

## A Message From Susyn:

Please scroll down to page 4 to read Susyn's message on:  
**A Season for Non-Violence: January 30 - April 4**

## A Message From Sheri:

For most of us, Valentines Day is an opportunity to take a moment and express to our friends and family how much we love and appreciate them. Certainly this is a wonderful concept to put into practice. However, after thinking about this for a while, I decided that having one day to express my love is simply not enough time, so I made the commitment to see every day of my life as Valentines Day.

As I see it, each day is an opportunity to express my love abundantly, and to practice keeping my heart open under any and all circumstances, regardless of what they are. These are the moments when we put our spiritual teachings to the test. If we can have an open heart when things aren't going our way, or when others are saying things or acting in ways that we feel aren't appropriate, we are walking our talk and are being love in action.

Consider this: If we only express our love when the people in our lives are behaving the way we want them to behave – isn't that kind of love conditional? It's relatively easy to be loving when things are going our way. But how often does life unfold exactly according to our expectations? The key is to recognize that you cannot be judging someone and be loving them at the same time. These states of being are mutually exclusive, and either you exist in one state or another in any moment. Of course you can love your partner with all your heart and then 15 minutes later be screaming at them because they didn't do something you wanted them to do. But in those moments you're in judgment and you're allowing your ego-mind to take over your life as you're placing your expectations upon your partner and then judging them according to your mind's rules and regulations.

The challenge is to go beyond this kind of behavior and re-program ourselves to be in love in every moment. This takes having clarity and the willingness to see that we are judging and to be able to detach from the need to be right rather than happy. This doesn't mean we cannot express a point of view. Of course we can. But there is a huge difference between saying how you feel with love and a smile – and getting mad at someone and projecting your fear-based emotions in their direction.

If someone is not going to see your point of view, then they're not going to see it regardless of whether or not you're smiling and being loving – or screaming at them. So if you have a choice – why not be in love rather than angry? A very interesting side-effect occurred as a result of me putting these ideas into practice in my own life. I started to find myself feeling "high" as a result of putting out so much love, and I started to perceive my reality differently. I began to see the perf

## Recommended Book of the Month

**No Future Without Forgiveness:** Archbishop Desmond Tutu stands alongside Nelson Mandela as one of the most iconic figures of the struggle to end apartheid in South Africa. As archbishop of Cape Town throughout the 1980s, Tutu came to symbolize dignified, rational opposition to the iniquities of the apartheid regime, a faithful irreverence for unjust authority that led to his being awarded the Nobel Peace Prize in 1984. In 1995 he took up his greatest challenge, as chair of the Truth and Reconciliation Commission, the remarkable yet harrowing attempt by South Africans to come to terms with the gross violations of human rights committed throughout the apartheid era by offering amnesty and forgiveness rather than punishment and dismissal. No Future Without Forgiveness is Tutu's remarkable personal memoir of his time as chair of the commission. It records his insistence of the need to discover a "third way" in the healing of the national psyche and his powerful belief that "we can indeed transcend the conflicts of the past, we can hold hands as we realize our common humanity." [Link to Amazon](#)

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## The Forum Question of the Month

**What is the number one issue that is stopping you from loving audaciously?** Visit the [Forgiveness Forum](#) to answer and share your feelings and thoughts with us.

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**Please join Susyn and Sheri in Oaxaca March 31-April 7<sup>th</sup> for a heart-opening journey!**

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## A Favorite Forgiveness Quote

"You will know that forgiveness has begun when you recall those who hurt you and feel the power to wish them well."  
--Lewis B. Smedes

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## **Did you get this from a friend?**

**Sign up now for 52 days of  
WITH *Forgiveness* messages today!  
[Go There Now!](#)**

## Spiritual Journeys

### ❖ **Passover–Easter Week: Oaxaca: "Becoming the Supreme Artist of Your Life"**

Of all the grand colonial cities in Mexico, Oaxaca is certainly the shining jewel. Many of the powerful Zapotec and Mixtec places were build over by the Spanish who were attempting to eliminate their old culture. But these places still remain places of power, you can just feel the energy in these beautiful old churches and sacred sites. Becoming the supreme artist of our lives involves learning to create from the heart, not the mind which is filled with fear-based beliefs about what we can and cannot do.

