

A Message From Susyn:

As spring is bursting out in an array of blooms there is another re-birth that is touching people in all parts of the world. More than 2 million people, in all corners of the planet, are actively participating in [A New Earth](#) webcast. This virtual classroom, featuring Oprah and Eckhart Tolle, is providing clear instruction for each of us in expanding our consciousness and transcending our ego-based point of view. For it is our ability to shift from our attachment to our ego to seeing through our spiritual eyes that is the foundation of forgiveness.

The reality we each experience is a product of our programming. Our programming is composed of the thoughts and beliefs we have internalized as truth. Most of our programming was *installed* when we were children by our parents, teachers, the popular culture and the collective consciousness of the time. We learned to judge what was right and what was wrong; who was good and who was bad. We learned the filters through which to view the world. While some of this information continues to be valuable – knowing it is best to stop at a red light and that touching a hot skillet can burn our skin – an inherent aspect of our programming is that of separation. I am not You. This consciousness of separation results in our judging ourselves and others based on our programming. With this judging comes the experience of jealousy, envy, anger, resentment and a full range of feelings that result in unhappiness, suffering and violence towards ourselves and others in our thoughts, words and actions.

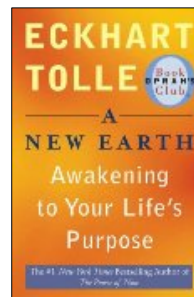
It is important to keep in mind that there is no one to blame for this programming that puts our ego into the drivers seat. The programming is based on a set of beliefs, a point of view, a paradigm that defined the human experience through a particular set of thoughts and ideas. A central theme of our ego-based consciousness is that to be human is to be separate from the Divine, from God, from the Limitless Loving Consciousness of the Universe. In some religious traditions this meant that there was a Supreme Power up in Heaven, somewhere, separate from us, who was judging our behavior and at the end of our lives we would be faced with the ultimate judgment as we faced heaven or hell. And since this Supreme Being, God, was judging us then our behavior toward ourselves and one another was also based on making judgments. If you are like me you are good and if you are not like me you are bad. It is this ego-based point of view that has led to violence and war within ourselves, in families, communities and among nations.

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What's New!

- Susyn and Sheri are giving a free teleclass **April 14th** on *Forgiving the Money Issues in Our Lives!* 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: **June 1-7th to Santorini, Greece: A Women's Goodess Retreat!** [Itinerary & details](#) and to **Bimini July 19-25th to Swim With the Wild Dolphins.**
- Join Susyn for a **Passover Seder** (April 19th), a **Sunday Service** (April 20th 9:00am & 11:00am) and the **Spiritual Tools in Action Workshop** (April 20th 1:30pm - 4:30pm) at the Center for Spiritual Living, Dallas, Texas. For information email Rev. Marsha Meghdapour at revmarsha@cslDallas.org.
- Join Sheri for her **Dreaming Program** which takes place in Atlanta, GA for 8 weekend sessions beginning this April. For more information and an application go to: [Dreaming 2008](#)

Recommended Book of the Month



A New Earth by Eckhart Tolle - With his bestselling spiritual guide *The Power of Now*, Eckhart Tolle inspired millions of readers to discover the freedom and joy of a life lived "in the now." In *A New Earth*, Tolle expands on these powerful ideas to show how transcending our ego-based state of consciousness is not only essential to personal happiness, but also the key to ending conflict and suffering throughout the world. Tolle describes how our attachment

to the ego creates the dysfunction that leads to anger, jealousy, and unhappiness, and shows readers how to awaken to a new state of consciousness and follow the path to a truly fulfilling existence.

The Power of Now was a question-and-answer handbook. *A New Earth* has been written as a traditional narrative, offering anecdotes and philosophies in a way that is accessible to all. Illuminating, enlightening, and uplifting, *A New Earth* is a profoundly spiritual manifesto for a better way of life—and for building a better world. Get a copy at Amazon.com now.

A Message From Susyn - continued:

Rather than judging this egocentric point of view, which is then a continuation of our ego-based consciousness, we now have the opportunity to transcend and expand our consciousness to one of holism. To shift our perspective from *either-or* to *both-and*, from exclusive to inclusive. And what is so exciting and evident through [A New Earth](#) webcast is that people all over the world are actively engaged in this shift...right at this moment, as you read this, as you are aware of when you are seeing through your ego eyes and your spiritual eyes you are contributing to this shift, in your personal life and in the collective consciousness of our planet.

