone is encouraged to add their voice to the circle.
- Refrain from gossiping about people outside of your circle as well as with members of the circle about one another. Gossip contains judgment and this is something we are all working to stop doing.
- Allow several moments of silence between speakers to acknowledge that each speaker has been heard. Speak and then silence, speak and then silence.
- Speak and listen from the heart. This includes listening without an agenda, suspending judgment, being curious and listening for the underlying meaning, "the music behind the words." Practice listening for wisdom as it comes through each participant.
- Encourage and welcome diverse points of view. It is not about making folks right or wrong - allow yourself and everyone else to have their own point of view. The idea is to ultimately transcend all points of view for forgiveness to occur, and the circle is a wonderful place to put those teachings into practice. There is no need to change anyone or anything. Break the habit of "piggy-backing," when you formulate your answer based on the statement said before - and modifying it to make yourself "right."
- Give the speaker your full attention without formulating what you will say. This means not answering a question until the person has completely finished what they have to say and allowing a moment of silence.

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- Share leadership and resources.
- Decide together how decisions will be made. It is desirable to work toward consensus when possible. Some common decisions to be agreed upon are: the length of the meeting, the meeting format, who will lead the meeting, the location, whether or not to collect donations and how donations will be used, what is expected of participants regarding attendance and participation, and the circle guidelines to follow.
- Offer experience instead of advice. Share your experience and feelings to the circle, not your advice about how someone else “should” see something or act in a particular situation. If someone requests to hear another point of view you may offer it. A more supportive method of assisting someone in detaching from a difficult point of view is to ask a person a question like; “Is it possible to consider seeing this situation from another point of view?” or “Is that way of seeing things coming from love or fear?” or “Is your belief supporting an emotional state of peace or anger?”
- When in doubt or need, pause and silently ask for guidance. This includes listening to your inner guidance before speaking. Request silence and reflection in the circle when you feel it is needed.
- Stay focused in the present rather than story-telling about the past. If you have current feelings about a past experience focus on your feelings rather than reporting a “there and then” history. This is important for our forgiveness process and to move out of a victim point of view.

4. Forgiveness Circle Format

This Forgiveness Circle format has been designed to support you in the practice of forgiveness. We encourage you to both use this structure and to be flexible to best serve the intention and needs of your particular circle.

- The facilitator opens each meeting by asking members to observe a Moment of Silence. Taking a moment of silence and connecting to the divine breath sets the intent and creates a sacred space. This is a time when you may light a candle to shine the light on forgiveness during your circle gathering.

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- Circle members recite *The Prayer for Peace & Happiness*, *The Circle of Fire Prayer*, listen to a song and/or the facilitator reads words of inspiration chosen by the facilitator or the group.
- The facilitator or a member of the group reads the *WITH Forgiveness* intention and the Circle Guidelines.
- The facilitator begins the Check-in process to add each person's voice to the sacred circle.
- The facilitator begins the "body" of the meeting which was decided at the end of the previous meeting. This may be a discussion of a particular chapter from ***WITH Forgiveness ~ Are You Ready?***, practice of a particular exercise, or the introduction of a guest speaker. The facilitator can prepare for this by having a question ready to pose to the circle or an exercise prepared. Questions and exercises from the lessons at the end of each book chapter are useful.
- If your circle has agreed to collect donations you can pass a basket at the end of the "body" of your meeting or you can have a basket in a visible and convenient location. The facilitator will remind circle members to give a donation with love and how the circles donations are being used.
- The facilitator for the next meeting will be identified and s/he will state the topic for the next meeting. For the next meeting you may chose to follow the chapters of the book or the circle may chose to further explore what was discussed in this meeting during their next circle gathering.
- The facilitator begins the Check-out process to add each person's voice to the closing of the sacred circle.
- Circle members recite *The Prayer for Peace & Happiness*, *The Circle of Fire Prayer* or listen to a song or the facilitator reads words of inspiration of their choosing.
- The facilitator closes the circle with a Moment of Silence to center and ground each participant as they connect with their breath and honor their Forgiveness Circle.
- If a candle has been lit, the facilitator extinguishes the light and the circle gathering is officially closed.

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5. WITH Forgiveness Mission Statement

The **WITH Forgiveness** mission is to illuminate the path to compassion and unconditional love for ourselves and others by:

- **Identifying** the fear-based beliefs and judgments that cause human conflict, pain, and suffering.
- **Providing** specific techniques and practices to assist people in the ultimate transcendence of these beliefs through the action of forgiveness, compassion, and unconditional love.
- **Offering** worldwide resources to support the fruits of forgiveness, including: peace, harmony, cooperation, and community.

6. Prayers

The Prayer for Peace and Happiness

Today with heartfelt gratitude I live my life through the experience of peace and happiness. I easily focus my attention on thoughts that enhance the flow of love in my life. I know that I create my experience through the point of view I choose. Through inviting and allowing peace and happiness, I acknowledge that I am peace, I am happiness, I am love. I ask for and receive all the help available to me, visible and invisible, to easily release habit patterns of fear, to have faith in a loving future, and to live as love in the present.

To the eternal peace and happiness of all.
– and so it is.

