

WITH forgiveness forum



Are you ready?

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JULY 2008

A Message From Sheri:

It's amazing how quickly we will bolt from situations in life that we find uncomfortable or painful. As soon as we start experiencing fear, frustration, anger, shame or disappointment – rather than being present in the moment to understand what we are feeling and why – we run to assuage ourselves of our discomfort.

If we leave where we are, by either physically or mentally checking out, we are only hurting ourselves. How? Well, by not giving ourselves the opportunity to learn from that interaction and to heal ourselves. When we find a situation uncomfortable, normally we will project our feelings outwards and use that projection as a justification and rationalization for our exit.

For example, you might be at a party where you see your ex-husband. Perhaps you're still angry deep inside and have not forgiven him, so as soon as you notice him, your anger blossoms and you're in search of the nearest exit. Your leaving is a way to free yourself of your anger, rather than acknowledging your angry feelings and the beliefs that are preventing you from forgiving. Or maybe you were in an abusive relationship and you still experience fear when you are around your ex. So you might rationalize your quick exit when you see him at a party by saying, "I love myself too much to be in his presence." Of course that sounds logical – but if you really loved yourself you would work through your issues and you would not be taking his presence personally. You may still choose to leave the party, but it would not be your fear of being in his presence that is motivating your departure.

Feeling uncomfortable, edgy and anxious is not a terrible thing. So what if you do not feel good? Are we so weak that we cannot survive a little discomfort for the purpose of self-awareness and self-growth? I too have been responsible for this type of behavior and recognize that in indulging my fear I let go of some of the most powerful growth experiences in my life. Fortunately my strong desire to heal myself has allowed me to recreate many of those situations and finally face them.

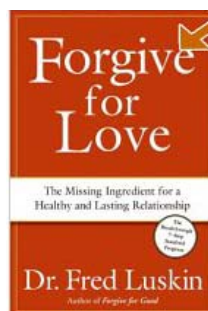
There are many people who cannot run away from the situations they feel uncomfortable in and they are forced by life to learn from them. If that is your situation I congratulate you. But if your path is such that life is asking you to make a choice – then I encourage you not to waste that opportunity and to take it – no matter how it makes you feel. I promise you will not die – well maybe your ego will!

For example, one cannot escape from personal disability. One of my apprentices, Millie Munoz, is suffering from Dystonia. **Continued on the next page down →**

What's New!

- Susyn and Sheri are giving a free teleclass **July 14th** on ***The Gifts of Forgiveness: Love, Compassion & Kindness!*** Don't miss this class! [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/
- Please join Sheri for two special healing journeys of the heart: **Oct 8-20th to Bhutan: [Itinerary & details](#)** and to **Guatemala: [Mystery & Magic - Tikal, Antigua, Yaxha & Topoxté: \[itinerary & details\]\(#\)](#)** - **Dec 13-19th.**
- See Susyn & Sheri's newest article, ***Forgive Yourself*** in - ***Pure Inspiration Magazine*** on newsstands now. www.pureinspirationmag.com
- Join Sheri for an intensive weekend workshops in **St Pete, FL** focusing on the Toltec teachings and our personal freedom **July 26-27**. For more info go to: [Events](#)
- Join Susyn for an experiential workshop: **Spiritual Tools in Action**. Weds Sept 17: 7:00 – 9:00pm at Angel's Serenity in Scottsdale, AZ. For more info & to register, [Click Here](#), or call 602-482-0036

Recommended Book of the Month



Forgive for Love: The Missing Ingredient for a Healthy and Lasting Relationship by **Frederic Luskin** - This book offers startling new research about the one missing factor that is vital to relationships—forgiveness. Dr. Fred Luskin shows that no matter how much two people may love each other, their relationship will not succeed unless they practice forgiveness—an approach that most relationship experts ignore.

Forgive for Love is the solution for your relationship woes, providing the tools you need to find and hold onto the love of your life. Dr. Luskin delivers a proven seven-step program for creating and maintaining loving and lasting relationships, teaching easy-to-learn forgiveness skills that will not only resolve immediate conflicts but improve the overall happiness and longevity of your relationships. Simply put: people in healthy relationships figure out how to forgive their partners for being themselves. They do so because it is nearly impossible to change other people and because none of us are perfect. Get a copy at Amazon.com now.

A Message From Sheri - continued:

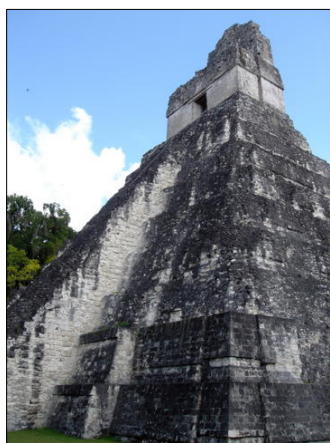
As her body continues to betray her day by day – she has had to endure all types of uncomfortable and painful situations – including: having to ask for help for the simplest tasks in life, dealing with the stares of others, and facing the judgment of those at work. Humiliation, embarrassment, frustration, and anger are some of the emotions she has felt. And why? Because *her* ego-mind is judging *her* body for not doing what it *should* be doing. Her pain is not coming from anything external to her.