In *WITH Forgiveness ~ Are You Ready?* we wrote about this shift as follows:

“As with all changes in consciousness our thinking and what we have counted on as truth is challenged. The fundamental shifts taking place today are:

“We are eternal: Rather than viewing death as the enemy robbing us of life, we can recognize that our physical existence offers us the opportunity to savor, enjoy, celebrate and honor the mysterious gift of human experience. At the same time, we can recognize that there is neither birth nor death, our divine essence is eternal and it is our human experience that is finite.

“We are one: While we look separate, as though there is space and distance between us, we are all moving through the world breathing the very same air. I walk toward you, I exhale, and your next inhalation includes air that just moved through my body. At the same time, let us acknowledge and embody that we are one – an interconnected matrix of consciousness.

“We are creators: While it has been a common belief that we have limited ability to make changes in our physical world, it is actually our innate birthright as creators to have the power to project our entire reality into being. We can create anything the human mind can conceive, from the horrors of war to heartwarming harmony. This is the process of Spirit moving through us expressing itself as form and matter.

“It is crucial to remember that duality is not bad and holism is not good, they are simply different points of view. Holism is a natural progression, the expansion of consciousness. Knowing this affords us the opportunity and the responsibility to forgive all beings for any failure to consciously create experience based on compassion, unconditional love and harmony.”

So when you notice you are judging, acknowledge and congratulate yourself for your awareness, focus your attention on the present moment by turning your attention to your breath for thirty seconds and then have a new thought that embodies love, kindness and compassion.

With all my love,
Susyn

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Spiritual Journeys for 2008

❖ **June 1-7, 2008: [Women's Retreat to Santorini: Expressing the Divine Goddess!](#)**

Ladies, join us for a truly transformational spiritual journey to the ancient volcanic island of Santorini. Our hotel is in Oia (pronounced E-ah) a traditional settlement located on the northern tip of the island, high on the cliff-top. This will be an active trip as there are many steps on this island to navigate since the towns are built vertically into the side of the volcano's caldera! The food is incredible and we even have access to full spa services for our weary bodies. So bring your hiking shoes, a journal and an open heart. If you need some clarity and peace in your life – then this is the trip for you! The cost is \$1795.00 per person double occupancy including breakfasts.

❖ **July 10-15, 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 \$1295.00 per person double occupancy.

❖ **July 20-25, 2008: [Swim with the Bimini Wild Dolphins - A Spiritual Adventure of the Heart](#)**

Families, couples and singles 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. During our time with the dolphins we'll have the opportunity to open our hearts and practice unconditional love and acceptance, for these marvelous creatures, ourselves and each other. 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 magnificence. The cost is \$1845.00 per person double occupancy.

❖ **August 16-22, 2008: [A Heli-Hiking Spiritual Retreat in British Columbia: Inner Peace, Silence & Sanctuary](#)**

This will be an active trip, as we will be hiking at altitude in the Purcell Mountains in the Canadian Rockies. This range of mountains cannot be reached by car as there are no roads. Only by helicopter, which we use each day, can we access these remote areas. The blessing of this trip is the ability to hike in absolute peace and solitude with no other humans around us, giving us the time to reflect deeply on our selves and our lives. We will have at least one day of silence while on this retreat to help quiet our minds and allow us to fully open our hearts to nature and divine creation. The cost is: \$3678.00 double occupancy including 11 meals.

❖ **October 8-21, 2008: [Journey into the Heart & Soul of Bhutan](#)**

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

Favorite Website of the Month

EarthHour.org: It started with a question: How can we inspire people to take action on climate change? The answer: Ask the people of Sydney to turn off their lights for one hour.

On 31 March 2007, 2.2 million people and 2100 Sydney businesses turned off their lights for one hour - Earth Hour. If the greenhouse reduction achieved in the Sydney CBD during Earth Hour was sustained for a year, it would be equivalent to taking 48,616 cars off the road for a year. Earth Hour uses the action of turning off the lights for one hour to deliver a powerful message about the need for action on global warming.

With Sydney icons like the Harbour Bridge and Opera House turning their lights off, and unique events such as weddings by candlelight, the world took notice. Inspired by the collective effort of millions of Sydneysiders, many major global cities are joining Earth Hour in 2008, turning a symbolic event into a global movement.

This simple act has captured the hearts and minds of people all over the world. As a result, at 8pm March 29, 2008 millions of people in some of the world's major capital cities, including Copenhagen, Toronto, Chicago, Melbourne, Brisbane and Tel Aviv will unite and switch off for Earth Hour. Watch the [videos](#) and take action!

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

The day the child realizes that all adults are imperfect, he becomes an adolescent; the day he forgives them, he becomes an adult; the day he forgives himself, he becomes wise. - **Alden Nowlan**

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! You can use this link: www.withforgiveness.com/tellafriend.cfm