



Center for Spiritual Living
Capistrano Valley

Adventure in Faith 2011

Our annual program of commitment:
spiritual & financial

Week Three

The Law of Forgiveness

October 2

Dear Ones,

For many of us the third spiritual Law of prosperity, forgiveness, is just as hard to practice as tithing. Like tithing it is easy to understand. Ernest Holmes said it best on page 299 of the Science of Mind text, “ For selfish reasons alone, if for no other reason, we cannot afford to find fault, to hate, or even to hold in mind anything against any living soul! The God of love cannot hear the prayer of the one who fails to love.”

We forgive other people for our own benefit, not for theirs. Yet, we justify our anger and self-righteous judgment as if our anger will make the ones who harmed us, suffer. It is as if we pick up a red-hot coal with the intent to throw it at someone, yet we are the ones who get burned.

In the section on forgiveness in Edwene Gaines’ book, she reminds us that having a daily forgiveness practice cleans the slate so that our desires are more evident and easier to manifest. She reminds us that debt is the result of lack of forgiveness. She reminds us that there is a spiritual gift in every instance of hurt or abuse.

In my life, I have done a great deal of forgiveness work. This past summer I attended a one hundredth anniversary of the incorporation of the little village I grew up in. Several years ago I fully forgave the unforgivable. I was molested by a distant relative who also lived in the little town. My friends and I walked around the town on Sunday afternoon looking at all the houses. Each house, or vacant lot, had been labeled with the names of the people who had lived there.

**“You are a child of
God. Your playing
small does not
serve the world.”**

**—Marianne
Williamson**



Dr. Heather Clark

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Forgiveness

—By Rev. Judee Chapman, Assistant Minister

“Oh! I could never forgive him (or her) for the pain and suffering they caused me! Or... “I can’t forgive myself for all the awful mistakes I’ve made in the past.” Have you ever heard these comments from anyone? Well, I certainly have! And, to tell you the truth, I have made those statements myself! It wasn’t until I was in the midst of ministerial classes that I learned that self-forgiveness enables the release of guilt, shame and fear. Through Dr. Heather’s loving guidance and wisdom, I realized that all forgiveness begins with forgiving yourself and that the kindest and most compassionate thing you can do for yourself (and others) is to forgive YOURSELF! So, I started the process by forgiving OTHERS first. (Duh) That seemed to be easier for me at the time. And I did that by using a variety of paths.

Dr. Joe Vitale says that forgiveness is:

“A proven method to heal yourself (or anyone else) of anything you CHOOSE. No one else has to do these processes but you. The entire world is literally in your hands. First say “I’m sorry.” By saying “I’m sorry,” you are telling the Divine that you want forgiveness inside yourself for whatever brought it to you. Then say, “please forgive me.” You’re not asking the Divine to forgive you; you’re asking the Divine to help you forgive yourself. From there, you say “I love you.” The “I love you” transmutes the energy from stuck to flowing. It reconnects you to the Divine. When you follow that statement with “thank you,” you are expressing gratitude.

You are showing your faith that the issue will be resolved for the highest good of all concerned. What happens next is up to the Divine. You may be inspired to take action of some sort. Whatever it is, do it.

Forgiving others was much easier for me than forgiving myself, or so I believed. But then I came to the understanding that when you learn to forgive yourself, then and only then, would you be able to forgive others. Paradoxically though, when you learn to forgive yourself you will in turn find that you have nothing to forgive others for. Whew! What a joy it was when I laid down that heavy burden of judgment, resentment, blame and anger! I felt Divine freedom at last! I was free from guilt and shame and ready to move forward in my life. Edwene Gaines says, “On our spiritual journey toward prosperity, we are aspiring to a forgiveness that’s so deep, full, and complete that no traces of any bad feeling at all will remain within us.” I’m moving forward! Are you?

The time is NOW.



Week Three Affirmation

Mary Didelot

Today, with Love, I graciously forgive those who have offended me in any way and know that as I do, that forgiveness is the key to happiness. Today, I see the love in those who would forgive me, and know that I am a perfect child of God. Today, I give and receive all God’s blessed gifts.
And so it is.

Wednesday Sacred Practice

Forgiveness

The Baha'i View

By Dave Lewis

On Wednesday October 5, 2011 we are privileged to have as our featured speaker one of the leaders of the Lake Forest Community of the Baha'i faith. Payam Adlparvar will speak to us on the Baha'i view of forgiveness.

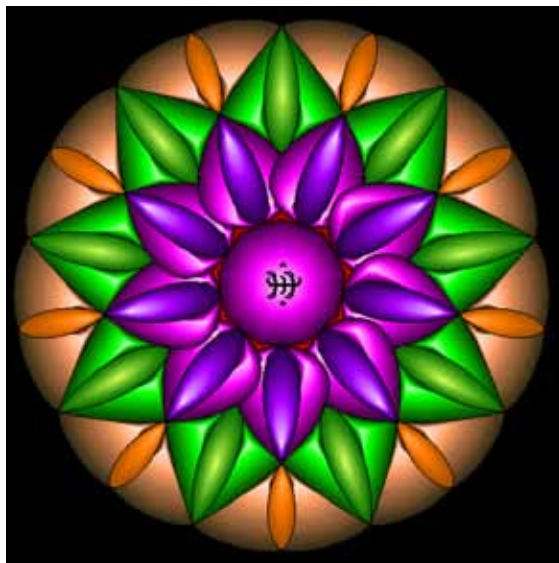
Payam will be bringing other members of the Lake Forest Community to share in singing and chanting. As there is no official sacred music recognized by the Baha'i, the songs could and will have a wide range of origin.

