

WITH forgiveness forum



Are you ready?

www.withforgivenessmovie.com

APRIL 2007

A Message From Susyn:

Please scroll down to page 4 to read Susyn's message on:
My Experience at the United Nations

A Message From Sheri:

In March Susyn and I had a wonderful teleclass on *not taking life personally*. I encourage those of you who were unable to attend to listen to the class – the link to the recording is listed on our [events page](#).

I'm reviving this topic in this month's newsletter because not taking anything personally in life is the actual expression of *forgiveness in action*. Let's spend a few minutes discussing what I mean by this statement. When we perceive someone or something that is upsetting us, this is happening because we are judging what we are seeing according to our belief system and personal point of view. What follows the judgment is an emotional reaction to our own thoughts and judgments – *not* to what is happening outside of us. When we do this, we are mentally condemning someone or something and the result is our instantaneous unhappiness. Unfortunately, most folks don't have an understanding of the way the mind processes information and so they think that what's happening outside of them is what's upsetting them and *this is not truth*. They are upsetting themselves with their *own thought forms*.

Forgiveness means we understand that we don't have to agree with what we're seeing; we realize that everyone takes actions based on their personal beliefs. Of course some actions are uplifting and others are not. As spiritually aware people we recognize that people don't always have awareness of the effects their actions and words are having. We forgive not because of what others have done or said – but because they are *unaware that any fear-based actions ultimately hurt themselves*. If we get angry and judge them, we are as unaware as they are in the moment because; first, we are not acknowledging that they have a right to have a point of view; second, we are in ignorance of their non-awareness; and third, we're not aware of how we're taking their words and deeds personally!

Truly, life gives us infinite opportunities to practice forgiveness since we are constantly confronted with situations that we can judge – *if* we choose to. If you no longer get upset or judge others, essentially you understand the truth of life (that nothing is personal), and you are practicing forgiveness in every moment. As soon as you make the commitment not to take the words and deeds of others personally you are putting forgiveness into action.

What's New!

- Ladies, join our next journey to **Swim with the Wild Dolphins in Bimini, May 19-25th** for a special healing journey of the heart. Details below and on the [website](#).
- Have you ordered a copy of **WITH Forgiveness ~ Are You Ready?** [Order one today](#).
- Join Susyn & Sheri for their next free teleclass on Tues night April 17th on **Acceptance: How do I allow the people who annoy me to just be?** Register at: [Join us!](#)
- [Sign-up](#) for our Special Teleclass on **Forgiving Your Mother** May 8th. Limited spaces!
- Listen to last months class! 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.

However, once you take the action (consciously or unconsciously) to make a judgment, you will become upset and then you will need to forgive. But if you choose to change that pattern of judging and decide to acknowledge that – *people do what they are going to do and it isn't always what we want, wish or hope for* – you will be living your life in a constant state of forgiveness. And that is the ultimate blessing and expression of unconditional love and compassion!

I encourage you to take action and let go of your ego's need to be right and to take everything in life personally. Put forgiveness into action in every moment and see how peaceful your life becomes.

With all my love, Sheri

A New Opportunity!

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](#).

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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 dead-line will be the 20th of each month.

The winner of this months contest is: Dotte Otvos from Arizona! Here is her story.....

Forgiveness, what an unusual word. My father left my mother and all six of his children when I was eight years old. My mother was a psychic and we all grew up to believe all is possible. When my father left, my mother fell apart. She no longer realized we were even there. My youngest brother, at that time, was about six months old. Now, guess who had the responsibility of being in charge of our life? Me!

Eight years old is not a time when you have any idea how to raise anyone, let alone yourself. I hated my father for doing this. My life had suddenly become so confusing and helpless that it was impossible for me to forgive him. As the years went by, I began to have a small understanding of him and my mother and realize that it was not just his mistake but hers as well.

Continued in the next column, next page down ->

Spiritual Journeys

❖ **OUR NEXT JOURNEY!** – 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 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. The art, design and proportion of these structures were a testament to their religion and devotion to an illuminated consciousness. 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

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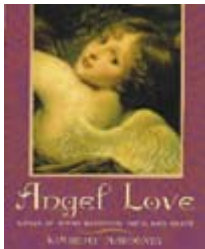
Our WITH Forgiveness Contest, continued

Many years later, I married, had children, and was on a trip with my husband and we were going into a restaurant for lunch. I spotted a young girl holding hands with her father laughing and he was looking down at her with such love and caring I started crying and could not stop. I motioned my hubby to take the kids and go into the restaurant and I went back to the car. I sat there for a long time crying.

When I was through, it was like a huge weight had been lifted from me. I believed I had forgiven my dad years ago for his mistake, but heart wise it was still within my soul. Seeing that little girl and the relationship with her father triggered a wall of tears for me. This, I knew, was the forgiveness I needed.

All the years of hurting and the abandonment I had felt while growing up, all of this was gone. At my fathers funeral I could truthfully say, "I love you. I will miss you dad," and go on with my life as free spirit thanking him for all he had given me.

A Great Book Promotion for April!



Fall in love! The *Angel Love* book and card divination set by Kimberly Marooney shows you how to ask for and receive divine help. The angels are watching for opportunities to guide you into more loving and satisfying relationships with people, with God, and with yourself.

