

WITH forgiveness forum



Are you ready?

www.withforgivenessmovie.com

DECEMBER 2007

A Message From Susyn:

December is a time of year filled with holidays providing us individually and collectively, with the opportunity to open our hearts and minds to the miraculous gift of life and love. Chanukah, beginning on December 5th and lasting for eight days, celebrates the miracle that took place when the Holy Temple of Jerusalem was rededicated. Even though there was only enough oil for the eternal light to burn for one night, the light lasted for 8 days, thus this Festival of Light is a reminder of the miraculous nature of life. Christmas commemorates the birth of Jesus, the Prince of Peace, whose message to *Love Thy Neighbor* continues to provide us with a clear and concise instruction to ensure a lasting peace for all. Kwanzaa the unique African American celebration focuses on the traditional African values of family, community, responsibility, commerce, and self-improvement. Kwanzaa is based on the Nguzo Saba ([seven guiding principles](#)), one for each day of the observance, from December 26th to January 1st.

While it's easy to automatically be consumed by the gift-giving and the hectic and stressful nature of family gatherings or loneliness when we are separated from our family and friends; I encourage you to allow the essence of this holiday season to take root in your lives. Consider re-dedicating yourself to be for-giving love, compassion and kindness during this holiday season and beyond. The challenge is for each of us to truly *be the change we wish to see in the world* each and every day.

While we can agree that being loving is the most direct path to peace and happiness, the reality is that most of us have had much more practice with misery, anger, frustration, resentment, suffering and unhappiness and are therefore masterful in our addiction to these feelings. I certainly have mastered points of view about myself and others that have nourished and nurtured those feelings. Thankfully I decided many years ago that it is no longer necessary for me to keep practicing this skill! I made a commitment to strengthening my love muscle and expand my capacity to give and receive love. And following the words of my teacher, don Miguel Ruiz, I chose to be the world's greatest lover.

So this holiday season I invite you to join me, let your love flow and let's see how many of us can wear the title of World's Greatest Lover. And if there are any of you out there who are feeling that this invitation doesn't apply to you because you are not in a romantic relationship at the moment, or you are in a relationship and the romance needs to be ignited, keep in mind that romance is simply one of millions of ways to give and receive love. So here is a list of exercises I have used to strengthen my love muscle, try them, add your own and enjoy the journey:

- Express your gratitude to yourself, your family, your friends, your co-workers, the people who serve you at the gas station, the supermarket, etc. Make a list of what you appreciate about yourself (I am appreciating my creativity as I make gifts this holiday season.) Write a note letting people know specifically what you appreciate about them. Let people know what you have learned from their presence in your life.

What's New!

- Susyn & Sheri are giving a special teleclass **January 15th** on **Forgiving Our Bodies!** This is a challenging subject so don't miss this class! [Register on the website.](#)
- See Sheri & Susyn's article "It's Time to Forgive" in **Pure Inspiration Magazine** on newsstands Fall 2007. (www.pureinspirationmag.com)
- Please join Sheri **February 9-17th** for a special healing journey of the heart to **Palenque, Mexico to Explore the Mayan People, Ruins & Jungles!** If you've never been on this kind of trip before, you will open yourself to an entirely new kind of experience. Details below and on the [website.](#)
- Join Susyn for a **Nine-Month Apprentice Program** to **Be the Change You Wish to See in the World** - February - October 2008. For information [email Susyn.](#)
- Make a list of the judgments you make about yourself and others. Use this list to become aware of the ways in which you make yourself small or less than and elevate others or ways in which you belittle others in order to feel better about yourself. With your expanded awareness you can simply say, "Oooooops," when you notice you are making judgments and then say, "Namasté," as your way of acknowledging the Divine Presence that moves through you and all beings.
- Practice random acts of kindness. Pay the toll for the person behind you at the tollbooth. Open the phonebook and randomly point to someone and send them a dollar, five dollars or more. Place chocolate kisses on the desk of each of your co-workers.
- Give, give, give. Give of your time, your skills and your resources to help those in need. A fabulous way to help feed 3 million children in 33 days is to visit the Feed333.org website where a small donation can make an enormous difference.

Continued on page two, left column →

- Accept compliments and acknowledge yourself. While we so very often hunger for recognition we also shy way from truly receiving love in the form of compliments and acknowledgment. When someone says, "Thanks, for helping out," rather than responding by saying, "Oh, it was nothing," receive their expression of appreciation, with an open heart. And take the time each day to acknowledge your accomplishments, the small – brushing your teeth and the large – going out of your way to reach out to someone in need.

Please write to us, at info@withforgiveness.com and let us know how you are exercising your love muscle and what your experience is being the world's greatest lover.

**With loving wishes for a joyous holiday season,
Susyn**

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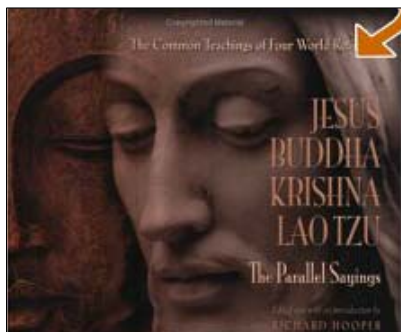
Favorite Donation Websites

Here are some of our favorite holiday donation websites. Please take a moment to check them out. Perhaps instead of getting someone a gift that they possibly do not want – instead make a donation in their name. **Visit these sites and be inspired!**

- www.seva.org – Gifts of Service & Compassion
- www.heifer.org - Help people feed themselves

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Recommended Book of the Month



Jesus, Krishna, Buddha and Lao Tzu: The Parallel Sayings - Richard Hooper shatters any preconceived notions that there is only "one way" to enlightenment. Instead, he blazes a path of collective understanding beyond dogma toward finding the divinity with ourselves." This book organizes hundreds

of sayings attributed to Jesus, Buddha, Krishna and Lao Tzu into topics such as, "The Great Way" and God, Tao and Universal Mind," and assembles the sayings into four parallel columns for easy reference. Edited from over fifty ancient Christian, Buddhist, Hindu and Taoist texts, Parallel Sayings demonstrates the common thread that runs through all mystical traditions. The author/editor prefaces each top with an introduction that is insightful and sends a powerful message that will be welcomed by all who seek the truth within, and within their own spiritual tradition.

