

WITH forgiveness forum



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NOVEMBER 2008

A Message From Sheri:

Once of the most challenging aspects of any spiritual path is that it asks us to take responsibility and to become accountable for our lives. What makes this so difficult for us is that we have been domesticated to do just the opposite – to blame everything we possibly can on others. The reason for this is that we have been taught to judge everything we perceive, and as a result are in constant fear of our own self-judgment in case we do anything “wrong” in life. If our minds are going to engage in the process of judging – it’s better if we can find someone to judge other than ourselves!

As a result, we are always looking for someone to blame our circumstances on rather than having to deal with that horrible feeling of beating ourselves up and dealing with that sick feeling we get in our stomachs. Even when we believe we are doing well at taking responsibility for our lives, we still persist in finding things that we feel are going wrong in our lives and pinning them on others.

For example, if you feel you are unhappy at work and see the cause of your discomfort to be the behavior of your boss, the attitude of your co-workers, the amount of hours that you are working, etc – is your discomfort the result of these situations?

If you are uncomfortable with your partner because he or she does not do what they are supposed to do, you do not get respect from them, they always want things their way, or you always feel like you are giving in – is your upset the result of these scenarios?

If you are irritated with your parents because they are always telling you how to run your life, how to take care of the kids, how to manage your money or who you should or should not date – is your frustration the result of their commentaries?

If you are reviewing your life and you discover some painful childhood memories, are they still painful because you feel that you were hurt by the actions of others?

I am asking these questions because they are all common situations where we believe that something outside of ourselves is responsible for making us feel a certain way. When we choose to see our circumstances this way we are making ourselves victims of life.

What's New!

- Susyn and Sheri are giving a free teleclass **Nov 20th** on **Exploring Gratitude as a Tool of Forgiveness!** [Register on the website.](#)
- **Finally it's Ready!** Pick up a your copy of the **WITH Forgiveness ~ Are You Ready? E-Workbook** right now! Get a copy at: www.withforgiveness.com/
- Please join Sheri for her next healing journey of the heart: **Guatemala: Tikal, Antigua, Yaxha & Topoxté: itinerary & details - Dec 13-19th.** See the all the new 2009 trips below!
- Would you like to experience Sheri's **Dreaming in the Toltec tradition** program? Join her apprentices for the **November 7-9th** workshop in **Atlanta.** For more info go to: [Events](#)

If we feel victimized by something happening in our lives that means we are saying that someone is in charge of our emotional state of mind and that others can make us feel in a certain way. In this case we are not taking responsibility for ourselves and we are making someone else accountable for our feelings. (Forgiveness is a great tool to stop the blame game.)

As warriors, this cannot be truth. We know with all our heart that we are creating our reality by what we are projecting from of our minds and by the way we are choosing to interpret what we perceive. When we no longer give away our personal power to others (so they can be in charge of the way we feel) – we are taking responsibility for ourselves. I invite you all to become “accountable” warriors on the spiritual path of life!

With all my love, Sheri

Sheri's Spiritual Journeys

Guatemala: Mystery & Magic - Tikal, Antigua, Yaxha & Topoxté - December 13-19, 2008



Join us for an incredible journey to Guatemala. Of the many places I have traveled in Central America, Guatemala is one of the most diverse landscapes, containing mountains, volcanoes, lakes, rivers, ancient Mayan ruins, colonial cities and beautiful people. Tikal is one of the most magnificent Mayan sites located deep within the rain forest. Surrounded by the national park and protected areas, the wildlife in this area is remarkable. We will also enjoy the colonial city of Antigua with its magnificent churches, beautiful streets and shopping. Guatemala for me

is one of the most romantic places, filled with mystery and magic. 2008 trip cost is **\$3285.00** double occupancy if **5 people travel**, **\$2850.00** double occ if **8 people travel**, and **\$2663.00** double occ if **10 people travel**.

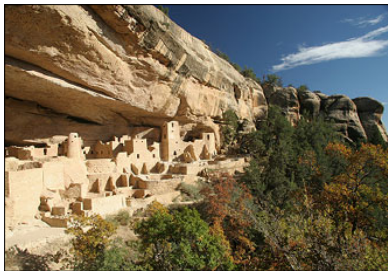
Palenque: Merging with the Mayan Underworld March 18-23rd, 2009



There are many beautiful and magical sacred sites in Mexico, but few hold the energy of the underworld like Palenque. From the moment you arrive into this area you will feel like you have descended into the depths of your inner being. It is this spiritual energy that forms the

basis for our week of heart-felt transformation and personal expansion. The 2009 trip cost is: **\$1595.00** per person, double occ. if 15-24 people join us and **\$1395.00** per person, double occ. if more than 25 people join us.

