



Are you ready?

www.withforgivenessmovie.com

MAY 2007

A Message From Sheri:

Please scroll down to **page 4** to read Sheri's message.

A Message From Susyn:

This month is Mother's Day and I am struck with the fact that since *WITH Forgiveness* was launched in September 2006 we have received countless letters from people distressed about their relationships with their mothers. These letters are filled with rage, anger and disappointment about how their mothers did or did not treat them. There are so many detailed examples of how their mothers have failed to meet their expectations along with pleas to Sheri and I to provide guidance for how they can forgive and free their hearts and minds from their suffering and pain they are experiencing. If we truly believe the Gandhi words, *be the change you wish to see in the world*, then this Mother's Day is a perfect time to put those words into action in our relationships with our mothers.

The truth is we all have mothers; and whether or not we were raised by our birth mother, a mother who adopted us, or a step-mom, we have *mother issues*. Your mother may have been too smothering, distant or critical; she may have been unavailable due to illness, addiction or the need to work to support your family; she may have been physically and/or emotionally abusive; or her love may have been expressed in ways that did not meet your definition of love. There are a myriad of ways our mothers may have left us wanting for some ideal of that *perfect mother*.

Yet who does it truly serve to harbor anger and resentment toward our mothers? While we may realize that it doesn't benefit us to hold onto old wounds and continue to be disappointed when our mother doesn't live up to our expectations, we often don't know how to free ourselves from the pattern of blame, hurt, disappointment and resentment that we feel. A starting point in forgiving our mothers is to acknowledge *what is* about our mothers;

- They gave us the gift of life.
- They are always doing their best, each and every moment based on their conscious and unconscious beliefs.
- They may project on us their fears and dissatisfaction in their own lives.
- Their judgments about us tell us more about their expectations for our lives than the *truth* about who we are.
- They may be unaware of the power of their words and actions in our lives.
- They often feel guilty and use our actions and words against themselves.

What's New!

- Please join our next trip going to **Sedona, Az – September 23-29th** for a special healing journey of the heart. 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](#).
- **Sign-up** for our Special Teleclass on ***Forgiving Your Mother* May 8th**. Limited spaces! Our next special teleclass will be ***Forgiving Your Ex-partner!***
- Join Sheri & Susyn for their radio interview with Marsh Engle on **May 7th** from 1-2pm Pacific time on ***Forgiving Your Mother!*** For details on how to listen go to: www.wibmnews.com/
- Join Susyn & Sheri for their next free teleclass on Thursday night **May 17th** on ***How to Forgive: Techniques and Exercises to Add to Your Bag of Tricks***. Register at: [Join us!](#)
- Join Susyn for a Book Signing and Workshop: ***The Transformative Power of Forgiveness*** - Friday **June 1** at 7:00pm at [The Well Red Coyote Bookstore](#), Sedona, AZ. For info: 928-282-2284
- Listen to last months teleclass! If you have iTunes you put the link listed on the [events page](#) into your program and have the class automatically download onto your computer each month where you can listen or put it on your iPod.
- 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.

In other words they are very much like us, doing the best they can, often unaware of the impact of their words and actions and locked into patterns of thought and action that feed fear-based beliefs rather than nourish love.

Susyn's article is continued on the next page →

Susyn's Article Continued:

Here is an example from my relationship with my mother: I had gone to visit my mother for her 89th birthday. I had armed myself before the visit with a mantra: *My mom loves me*, which I decided to use whenever I started to take my mother's criticism about my hair, weight, clothing or plans I had made personally. I had been quite successful using this mantra before during my visits. Whenever I felt defensive armor building up around me or on the verge of yelling at my mom, I repeated the mantra over and over and over again, until the words become alive within me.

