

A Message From Susyn:

One of the gifts of being a co-creator of WITH Forgiveness is that I have the opportunity, on a daily basis, to expand and deepen my capacity to forgive by practicing what I preach! One afternoon, I was home watching some documentaries. The first and last one, I watched that day was, "Jesus Camp." Yes, there are references in the film about Jesus-loving-you but they are interspersed with a powerful message that our way is the one way, the *right* way. This is the doctrine of fundamentalism; it is exclusionary and creates clear divisions between people who are like us and people who are not – and those who possess a different point of view from us are sinners.

After watching supposedly loving people in this documentary, teaching their children to fear, hate and see demons in others, my faith in a loving God who connects all beings was wavering. I wondered if there will ever be peace when the fundamentalist message all over the world is that there is an enemy out there and we have to be fearful of *them*.

I was experiencing this state of mind when I went to meet Gary Renard, an early supporter of WITH Forgiveness and the best-selling author of *The Disappearance of the Universe* and *Your Immortal Reality*. Gary was leading a workshop and I had been invited to participate. Gary's message is clear, based on *A Course in Miracles*, which aims at removing the blocks to the awareness of love's presence, and uses forgiveness as the key that opens our hearts and minds to Love. And what is it we are forgiving? We are forgiving our beliefs in separation from God. We are forgiving ourselves and others for forgetting that we are connected through the Holy Spirit, God, the Loving Energy of the Universe that animates our physical form. It is when we forget this connection with Source that we believe our judgments and are able to harm ourselves and others emotionally and physically.

Gary's workshop began with an invitation to connect with the Loving Energy that moves through us. And this was just the invitation I needed. In Love's presence my fear, uncertainty and hopelessness dissolved. This is the power of Love, in its' presence all that isn't Love dissolves. And as I sat listening to Gary speak a story I had heard about 25 years ago, from a Native American Medicine Man popped into my mind:

There was a big, bad, ugly being that had been going from one village to another destroying the crops, raping the women and killing the men. Community after community was shattered and a black cloud of fear was spreading across the land. There was one remaining tribe as yet untouched by this fear, and the Elders knew that it was only a matter of time until the big, bad, ugly being would make its way to their community. A Council of the Elder was called to discuss how they would meet this being who had destroyed the surrounding villages. They knew that gathering their weapons would not work, since this strategy had not worked in the other villages. So they sat for many hours in silence immersed in the love and trust of their community, when a Medicine Woman spoke; "We need a virgin maiden to meet the big, bad, ugly being at the entryway to the road leading into our village."

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](#).
- Join Sheri & Susyn's **Forgiveness Workshop in Sedona, Az!** Thursday night, Sept 20th at the Sedona Creative Life Center, 333 Schnebly Hill Road, Sedona, Az 86336 at 7:00-8:30pm. The topic: *How to Forgive: Even When You Don't Think You Can!* Cost: \$12.00. Sign up at www.withforgiveness.com/events.cfm
- Join Susyn & Sheri for their next free teleclass on Monday night **August 13**. Register at: [Join us!](#)
- Join Susyn Weds **August 22nd** at 6:30pm at **Ross Community Programs**, 18 Goodfriend Drive, East Hampton, NY. She will be speaking on **The Transformative Power of Forgiveness**. The cost is \$40.00. Register at: www.ross.org or call 631.907.5376 for assistance.

Her words were filled with authority, conviction, and Love. So the maiden was identified and she was lovingly bathed and dressed in preparation to greet the big, bad, ugly being. And then she was led to the road through which this being would enter the village. She knew she had been chosen for a sacred task and that all the members of her community were gathered in loving prayer on her behalf.

Minutes became hours, and she felt herself filled with love when she heard grunts and the ground beneath her feet began to rumble. She continued to keep her gaze straight ahead ready to greet the big, bad, ugly being. And then the big, bad, ugly being approached and stopped before her as she gazed directly into his eyes with all the love in her heart. As she put her hand out in greeting the big, bad, ugly being it dissolved into the ground below. In the next few moments a beautiful tree grew out of the earth on the exact spot where the big, bad, ugly being had just stood.

This is the transformative power of Love and forgiveness. This month where there is fear in your life - meet it with Love, where there is doubt - meet it with Love, and where there is anger - meet it with Love. ~**With all my love, Susyn**

This Month's Forgiveness Contest Winner:

"Tom" and I were co-workers at English language conversation schools at three locations in Osaka, Japan. Tom and I usually worked at the same school one or two days a week, and though we never became close friends I thought that we had a good working relationship.

