

# WITH forgiveness forum



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## A Message From Susyn:

There are many sayings that remind us that what you give is what you get. For instance, what goes around, comes around captures the idea that what we give is what we will receive. For some this is the idea of Karma, and for others it is the essence of the Golden Rule, do unto others as you would have them do unto you. I've been thinking about this in terms of forgiveness and have been exploring the question, What am I for giving?

It occurred to me that when I am unforgiving, feeling victimized by an event or circumstance from the past, desiring revenge and attached to a point of view that results in pain, suffering and misery that in those very moments what I am giving – initially to myself – is pain, suffering and misery. The equation is actually quite simple: the thoughts we focus our attention on expand and inform our experience in the present moment.

Here's an example from a recent coaching session with a client. Here's the background, the "what is:" Jane and her husband, Mitch had been separated for 18 months. He moved back into the family home a year ago. Nine months ago they renewed their marriage vows and shortly after that Jane discovered that during the 18 months of their separation Mitch had been living with another woman. This stirred up explosive feelings of anger, betrayal, fear and anxiety in Jane every few weeks.

The other night while they were out for dinner celebrating Jane's new job she started thinking "Now that I have a new job, I bet Mitch is going to leave me and go back and live with HER and really leave me for good." This thought captured Jane's attention. At first she tried to pretend she was having a jolly old time celebrating, but Mitch could sense something was not right. He asked Jane, "What's going on? You were just so happy a few minutes ago." Jane blurted out, "I bet that now that I have a job you're going to leave me for good to go back and live with HER."

Mitch, who had traveled down this path repeatedly with Jane many times during the past nine months got angry and said, "I'm here with you right now. You're the one I want to be with. What do I have to do for you to believe that I love you? I'm sick and tired of this over and over again. Whenever we're happy you find a way to focus on the past and turn a goodtime into a miserable time. I'm leaving." And Mitch stormed out of the restaurant.

A few days later during our session it became clear to Jane that the past events were truly not the problem. She and Mitch have been enjoying one another and their family time more than ever before. The problem is her habitual and obsessive victim mindset.

## What's New!

- Next free teleclass will be: To be announced. [Register on the website.](#)
- **Finally it's Ready!** Pick up a your copy of the **WITH Forgiveness ~ Are You Ready? E-Workbook** right now! Get a copy at: [www.withforgiveness.com/](http://www.withforgiveness.com/)
- Please join Sheri for her next healing journey of the heart: **Palenque: Merging with the Mayan Underworld: itinerary & details - Mar 18-23rd.** See the all the new 2009 trips below!
- Would you like to experience Sheri's **Dreaming in the Toltec tradition** program? Join her apprentices for a series of 4 workshops in **Atlanta.** For more info go to: [Events](#)

Simply stated as she gives attention and energy to thoughts that result in feeling anger, resentment, betrayal and fear she is actually giving these feelings to herself in the present moment. This is a crucial lesson that when learned and applied sooner rather than later, illuminates your path to greater peace and happiness.

So, ask yourself the question, What am I for giving? When I recently asked this question to the Camp Verde Middle School students participating in the Gift of Forgiveness Project their responses were: love, friendship, humor, kindness, joy, peace and compassion. What are your answers?

And when you find yourself stuck in misery, anger, pain and suffering ask yourself if what you are giving in that moment is a true reflection of the change you wish to see in the world. And if it isn't, acknowledge what you are feeling and then bring your attention to the present moment as you consciously choose a new thought that is a clear reflection of what you are for giving.

With all my love and wishes for a Happy New Year alive with love and joy, Susyn

# Sheri's Spiritual Journeys

## Palenque: Merging with the Mayan Underworld March 18-23rd, 2009 - **REGISTRATION IS NOW**



There are many beautiful and magical sacred sites in Mexico, but few hold the energy of the underworld like Palenque. From the moment you arrive into this area you will feel like you have descended into the depths of your inner being. It is this

spiritual energy that forms the basis for our week of heart-felt transformation and personal expansion. The 2009 trip cost is: **\$1595.00** per person, double occ. if 15-24 people join us and **\$1395.00** per person, double occ. if more than 25 people join us.

