

FORGIVENESS RESOURCES

Information about seminars on the Unconditional Love and Forgiveness Process can be obtained from

Whole Life Endeavours, (Dr. G.A.Pettitt), 81, Cambria St., Nelson, Nelson, New Zealand, Tel: +64-3-548-4400; Fax: +64-3-548-1241. In New Zealand (03)-548 4400, email: gpettitt@ts.co.nz Website: <http://www.ts.co.nz/~gpettitt>

Psychosynthesis International, (Edith Stauffer, PhD) P.O. Box 279, Ojai, California, CA 93024, USA. Tel: +1-805-646-7041 Fax: +1-805-646-9338, Website: <http://www.healthy.net/psi>

BOOKS AND ARTICLES ABOUT LOVE AND FORGIVENESS

“The Heart of Healing” by Dr Guy A Pettitt. This is a book in three-manuals:

1. Introduction to the Forgiveness Process, why it is needed, and background information about the psychosynthesis model being used
2. A detailed description of the *steps* of the Forgiveness of Others and Self Forgiveness Processes
3. A summary of the processes for easy use once the reader is acquainted with the material.

It is currently only available in a ring-bound desk-top published format from the author, 81, Cambria St., Nelson, New Zealand. In NZ it costs NZ\$65.00 including GST and postage/packing. Overseas prices on request.

“Unconditional Love and Forgiveness” by Edith Stauffer, PhD The author was my teacher in psychosynthesis and the inspiration for my own work in the area of the forgiveness process. ISBN 0-940111-03-9 Obtainable from Synthesis Distribution, on the Internet, at <http://members.aol.com/SynthesisD/catalog.html> OR: Liz Conroy, The Psychosynthesis Trust, PO Box 310, Motueka, New Zealand.

“Forgiveness, the greatest healer of them all” by Dr J Jampolsky MD. 1999 ISBN 1-58270-020-b

See also: **“Teach Only Love”**, **“Goodbye to Guilt”**, **“Love is Letting Go of Fear”**, **“One Person Can Make a Difference”**, **“Change Your Mind, Change your Life”**, and other writings of Dr. Jerry Jampolsky, (on the principles of attitudinal healing. His writings have roots in “The Course in Miracles” 1975, publ. by the Foundation for Inner Peace).

“Why People Don’t Heal, and How They Can” ISBN 0-73380-203-6 & **“The Anatomy of Spirit”** ISBN 0-7338-0033-5 by Caroline Myss PhD The author, a journalist, publisher, and medical intuitive, worked for many years with Prof N Shealy, previously neurosurgeon at the Mayo Clinic, founder of the American

Holistic Medical Association. They co-authored "The Creation of Health". These books show how health can be linked to the development of consciousness, and combine the symbolic teachings in three great religious and philosophical traditions.

"Molecules of Emotion" by Candace Pert PhD. ISBN 0-684-84634-9 A great medical detective story of the discovery of the neuropeptides and their receptors, with the personal and very human story of one of the major scientists involved, and her discovery of the value of forgiveness.

"Bringing More Love Into Your Life: The Choice Is Yours" by Eileen Caddy and David Earl Platts, ISBN 0-905249-75-5 Using psychosynthesis principles with chapters on the Will, Identification, Disidentification, and 125 exercises to take readers through their own process of introspection and discovery.

SAMPLE ARTICLES:

"Forgiveness: a teachable skill for creating and maintaining health" by G.A.Pettitt, 1987, New Zealand Medical Journal, Vol 100, No 820, pp 180-2. Some medical; applications of the Forgiveness Process.

"Changes of Heart: the role of love and will in illness and wellness - part III" by G.A.Pettitt, 1988, New Zealand Medical Journal, Vol 101, No 853, pp 573-4.

- **Barbro Holm-Ivarsson** has done a Masters Thesis about her research with forgiveness for the Department of Psychology at Stockholm University, which she is willing to distribute via the net.

Her e-mail address is: barbro.holm-ivarsson@trosa.mail.telia.com

"A Spiritual Interpretation of the 12-steps of Alcoholics Anonymous: From Resentment to Forgiveness to Love" article by Dr Kenneth E Hart. School of Psychology, University of Leeds, Leeds, England.

