

WITH forgiveness forum



Are you ready?

www.withforgivenessmovie.com

DECEMBER 2006

A Message From Susyn:

For many the holiday season amplifies feelings of loneliness. The longing for holidays past and the sense of isolation when it appears everyone else is enjoying loving family gatherings can lead to misery. This is a call for forgiveness.

What is it that is actually being forgiven? As always we are forgiving our judgments and beliefs. For instance, it may be true that you have fond memories of decorating the tree with your spouse and children, being woken on Christmas morning by eager kids, and savoring those special moments around the dinner table. And now since your kids are with your former spouse you wake to an empty house on Christmas day, and have to drag yourself to visit friends as you vacillate between tears and anger.

What beliefs fuel your suffering? If you are alone does it mean no one loves you? If you are divorced does it mean you're a failure? If your children are away from home does it mean you must be lonely? The answer to these questions is, No. Your belief in the lie that you are alone is the true source of your misery. The truth is that God is always with us and the experience of separation is based on believing the stories told by our ego-mind. When we focus our attention on our unquestionable connection with Spirit, loneliness dissolves.

So this holiday season forgive yourself for the beliefs you've had that nourish misery. Celebrate life as the gift of creation and create thoughts honoring you and your connection with the divine.

A Message From Sheri:

One of the reasons why forgiveness is so challenging is because most humans have a subconscious belief that people can hurt us. As long as we subscribe to this belief we will always feel like we need to defend ourselves from the actions and words of others – and as a result we make ourselves the victim of others.

The truth is people do what they are going to do and it isn't always what we wish, want or hope for. If we understand this then we can make the choice not to take the words and deeds of others personally. People are responsible for saying and doing hurtful things, but we understand that in that moment they are ignorant of the reasons why they are behaving that way (they are afraid of something and projecting their fear and anger outward).

We can only be hurt by others if we *believe* they can hurt us. For example, someone can hit me, but they cannot hurt me emotionally unless I chose to use their actions to get myself upset with a made-up story of injustice. Let's stop telling stories that turn us into victims and realize that we are always co-creating our reality.

If we truly believe that we are divine, then how can a divine being be a victim of anything? Either you will live life as a victim, always on the defense, living with your heart closed, with no compassion for others – or you will live life as the divine being that you are, living with your heart open, always having compassion for the unawareness of others. It is ultimately your choice...

A Favorite Forgiveness Quote:

"We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love."

Martin Luther King, Jr.

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Sign up now for 52 days of
WITH *Forgiveness* messages today!
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What's New!

- Our new book *WITH Forgiveness ~ Are You Ready?* is printed and ready to ship for the holidays! Do you have a friend or family member that could benefit from the gift of forgiveness? If so, [order one today](#).
- Join Susyn & Sheri for their next **free teleclass on December 12th**. See the [events page](#) for details. Don't forget to listen to last months class.
- Have you been on the new [Share Forgiveness forum](#)? You must re-join to post on the new forum. We look forward to seeing you there!
- Please ask us your questions and share your challenges at askus@withforgiveness.com! We post the answers on the [Ask Sheri & Susyn](#) page. We invite you to read the ones that have been posted as they are very powerful and heartfelt.
- **December 20th** – please join Susyn Reeve in Venice, Florida and on **January 13th** – in Sedona. She will be speaking on *Forgiveness: The Key to Activating Your Personal Power*. [Details for Sedona here](#). For details on the Venice event email: trina@lifeguidesofvenice.com
- Join Sheri & Susyn in **Oaxaca, Mexico** March 31st-April 7th for a special healing journey of the heart. Details below and on the [website](#).

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What is forgiveness? We all know we are *supposed* to do it – 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 book teaches you how to put compassion and unconditional love into action in a practical and understandable way.
- In *WITH Forgiveness*, 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*.
- Each chapter includes exercises, and affirmations to help free you from any resentment and anger you may be holding towards yourself or others.
- *WITH Forgiveness* is your personal invitation to stand up and take action to create a life of true happiness and love.