By Susyn Reeve

The Circle of Fire Prayer

[State today's date]
The day of the Lord
when the Divinity returns to us
when living our free will, and with all the power of our spirit
We decide to live our lives in free communion with God
with no expectations

continued...



We will live our lives with gratitude, love, loyalty, and justice
beginning with ourselves,
and continuing with our brothers and sisters

We will respect all creation
as the symbol of our love communion with the one who created us
to the eternal happiness of humanity

By don Miguel Ruiz

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7. Resources

Both Susyn and Sheri are available for private mentoring sessions should anyone need one-on-one assistance with a challenging forgiveness issue. Also, questions can be directed to us to be posted on the *Ask Sheri & Susyn* page of the website. These questions can be directed to askus@withforgiveness.com. If you have any questions about the tuition for private mentoring you can email us for details.

If you're interested in joining us on a spiritual journey it is a wonderful way to work deeply with guidance on the issues you are dealing with in your life right now. Being away from home, and working with a teacher, allows you to get to the heart of the matter without distractions. We encourage you to explore the different journeys we have in 2007 to Oaxaca, Mexico, Bimini with the Dolphins (for women only), Sedona, and Egypt. For information visit both sites: www.journeysofthespirit.com and www.withforgiveness.com/events.html

You can view all our current events, free teleclasses (these classes are given monthly), workshops and spiritual journeys on the website events page: www.withforgiveness.com/events.html. We would be honored to have you join us and meet us personally. It is important to us to increase the forgiveness community day-by-day and it is a pleasure for us to surround ourselves with people who want to change the world by changing themselves first!

continued...

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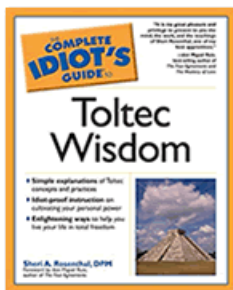
WITH Forgiveness ~ Are You Ready?: teaches you how to put compassion and unconditional love into action in a practical and understandable way. Sheri and Susyn explore the many areas of our lives where forgiveness is needed. Some of these topics are challenging; others may be surprising, and many may have gone unnoticed in your life – *until now*. Within this e-book, you will find plenty of food for thought. Each chapter includes additional exercises, and affirmations to help free you from any resentment and anger you may be holding towards yourself or others.

We all know we are *supposed* to forgive – but why is it so hard and seemingly unattainable? Without a doubt, forgiveness is not forgetting, nor is it making the other persons actions acceptable. True forgiveness begins with our willingness to look inside ourselves, and identify the thoughts that we are having which are causing our pain and suffering. This is definitely not your old-fashioned kind of forgiveness; it is thought-provoking, exciting and empowering!

Once you've mastered the art of forgiveness, you'll experience yourself as the creator of your own experience – and no one will be able to have power over your emotions again. *WITH Forgiveness* is your personal invitation to stand up and take action to create a life of true happiness and love.

If you purchase one e-book for the holidays as a gift - this is **the** book to share with family and friends Order one now at:

www.withforgiveness.com/wfbook.html



The Complete Idiot's Guide to Toltec Wisdom: by Sheri Rosenthal DPM - Born out of the ancient Toltec society in the central valley of Mexico, this advanced philosophy incorporates the knowledge of science, art, and the spirit to form a perfect model of transcendence. Toltecs believed humans can create their own dream of life from self-love and respect — the keys to personal freedom. With this guide, readers can explore the knowledge of the Toltecs, taking charge of their lives and becoming fully aware. [To purchase on Amazon.](#)

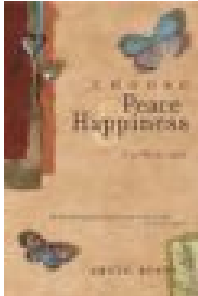
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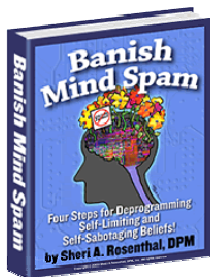
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Choose Peace & Happiness: A 52-Week Guide: by Susyn Reeve - Inspired by a quote by Mahatma Gandhi, "*Be the change you wish to see in the world,*" this book opens the door for you to experience greater peace and happiness. It consists of 52 chapters (for example: Use the Law of Attraction, Meditate, Be a Visitor in Your Town, Use the Good Dishes, Be the World's Greatest Love, Pray, etc.), one for each week with seven days of exercises to guide you in practicing the idea presented in the chapter. [To purchase on Amazon.](#)



The Gift of the Acorn: by Susyn Reeve - The Gift of the Acorn is an inspiring story with a powerful message that within each of us is all that is needed to be a mighty expression of Love in the world. Using an acorn and its transformation into a mighty oak tree as a metaphor for the seed of Love that is alive in each of us, this story touches the heart of young and old alike. [To purchase on Amazon.](#)



Banish Mind Spam: Four Steps for Deprogramming Self-Limiting and Self-Sabotaging Beliefs! Sheri gives brilliant insights into real world struggles and pointers on potential pitfalls and how to avoid them. Her new book sets out a clear and concise avenue for exploring your minds programming and obtaining your personal freedom. As always, Sheri suggests powerful actions that will assist you in your transformation. This book is a must have for anyone searching for the definitive "manual" on cleaning up their programming. [To purchase this e-book.](#)

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