

WITH forgiveness forum



Are you ready?

www.withforgivenessmovie.com

JANUARY 2007

A Message From Susyn:

The New Year is a traditional time to clean the slate and declare your intentions. So today is the perfect time to commit to 2007 being the year that you free yourself from wounds of the past with forgiveness. The starting place to implement this commitment is by identifying the situations and relationships in your life that result in anger, blame, shame and pain when you think about them.

For instance you may be ashamed and feeling hopeless that another year has gone by and you are still carrying that extra-weight. Every time you look in the mirror you may hear your critical ego mind declaring loud and clear, "You are fat. You are just plain lazy, so you might as well eat 'cause you're always going to be fat." This is a clear invitation to forgiveness. Forgiving yourself for the beliefs you have that demean and abuse your body.

Or there may be an old rift between you and your mother. And whenever you think about your Mom you feel a knot in your stomach and you hear a litany of your Mom's faults being listed in your mind. Yes, it may be true from your point of view that your Mom let you down, abandoned you, or failed and continues to fail to meet your expectations, but how does your anger, disappointment and pain serve you in expanding your experience of peace and happiness?

Once you have made your list, go through it item by item and identify your beliefs. To truly forgive you must free your mind from the beliefs that feed the judgments of your ego mind and create new beliefs that support your hearts desire.

Let 2007 be the year that you upgrade the software of your mind and that you are truly for giving compassion, kindness and love to all beings.

A Message From Sheri:

I was having dinner the other night with friends and the conversation turned to the current events surrounding Saddam Hussein. Many people at the table were excited that he was being put to death. So I posed the question, "Is it necessary to be *happy* about that choice?" The answer for many was that he deserved to die since he murdered thousands.

I certainly cannot say if he deserves to die – truly, can anyone say that with certainty? When do we cross the line from becoming an executioner in the name of "justice," to becoming a murderer? If we put him to death, is that not revenge? And if we are acting from a place of revenge, where is our forgiveness?

Again, I am not saying he shouldn't be responsible for his actions; of course we all must take responsibility for our actions. But I understand he felt justified according to his belief system, and as a spiritual person know that his actions were taken in ignorance of the divinity of all life. However, if I do not forgive him and put him to death, I too am acting in ignorance of the divinity of life and I am no better than him.

I've observed that everyone takes actions that can judged to be "bad." Of course many of these actions could be considered minor compared to Saddam's, like not picking up the milk at the store when you promised, or taking an action at work that your boss becomes angry at. Still, you are being judged and you have failed according to another's point of view. When we become angry at others because they have not behaved as we want them to behave, we become angry and project that anger on others. It compels us to "kill" that person with our anger.

What's New!

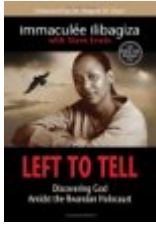
- Join Sheri & Susyn in **Oaxaca, Mexico** March 31th-April 7th for a special healing journey of the heart. Details below and on the [website](#).
- Our new book **WITH Forgiveness ~ Are You Ready?** is ready to ship! Do you have a friend or family member that could benefit from the gift of forgiveness? If so, [order one today](#).
- Join Susyn & Sheri for their next **free teleclass** on **January 17th**. See the [events page](#) for details. Don't forget to listen to last months class! The number's on the website.
- Have you been on the new [Share Forgiveness 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.
- Please join Susyn Reeve **On January 13th in Sedona, and Jan 19th-20th in Boise, Idaho**. She will be speaking on **Forgiveness: The Key to Activating Your Personal Power**. [Details for Sedona here.](#) [Details for Boise here.](#)

In the end we must decide how we want to function in this world. Either we embrace our divinity and behave with compassion, forgiveness and understanding or we respond with anger and rancor (this is independent of whether or not we agree with the other person's actions). When we project our anger in this way, when we act from self-righteousness and the absolute certainty that our point of view and beliefs about what we are perceiving is 100% correct – we become extremists and murderers, even if we are only doing so with the weapons of anger and hatred.

The point is this – if people decide that he is not repentant of his actions and they choose to put him to death – at least we can mourn that death rather than being happy. We are still ending a human life and if we indeed see ourselves as divine and that we are all one, then what is so wonderful about putting *ourselves* to death?

