

A Message From Sheri:

One of the most powerful and beautiful resources we have as humans in this reality is our ability to express unconditional love. This is probably why every spiritual tradition or philosophy that I've experienced uses unconditional love as the foundation for its teachings. Yes, our spiritual traditions give us guidance as to how to live and be in the world, but most significant is the aspiration to express universal love as divine beings. Of course it's one thing to have the ability to express love in this way - and another to actually use that ability in our daily lives!

Many folks have told me that experiencing and expressing unconditional love is not possible in today's world. Well, I imagine it's never been easy - not even in Jesus' time. There was plenty of war, discrimination, hunger, disease, and injustice back then just like there is today. Nope, I don't think we can use the injustice of the world as a justification or rationalization for our ego's unwillingness to love in the face of adversity.

People who live their lives expressing unconditional love do so because they are aware of something that most people are not. They understand that when they project their inner anger based on their perception of injustice - they are incr

Recommended DVD of the Month

Humanity Ascending Series DVD Part 1: OUR STORY featuring Barbara Marx Hubbard - Our story is seen through evolutionary eyes as the unfoldment of a fourteen billion year journey of transformation, now pressing us forward to give birth within ourselves to a universal human and a universal humanity capable of coevolving with nature and

cocreating with spirit. Our storyteller, Barbara Marx Hubbard, provides the unique perspective of viewing our history through what she terms as "evolutionary eyes" as the unfoldment of a fourteen billion year journey of transformation that is now pressing us forward to give birth to a new, never before seen, universal humanity. This compelling vision of hope sees us at an evolutionary edge where the old world is dying and the new world is being born. Share this powerful message of hope with family and friends! Pick up a copy at Amazon.com

A Letter from the WITH Forgiveness Community

Dear Susyn & Sheri,

Bless you and I thank you every day for your messages of forgiveness.

I will be 50 next year and I was born into a family of poverty, alcoholism and violence. I have struggled so long, most of my life to find understanding to enable me to love my parents. I often felt I was the parent in my family of 6 (I am the 2nd child and oldest daughter).

Two years ago my Father was diagnosed with a form of leukemia usually not life threatening but given his history it was life threatening. When he was diagnosed his behavior was worse than ever. I realized that I had always tried to 'fix' him and he did not want this.

Thus began my journey to forgiveness, a magnificent journey that has humbled me. In stepping back I saw my Father as a frightened old man and I became his light. I gave up my fight to save him, fix him, blame him etc. and found forgiveness.

I forgave him and accepted that nothing and no-one's behavior is personal. There is always a choice as to how we respond and there is always an opportunity to witness the goodness and have gratitude despite anything that may appear to be present. While I always knew my Father loved me it was a strange way to show affection. And while I loved him I felt I also hated him.

I visited him last week to show him that I care, that I love him and that I always have and will. Through acts of kindness that I easily do every day for others I showed him that I love him regardless of his behavior; and I am here to serve as a daughter of love and peace and so much more.

During my visit his doctor informed him that he only has weeks to live and then miracle after miracle unfolded. He opened up to my Uncle about his fears. He confided his fears regarding my Mother's future, my siblings and me; and his fears about his illness and his desire to die quietly and quickly during his sleep.

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Spiritual Journeys for 2008

❖ **February 9th-17th: Palenque, Mexico: Explore the Mayan People, Ruins & Jungles!**

We will travel from the highlands of San Cristobal de las Casas to the lowlands of Palenque, experiencing many shifts of altitude and landscape reflecting our own personal internal process on this journey. Entering the Lacandona rainforest we will have the opportunity to connect with well-known 82 year old shaman and healer Antonio Hernandez. Cost: \$2648.00 per person, double occupancy!

❖ **March 5-10, 2008: Tepoztlán: The Sacred Valley of Magic and Mysticism**

Join us for a truly transformational spiritual journey to the ancient home of Quetzalcoatl. Tepoztlán is about 1,700 meters (5,500 ft) above sea level and at a distance of some 18

kilometers from Cuernavaca. Tepoztlan has become a meeting ground for different religions and practices such as New Age, Hare Krishna, traditional local shamonic healing practices, and Catholicism. It's also well known for being a spiritual center where energy and mysticism converge. You see hundreds of holistic and alternative medicine businesses throughout the town! Because of this, the energy here is perfect to support our personal work and transformation.

❖ **June 1-7, 2008: Women's Retreat to Santorini: Expressing the Divine Goddess**

❖ **July 10-15, 2008: Teotihuacán, Mexico: Noticing: A Photographic Journey Back to Self Led by: Catherine Just**

❖ **August 2008: Swim with the Bimini Wild Dolphins - A Spiritual Adventure of the Heart - Kids Welcome! Led by: Dr Ken Eagle**

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

❖ **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

Here was a man who never expressed fear so openly, honestly and clearly finally showing his love for his family. He opened his heart to love at last. I took my teenage children to visit and we were able to make happy memories. Forgiveness is the most wondrous gift that my Father has taught me and with your help too I have come to love him unconditionally.

Words cannot express my gratitude and thanks for your messages of love and forgiveness. I am humbled and I now walk my life in forgiveness, an example to others of the magic of forgiveness. With forgiveness came peace, healed hearts now open and free. My Father could not die until "I" found forgiveness; he has been my greatest teacher for which gratitude spills forth upon those in my life. I am truly blessed.

Continue to shine , Susie Cochrane

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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...

- x Awaken your sense of joy and wonder!
- x Inspire love and compassion!
- x 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 and you may cancel at any time. **[Click here to learn more!](#)**

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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**

Favorite Forgiveness Quote

We read that we ought to forgive our enemies; but we do not read that we ought to forgive our friends.
- **Pierre Corneille**

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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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Worldwide Forgiveness Circles

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 or joining one!**