### ❖ **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 in addition, the limiting beliefs and concepts that are keeping us from this self-realization. Using the techniques of the vision quest, shamanistic dreaming, meditation and ceremony we will explore the mystic within.

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

In our journey to Egypt we will dream ascension as the ancient initiates did thousands of years ago. As we walk within the footsteps of those before us with each step we come to know who we really are. We know our birthright and the divinity that exists within us. Join us as we share in the magic and mystery of these powerful places. Join us in saying, "YES" to life.

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

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## Our Favorite Forgiveness Resource

We recommend you take a look at all the resources that Noetic Institute has on Forgiveness. If you are not familiar with the Shift in Action website – we encourage you to take a look as you receive a lot for the money: [www.shiftinaction.com/](http://www.shiftinaction.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.

- x This book teaches you how to put compassion and unconditional love into action in a practical and understandable way.
- x In *WITH Forgiveness*, Sheri and Susyn explore the many areas of our lives where forgiveness is needed. Some of these topics are challenging; others may be surprising, and many may have gone unnoticed in your life – until now.
- x Each chapter includes exercises, and affirmations to help free you from any resentment and anger you may be holding towards yourself or others.
- x *WITH Forgiveness* is your personal invitation to stand up and take action to create a life of true happiness and love.

**Order this special package for the New Year:** Purchase one book for **\$19.95** and receive a second book you can give as a gift for only **\$10.00** (package includes a special online journal that is used in conjunction with the book, a new *WITH Forgiveness* poster and pass-along cards):

~ **Look who loves *WITH Forgiveness!*** ~

“Forgiveness is an act of self-love and self-respect. In this book, Sheri and Susyn share powerful techniques that can help you to forgive and be happy in life.”

— don Miguel Ruiz, New York Times best-selling author of *The Four Agreements*

“The *WITH Forgiveness* project is one of the most interesting and helpful projects going on in the world today. I wholeheartedly recommend both the book and the project itself. It's refreshing to see people at work who know what it will really take to end the conflict on our planet.”

— Gary Renard, the best-selling author of *The Disappearance of the Universe*, and *Your Immortal Reality: How to Break the Cycle of Birth and Death*

## **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**

#### ***California:***

**Contact:** Wanda Warburton-Peretz

**Email:** [wandafish15@hotmail.com](mailto:wandafish15@hotmail.com)

**Location:** Los Angeles, CA

**Phone:** 310.204.0744

**Contact:** Lalo Franco

**Email:** [historic@tachi-yokut.com](mailto:historic@tachi-yokut.com)

**Location:** Visalia, CA

**Phone:** 559.636.6050

#### ***Florida:***

**Contact:** Janet Johnson

**Email:** [janetmauvalyn@hotmail.com](mailto:janetmauvalyn@hotmail.com)

**Location:** Miami, FL

**Phone:** 305.232.3864

#### ***New York:***

**Contact:** Michele Campbell

**Email:** [michelecampbell@optonline.net](mailto:michelecampbell@optonline.net)

**Location:** Riverdale, NY

**Phone:** 718.708.4633

#### ***Oklahoma:***

**Contact:** Kennette Klees

**Email:** [kkboat@aol.com](mailto:kkboat@aol.com)

**Location:** Bixby, OK

**Phone:** 918.364.1010

**Listings continued on the next page →**

## A Message From Susyn:

### A Season for Non-Violence: January 30 - April 4

January 30, 2007 marks the beginning of the 10th annual Season for Non-Violence. A Season for Nonviolence is an international 64-day educational, media and grassroots campaign dedicated to demonstrating that nonviolence is a powerful way to heal, transform and empower our lives and our communities. Inspired by the 50th and 30th memorial anniversaries of Mahatma Gandhi and Dr. Martin Luther King, Jr., this international event honors their vision for an empowered, loving, compassionate and peaceful world.