When we take the action to put someone to death as a last resort, with compassion rather than anger, at least we become one step closer to shifting the emotional quality of our planet and to embracing the divine attributes of compassion, forgiveness and unconditional love. I recognize that my words may be challenging to some – but my intent is to make you think, question your beliefs, and stir up some conversation on the forum!

Recommended Book of the Month



Left To Tell: Discovering God Amidst the Rwandan Holocaust: by Immaculee Ilibagiza - In 1994, Rwandan native Ilibagiza was 22 years old and home from college to spend Easter with her devout Catholic family, when the death of Rwanda's Hutu president sparked a three-month slaughter of nearly one million ethnic Tutsis in the country. She survived by hiding in a Hutu pastor's tiny bathroom with seven other starving women for 91 cramped, terrifying days. This searing firsthand account of Ilibagiza's experience cuts two ways: her description of the evil that was perpetrated, including the brutal murders of her family members, is soul-numbingly devastating, yet the story of her unquenchable faith and connection to God throughout the ordeal uplifts and inspires. Ilibagiza's remarkable path to forgiving the perpetrators and releasing her anger is a beacon to others who have suffered injustice. [Link to Amazon](#)

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The Forum Question of the Month

What is the number one issue that is stopping you from forgiving? Visit the [Forgiveness Forum](#) to answer and share your feelings and thoughts with us.

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Please join Susyn and Sheri in Oaxaca March 31-April 7th for a heart-opening journey!

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A Heartfelt Thank-you and Remembrance

On December 13th Richard Carlson died of cardiac arrest while enroute from California to a television appearance in New York. Richard was the author of ["Don't Sweat the Small Stuff"](#).

While we never met him personally he was an early supporter of *WITH Forgiveness*. He generously contributed words of wisdom to *"WITH Forgiveness ~ Are You Ready?"* (Chapter 20 & Day 20: Rivalry and Respect), made forgiveness the topic of his September 2006 Newsletter to support the September 11th launch of *WITH Forgiveness* and connected us with friends of his who are cheerleaders of this project. Please take a moment to go to his website and read an excerpt from his book, *"What About the Big Stuff"* entitled, ["Finding Life After Death."](#)

Worldwide 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. While the principals outlined in the book 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.

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.

Go to: [Forgiveness Circles](#) right now to learn about starting one in your community! To join an existing Forgiveness Circle use the contact information below:

United States

California:

Contact: Wanda Warburton-Peretz
Email: wandafish15@hotmail.com
Location: Los Angeles, CA
Phone: 310.204.0744

Contact: Lalo Franco
Email: historic@tachi-yokut.com
Location: Visalia, CA
Phone: 559.636.6050

Florida:

Contact: Janet Johnson
Email: janetmauvalyn@hotmail.com
Location: Miami, FL
Phone: 305.232.3864

New York:

Contact: Michele Campbell
Email: michelecampbell@optonline.net
Location: Riverdale, NY
Phone: 718.708.4633

Europe

Germany:

Contact: Stefan Walter
Email: S.Walter-DD@t-online.de
Location: Dresden, Germany
Phone: +49.351.8011835

Ireland:

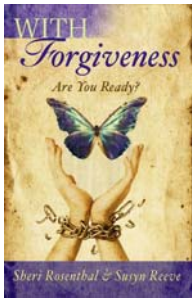
Contact: Sue Murphy
Email: sueboland2@eircom.net
Location: Dublin, Ireland
Phone: +08.632.01634

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A Favorite Forgiveness Quote

"The day the child realizes that all adults are imperfect, he becomes an adolescent; the day he forgives them, he becomes an adult; the day he forgives himself, he becomes wise.."

--Alden Nowlan



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 New Year:

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*

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Did you get this from a friend?

Sign up now for 52 days of *WITH Forgiveness* messages today!
Go There Now!

Spiritual Journeys

❖ **OUR NEXT JOURNEY! - February 1st-6th: Teotihuacán: "The Place Where Man Becomes God"**

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 built 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

If you have comments, questions or suggestions please send an email to Sheri & Susyn at: info@withforgiveness.com