About 60 minutes before I was ready to leave, my mom asked me to touch up some paint on a wall that she had bumped her walker into. I got out the paint, glad that I could help. My mother then stood over me directing my every brush stroke. I became frustrated, which for me was a familiar feeling – a pattern that had existed much of my life. My mom would ask me to do something for her, and while I'm doing my best to be helpful, she is there criticizing me every step of the way.

Just as I was on the verge of screaming: *Do it yourself!* – my mantra come into my mind. I turned and saw my mom standing above me with her hands grasped around her walker, unable to do this simple paint job. In that moment it occurred to me that this wasn't about the brush strokes I was painting on the wall, it was about her difficulty in saying good-bye and her own frustration with her inability to do this task herself – just as my leap to be angry with her was a convenient veil for my sadness of saying good-bye and my old judgments about how my mom should behave around me. So I took a deep breath, and said: *Thanks, Mom for the good directions you're giving me.* Rather than engaging in a distancing pattern that we were both quite adept at, I had a new thought, I changed my point of view about the situation. When I left my mom that day it was with a wonderful and loving embrace.

What are some new thoughts you can have about your mom? Are you ready to open your heart and mind to forgiveness? Consider joining Sheri and I on May 8th at 5:30pm (Pacific Time) for our teleclass [Forgiving Your Mother](#) and allow this Mother's Day to be your most loving Mother's Day yet.

With all my love, Susyn

.....

Our WITH Forgiveness Contest

Each month we will award one person a free copy of our **WITH Forgiveness ~ Are You Ready?** book for the most compelling and touching forgiveness story. Please email us your story at: askus@withforgiveness.com. We request that you spell-check your story and do your best to correct the grammar too! The winning story will be lovingly featured in our monthly newsletter. The contest deadline will be the 20th of each month.

This month we did not have a winner – no one sent in a story! So please take a few moments to share one with us and you could win a free book!

Spiritual Journeys

❖ **OUR NEXT JOURNEY! – 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 the limiting beliefs and concepts that are keeping us from embodying this self-realization. Using the techniques of the vision quest, shamanistic dreaming, meditation and ceremony we will explore, reveal and experience the mystic within.

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

Our adventure in Egypt begins in the shadow of the Great Pyramid of Giza, where stone meets sky as a testament to one of the greatest civilizations on earth. Here, on the plateau of Giza, 2,300,000 blocks of stone, some weighing as much as 9 tons, were used to build an eternal tomb for a divine king. The sheer grandness of these structures and monuments is breathtaking and the history amazing.

We have the opportunity on this journey to be in the presence of sacred space designed for the purpose of spiritual alignment. These ancient stones still speak to us, whispering their mysteries and wonders. Join us as we share in the magic and mystery of these powerful places. Join us in saying, "YES" to life and the experience of your transcendence.

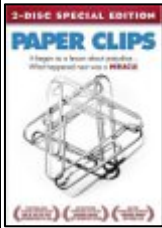
For more details on prices and trip itineraries please go to: www.journeysofthespirit.com

.....

The red rocks of Sedona are captivating and inspiring! The 2007 trip cost is: \$1495.00 per person double occupancy.



Recommended DVD of the Month



Paperclips: Whitwell Middle School in rural Tennessee is the setting for this documentary about an extraordinary experiment in Holocaust education. Struggling to grasp the concept of six-million Holocaust victims, the students decide to collect six-million paper clips to better understand the extent of this crime against humanity. The film details how the students met Holocaust survivors from around the world and how the experience transformed them and their community. [Link to Amazon](#)

.....

Recommended Book of the Month



The Art of Forgiveness, Lovingkindness, and Peace: by Jack Kornfield - Bestselling author Jack Kornfield has put together a how-to book - his most ambitious work yet - to encourage the best side of humanity. In *The Art of Forgiveness, Lovingkindness, and Peace*, Kornfield uses the evocative power of aphorisms to spark feelings and thoughts that can germinate and grow. Pick up a copy at [Amazon.com](#)

.....

A Great Teleclass!