Mesa Verde, Canyon de Chelly & Chaco Canyon May 15-24th, 2009



If you are ready to put confusion and indecision behind you and learn how to create your happiness, this pilgrimage to the beautiful Southwest is where you want to be. While visiting the amazing and powerful sacred sites of Chaco Canyon, Mesa Verde, and Canyon de Chelly you will

have the opportunity to look deep within yourself and reflect on your inner strength, and your self-limiting beliefs. You will embark on a vision journey to collect the tools and skills that you can use to harness your personal power and find your personal freedom. **\$2495.00** pp dbl occ

Women's Retreat to Oaxaca: Becoming the Supreme Artist of Your Life – June 13-20th, 2009



Becoming the supreme artist of our lives involves creating from the heart, not the mind which is filled with beliefs about what we can and cannot do. Here we learn how to connect with the feeling of joy deep in our souls and to use that feeling to guide us in our

lives. We will visit and shop in the local food markets and learn how to make some local dishes (and eat them too!). We'll have the opportunity to experience a traditional sweat lodge, horseback riding, hiking, journaling, and even salsa dancing lessons. 2009 trip cost is: **\$1995.00** double occ.

Swim with the Bimini Wild Dolphins: A Women's Retreat of the Heart - July 2009 – Dates to come!



Ladies, come join us for a truly magical adventure of heart and spirit to the Caribbean Island of Bimini for an intimate and touching experience with the wild spotted dolphins. Although they do not speak our language, dolphins are natural empaths who respond to the emotions we radiate and the

judgmental thoughts or clarity of mind we possess. Connecting with their wondrous spirits can be a profoundly moving, deeply healing and life altering experience. Their immense peace, joy and playfulness will touch your heart and awaken your own wondrous spirit to the magic of your own magnificence.

Havasupai-Grand Canyon – August 15-20th, 2009

On this adventure you will descend into one of the most beautiful landscapes in the world, into the heart of the Grand Canyon at Havasu Canyon, where we will hike and explore this incredible landscape, swimming in travertine pools of turquoise blue, jumping off waterfalls, enjoying the evenings (at our comfortable permanent camp) searching for stars, having great meals and looking deeply into ourselves. 2009 trip cost is: **\$2095.00** per person, double occupancy.

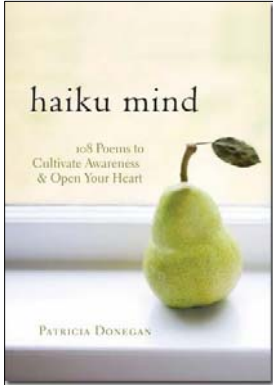
Sacred Sites of Peru & Machu Picchu: Merging with the Divine - October 7-18th, 2009

Using the three levels of the Inca's mythology of transcendence, we move from the dark underworld of our own minds to the clarity of spiritual consciousness. The snake, puma and condor will be the symbols we use to represent our spiritual ascension for these 11 sacred days together. 2009 trip cost is **\$3295.00** per person double occupancy.

Egypt: Dreaming Transcendence - December 3-13th, 2009

During our journey we will dream our own spiritual transcendence just as the ancient initiates did thousands of years ago. On this sacred journey we have the opportunity on this journey to be in the presence of sacred space designed for the purpose of spiritual alignment. Join us as we share in the magic and mystery of these powerful places. 2009 trip cost is **\$4740.00** double occ. (including all flights)

Favorite Book of the Month



haiku mind - 108 Poems to Cultivate Awareness & Open Your Heart - by Patricia Donegan: "I wanted to write this book," Patricia says, "to share the idea of 'haiku mind'—a simple yet profound way of seeing our everyday world and living our lives with the awareness of the moment expressed in haiku—and to therefore hopefully inspire others to live with more clarity, compassion, and peace."

Patricia presents 108 haiku—from classics by the great seventeenth-century Japanese masters, like Basho and Buson; to works by Zen masters, such as Robert Aitken and Soen Nakagawa; to modern examples that show the influence of the form in the West, by the likes of Jack Kerouac, Diane di Prima, and Allen Ginsberg. Each poem is accompanied by Patricia's essay revealing how the haiku can stop us in our tracks, compelling us to reconsider a moment that we might otherwise have mistaken to be ordinary. And how that experience can awaken haiku mind in us, enabling us to appreciate the constant flow of such moments that make up every day of our lives. Get a copy at Amazon.com now.

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 and you may

cancel at any time. [Click here now!](#)

Favorite Forgiveness Quote

The remarkable thing is that we really love our neighbor as ourselves: we do unto others as we do unto ourselves. We hate others when we hate ourselves. We are tolerant toward others when we tolerate ourselves. We forgive others when we forgive ourselves. We are prone to sacrifice others when we are ready to sacrifice ourselves.
- **Eric Hoffer**

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!](#)