## Mesa Verde, Canyon de Chelly & Chaco Canyon: Exploring the Sacred Southwest May 15-24th, 2009



If you are ready to put confusion and indecision behind you and learn how to create your happiness, this pilgrimage to the beautiful Southwest is where you want to be. While visiting the amazing and powerful sacred sites of

Chaco Canyon, Mesa Verde, and Canyon de Chelly you will have the opportunity to look deep within yourself and reflect on your inner strength, and your self-limiting beliefs. You will embark on a vision journey to collect the tools and skills that you can use to harness your personal power and find your personal freedom. Lee McCormick will be co-teaching with me on this journey. Tuition: **\$2495.00** pp dbl occ

## Women's Retreat to Oaxaca: Becoming the Supreme Artist of Your Life – June 13-20th, 2009



Becoming the supreme artist of our lives involves creating from the heart, not the mind which is filled with beliefs about what we can and cannot do. Here we learn how to connect with the feeling of joy deep in our souls and to use that

feeling to guide us in our lives. We will visit and shop in the local food markets and learn how to make some local dishes (and eat them too!). We'll have the opportunity to experience a traditional sweat lodge, horseback riding, hiking, journaling, and even salsa dancing lessons. 2009 trip cost is: **\$1995.00** double occ.

## Swim with the Bimini Wild Dolphins: A Women's Retreat of the Heart - July 2009 – Dates to come!



Ladies, come join us for a truly magical adventure of heart and spirit to the Caribbean Island of Bimini for an intimate and touching experience with the wild spotted dolphins. Although they do not speak our language, dolphins are natural empaths who respond to the emotions we radiate and the

judgmental thoughts or clarity of mind we possess. Connecting with their wondrous spirits can be a profoundly moving, deeply healing and life altering experience. Their immense peace, joy and playfulness will touch your heart and awaken your own wondrous spirit to the magic of your own magnificence.

## Havasupai-Grand Canyon: Living Fearlessly – August 15-20th, 2009



On this adventure you will descend into one of the most beautiful landscapes in the world, into the heart of the Grand Canyon at Havasu Canyon, where we will hike and explore this incredible landscape, swimming in travertine pools of turquoise blue, jumping off waterfalls, enjoying the evenings (at our comfortable permanent camp) searching for stars, having great meals and looking deeply into ourselves. 2009 trip cost is: **\$2095.00** per person, double

occupancy.

## Sacred Sites of Peru & Machu Picchu: Merging with the Divine - October 7-18th, 2009



Using the three levels of the Inca's mythology of transcendence, we move from the dark underworld of our own minds to the clarity of spiritual consciousness. The snake, puma and condor will be the

symbols we use to represent our spiritual ascension for these 11 sacred days together. Lee McCormick will be co-teaching with me on this journey. 2009 trip cost is **\$3295.00** per person double occupancy.

## Egypt: Dreaming Transcendence - December 3-13th, 2009

During our journey we will dream our own spiritual transcendence just as the ancient initiates did thousands of years ago. On this sacred journey we have the opportunity on this journey to be in the presence of sacred space designed for the purpose of spiritual alignment. Join us as we share in the magic and mystery of these powerful places. 2009 trip cost is **\$4740.00** double occ. (including all flights)

## Favorite Audio Book of the Month



### **The Nine Steps to Forgiveness: by Dr. Fred Luskin – an Audio CD**

Dr. Fred Luskin is the Director of the Stanford University Forgiveness Project. His research demonstrates that learning forgiveness leads to increased physical vitality, enhanced optimism and conflict resolution skills. Luskin's research also shows that forgiveness lessens the

physical and emotional toll of stress, and decreases hurt, anger, depression and blood pressure.

On the first track of this CD, Dr. Luskin delivers a 45 minute presentation of his nine steps for learning to forgive, a process that makes it possible to move beyond being a victim to a life of improved health and contentment. The second track contains two guided visualizations, including the H.E.A.L. Method for self-forgiveness. The CD comes with a gift certificate which can be used to participate in Dr. Luskin's live, online classes at eMindful. Get a copy at [Amazon.com](http://Amazon.com) now.

## 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 and you may

cancel at any time. [Click here now!](#)

## Favorite Forgiveness Quote

*"Take forgiveness. Two levels here. One level: forgiveness means you shouldn't develop feelings of revenge. Because revenge harms the other person, therefore it is a form of violence. With violence, there is usually counterviolence. This generates even more violence—the problem never goes away. So that is one level. Another level: forgiveness means you should try not to develop feelings of anger toward your enemy. Anger doesn't solve the problem. Anger only brings uncomfortable feelings to yourself. Anger destroys your own peace of mind. Your happy mood never comes, not while anger remains. I think that's the main reason why we should forgive. With calm mind, more peaceful mind, more healthy body. An agitated mind spoils our health, very harmful for body. This is my feeling."* – **The Dalai Lama**

## 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!](#)