We are happy to announce a new series of **interactive teleclasses** that will focus on specific areas of forgiveness. Each class will be 2 hours and will give you the opportunity to explore your personal beliefs and practice techniques to expand and deepen forgiveness in your life. These classes are very interactive and Sheri & Susyn will be working with you *personally* to assist you in transcending your issues around these topics.

We begin this series, on **Tuesday, May 8, 2007** at 8:30pm eastern time focusing on: ***Forgiving Your Mother:***

Our relationship with our mothers is often a source of conflict, anger and frustration. We wish our mom to be different than she is and our expectations are often unmet. We see her as the cause of many problems in our lives and can feel victimized by her words and actions. At the same time we desire a more loving relationship with her. Join us as we explore our beliefs about this primary relationship and open our hearts and minds to compassion and unconditional love for our mothers just in time for Mother's Day.

The cost for this special 2 hour intensive teleclass is \$25.00 per person. Sign-up early as spaces are limited. To register [click here.](#)

A VERY IMPORTANT MESSAGE!

Many of you want to stay on our mailing list so that you can receive this comprehensive newsletter and notices about our WITH *Forgiveness* events. On the other hand many of you prefer not to receive PassAlong Concepts announcements and ads.

We now have a solution for this issue.

Please read and follow the instructions carefully so that you are on the mailing list of your choice.

If you go to www.withforgiveness.com you can sign up for our monthly newsletter, the 52 forgiveness messages, our monthly teleclasses and our audio messages. This list is **separate** from PassAlong and we maintain it ourselves. Once you've completed your 52 days of forgiveness emails, you can unsubscribe from *that* list if you like and sign up to continue to receive only WITH *Forgiveness* information.

We hope this successfully addresses the issue and if you have any questions simply email Sheri at sheri@withforgiveness.com

.....

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.



Order a copy: Purchase one book for **\$19.95** and receive a second book you can give as a gift for only **\$10.00: [Order now!](#)**

.....

We'd Appreciate Your Help!

We would appreciate it if all of you who have read and enjoyed our book, WITH *Forgiveness – Are You Ready?* would write a review for us on [Amazon.com](#). We would be deeply grateful for this favor of your time and words!

.....

A Favorite Forgiveness Quote

"It is easier to forgive an enemy than a friend."

-- Madame Dorothee Deluzy

A Message From Sheri:

Forgiveness on Mother's Day

As Mother's Day approaches, this holiday offers us yet another opportunity to let go of any anger and resentment we are still holding deep within us. Whenever we discuss forgiveness and the process of letting go, we must be clear about what it is we are letting go of. In this case, it is not letting go of the painful memories we have involving our moms, but instead letting go of the actual stories we have in our minds about what happened.

Most of us will swear that the memories we have are absolutely truth, however what we remember is only our point of view about a set of events. In other words, ten people could have observed an argument between you and your mom, and all ten people could have come up with different ideas about who was right or wrong. Understanding this allows us to begin to have more objectivity about the things we remember from our past, and gives us the latitude to expand upon our story and make room for alternate points of view and possibilities. This is the beginning point for the process of forgiveness.

When we talk about points of view we can recognize that the word *points* is plural. Inherent in this is the understanding that points of view are just that – points. There can never be one point that is absolute truth as there are always many points of views that are truth at any particular place and time. The key to being happy in life is to realize that just because we do not agree with a particular point of view it does not necessarily make it right or wrong.