Order this special package for the holidays:

Purchase one book for **\$19.95** and receive a second book you can give as a gift for only **\$10.00** (package includes a special online journal that is used in conjunction with the book, a new *WITH Forgiveness* poster and pass-along cards): **Order now!**

~ Look who loves WITH Forgiveness! ~

“Forgiveness is an act of self-love and self-respect. In this book, Sheri and Susyn share powerful techniques that can help you to forgive and be happy in life.”

— don Miguel Ruiz, New York Times best-selling author of *The Four Agreements*

“The *WITH Forgiveness* project is one of the most interesting and helpful projects going on in the world today. I wholeheartedly recommend both the book and the project itself. It's refreshing to see people at work who know what it will really take to end the conflict on our planet.”

— Gary Renard, the best-selling author of *The Disappearance of the Universe*, and *Your Immortal Reality: How to Break the Cycle of Birth and Death*

“*WITH Forgiveness* makes good use of an eclectic mix of spiritual and religious traditions. It makes clear the distinction between the thinking engendered by the ego and the consciousness that emerges from the higher levels of human awareness.”

— Frederic Luskin, Ph.D., Director Stanford Forgiveness Projects and author of *Forgive for Good: A Proven Prescription for Health and Happiness*.

Spiritual Journeys

- ❖ **OUR NEXT JOURNEY! - February 7th-12th & 12th -16th: Teotihuacán: "The Place Where Man Becomes God"** with special extension to Tepotzlan, Cuernavaca

Join us for a truly transformational spiritual journey to the ancient home of the Toltecs. Using the layout of the city as a model for transcendence, we spend four days changing our dream of hell to a dream of heaven on earth. The energy here is perfect to support our personal work and change. Discover all the things that have been preventing you from expressing yourself fully and authentically in this lifetime.

- ❖ **March 31th-April 7th – Passover–Easter Week: Oaxaca: "Becoming the Supreme Artist of Your Life"**

Of all the grand colonial cities in Mexico, Oaxaca is certainly the shining jewel. Many of the powerful Zapotec and Mixtec places were build over by the Spanish who were attempting to eliminate their old culture. But these places still remain places of power, you can just feel the energy in these beautiful old churches and sacred sites. Becoming the supreme artist of our lives involves learning to create from the heart, not the mind which is filled with fear-based beliefs about what we can and cannot do.

- ❖ **May 19th-25th: Bimini Wild Dolphins – “A Woman’s Spiritual Journey of the Heart”**

Ladies, join us for a truly touching spiritual journey of the heart to the Caribbean Island of Bimini for an intimate experience with the wild spotted dolphins. During our time with the dolphins you will have the opportunity to open your heart and practice unconditional love and acceptance, for these marvelous creatures and for yourself. Although they do not speak our language, they certainly respond to the emotional quality we put out and the judgment or lack of judgment we have in our minds.

- ❖ **September 23rd-29th: Sedona Spiritual Retreat: “Finding the Mystic Within”**

Please join us for a magical retreat to the red rock country of Sedona, Arizona. Each day we will visit a different special location to reflect our inner mystic to us, and in addition, the limiting beliefs and concepts that are keeping us from this self-realization. Using the techniques of the vision quest, shamanistic dreaming, meditation and ceremony we will explore the mystic within.

- ❖ **November 9th-19th: Egypt: "Dreaming Ascension"**

In our journey to Egypt we will dream ascension as the ancient initiates did thousands of years ago. As we walk within the footsteps of those before us with each step we come to know who we really are. We know our birthright and the divinity that exists within us. Join us as we share in the magic and mystery of these powerful places. Join us in saying, "YES" to life.

For more details on prices and trip itineraries please go to: www.journeysofthespirit.com

Comments, Questions & Suggestions...

If you have comments, questions or suggestions please send an email to info@withforgiveness.com