

### A Message From Sheri:

The exercise of recapitulating ones life is extremely powerful and enlightening – especially if you make the choice to detach from your story and personal point of view by pretending that your life is a monumental movie production. As I look over my life (my Scorsese special), I can see innumerable moments when I chose to see a situation through the filter of my belief system, compelling me to take actions that were often hurtful and limiting. I'd like to share a couple of personal examples so that you can get clarity about what I am referring to.

I remember a time in high school when my best friend became involved with her very first boyfriend. I was so angry with her for what I felt was a betrayal of our friendship. I believed that best friends should call each other every day and that she should put me as a priority over him. As a result, I made the choice to exile this amazing woman from my life. In no way had she betrayed me – that was simply my belief system regarding friendship at the time – absolute truth to me – but to no one else. By taking this action I “edited” her out of my life creating a picture that was more limited and painful. If I had followed my heart, I would have not taken that action since I loved her dearly.

Years later when I finished medical school and entered into my first serious relationship, I believed it was time to settle down and create a family. I met a man that fit all the criteria I had for the type of person I should marry just as I fit his criteria. However, neither one of us was following our heart of hearts, we were simply “editing” our lives to fit into a belief system we had regarding family and relationship. Needless to say that relationship ended not too soon after it started, and not without a lot of pain and suffering.

Your life does not need to look like a Scorsese drama. You do not have to continually edit your experience of your life according to your belief system with all its judgments, opinions and personal points of view. You can learn to detach from your own ego mind, and gain precious clarity about your choices. By looking at situations objectively in your life and stepping back, you can see the big picture rather than zooming in on the minute and detracting details.

Take some time to reflect deeply on your movie and recapitulate the details of your story. See what areas were edited and make note of why you did so. With awareness you can use that powerful knowledge to not do the same things again and to forgive yourself for all the times you did not follow your heart. I suggest you get comfortable, in a meditative position and close your eyes. Then start scanning through your movie allowing your attention to focus in on different times in your movie, especially the painful ones. Ask yourself what belief you used to edit your life in that moment, and make the choice to detach from that belief. I promise you that if you keep doing this exercise; your life will change from one of limitation and fear, to one of joy and expansiveness. And best of all you will have forgiveness for yourself and others.

With all my love, Sheri

### 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, September 20th, 2007 Place & Time: Sedona Creative Life Center, 333 Schnebly Hill Road, Sedona, Az 86336 - at 7:00-8:30pm - Topic: **How to Forgive: Even When You Don't Think You Can!** Cost: \$12.00. Sign up on our website at [www.withforgiveness.com/events.cfm](http://www.withforgiveness.com/events.cfm)
- Join Susyn & Sheri for their next free teleclass on Thursday night **July 24th** on **Forgiveness is not condoning!** Register at: [Join us!](#)
- Listen to last months teleclass! 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](mailto:askus@withforgiveness.com)! We post the answers on the [Ask Sheri & Susyn](#) page.

### 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!](#)

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## This Month's Forgiveness Contest Winner:

**By Carla Cook, Frankfort, KY - My Forgiveness Story**

As a middle school teacher, I have faced many challenging moments with students. One of the most memorable involved an experience with forgiveness.

It was annual spring achievement testing time, when great focus is put on the students' best possible performance. During the testing itself, there is a prescribed time limit for each test segment, and absolute silence is maintained. If a student completes a segment early, he may review the questions and answers for that section only, then must find a way to occupy himself in silence; having a book to read, etc. is encouraged.

On this particular day of testing, one sixth grader, chose to disregard the protocol and was down on his hands and knees crawling among the desks, distracting many fellow students. He was removed from the student testing area and the four teachers responsible for that team of sixth graders decided the apropos punishment for him would be to crawl the remainder of the day. (Actually, it was a poor choice because he continued to get much attention that day, which was not particularly a good thing.)

The next day, the student's mother was in the principal's office demanding the resignations of all four teachers. The principal "went to bat" for us, regarding our jobs but did reprimand us regarding our choice of punishment, however, not for the need to punish. The mother's stance was that the child did not need to be punished, and especially not demeaned in front of other students.

During the course of this experience, I chose to practice forgiveness, and in prayer, forgave the mother for her actions toward us. To let go of judgment, and to forgive, I found was quite freeing.

During the next couple of years, she frequently would intervene on her son's behalf, always seeking to blame teachers for her son's behaviors. Several years later, when the student was in high school, continuing to be incorrigible, his mother returned to our principal's office, and acknowledged to the principal the error of her judgment in protecting her son from due process for his actions, and thanked the principal for his stance and what he'd attempted to teach her, especially recalling the incident in sixth grade! Wow! Such an unexpected blessing years later.

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### A Great Forgiveness Quote

*When you forgive, you in no way change the past - but you sure do change the future.*

-Bernard Meltzer

## Spiritual Journeys 2007

❖ **OUR NEXT JOURNEY! – 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](http://www.journeysofthespirit.com)

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### A Great Forgiveness Resource

*...and then one night – The Making of Dead Man Walking*

Throughout the year 2000, filmmakers went behind the scenes with the San Francisco Opera, onto death row and into the hearts of families to capture the process leading to the world premiere of a provocative new opera about the death penalty. What is your view on capital punishment? I encourage you explore this most interesting website, it's stories and ideas. **Check out the website at:** [www.pbs.org](http://www.pbs.org)

## Recommended Book of the Month



**The Magic of Forgiveness: Emotional Freedom and Transformation at Midlife, A Book for Women** - Forgiveness is not an event, it is a process. Forgiveness is most powerful when a woman reaches midlife: a natural time for reflection when she stands at a biological and emotional crossroads.

In this groundbreaking book-the first of its kind for women-acclaimed therapist Tian Dayton shows women how assessing their lives and forgiving old wounds is as essential to their well-being as proper nutrition and retirement planning. In forgiving, we must work through layers of issues, pain and resentment. Because of this, the process is of great psychological, emotional and spiritual benefit. Left unresolved, past hurts wield their power from within and can contribute to depression and anxiety, undermining the immune system and ultimately opening the door to a multitude of diseases. And harboring resentment prevents us from engaging in deep, meaningful relationships.

Through solid research, poignant case studies and personal examples, Dr. Dayton guides women through the sometimes painful but healing process to provide the comfort that may have eluded them for years. This beautifully written book will open women's eyes to the liberating power of forgiveness and provide the ability to find true joy.

Pick up a copy at [Amazon.com](http://Amazon.com)

## **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 **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 - you never have to return anything and you may cancel at any time. [Click here to learn more!](#)

## **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!](#)

**Please join us in Egypt November 9th-19th for a journey to a magical and intriguing land!**  
[www.journeyofthespirit.com/site/801429/page/307327](http://www.journeyofthespirit.com/site/801429/page/307327)