Let's take this piece of information and apply it to an actual life situation. Perhaps you remember your mother always yelling at you because you did not do as well as your sister in school, and as a result you've always felt resentful towards your mom and your sister. You might feel justified in your anger thinking things like: *She should have known better than to make me feel so unworthy, It's not healthy to make a child feel less-than, She always hated me and there was nothing I could do to please her, She always favored my sister over me, or even, I was doing the best I could – didn't she know how stupid she was making me feel?*

In this case was the mother wrong or right, and are the child's commentaries justified? First of all, let's agree that the mother did in fact yell at the child for not getting good grades, and for not doing as well in school as her sister. What we *cannot* agree upon is *why* the mother made these comments. In this case the mother may have been trying to inspire the child to do better by comparing her to her sister and creating competition. Another possibility is that the child *was* actually the favorite and the mother wanted her to do as well as her sister. Yet another option is that mom could have had difficulty in school, never graduated and was frightened that if her child did not do well she might end up dropping out like her. There are so many reasons and points of view that the mother might have held. But whatever the reason, it was about the *mother's own fears* and had nothing to do with what was said to the child.



We invite you to join us in Egypt this November for a magical journey to one of the most amazing sacred sites in the world. The journey is November 9th-19th and the cost including international (from NYC) and internal airfare is: \$3999.00.

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 or joining one!**

On the other hand, if the child in her unawareness and inexperience does not understand her mother's point of view and fears, she could take her mother's words very personally and be wounded by them as this woman was in our example. Forgiveness comes from seeing the truth – that we really do not know another person's intention or point of view – we can only make assumptions about them. Of course we tend to make the most fear-based assumptions about a situation that we can – feeling that it is all about us. As children that is exactly what we do – make the assumption that we are unloved, unappreciated, and not worth our parents attention. Of course this is not truth because our parents did love us, it is just that they did not always show it in a "healthy" way.

Knowing this, perhaps you could take some time to carefully look at all the stories you have about your mom. See if there aren't some alternate points of view about these events and if so let go of these old fear-based stories and replace them with the truth. You will find forgiveness waiting there for you. **With all my love, Sheri**

[A Great Forgiveness Resource](#)

[The Campaign for Love & Forgiveness](#) combines public television programming, community activities and events, and on-line discussions to encourage contemplation and conversation about how love and forgiveness can effect meaningful change in individuals and society.

.....

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."

You may be missing this year's most visionary and inspiring movies because many are never released. Mainstream Hollywood distributors simply don't believe there is an audience for these kinds of films. Yet, as we all know, there is an audience - it is us.

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!

Each month you receive 4 features and shorts on DVD. The cost of the service is kept deliberately low, so the maximum number of people can participate. You may cancel your membership at any time. And unlike rental services, the movies are yours to keep - you never have to return anything and you may cancel at any time. Your collection will grow month by month until you have a whole library of inspiring movies you can watch again and again.

These movies have played to enthusiastic audiences at film festivals all over the world, and many have won major awards. But in most cases, The Spiritual Cinema Circle is the only place you'll get to see them, because unlike traditional distributors, we know how important it is to have inspiring, enlightening entertainment in your life.



Join the Circle today and your first month of movies is **FREE** (all you pay is shipping)! Enjoy this month's movies, plus all the membership benefits above, with our compliments. After your free month, you'll then continue to receive great movies for just \$21 a month (plus shipping and handling). You never have to return anything, and there's **NO RISK!**

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

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. Wise mentors guide you throughout the realm, empowering you with yoga, breathing and meditation skills needed to complete over 40 biofeedback 'energy' events.

Begin Your Journey with The Passage. The First in "The Journey" Series. Step out of time and into a realm of endless possibility, where you'll practice breathing and meditation techniques, like the heart breath, an ancient yogic breathing technique that will help you achieve control over your mind & body to help reduce stress and improve physical and mental wellness.

Continue Your Journey with Wisdom Quest. The second in "The Journey" Series. Featuring Deepak Chopra, M.D. and Dean Ornish, M.D., as two of your new guides, Wisdom Quest builds upon the skills you acquired in The Journey to Wild Divine: The Passage. Practice new and exciting meditation and breathing activities for advanced training as you learn to integrate this wisdom into your daily life.

Biofeedback hardware is included with The Passage. Wisdom Quest is a software only product that works with the hardware from The Passage. **Save \$20 when you purchase the Bundle Pack!**

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