Baha'i is a faith that is headquartered in Tel Aviv, Israel. The actual belief system is derived from the non-militant and extremely peaceful teachings of Islam. It will be very enriching to look at forgiveness from a perspective other than the Judeo-Christian tradition.

In Edwene Gaines book 'The Four Spiritual Laws of

Prosperity" she states, "Think of forgiveness as emotional housecleaning. It lets us make room for the good we desire. It also lets us go as far as we can on this spiritual journey and receive all the universe has to offer."

Join us at 7:00 p.m. on the October 5 for this wonderful program.



Sacred Practices

The Baha'i View

An exploration of forgiveness
7 p.m. October 5

A Taizé Service

A mindful meditation,
a connection to our
spiritual essence.
7 p.m. October 12

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Affirmative Prayer of the Week

Prayer Treatment

Third Law: Forgiveness

From who can I blame to how can I serve

By Dr. Heather Clark

In this holy moment of now, I turn to the Presence of Love within, knowing that the Creator of all Life is unconditioned and unconditional Love. This One is omnipresent, omnipotent and omniscient. It is the entire Creative Process -- Spirit, Soul and Body. IT is always creating out of Itself.

I remind myself that I live, move and have my being in this Divine Presence. I am in It and It lives in me. Unconditional Love is my essential nature. Unconditional Love flows through me now and guides my thoughts, beliefs and actions.

Today, remembering I am one with the One, I practice the spiritual law of forgiveness. I easily forgive myself for the things I regret doing. I easily forgive others finding spiritual lessons where there has been bitterness or blame. With Spirit's Love, I easily bring understanding and compassion to the front of my mind. I see with God's loving kindness. I am free of debt and I free others whom I have been holding hostage.

With great gratitude and appreciation for the power of forgiveness, I realize that new ideas open up for me. In the spaciousness of my life, I consciously create the desires of my heart.

I consciously and peacefully, place this word into the Law of Mind knowing that I am complete in the wholeness of Universal Love. All is well in my world now. And so it is.

Step 1 — God Is

This One is omnipresent, omnipotent and omniscient. It is the entire Creative Process...

Step 2 — I am

I remind myself that I live, move and have my entire being in this Divine Presence.

Step 3 — I recognize

Today, remembering I am one with the One, I practice the spiritual law of forgiveness.

Step 4 — I am grateful

With great gratitude and appreciation for the power of forgiveness, I realize that new ideas open up for me.

Step 5 — I release

I consciously and peacefully, place this word, into the Law of Mind knowing that I am complete in the wholeness of Universal Love.

Spiritual

Financial
Commitment

Adventure Man invites you to...



Stretch beyond your comfort zone and have fun! Find out more at www.facebook.com/CSLCVAdventureMan

Or go to <http://cslcvadventure.blogspot.com/p/events.html>

Ask a Practitioner

Marilyn Robbins is a licensed Practitioner at the center. She has been an active member for many years.




Marilyn Robbins

Q I've been divorced for a few years now and am working on forgiving my ex who was abusive and an alcoholic. But my ex is still drinking and won't acknowledge any wrongdoing. How can I possibly forgive?

A Forgiveness is for the person who is doing the forgiving. Forgiveness is the freedom that we give ourselves of not carrying the burden of being angry with another person. In forgiveness we give ourselves permission to move forward in our daily lives without constantly condemning the person who we feel has caused us pain.


Q What's the difference between seeing a practitioner for a prayer after Sunday service, and seeing a practitioner for a private session? Is a private session free too?

A The gift of practitioner prayer on Sunday after service is just that — a gift. This prayer usually takes only a few minutes. When an individual would like to speak to a practitioner on a deeper level regarding a specific issue that is or has been troubling for a period of time, an appointment can be made to speak with a practitioner. Prayer work is also done at the end of this half hour session. Yes, there is a fee of \$35.00 for this time spent with a licensed practitioner.



Daniel Nahmod in Concert

Sunday, October 9
1:30 - 3:30 p.m.
Cost: Love Offering;
Child Care Provided -
Contact: [Pattie Mercado](#)



Sample music from
Daniel's newest
CD at
[www.
danielnahmod.com](http://www.danielnahmod.com)

Center for Spiritual Living Capistrano Valley
32261 Camino Capistrano
Ste. D-105
San Juan Capistrano, CA
949.240.6463

Celebration Picnic

Wholly Holy Hoe Down

Ya'll c'mon down for **fun**, **FOOD**,
dance, **music**, more **fun** and...
more **FOOD**, and **games** for
children of all **ages**!



Sunday, October 16
After Second Service
12 - 3 p.m.
at the center



Art Auction

Sunday, October 9, 2011

(bidding closes at 1:00 p.m. on
Sunday, October 9)

Fine Art and Evenings of Entertainment

Original art is revealed each week during Adventure in Faith. One special piece will be featured each Sunday, with additional pieces displayed in the center's lobby.

This year we have added Evenings of Entertainment to our auction including: fine dining, musical entertainment and a fabulous getaway

Place your bid and check back often.

Center for Spiritual Living
Capistrano Valley

Adventure in Faith 2011
Our Annual Program of Commitment:
Spiritual & Financial
Eli Herrera, Adventure in Faith
Art Committee Chair





32261 Camino Capistrano, D-105
San Juan, Capistrano, CA 92675

Return Service Requested

Prosperity Plus with Rev. Edwene Gaines

Well-known author, teacher, speaker and Unity minister Rev. Edwene Gaines will present an interactive workshop based on her timeless book, *The Four Spiritual Laws of Prosperity*.

Sunday October 2

1:00 - 3:30 p.m.

Cost: Love Offering; Child Care Available -

Contact [Pattie Mercado](#)

Teen Salad Bar after second service; Cost: Love Offering

