

WITH forgiveness forum



Are you ready?

www.withforgivenessmovie.com

JUNE 2007

A Message From Susyn:

Last month our focus was on Mother's Day and this month Father's Day is celebrated. It is true that just like the relationships we have with our mothers, our fathers offer us a perfect mirror to explore our personal beliefs and programming that are sources of suffering and pain, as well as acknowledge the gifts we have received.

Our relationship with our fathers is the other primary relationship in our life in which we are constantly learning about love and authority. Whether our father was present or not, vocal or quiet, a dependable provider or lost in the throes of addiction, a strict disciplinarian or a *big kid* himself, his words and actions played a major role in how we view ourselves and our ability to experience love, compassion, peace and happiness.

As children we don't understand that the words and actions of our dad are not an indictment of who we are. Our dad raises his voice about our behavior and we internalize that to mean that we're not okay. Our parents separate and we're convinced that it's our fault that our father has left. When our dad fails to show up for our dance recital or ballgame because he's unable to get time off from the job which puts a roof over our head, the applause of the audience and the *way to go* from the coach, do not heal the pain we feel from not seeing his face in the crowd. We take these actions personally and are convinced that in some way, *we are not enough*, because if we were our expectations of our dad would be met and things would be different.

Well in life, *things are as they are* and now that we are adults we can confront and upgrade our programming so that we can experience greater peace and happiness. If you find yourself repeatedly disappointed, angry or resentful toward your father it is just these feelings that offer you the opportunity to become aware of the beliefs that fuel your misery. So stop looking outside of yourself at what your dad did or didn't do, said or didn't say, and look within at your beliefs.

Let me share my story: My dad was a very quiet man. He went to work early in the morning and came home after my mother, sisters and I ate dinner. Once home he was most content reading the newspaper and watching sports on TV. He gave me money for my school bank account every week, and when I went shopping for new clothes with my Mom she always asked me to model them for him and his words were always the same, "Wear them in good health." Even though we had special time alone on Sunday mornings when he took me to Central Park, after my weekly carousel ride with him was over we went our separate ways; he watched softball games and I found ways to amuse myself.

As you can see from this story there was no abuse, my father was actually there, but because we rarely spoke (I didn't share my deepest inner feelings with him) I unconsciously decided, that my dad didn't truly love me and that he in fact wanted a son. He had never actually said that he wished I were different, yet I interpreted his lack of words as an indictment against me.

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 Susyn & Sheri for their next free teleclass on Thursday night **June 14th** on *How do we let go when someone won't forgive us?* Register at: [Join us!](#)
- Join Susyn for a Book Signing and Workshop: **The Transformative Power of Forgiveness** - Friday **June 1** at 7:00pm at [The Well Red Coyote Bookstore](#), Sedona, AZ. For info: 928-282-2284
- Susyn is conducting a **Forgiveness Circle** and discussion on Wednesday **June 6th** at 7:30pm. The location is the Ananda Yoga & Wellness Center, 20 Hampton Road - Southampton, NY. For info: call: 631-204-1219, donations lovingly accepted.
- 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! We post the answers on the [Ask Sheri & Susyn](#) page.

Susyn's article is continued on the next page →

Susyn's Article Continued:

I can remember sitting with him while he was watching sports trying so hard to think of questions to ask him that would lead to a prolonged conversation with me. He would actually become animated and share with me, but because I believed that I wasn't enough for my dad, I found it hard to stay focused on what he was saying since I was to busy judging our relationship moment by moment.

Then one day all this changed. It was a sad day for my family, the day of my oldest sister's funeral. I was 22 years old. I stood on one side of my Dad at the cemetery holding him up as soil was shoveled onto the coffin. We were all heartbroken and when we got back to the house my father took me aside, and we sat looking at one another and he said, "As long as I am here, if there is anything you ever need, all you have to do is ask." In that moment I knew my Dad loved me. During the next three years of his life whenever I questioned my relationship with him, those words, spoken at a time when both of our hearts were broken and wide open, echoed through my being. My programming had been upgraded. He hadn't changed, we still rarely spoke more than a few sentences at a time to one another, yet what I believed about myself in relationship to my father had transformed. It has now been 33 years since my Dad died and whenever I think of him I feel embraced by love.

Transformation can occur in a moment, the moment that we forgive and create a new point of view – the moment when you see your dad differently and your painful story of your past dissolves. I can assure you that as you explore your beliefs about you and your dad, you can free yourself from these stories, and open your heart to love, compassion and kindness toward the man who gave you life and who is giving you the opportunity to heal the places in your heart where love has been blocked.

