

WITH forgiveness forum



Are you ready?

www.withforgivenessmovie.com

OCTOBER 2007

A Message From Susyn & Sheri:

September 11th marks the first year anniversary of WITH *Forgiveness* and we're taking this opportunity to celebrate by sharing with you, our fabulous WITH *Forgiveness* community, our accomplishments and vision for the future.

The birth of WITH *Forgiveness* was met with resounding support as more than 1,600 people signed up for 52 days of free WITH *Forgiveness* Daily Email Messages on the first day! Since that time more than 9,000 people in 94 countries have received the daily forgiveness messages. We currently have an active mailing list of 6,500 people who receive our free monthly WITH *Forgiveness* Newsletter. And the response to our contest and invitation to share forgiveness experiences has been inspiring. Winners, who have had their forgiveness story published in the newsletter, have come from the USA, Canada and Japan.

We continue to hear about new Forgiveness Circles being formed throughout the world. There are currently circles in California, Florida, Michigan, New York, Oklahoma, Washington, South Africa, Bulgaria, Dubai, Germany, Ireland, Mexico and the United Kingdom.

Our free monthly teleclasses have been an opportunity to explore forgiveness more deeply and have focused on: *Freeing Ourselves From Mental Attachments*, *For Giving Love: Transforming Blocks & Obstacles*, *It's Not About You: The Practice of Not Taking Things Personally*, *How Do We Let Go When Someone Won't Forgive Us?*, *Techniques & Exercises to Add to Your Bag of Tricks*, *Forgiving Is Not Condoning*, *Forgiving Ourselves* and this months class scheduled for **Monday, September 17th** is [Our Addiction to Our Habit Behaviors: How to Stop Them & Forgive Them](#). We've recorded many of these classes (technology permitting) which have been available as a free download using iTunes.

Our special teleclass in honor of Mother's Day (on *Forgiving Your Mother*) was powerful and heart opening. If you missed that one, please join us for our next special teleclass **Monday, October 15** focusing on [Forgiving Betrayal](#) – certainly a most important subject! ([Sign up here](#)). During 2007 we began to offer our free monthly audio message: The WITH *Forgiveness* Audio Minute. Each message provides a powerful reminder of how to implement forgiveness in your life.

WITH *Forgiveness* has not gone unnoticed! We've been interviewed on Radio and Internet Radio programs broadcast throughout the world and our articles have appeared in Natural Awakenings, Dan's Papers, Mystic Pop Magazine, Pure Inspiration Magazine (on newsstands Fall 2007) and Science of the Mind Magazine (in the October 2007 issue). In addition we've offered workshops in New York, Florida, Idaho, California, Arizona and New Hampshire and we're looking forward to our [Sedona Retreat September 23 – 29, 2007](#).

Continued in the next column →

What's New!

- Susyn & Sheri are giving a special teleclass **October 15th** on **Forgiving Betrayal: How to do it!** This is a challenging subject so don't miss this class! Tuition: \$25.00. Register [here](#)
- See Sheri & Susyn's article "It's Time to Forgive" in **Pure Inspiration Magazine** on newsstands Fall 2007. (www.pureinspirationmag.com)
- Please join Sheri **November 9th-19th** for a special healing journey of the heart to **Egypt**. 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 for a special event **October 26-27th**, at The Recovery Ranch in Nunnely, Tenn (just west of Nashville) - **The Freedom of Forgiveness: Unraveling our Attachment to Suffering**. Please join us for this heartfelt event. FOR INFO & TO REGISTER NOW: contact The Ranch at: 1-800-849-5969 or 931-729-9631.

This letter is filled with heartfelt appreciation to all the people who contributed their wisdom to the daily WITH *Forgiveness* email messages. We encourage you to support their work by visiting their websites which are listed on the [resource page](#) of the WITH *Forgiveness* website. We offer a thank-you to PassAlong Concepts for making all of this possible.

And to our International WITH *Forgiveness* Community, we offer you our love and gratitude for your continued commitment to our program, for sharing us with your family and friends, and for your courage in practicing forgiveness. Without your support, WITH *Forgiveness* would not have its current impact in our world – deepening and expanding compassion, love and kindness.