This is a perfect time for each of us to explore how our thoughts, words and actions reflect fear or love. While it is easy to see acts of violence taking place every day, simply by watching the news on television, listening to radio newscasts and reading the newspaper, it is sometimes a greater challenge to explore the violence we personally express.

What is violence? Quite simply – violence is all thoughts, words and actions that fail to honor our divinity as children of God and our inter-connectedness as a global family. It is obvious to see this physical violence and verbal abuse, yet it is our ability to see and acknowledge the practice of violence in our ordinary daily activities that provides us the greatest opportunity to transform and transcend our judgments and prejudices. It is our fear-based judgments that serve as the starting point for us to commit acts of violence. Until each of us can truly free our minds from beliefs that separate and divide the human family we will continue to practice violence that ultimately begets more violence.

Let's take a look at how insidious violence is in our daily lives. Here are some examples:

- x As you look at yourself in the mirror when you first wake-up and you judge the image greeting you with some version of, "I look disgusting today" and "I don't like looking at you," you are committing an act of self-abuse, an act of violence.
- x When you curse the driver in the car in front of you for going too slow, you are committing an act of violence in both the thought you are directing toward the person in the other car and toward yourself through the energy of the thoughts being expressed through you.
- x When you listen to a news report and feel your anger and fury towards political positions you do not agree with, you are committing an act of violence.
- x When you cut someone off in a conversation by criticizing their point of view as wrong and stupid, you are committing an act of violence.
- x When you take your children's failure to make their beds or clean up after themselves as a personal affront and you scream at them and call them names, you are committing an act of violence.

Continued in the next column ->

## Worldwide Forgiveness Circles

### Europe

#### *Germany:*

**Contact:** Stefan Walter  
**Email:** [S.Walter-DD@t-online.de](mailto:S.Walter-DD@t-online.de)  
**Location:** Dresden, Germany  
**Phone:** +49.351.8011835

**Contact:** Ralph Hoppe  
**Email:** [hoppe-ralph@web.de](mailto:hoppe-ralph@web.de)  
**Location:** Kassel, Germany  
**Phone:** +49.561.8165833

#### *Ireland:*

**Contact:** Sue Murphy  
**Email:** [sueboland2@eircom.net](mailto:sueboland2@eircom.net)  
**Location:** Dublin, Ireland  
**Phone:** +08.632.01634

#### *United Kingdom:*

**Contact:** Maureen Dearing  
**Email:** [maureendearing@blueyonder.co.uk](mailto:maureendearing@blueyonder.co.uk)  
**Location:** Chelmsford, Essex  
**Phone:** +44.124.549.4031

**Contact:** Lindsay Stevens  
**Email:** [lindsayastevens@blueyonder.co.uk](mailto:lindsayastevens@blueyonder.co.uk)  
**Location:** London, UK  
**Phone:** none listed

#### *Mexico*

**Contact:** Tere Berrueta  
**Email:** [tereberrueta@yahoo.com](mailto:tereberrueta@yahoo.com)  
**Location:** Mexico, City  
**Phone:** none given

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If you see yourself in any of these examples do not judge yourself; rather acknowledge your ability to notice violence in your own life and with this awareness forgive yourself. Then make new choices about the thoughts you think, the words you use to express yourself, and the actions you take. If you truly desire a more peaceful and loving world – within yourself, your family, your community and your world, then you must begin with yourself. Use this 10th anniversary of A Season for Non-Violence as a springboard for you, in the words of Gandhi, to be the change you wish to see in the world.

For more information about **A Season for Non-Violence** go to: <http://www.agnt.org> and view the principles of Non-Violence outlined by Mahatma Gandhi & Martin Luther King. Consider starting or joining a Forgiveness Circle. Join me on February 6th at 7pm for a Season for Non-Violence Panel at the Sedona Public Library.