Take a moment right now and make a list of what you appreciate about your Dad, and this Father's Day take a risk and express your love and appreciation, *with no strings attached*. Love heals.

With all my love, Susyn

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A Great Forgiveness Resource

WorldChanging: A User's Guide for the 21st Century

Worldchanging is poised to be the *Whole Earth Catalog* for this millennium. (It's both a book and a website.) Written by leading new thinkers who believe that the means for building a better future lie all around us, *Worldchanging* is packed with the information, resources, reviews, and ideas that give readers the tools they need to make a difference.

Brought together by Alex Steffen, co-founder of the popular and award-winning web site Worldchanging.com, this team of top-notch writers includes Cameron Sinclair, founder of Architecture for Humanity, Geekcorps founder Ethan Zuckerman, sustainable food expert Anna Lappé, and many others. Renowned designer Stefan Sagmeister brings his extraordinary talents to *Worldchanging*, resulting in a book that will challenge readers to personally redefine the conversation about the future.

Check out the website too at: www.worldchanging.com

Spiritual Journeys

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

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The red rocks of Sedona are captivating and inspiring! Join Susyn & Sheri for a heart-opening journey of self-discovery. The 2007 trip cost is: \$1495.00 per person double occupancy.



This Month's Forgiveness Story Winner

FORGIVENESS — "The Parted Curtain"

I was in a recovery step group and that week we were discussing Step 4: "Made a searching and fearless moral inventory of ourselves." During this time I had the opportunity to register for a Reiki Level 1 and 2 teaching weekend. On this particular day, the fellow in my life and I had planned our date night; dinner and bowling after my Reiki class and his workday.

Half-way to my Reiki class my hot rod scooter blew a tire. "What do I do?" I asked myself. I called my partner and he said he'd pick up the scooter, take it home and to give him a call when class was finished and he'd pick me up. I made another call and a classmate picked me up and took me to class. Feeling full of love and light as the class ended the Reiki Master said, "Now you are open. Whatever is in your heart you will attract." I smiled to myself, "Great! I'll be attracting lots of LOVE!"

I call home. No answer. I try the cell. No answer. Odd, I think. I try again. No answer. One of the ladies from the group offers to give me a ride home and to pick me up the next day, if needed. I accept. Thanking my new friend I arrive home and search for a note. None. I check the answering machine. No message. Concerned, I walk from the kitchen to the living room and as I pass by his computer desk I bump the corner. A screen pops up. I lean over, read it and think, "Oh, it is probably one of those unsolicited sex spam messages." I could have left it at that but I chose to take it one step further. I check the history. Flirtatious. Intimate. Like they had known each other a very long time. I reassure myself, "Just friends." My eyes open wide as I read on. No mention of "me" the girlfriend. Lots of "Babe" and "Hon" and, a few other words I won't repeat.

A wave starts at my toes and creeps slowly, insidiously upwards. I am consumed. Rage. Knives thrust into my back. My heart. Betrayal. Intense pain. Doubled over my mind shifts between concern and the urge to rip his lips off. I pace. I cry. I yell.

The phone rings. It's him, all aglow. I could tell he'd been drinking as he asks, "Are you ready for our date?" Not a care in the world. My Universe was upside down and his was in an alcoholic daze.

Yet, I didn't freak out. I calmly stated that I'd like to talk to him when he got home. Something in my voice got through his sodden mind and he asked, "What's wrong? I just went for a couple beers with the boys..." Again, I am calm. "Come home and we'll talk about it." He flips. I guess he was expecting a scene. I thought, "How odd." One moment ago I was freaking out and now I feel so peaceful.

He arrived home verbally attacking me as he walked in the door. He thought I was angry about the fouled date plans. No mention of the fact he didn't call, didn't ask HOW I got home and as he stood there ranting, I scream soundlessly in my mind "Man! We have bigger fish to fry!" I listen remaining totally calm during his verbal and physical rampage. Guilt sometimes does this to people. He never touched me but he did clear off his computer desk and mine. Up to this point I had remained silent. Then there was an opening to speak and I shared with him what I had seen on his computer. Caught. This threw him. He immediately questioned MY integrity—how dare I look on his computer!

I said, "At first it was an accident. You're right. I could have left it alone and asked you about it. I didn't. I own that. What I'd like to know is why you're having a relationship online when you claim to be in a loving relationship in real-time?" His response, "It is just a game. She doesn't mean anything"

Eventually he passed out and I contacted this woman. She messaged back and what I learned blew me away. He had sent flowers to her office twice. He had told her we had broken up. He had arranged to fly down and meet her. She was considering leaving her husband and kids. This had been going on for some time. She was as shocked and hurt as I was. This was no game! Or, if it was a game, it was a deadly game and people were being hurt, chiefly us.