The simplest way to develop relationships with angels is to ask for their help. What do you need help with? Do you want more love? Start each day with a clear focus and open heart to receive gifts of love from the angels. Strengthen your connection with the love angels by feeling their energy in the 40 masterfully illustrated cards.

The 160-page guidebook describes each angel and how they help you in daily life. Purchase this book at Amazon.com and then go to Kimberly's website (www.kimberlymarooney.com) to receive all kinds of wonderful gifts from your favorite spiritual authors – like us!

Act now! If you order this life-changing book and card set today, Kimberly has an amazing array of **free gifts** for you: Over 40 luminaries of our time are generously providing you with their profound tools and resources. All you have to do is order now to get these gifts. Review the list of fabulous bonuses here: www.kimberlymarooney.com.

You are the Creator of your life. Kimberly's Angel Love Cards provide the stepping stones to achieve your full potential and fulfill your life purpose!

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

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

'Tis the most tender part of love, each other to forgive.

-- John Sheffield



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!**

A Message From Susyn:

My Experience at the United Nation

There is so much I am eager to share with our international WITH *Forgiveness* Community. As a delegate to the UN Commission for the Status of Women, this year, my commitment to being a Peace Maker has deepened; and my belief that forgiveness is a key to personal and world peace has expanded. I had the opportunity to hear instances of horrific abuse experienced by girls, women and elders, and how rather than being imprisoned by past violence they have used those circumstances as a springboard for action to eliminate violence toward all people. This reminds me how empowering it is when we put forgiveness into action in our lives.

Action has two components: first is the action we take in our mind, of discovering the beliefs that imprison us. These beliefs are generally some version of *I'm not enough: good enough, smart enough, loved enough, etc.* A simple way to identify our beliefs that cause misery and suffering is to use our feelings of anger, resentment and disappointment to uncover them. So the next time you are in the throes of these feeling take the action of using this model to surface your beliefs:

When I'm feeling _____, I'm believing _____.

Once we discover our beliefs we then have a choice to make, do they support fear or love. If they nourish fear, it is time for us to change our internal programming and remember that the truth of who we are is that we are expressions of love, of the Divine, of God.

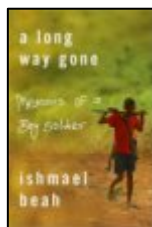
The second component of action is to actually do something. Many of the girls and women I spoke with at the UN (from all regions of the world) are taking care of other women and children with HIV/AIDS, and providing educational opportunities for girls. In addition they are educating people throughout the world about the discrimination and violence that exists based on age-old cultural beliefs that fail to see the divinity of all beings.

So my message to you this month – is to take action *NOW*; first within your own mind to free yourself of deep-seated and festering wounds, then within your family to allow your love to flow, and within your community by offering your time, skills, talents and resources to truly be *the change you wish to see in the world.*

One action I am committed to is to share information with you about websites and groups that are taking a stand for a more peaceful world. I encourage you to visit these sites: www.5WWC.org (5th Women's World Conference – yes, men are invited and encouraged to participate!), www.standingwomen.org (taking a stand on Mother's Day for peace in the world) and www.kiva.org (provides you with micro-lending opportunities throughout the world).

With all my love & gratitude, Susyn

Recommended Book of the Month



A Long Way Gone: Memoirs of a Boy Soldier

This is the story of Ishmael Beah, who at 12 year's old becomes involved in the civil war in Sierra Leone. He shares his story of what it was like to be in the army, involved in drugs, killing, and being in the company of sociopathic cohorts. Finally he is brought to a rehab center sponsored by UNICEF and becomes a spokesman for the center. When war continues to become worse, his story moves to the USA where he lives today. His memoir is accessible and engaging with forgiveness being a fundamental key to his healing. Ishmeal Beah was recently given a copy of *WITH Forgiveness ~ Are You Ready?* He let us know that he would read it! We'll let you know when we hear from him. [Link to Amazon](#)

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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.

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Favorite Forgiveness Resources

For those of you who are Christians, you might be interested in a wonderful organization that seeks to end world hunger. The name is ***Bread for the World – Seeking Justice. Ending Hunger.*** They have a very comprehensive website that gives pertinent and powerful information on the subject. Take a look at: www.bread.org

Another website that I enjoy is ***Heifer International – Ending Hunger, Caring for the Earth:*** www.heifer.org They have a unique program that allows you to gift animals to people who need them all over the world. Rather than sending money to an organization and having them buy food for the poor – this organization instructs people how to care for their animals and breed them so that they create personal and community wealth and plenty of self-sustaining food sources. You can gift chicks, goats, llamas, rabbits, bees, geese, pigs, cows, and the list goes on. Go ahead – check it out for yourself.

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

Alabama:

Contact: Wanda Warburton-Peretz
Email: wolfcraz@yahoo.com
Location: Florence, AL
Phone: 256.760.96764

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

Michigan:

Contact: Susan Johnson
Email: itsue2@comcast.net
Location: Belleville, MI
Phone: 734. 699.9292

Listings continued on the next column →

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Mexico

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Location: Mexico, City
Phone: none given