That all changed after six months when our co-worker "Donna" was treated unfairly by management. She consulted a labor union and was informed that our company had broken Japanese labor laws. She and I, along with another colleague, "Frank", formed a labor union branch. Donna was then fired, but the union scheduled negotiations to get her job back. On the day of the hearing, it was a big surprise to see Tom sitting next to the managers. He said, "I was promoted to sub-assistant manager a long time ago," though this was the first we'd heard of it. Donna would later say that Tom had often complained to her about management in the past and she didn't understand why he wanted to be on their team now.

The negotiations were successful not only in restoring Donnas' job but in forcing the company to obey laws regarding paid vacation days and overtime pay. However, the managers became unfriendly toward the union members. While there was no outright harassment the managers, especially Tom made a point of speaking to us no more than necessary and excluding us from conversations with other teachers.

Eventually Donna and Frank found employment elsewhere. I was tempted to quit too, but I felt I would just be running away from bullies as I had done all my life. Soon I wished I had run away, as Tom seemed to make it his personal goal to have me quit. Over the next three years he constantly made unkind comments about me, never to my face but always when he knew I could hear him -- sometimes even during staff meetings. He told new teachers lies so they would stay away from me. When the company organized a Sunday volunteer day trip to help clean up a beach after an oil spill, Tom told students who asked why I wasn't there that I had said I didn't care about the environment -- instead of the truth that nobody had told me about the trip in the first place.

Things didn't improve when Tom started dating the new manager of one of the schools, who quickly joined him in his campaign against me. And all along Tom took the maximum number of paid vacation days allowed every year, and probably accepted overtime pay, even though he continued to disparage the union which won him those rights.

I did my best to ignore the harassment. I never knew what to say to Tom, but I felt I was letting him get away with his behavior. Many nights I came home from work in tears, and sometimes I couldn't sleep without taking sedatives. I felt angry at Tom but also disgusted with myself for being so weak. I was too ashamed to ask anyone for advice in dealing with him.

Finally I decided I was not going to let Tom make me unhappy anymore. One night I wrote in my prayer diary that I forgave him for everything he had done to me as well as my friends Donna and Frank. I prayed for blessings upon him in all areas of his life. I also forgave the managers and teachers who had allied themselves with him.

Within a week, there was a big schedule change at work. I was startled to find that my new weekly schedule did not include classes at any of our three schools on the same day as Tom. It's possible that he arranged it that way, but I didn't mind since not having to work with him made things much easier for me. Around that time several managers and teachers quit including Tom's girlfriend, and I was able to make good friends among the new staff. Work became fun for me and I even lost some extra weight. The sleeping pills went into the trash. I never saw Tom again, and within a year I heard he was quitting and returning to his native country.

There are still many people in my life I need to forgive, but I'm grateful to Tom for showing me how much prayers and forgiveness can help in transforming a bad situation. **From MW, in Japan**

Spiritual Journeys 2007

❖ **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. Join us in saying, "YES" to life and the experience of your transcendence.

For 2008!

- ❖ **February, 2008: Palenque, Mexico "Into the Womb of the Mother"**
- ❖ **March, 2008: Tepoztlán: Sacred Valley of Magic and Mysticism**
- ❖ **June, 2008: Women's Retreat to Santorini: Expressing the Divine Goddess**
- ❖ **August, 2008: A Heli-Hiking Spiritual Retreat in British Columbia: Inner Peace, Silence & Sanctuary**
- ❖ **October, 2008: Journey into the Heart & Soul of Bhutan**

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

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A Great Forgiveness Story

July 13, 2007 - Holocaust Forgiveness Advocate Eva Korg Eva Kor is a real estate broker in Terre Haute, Indiana, but her story is one of unthinkable loss and suffering as a child at the hands of Nazi doctors. Her story is one of extraordinary forgiveness. Judy Valente created the report, and we should prepare you -- some of the images are graphic in this recorded interview with Eva. **Please do not miss listening to this interview!**

Check out the website for this video at: www.pbs.org

Recommended Book of the Month

The Forgiveness: A Legacy of the West Nickel Mines Amish School - This sensitive and thoughtful meditation on the horrific events of October 2, 2006, reflects on the response of the Amish community of Nickel Mines, Lancaster, Pennsylvania, where a gunman killed himself, five school children, and wounded five others. The tragic crime evoked expressions of shock and sympathy worldwide. But even many Christians were stunned when the Amish community, in the midst of its grieving, offered words of forgiveness toward

the dead killer and his family. John L. Ruth considers that extraordinary forgiveness as the legacy of that heartbreaking day.

Pick up a copy at Amazon.com

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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!

Join the Circle today and your first month of movies is (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 - you never have to return anything and you may cancel at any time. **Click here to learn more!**

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A Great Forgiveness Quote

Your understandings are of misunderstandings.

- St. Francis

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!

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Please join us in Egypt November 9th-19th for a journey to a magical and intriguing land!

www.journeysofthespirit.com/site/801429/page/307327

