

WITH forgiveness forum



Are you ready?

www.withforgivenessmovie.com

MARCH 2007

A Message From Sheri:

Please scroll down to page 4 to read Sheri's message on: *Frustration with Forgiveness*

A Message From Susyn:

As I write I am in the midst of preparing to attend the United Nations 51st meeting of the Commission on the Status of Women. This year a priority theme of the meeting is: **“The elimination of all forms of discrimination and violence against the girl child.”**

As I looked over the schedule for the two weeks of meetings there were moments when I felt my body shudder and become tense as I read the titles of sessions containing the words: rape, state sanctioned murder and genital mutilation. Images of this violence flashed through my mind. I took a deep breath and said to myself, I *choose to be forgiving*. And then I remembered the murder of the 10 Pennsylvania Amish girls that took place in their school back in October 2006 (click the link on the bottom of page 2 for more details). The overwhelming response of the community was to forgive. I was reminded that if I truly want a peaceful and loving world for my grandchildren then I must forgive unconditionally.

Violence and abuse abound; from the seemingly simple act of criticizing of an idea, to the brutal act of murder. And while there appears to be a great difference between calling someone's idea stupid and taking a gun and shooting an innocent child, when we look into the core of both of these acts there is a common belief, the belief that we are separate. It is this belief that allows us to judge, blame and ultimately annihilate someone with our thoughts, words and actions.

Given that it often seems like a daunting task to forgive a family member who has lied to us or a friend who has not met our expectations, how can we truly forgive heinous acts of violence and love unconditionally? It begins where all acts of forgiveness begin, with our point of view. When we acknowledge that all people are connected in Spirit, that we actually live in a world of interconnected consciousness and that all of physical reality comes to form through thoughts we think charged with our emotional energy, then we begin the process of forgiveness.

As the Season for Non-Violence continues this month I encourage you to explore violence within your own life and the beliefs that form the springboard for words and actions that you have used against yourself and others.

What's New!

- Ladies, join our next journey to **Swim with the Wild Dolphins in Bimini, May 19-25th** for a special healing journey of the heart. Details below and on the [website](#).
- Have you ordered a copy of **WITH Forgiveness ~ Are You Ready?** [Order one today](#).
- Join Susyn & Sheri for their next free teleclass on Monday night March 19th on **It's Not About You: The Practice of Not Taking Things Personally**. Register at: [Join us!](#)
- [Sign-up](#) for our Special Teleclass on **Forgiving Your Mother** May 8th. Limited spaces!
- Don't forget to listen to last months class! If you have iTunes you can put the link we have 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.

This is not the time to get caught in the web of guilt rather it is the time for you to expand your capacity for forgiveness. When you have forgiven yourself extend your compassion to those people you know who you have believed have “wronged” you. Forgive them for forgetting that we are One. And then broaden your love to all people whose acts of abuse and violence have resulted in homicides, genocides, racial and ethnic cleansing.

If we desire peace, we must be peace. As I choose the UN sessions I will attend I express my deep gratitude to all children who have been violently abused for giving me the reminder to deepen and expand my personal commitment to forgiveness, unconditional love and compassion.

With all my love, Susyn

A New Opportunity!

We are happy to announce a new series of **interactive teleclasses** that will focus on specific areas of forgiveness. Each class will be 2 hours and will give you the opportunity to explore your personal beliefs and practice techniques to expand and deepen forgiveness in your life. These classes are very interactive and Sheri & Susyn will be working with you *personally* to assist you in transcending your issues around these topics.

We begin this series, on **Tuesday, May 8, 2007** at 8:30pm eastern time focusing on:

Forgiving Your Mother:

Our relationship with our mothers is often a source of conflict, anger and frustration. We wish our mom to be different than she is and our expectations are often unmet. We see her as the cause of many problems in our lives and can feel victimized by her words and actions. At the same time we desire a more loving relationship with her. Join us as we explore our beliefs about this primary relationship and open our hearts and minds to compassion and unconditional love for our mothers just in time for Mother's Day.

The cost for this special 2 hour intensive teleclass is \$25.00 per person. Sign-up early as spaces are limited. To register [click here](#).

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Our First WITH Forgiveness Contest

Each month we will award one person a free copy of our **WITH Forgiveness ~ Are You Ready?** book for the most compelling and touching forgiveness story. Please email us your story at: askus@withforgiveness.com. We request that you spell-check your story and do your best to correct the grammar too! The winning story will be lovingly featured in our monthly newsletter. The contest dead-line will be the 20th of each month.



Ladies, come swim with the wild dolphins of Bimini May 19-25th in the Caribbean.

Spiritual Journeys

❖ **OUR NEXT JOURNEY! – 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 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 experience and 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.

We have the opportunity on this journey to be in the presence of sacred space designed for the purpose of spiritual alignment. The art, design and proportion of these structures were a testament to their religion and devotion to an illuminated consciousness. These ancient stones still speak to us, whispering their mysteries and wonders. Join us as we share in the magic and mystery of these powerful places. 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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Our Favorite Forgiveness Resource

We encourage you to take a moment to read this article about forgiveness within the Amish culture and the way they handled the murder of 10 schoolgirls. It is an insightful peek into another way of processing events that we often feel can never be forgiven:

<http://www.philly.com/mld/inquirer/15698632.htm>



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.

- This book teaches you how to put compassion and unconditional love into action in a practical and understandable way.
- 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*.
- Each chapter includes exercises, and affirmations to help free you from any resentment and anger you may be holding towards yourself or others.
- *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: 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): **Order now!**

~ **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*

A VERY IMPORTANT MESSAGE!