I got down on my knees and asked God for Help. Where would I go? What would I do? I couldn't STAY there yet I had no money for a place. Fast forward 3 months. I didn't leave. I was saving to get out. I expressed my sorrow. My heartbreak. My soul cried for hours every day. During this time he was tender, loving, gentle and kind. In my hurt and anger I hollered at him, "Why couldn't you be like this when we were together!"

One night, as I was sitting on the couch numbing out watching TV and he was at his computer I "saw" him. A state of wonder doesn't even come close to describe how I felt or what I witnessed. I felt the intensity of the rage. The pain. The betrayal. The wave was back. Just as quickly as the wave appeared, a curtain parted. Similar to being at a live theatre and the curtain is drawn back on both sides. I witnessed his humanness. I saw his kindness, generosity, humor and felt like I was seeing him as I had the first time I met him.

The ugly emotions were gone and replaced by an intense Love. Love for this man who, being the one whose actions caused me distress was also the one who stood by me, loving me and supporting me through the past 3 months of heartbreak, over him! I saw how beautiful a person he really is. I saw his soul.

My family and my friends didn't understand it, but in that moment I did. What a gift to be able to forgive myself for my part in our relationship and a greater gift to see that he is still the man I thought he was. I saw how I'd placed him on a pedestal and looked to him to fill that role of the father who was never there. So much pressure. He in turn, was finally able to feel needed and take care of me. Be the man I knew him to be. From rage to love. I felt changed. Clear. Cleansed.

I shared with him the experience just as I had been sharing all along. Looking back, I don't think that at the time he fully understood but he was glad for me that I had come to terms with things. I moved out and we worked on being friends. The emotional healing took about a year.

I couldn't meet other men and, finally, I went to him and said, "I am coming to you to ask if you have any desire whatsoever to be with me and, if you do, what would you change?" He wasn't "aware." He wasn't ready. I moved on knowing that even though this was a challenge it was meant to be. I wasn't his wife just as he wasn't my husband.

During our time together we learned from each other. He eventually owned his behavior and admitted what he had done was harmful to me and the other woman. He spoke of what he felt he had lost and added he didn't want to go backwards. We both moved on.

As the years went by, he did meet a woman. She and I are very similar yet uniquely ourselves. He asked me to go with him to pick out her engagement ring and I did. People thought I was nuts yet it felt like the right thing to do at the time. Today, we are all great friends and share dinners, camping, etc...She and I are like sisters.

Last May while traveling our local transit system God stepped in and orchestrated another of His Divine Appointments. I met the husband of the vision I had in Jan 06. I knew his given name before he told me! We are both 42 this year, so grateful for each other and excited as we plan our May 2008 wedding.

I thank God for this lesson in Love and for His Love and Divine Intervention in my Life.

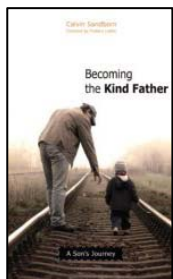
Leah M. - Wellness Facilitator & Counselor, British Columbia, Canada

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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](http://www.withforgiveness.com) right now to learn about starting one in your community or joining one!**

Recommended Book of the Month



Becoming the Kind Father: A Son's Journey by Calvin Sandborn - The macho society that held John Wayne as a role model has created an emotional wasteland where 80 percent of men are unable to accurately express their feelings, and that same percentage feel estranged from their fathers.

In *Becoming the Kind Father*, Calvin Sandborn aims to break that cycle. His intensely personal story is heart-searing and inspirational. Brought up to fear his father's alcohol-fueled fury and hateful put-downs, the author buried his feelings and fine-tuned his own rage. His father's early death and the collapse of the author's marriage provided catalysts for change.

Interspersing clever literary references with painful childhood memories, intense self-examination, and astute observations, Sandborn provides well-researched psychological findings and self-help tips, including how to: Identify and share feelings, Treat yourself as a kind father would, Form trusting male friendships, Break the anger habit, Forgive the world and yourself.

This guide offers helpful insight for the millions of men who want to become kinder human beings. A must-read for every woman who loves an angry or emotionally distant man.

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 **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 right now to learn more!](#)

Upcoming Spiritual Journeys!

- ❖ 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](#)

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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 right now to learn more!](#)