Pick up a copy at Amazon.com

Spiritual Journeys for 2008

- ❖ **SIGN UP NOW- February 9th-17th: Palenque, Mexico: Explore the Mayan People, Ruins & Jungles!**

We will travel from the highlands of San Cristobal de las Casas to the lowlands of Palenque, experiencing many shifts of altitude and landscape reflecting our own personal internal process on this journey. Entering the Lacandona rainforest we will have the opportunity to connect with well-known shaman and healer Antonio Hernandez. At around 82 years old, he is one of the few natives who continues to practice his familys' ritual traditions which he will lovingly share with us in the form of a sacred Balche ceremony.

This ceremonial mead drink is created by taking the Balche tree bark, flowers, anise and wild fresh bee honey and fermenting them in alcohol. The place where Antonio lives is surrounded by virgin rainforest and green and blue lagoons that the locals believe were created by the impact of shooting stars that fell to earth. We will explore the colonial highland towns of San Jaun Chamula and Zinacantan to see how the Mayan people took Christianity and altered it to fit their sacred traditions. In addition we will explore the old church in San Cristobal and experience local life and food. Don't miss this adventure! Cost: \$2648.00 per person, double occupancy! For itinerary go to:

www.journeysofthespirit.com/site/801429/page/333983



- ❖ **March, 2008: Tepoztlán: Sacred Valley of Magic and Mysticism**
- ❖ **June, 2008: Women's Retreat to Santorini: Expressing the Divine Goddess**
- ❖ **August, 2008: A Heli-Hiking Spiritual Retreat in British Columbia: Inner Peace, Silence & Sanctuary**
- ❖ **October, 2008: Journey into the Heart & Soul of Bhutan**

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

Great Gifts for the Holidays!

My friend Lisa Luckenbach is an ordained minister who is passionate about the INFINITE GOOD in life! Focusing on our highest possibility and potential as human beings, Lisa enjoys assisting others in achieving their highest good. On of the many ways she does this is with her beautiful bamboo and cotton tee-shirts that encourage us to affirm the good! They make a great gift for the holidays and are extremely comfortable and fun to wear. After experiencing breast cancer in the past, she especially knows how important it is to focus on what is wonderful in life. Take a peek at what she has to offer: www.affirmthegood.com

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Spiritual Cinema Circle

If You Love Movies, You Are About to Be Inspired AND Entertained!

Stephen Simon, Producer of *Somewhere in Time* and *What Dreams May Come*, Producer/Director of *Indigo* said "Before now, hardly anyone got to see the best movies made each year. Now, by joining The Spiritual Cinema Circle, you'll see movies that will warm your heart, expand your mind, and stir your soul...without leaving home."

As an exclusive member of **The Spiritual Cinema Circle**, you'll receive entertaining, soulful movies that will...

- Awaken your sense of joy and wonder!
- Inspire love and compassion!
- Evoke a deeper sense of connection with the universe around you!



Join the Circle today and your first month of movies is **FREE** (all you pay is shipping)! After your free month, you'll then continue to receive 4 features and shorts on DVD for just \$21 a month (plus shipping and handling). You never have to return anything, and there's NO RISK! And unlike rental services, the movies are yours to keep - you never

have to return anything and you may cancel at any time. [Click here to learn more!](#)

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We'd Appreciate Your Help!

We would appreciate it if all of you who enjoyed the 52 days of forgiveness messages would pass along our website to your friends and families. We would be deeply grateful for this favor of your time and energy! You can use this link: www.withforgiveness.com/tellafriend.cfm

Favorite Forgiveness Quote

When you forgive, you in no way change the past - but you sure do change the future. -**Bernard Meltzer**

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The Journey to Wild Divine & Healing Rhythms!

The Journey to Wild Divine is an enchanting adventure for mind, body and spirit that links special biofeedback equipment with your computer to create a truly enlightening and entertaining multi-media experience. It is gift that you and your family will enjoy and use on a regular basis.

Brand new and a great gift is; **Healing Rhythms**, the first biofeedback training program that brings together the most prominent leaders in the field of health and wellness and



combines their guidance with beautiful on-screen graphics for a happy mind and a healthy body. Healing Rhythms artfully combines effective biofeedback training with guided meditation and breathing techniques, allowing you to witness and transform the rhythms of your mind and body as they play together on-screen.

Featuring Deepak Chopra, M.D., Dean Ornish, M.D., and Andrew Weil, M.D., Healing Rhythms delivers the expert advice never before offered in one package!

Wearing three finger sensors that track your body's heart rate variability and skin conductance, you move through enchanting and mystical landscapes using the power of your thoughts, feelings, breath and awareness.

[Click here now to learn more!](#)

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Worldwide Forgiveness Circles

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. **Go to: [Forgiveness Circles](#) right now to learn about starting one in your community or joining one!**