

# WITH forgiveness forum



Are you ready?

[www.withforgivenessmovie.com](http://www.withforgivenessmovie.com)

SEPTEMBER 2007

## A Message From Sheri:

So often on our path to forgiveness we suffer from the intense desire to understand the “why” behind the behavior of the person who has hurt us. It’s obvious that we don’t agree that their behavior or actions were appropriate from our personal point of view. However, if we persist in trying to understand their actions from our personal point of view we won’t accomplish anything. They will remain forever wrong in our eyes. The only way to understand is to see from their personal point of view and that requires us let go of the ideals we hold so dearly to.

This is not an easy task for most of us, which is why we recommend that we do our best to get away from the story we are telling ourselves about what is right and what is wrong, and instead focus on the “what is.” In other words, understand that the person took that action because of what they believed in the moment and their actions were right for them at the level of consciousness they were functioning at. We are forgiving them because of their ignorance of the ultimate outcome of their actions and their ignorance of their divinity, not because of anything they specifically did or said.

Most people take actions that ultimately hurt others because of their own fear. Actions based on fear are selfish and do not take into consideration the welfare of others. We behave this way to protect ourselves when we feel attacked or frightened, so it should not surprise us when others behave the same way. If we cultivate our objectivity, we would find that it is only our ego that feels attacked, not our spiritual self. No one can attack the real us.

People can take harmful actions towards our body or mind, but those actions are out of fear and have to do with that person - *not with us* - even if those events are happening in reference to us. It is important to understand that whenever we operate out of fear – even the tiniest drop of fear – we are coming from ego, not from the heart. The outcome of such actions will never be fully wholesome and always have the capacity to be hurtful to others.

When we transcend our ego we can see objectively, and it becomes clear that the other person’s words and deeds, however harmful – are not personal. This understanding allows us to have emotional immunity to the actions of others and that is very powerful! Just look at all the times you took actions that were fear-based. Did you really mean to hurt someone else when you took those actions? Most of us do not mean to purposely hurt others. But let’s say you did feel vengeful and you did actually want to hurt someone. Didn’t you feel “done-to” by another which caused you want to “get even” with them? Were you not playing the victim in that moment, and isn’t victim hood the modus operandi of the ego?

You choosing to play the victim in that moment had nothing to do with the other person who supposedly hurt you. It had to do with you and you alone, and your self-centered actions were the sole expression of the fear of your ego mind. By acknowledging this it becomes easy to see the same behavior in others and forgive them for their ignorance – you see?

## What’s New!

- Please join us **September 23-29th** for a special healing journey of the heart to **Sedona, Az**. 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, Sept 20th at the Sedona Creative Life Center, 333 Schnebly Hill Road 7:00-8:30pm. The topic: **How to Forgive: Even When You Don't Think You Can!** Cost: \$12.00. Sign up [here](#).
- Join Susyn & Sheri for their next free teleclass on Monday night **September 17th** on **Our Addiction to our Habit Behaviors - How to stop them and forgive them**. Register [here](#).
- 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 September 4th. ([www.pureinspirationmag.com](http://www.pureinspirationmag.com))

If we take another step forward in the evolution of our consciousness and ability to forgive, we come to realize that in the end it doesn't matter what we understand about the “whys.” We come find that Sheri’s number one rule of life always holds true: People do what they are going to do and that isn’t what we always want, wish or hope for. This is the “what is.” If you can see what I am saying here then you will comprehend this Zen proverb on the deepest of levels: *If you understand, things are just as they are; if you do not understand, things are just as they are.*

The “what is” is the “what is,” and taking the “what is” personally and getting upset about it is a waste of our time and personal energy. Instead I encourage all of you to do your best to see “what is” and end your habit behavior of making dramatic stories about situations, end the desire to figure out the “why” from your personal point of view, let go of taking other’s actions personally, and give your overworked ego a vacation. Chose to forgive and be happy!

**With all my love, Sheri**

## Great Forgiveness Stories

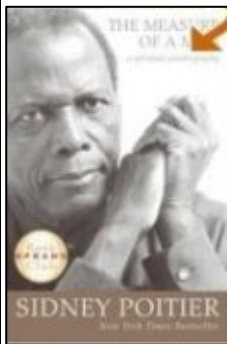
*The Forgiveness Project* – is a website we have recommended to you all before. If you have not had a chance to explore it, please do. There are stories of people just like you who have forgiven extraordinary circumstances. And if they can so can you! I have created a link to a short story by Archbishop Desmond Tutu for you to read. As he clearly states, "To forgive is not just to be altruistic. It is the best form of self-interest." **Please do not miss this site!**

Check out the website at: [www.theforgivenessproject.com](http://www.theforgivenessproject.com)

## We'd Appreciate Your Help!

We would appreciate it if all of you who enjoyed the 52 days of forgiveness messages could pass along our website to your friends and families. We would be deeply grateful for this favor of your time and energy!

## Recommended Book of the Month



**The Measure of a Man: A Spiritual Autobiography** - In this luminous memoir, a true American icon looks back on his celebrated life and career. Here is Poitier's own introspective look at what has informed his performances and his life. He explores the nature of sacrifice and commitment, pride and humility, rage and forgiveness, and paying the price for artistic integrity. What emerges is a picture of a man in the face of limits—his own and the world's. A triumph of the spirit, *The Measure of a Man* captures the essential Poitier. Pick up a copy at [Amazon.com](http://Amazon.com)

## 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](http://www.journeysofthespirit.com)

## Spiritual Journeys 2007

- ❖ **SIGN UP NOW- Limited spaces available! – 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.



From this vantage point you will be able to see more clearly how you are preventing yourself from becoming all you can be in this lifetime. We will participate in class time, journaling, sharing and discussion to get clarity of our minds limiting strategies, justifications and rationalizations.

As part of this retreat we will engage in mask-making, a fire ceremony, multiple ceremonies in beautiful locations and a beautiful healing massage which is part of the retreat package. If you are looking for a place to open your heart and to gain clarity of your mind, this is where you want to be.

Trip cost: **\$1495.00** per person double occupancy. For details go to:

<http://www.journeysofthespirit.com/site/801429/page/830492>.

- ❖ **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.

## 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!](#)

**Please join us in Egypt November 9th-19th for a journey to a magical and intriguing land!**

[www.journeysofthespirit.com/site/801429/page/307327](http://www.journeysofthespirit.com/site/801429/page/307327)