"Betrayal, Revenge and Forgiveness" article by Ben Fuchs, psychotherapist, trainer and conflict resolution consultant. He can be contacted via the Findhorn Foundation, Forres, Inverness, Scotland.

"Forgiveness: The Process of Unknowing - archetypes, myths and Forgiveness" by Dr Alan Randell, 60, camp St., Beechworth, VIC 3747, Australia.

Arandell@netc.net.au (part of his thesis for Master of Applied Science, Social Ecology)

SELECTION OF RELATED BOOKS AND BIOGRAPHIES

"The Lost Art of Forgiving" by J C Arnold ISBN 0-87486-950-1

"The Power of Compassion" by the Dalai Lama

"Choosing To Love" by Eileen Caddy and David Earl Platts, ISBN 0-905249-90-9, Findhorn Press, Forres, Scotland. A summary of exerpts from 'Bringing More Love...' for people wanting just a straight theoretical read without most of the exercises.

"The Road Less Travelled", "The Different Drum", and "The People of the Lie", by Scott Peck, MD, publ. 1978, 1987, 1983, by Simon and Shuster, 1230, Ave. of Americas, New York, 10020. (About the psychology of love, community building and evil respectively)

“Love, Medicine and Miracles”, and “Peace, Love and Healing” by Dr. Bernie Siegel (Arrow Books London 1988 & Rider/Century Hutchinson London 1990 respectively). (A surgeon shares experiences learned from his exceptional patients concerning the role of positive attitudes and emotions on their healing).

“The Art of Loving” by Erich Fromm 1957, now in Bantam Paperbacks.

Elizabeth Kübler Ross and Steven Levine’s books on aspects of Death, Dying, and Love, and the Elizabeth Kübler Ross Foundation’s workshops are recommended for their fine teaching about unconditional love.

“Forgiveness — how to make peace with your past and get on with your life” by Sidney and Suzanne Simon, 1990, publ. by Warner Books, New York.

“Peace Pilgrim” compiled by her friends. (Inspiring story of a remarkable woman dedicated to peace through love). Published by Ocean Tree Books, Santa Fe, New Mexico. Obtainable from Friends of Peace Pilgrim, 43480, Cedar Avenue, Hemet, California, 92544, USA. Tel: (714)-927-7678.

“Service, — the expression of Unconditional Love” p. 164 of “Feeling Great, a personal programme to speed healing and enhance wellness”, 1983, by Jeanne Segal, PhD., publ. by Newcastle Publishing Co., PO Box 7589, Van Nuys, USA.

“A Little Book of Forgiveness” by D. Patrick Miller, 1994, Viking/Penguin

“Forgiveness and Other Acts of Love” by Stephanie Dowrick (author of “Intimacy and Solitude”), 1997, Viking/Penguin

“Priest and Partisan” by Michael Worsnip – the story of Fr Michael Lapsley. Foreword by Nelson Mandela.

“The Good Listener” by Neil Belton. About the work of Helen Bamber, founder of the Medical Foundation for the Care of Victims of Torture

“Forgiving yourself, and forgiving the unforgivable” by Beverley Flannigan

“Homage to Hope” South African Memories, by Lyn Carneson-McGregor

The Khabouris Manuscript is an ancient text in Aramaic, translated and publ. 1970, by the Yonan Codex Foundation, Atlanta, Georgia. This is the source of the Aramaic words used in Edith Stauffer’s book, and my own “The Heart of Healing”, that describe the mind-sets that lead to Unconditional Love. See also the work of Neil Douglas-Klotz, author of **“Prayers of the Cosmos”** and **“The Hidden Gospel”** – very important new translations from the original Aramaic.

FORGIVENESS IS A SUBJECT WHOSE TIME HAS COME, AND THERE IS GROWING INTEREST IN THE SUBJECT.

The International Forgiveness Institute, University of Wisconsin, PO Box 6153, Madison, Wisconsin, WI 53716-0153, USA publishes a small journal.

The John Templeton Foundation is a philanthropic institution which seeks to fund research into forgiveness. It has a website with a large list of forgiveness resources.

<http://www.templeton.org>

Search the Web using www.google.com or other search engine – you will be amazed at the number of sites devoted to this important topic.