

# WITH forgiveness forum



Are you ready?

[www.withforgivenessmovie.com](http://www.withforgivenessmovie.com)

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SEPTEMBER 2008

## A Message From Susyn:

As the 2nd Anniversary of WITH *Forgiveness* approaches, on September 11th, I've been reflecting on the ways my experience of forgiveness has deepened and expanded during the past two years. Here are some of my thoughts:

I recently noticed, when I was asked about forgiveness, that my thoughts automatically centered on what I am for giving. Quite simply **I am for giving love, compassion and kindness**. Usually when you focus on forgiveness your attention is captured by a situation or circumstance from the past that activates an experience of anger, resentment and emotional pain. In the midst of this pain your ego-mind is *running the show* and judgment is in high gear. In these moments you are for giving anger, hurt, disappointment, self-righteousness, resentment, betrayal – since the thoughts you are thinking generate those feelings. Ask yourself, *Have I ever really solved problems from this state of mind?* I certainly haven't. So during the 1st week of this month declare what you are for giving and then notice if your thoughts and feelings are a reflection of what you desire. If not, become aware of what you're thinking, and if it doesn't support your desires, then have a new thought that does.

**Forgiving is not condoning.** I have repeatedly heard clients tell me that if they forgive someone for a past hurt that they will be condoning the unacceptable behavior of the other person. This became so very evident during a conversation I had with a workshop participant. She told me that her husband had been involved in an extramarital relationship. She was afraid that if she forgave him that he would then think that it was okay for him to have an affair in the future. So she held on to her anger long after his affair had ended and ultimately nourished the disconnection she felt in her marriage. It is crucial to remember that when you forgive you are freeing your heart and mind from thoughts that result in on-going pain and disappointment. It is through the practice of forgiveness that we expand and deepen our capacity for unconditional love, compassion and kindness to all beings. So during 2nd week of this month make a forgiveness list. On your list include who you are forgiving (remember to include yourself on your list), what you are forgiving them for and what you want to be giving them instead of your fury. Then take action to reflect your commitment to forgiveness.

**Judgments are a reminder that I am forgetting the presence of the divine in all of creation.** Making judgments is a function of our ego-mind that divides and separates. When I see all of creation with the sense of wonder that I feel in the presence of a newborn, seeing the full moon rise on a dark night, listening to the sound of the ocean as it meets the shore, I then nourish my capacity to give and receive love. So during 3rd week of this month say *Namaste*, aloud or silently, whenever you greet someone – including when you see yourself in the mirror. This ancient Sanskrit word means: I bow to the divine in you. ([click here to see a Namaste video](#))

Continued in the next column →

## What's New!

- Susyn and Sheri are giving a free teleclass **Sept 25th** on ***Exploring the Gifts of Forgiveness - Love, Compassion & Kindness!*** [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: **Guatemala: Tikal, Antigua, Yaxha & Topoxté: itinerary & details - Dec 13-19th.** See the all the new 2009 trips below!
- See Susyn & Sheri's newest article, **Forgive Yourself** in - **Pure Inspiration Magazine** on newsstands now. [www.pureinspirationmag.com](http://www.pureinspirationmag.com)
- Would you like to experience Sheri's **Dreaming in the Toltec tradition** program? Join her apprentices for the **October 3-5th** or **November 7-9th** workshop in **Atlanta**. For more info go to: [Events](#)
- Join Susyn for an experiential workshop: **Spiritual Tools in Action**. Wednesday, **September 17, 24 & October 1:** 7:00pm - 9:00pm at Angel's Serenity in Scottsdale, AZ. For more info & to register, [Click Here](#), or call 602-482-0036
- Join Susyn for an experiential workshop: **Forgiveness in Action**. Thurs. **October 2:** 7:00 - 9:00pm at Angel's Serenity in Scottsdale, AZ. For more info & to register, [Click Here](#), or call 602-482-0036

**Being forgiving is a choice.** While you may feel helpless and powerless in the face of emotional misery, pain and suffering it is important to be aware and remember that all of your experience is based on your point of view, your beliefs, your expectations and your judgments. When you are awake to what you're thinking and feeling you can then choose the thoughts that bring peace to your mind, love to your heart and kindness to your actions. So, during the 4th week of this month say aloud each morning, *I choose to be for giving \_\_\_\_\_ (say what you choose to be giving).* And during the day, if you notice yourself feeling angry, agitated, worried or miserable declare, *I choose to be for giving \_\_\_\_\_ (say what you choose to be giving),* and notice the impact of your choice.

With all my love, Susyn

# Sheri's Spiritual Journeys

## Guatemala: Mystery & Magic - Tikal, Antigua, Yaxha & Topoxté - December 13-19, 2008



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. 2008 trip cost is **\$3285.00** double occupancy if **5 people travel, \$2850.00** double occ if **8 people travel, and \$2663.00** double occ if **10 people travel.**

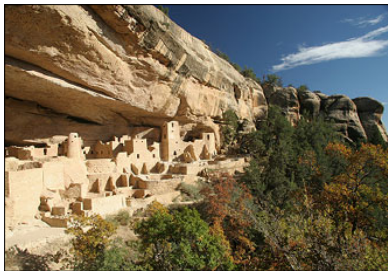
## Palenque: Merging with the Mayan Underworld March 18-23rd, 2009



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 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. **\$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 – 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.

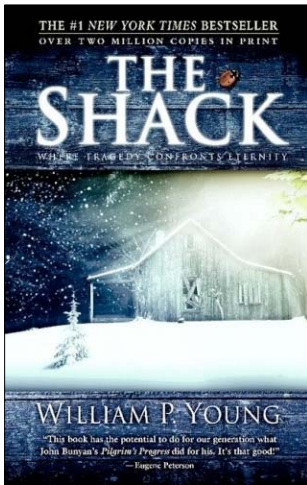
## Sacred Sites of Peru & Machu Picchu: Merging with the Divine - October 7-18th, 2009

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. 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 Book of the Month



**The Shack by William P. Young:** This compelling novel exploring God and the transformative power of forgiveness is the story of Mackenzie Allen Philips. His youngest daughter, Missy, has been abducted during a family vacation and evidence that she may have been brutally murdered is found in an abandoned shack deep in the Oregon wilderness. Four years later in the midst of his *Great Sadness*, Mack receives a suspicious note, apparently from God, inviting him back to that shack for a weekend.

Against his better judgment he arrives at the shack on a wintry afternoon and walks back into his darkest nightmare. What he finds there will change Mack's world forever. In a world where religion seems to grow increasingly irrelevant *The Shack* wrestles with the timeless question, "Where is God in a world so filled with unspeakable pain?" The answers Mack gets will astound you and perhaps transform you as much as it did him. 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!



cancel at any time. [Click here to learn more!](http://www.withforgivenessmovie.com)

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

*To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness.*  
- **Robert Muller**

## 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!](http://www.withforgivenessmovie.com)

## 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](http://www.withforgivenessmovie.com)