Many of you want to stay on our mailing list so that you can receive notice about our free teleclasses and to receive this comprehensive newsletter. On the other hand many of you dislike the PassAlong Concepts advertisements that come once a week.

We now have a solution for this issue.

Please read the instructions carefully so that you do not lose us in the process!

On our website you can now sign up for this newsletter and our free teleclasses separately *without* receiving those ads.

To do so go to www.withforgiveness.com/joinus.cfm and sign up for what you want. This is a **separate list** from PassAlong that we maintain ourselves.

Once you've received your 52 days of forgiveness emails and are finished with the series, you can unsubscribe from that list if you like and sign up to continue to receive our information without receiving PassAlong advertisements. Sign up here: www.withforgiveness.com/joinus.cfm

We hope this successfully addresses the issue and if you have any questions simply email Sheri at sheri@withforgiveness.com

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Can We Ask You A Favor?

We would appreciate it if all of you who have read and enjoyed our book would please write a review for us on Amazon.com. We would deeply be grateful for this favor of your time and words!

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A Favorite Forgiveness Quote

“Anger makes you smaller, while forgiveness forces you to grow beyond what you were.”

-- Cherie Carter-Scott

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Did you get this from a friend?

Sign up now for 52 days of free *WITH Forgiveness* messages today!
Go There Now!

A Message From Sheri:

Frustration with Forgiveness

It's easy to become frustrated with our process of forgiveness and personal growth. Often we feel that we've forgiven someone we were carrying resentment and anger towards and feel it's not necessary to speak to or see that person. Yet when we think of them or see them we are uncomfortable and our resentment is aroused. This is not forgiveness, rather we are deluding ourselves into believing we have forgiven when we have not – we are simply justifying and rationalizing our avoidance behavior. When this happens, what's going on with us? The problem as I see it, is that we've never fully completed the process of forgiveness.

There are two important steps in moving past this catch-22. First is recognizing that if you still hold judgments about people or events, you will continue to have emotional reactions every time you think about them. Second, if you haven't come to a place of gratitude for those experiences or people coming into your life, you will continue to harbor resentment because you still believe those events shouldn't have happened.

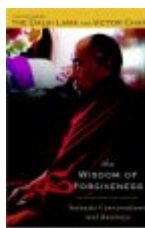
The truth is whatever happened – happened, and you cannot change that. Either you've learned something important from the event or you haven't. If you did learn something then how can you have anything *but* gratitude for it, even if what occurred was painful? Every event that occurs in our lives helps us become the person we are evolving into. It assists us in growing and expanding our consciousness and in our understanding of others. It challenges us to practice compassion by exposing us to situations that put our spiritual beliefs to the test. Sure it's great to believe in unconditional love, peace and forgiveness – but when people start doing and saying things that go against our belief system, then what happens to all our lofty spiritual ideals?

Let's say for example, that your mother-in-law tells you that you are a bad mother and insists on saying unkind things about you in front of your children. You become furious every time she criticizes you in front of your children, and you feel like she is trying to turn them against you. As a result you constantly feel like you must defend yourself in her presence. As many times as you try to forgive her you cannot.

In your journal you write everything you feel about her and you realize you believe you are under attack by someone who wants to undermine your relationship with your children and who hates you. Once you recognize these statements are lies, that you are not under attack and that she does not hate you, forgiveness is on its way. Your statements are simply the result of you believing that the world revolves around you and that her actions are personal. Her actions are not personal, nor are they about you even though they involve you. She is feeling challenged and scared and her actions are the result of that fear. If you have the clarity to understand this, your reactions and behavior will be totally different.

Continued in the next column ->

Recommended Book of the Month



The Wisdom of Forgiveness: "Do you hate the Chinese?" Victor Chan the co-author of this book asked the Dalai Lama when they first met in India in 1972. It was a live question, since Chan hailed from the country that had forced the Tibetan spiritual leader into exile and subjugated the Tibetan people. The Dalai Lama replied immediately with the English word "no," then stated through an interpreter that he had forgiven the Chinese and did not blame China's people. Drawing on Buddhist principles, this book loosely discusses His Holiness's ideas on forgiveness, though Chan presents them gently through stories, not didactically as a step-by-step how-to manual.

[Link to Amazon](#)

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Your salvation is in understanding that as unpleasant as this situation may be, she is a gift in your life as she is teaching you many things about your self-worth, personal importance and ability to respect and understand points of view that are not aligned with yours.

Rather than feeling like you must defend yourself in her presence, you will be able to speak directly to what she is afraid of and forgive her fearful actions. She may feel that you disrespect her point of view and that you don't value her presence in your life. Or she may feel that you have usurped her position in the family and she is no longer valuable. Maybe she even feels like you have taken her son away from her and she is lonely and frightened. Perhaps her way of obtaining attention is through constant conflict. There are many psychological reasons for her behavior, none of them having anything to do with you. The deep understanding of this fact will give you emotional immunity from all situations in your life. It will allow you to take actions that are not defensive, but instead address the real issues and do not perpetuate conflict.

This is just one example that mirrors most conflicts we have in life. Once we move past our judgment of others according to our fear-based points of view, we can see their pain and problems clearly and can forgive them. Then we can have gratitude for our newfound understanding of human psychology and not lose our peace and happiness. I encourage you to journal your judgments and feelings next time you are challenged by forgiveness. See what happens to the conflicts in your life and your process of forgiveness as a result of my suggestions.

If you have any questions or comments, feel free to post them on the [forum](#) or ask us a question at: askus@withforgiveness.com

With all my love & gratitude, Sheri