What's Next: We have some exciting plans for our second year and we ask for your help by giving a **birthday donation of \$25.00** or more directly to WITH *Forgiveness*. With this financial support we can continue to offer our free newsletter, teleclasses and audio messages as well as develop and offer new programs. [Click Here to give WITH Forgiveness a donation and receive a FREE download of our It's Not About You teleclass from March 19th!](#)

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Here are some of our intentions for our 2nd year at WITH *Forgiveness*:

- We are linking with the powerful documentary, *The Power of Forgiveness* to be aired on PBS early in 2008. WITH *Forgiveness* will offer forgiveness exercises to those inspired by this documentary to put forgiveness into action in their lives.
- Since Pass Along Concepts is no longer publishing books we are in conversation with agents and publishers to assure the publication of WITH *Forgiveness ~ Are You Ready?* in 2008. If you have any publishing connections, we would welcome your recommendations!
- We plan to offer special teleclasses to members of the WITH *Forgiveness* Community who are actively involved with or plan to start a Forgiveness Circle.
- We are preparing a WITH *Forgiveness* Workbook available in a downloadable e-book format that will provide multiple exercises the based on each area of forgiveness.

We've learned from our personal experience, as well as from the countless forgiveness stories that we hear from you – that with forgiveness we ensure greater peace and happiness in our personal lives and in the world. So we extend our invitation to you to continue to be our partners in expanding the forgiveness message to your family, friends and members of your community.

[Click Here to give WITH *Forgiveness* a donation and receive a FREE download of our *It's Not About You* teleclass from March 19th!](#)

With all our love, Susyn & Sheri

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Great Forgiveness Website

Families for Peaceful Tomorrows – We encourage you to take a look at the September 11th Families for Peaceful Tomorrows website. This amazing organization was formed, in February 2002, by people whose family members died on September 11th. They have turned their grief into a deep commitment to non-violence and peace and are building bridges throughout the world by offering their support and love to family members of people throughout the world who have died as a result of war and acts of terrorism. **Visit this site and be inspired!**

Check out the website at: www.peacefultomorrows.org/

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Forgiveness Quote of the Month

Perhaps everything terrible is, in its deepest being, something that needs our love.

Rainer Maria Rilke

Spiritual Journeys 2007

❖ **SIGN UP NOW- or you will not have a plane flight - 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 nce of your transcendence.

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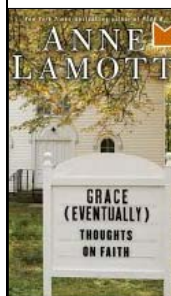
Journeys for 2008!

- ❖ **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

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Recommended Book of the Month



Grace (Eventually): Thoughts on Faith - In *Grace (Eventually)* Anne Lamott shares her experiences of Grace in both the minor annoyances of life when dealing with an obstinate carpet salesman as well as the deeper experiences of supporting a friend who is facing death. As always her writing is funny, poignant and irreverent shining a light on the inner dialogue of the ego and the heartfelt wisdom of the Divine. By sharing her thoughts on faith and forgiveness she opens the door for each of us to invite Grace into our lives.

Pick up a copy at Amazon.com

This Month's Forgiveness Contest Winner

Three months after getting cancer at the age of 51, I was led to make the decision to leave my 33-year marriage, which had been riddled with many, many forms of abuse; physical, emotional, and mental. Two months after that decision, my then husband was arrested for soliciting someone to murder me. I had returned to church for the first time in many years just two days prior (a Unity Church) and was divinely guided to forgive him that very evening at the police department.

I knew that forgiveness was necessary so that I would not carry that burden and I was inspired to realize that I would be giving him power and control over me if I didn't forgive him. That was over three years ago and I am very grateful that I have continued to pray for him. It was a challenge to process what this had done to my three children. I thought that if I hadn't stayed in the marriage so long that perhaps his reaction would not have been so extreme, but I eventually forgave myself, knowing that I had done the best I could with what I knew at the time, and when I knew better, I did better.

You don't forgive because you condone or overlook or dismiss what was done, and it doesn't mean that things can go back to the way they were. Forgiveness is a gift you give to yourself, and it effectively dis-empowers the offender. Thank you for the opportunity to share this experience of forgiveness for which I'm so grateful. Lovingly shared from: SM

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!](#)

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

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!**