Thankfully she has the amazing ability to learn from her life's challenge and be honest enough to allow clarity to rule the day. She has addressed her self-judgment, her "I'm not worthy" issues, and her ego-minds limited ideas about the way life should be. Millie has found happiness and forgiveness even in the darkest of moments, and so can you. Although I do not recommend having a serious health issue to allow you to grow and transform – certainly there is plenty happening in your life right now that you can learn from IF you are willing to be present despite what you are feeling. I encourage you to stop running away when you are feeling uncomfortable and use every experience in your life to transcend an ordinary and limited life. Forgiveness and self love is the key.

PS: To learn more about Millie's journey and to make a donation for her deep brain stimulation surgery go to: www.sherirosenthal.com/millie.html

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❖ Guatemala: Mystery & Magic - Tikal, Antigua, Yaxha & Topoxté - December 13-19, 2008 - **NEW**



Join us for an incredible journey to Guatemala. Of the many places I have traveled in Central America, Guatemala is one of the most diverse landscapes, containing mountains, volcanoes, lakes, rivers, ancient Mayan ruins, colonial cities and beautiful people. Tikal is one of the most magnificent Mayan sites located deep within the rain forest. Surrounded by the national park and protected areas, the wildlife in this area is remarkable. We will also enjoy

the colonial city of Antigua with its magnificent churches, beautiful streets and shopping. Guatemala for me is one of the most romantic places, filled with mystery and magic. There are many Shamans that make their home in this area of great power. I had one of my most powerful experiences in this country and love to return in celebration of that turning point in my own process. 2008 trip cost is **\$3285.00** double occupancy if **5 people travel**, **\$2850.00** double occupancy if **8 people travel**, and **\$2663.00** double occupancy if **10 people travel**.

Spiritual Journeys for 2008

❖ **Sept 4-9th, 2008: Teotihuacán, Mexico: Noticing: A Photographic Journey Back to Self (Led by: Catherine Just)**

Please join us on this amazing photo tour and experience the connection between your true creative self, and what you



witness and feel through the viewfinder. Using the layout of Teotihuacán, we will shift our attention from what we think we are suppose to photograph (the place of the mind), to a place of no expectation and of true creativity (the place of the heart). Through ritual, ceremony, photo excursions, discussion and meditation you will learn ways to focus your attention and bring new life into your photography. The cost is **\$995.00** per person double occupancy.

❖ **October 8-21, 2008: Journey into the Heart & Soul of Bhutan - **Book NOW for this one!****

Not many people have actually heard about Bhutan; The Land of the Thunder Dragon, or even know where it is located. For many years this little country about the size of Switzerland has been off limits of foreigners. If



you look at a map you will find Bhutan to be east of Nepal at the same latitude, with a tiny piece of India separating the two countries - and the northern edge touching the Himalayas. The people are Tantric Buddhists who have a Shamanistic background called Bon - and a fantastic history filled with legends and mythology. The monasteries are magical and beautiful in ways that I cannot begin to describe and everyone who goes to this country is touched in the most amazing ways. By the time folks leave the country, the experience has managed to open their hearts in a manner that is totally unexpected. The cost is **\$4799.00** double occupancy including all meals.

Favorite Website of the Month

World Wildlife Fund: For more than 45 years, WWF has been protecting the future of nature. The largest multinational conservation organization in the world, WWF works in 100 countries and is supported by 1.2 million members in the United States and close to 5 million globally. WWF's unique way of working combines global reach with a foundation in science, involves action at every level from local to global, and ensures the delivery of innovative solutions that meet the needs of both people and nature.

WWF's mission is the conservation of nature. Using the best available scientific knowledge and advancing that knowledge where they can, they work to preserve the diversity and abundance of life on Earth and the health of ecological systems by protecting natural areas and wild populations of plants and animals, including endangered species; promoting sustainable approaches to the use of renewable natural resources; and promoting more efficient use of resources and energy and the maximum reduction of pollution.

They are committed to reversing the degradation of our planet's natural environment and to building a future in which human needs are met in harmony with nature. They recognize the critical relevance of human numbers, poverty and consumption patterns to meeting these goals. By 2020 WWF will conserve 19 of the world's most important natural places and significantly change global markets to protect the future of nature. www.worldwildlife.org

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!



cancel at any time. [Click here to learn more!](#)

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

Favorite Forgiveness Quote

There is no love without forgiveness, and there is no forgiveness without love. - **Bryant H. McGill**

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!](#)

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! Please refer them to www.withforgivenessmovie.com