

Omnifaith
Forgiveness Practice

A Baker's Dozen Booklet



Rev. Dr. Susan Corso

a fourth booklet of spiritual practices

compiled in May 2009

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for

*all those in need of
forgiving & forgiveness,*

with love from someone
who doesn't have to forget

TRUE FORGIVENESS



Heal The World

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Introduction

This Baker's Dozen Booklet is slightly different from the others. It addresses one practice—forgiveness. Universally recommended by spiritual sages, it is one of the simplest yet most complicated of all spiritual procedures.

For the most part, forgiveness has a holier-than-thou energy attached to it. It's highly suggested that we forgive one another, but very few teachers illuminate the *how* of forgiveness. That's what I aim to do herein.

So first off let me say that forgiveness is THE most selfish act of the spiritual life, no exceptions. Forgiveness is of the self, by the self, and for the self. Unforgiveness only hurts the unforgiving one. One of my favorite quotes is, "Unforgiveness is like drinking poison and waiting for the other person to die."

Read that again! This is what we do to ourselves when we don't forgive someone, anyone, and most especially ourselves and God. Yes, you read

that right, God. In fact, in my experience forgiving others is pretty easy—even if they’ve done heinous things. In my heart I know that everyone is doing the best that they can with what they’ve got under the circumstances. Even dear Osama!

Besides, even if they’re not doing the best I think they should have, I truly believe that they would have if they could have, but they didn’t, because they couldn’t, so next! That “next!” is where the practice of forgiveness comes in. Well, really, between “they couldn’t” and “next!”

So often once I do real forgiveness work, I discover that it’s my judgment of another that really needs forgiving. Begin the forgiveness adventure with me today, dear one, and watch your heart bloom.

All forgiving,



Susan Corso

1. Forgiving is a Verb

Forgiving is an action not a state of being. It requires activity. Look at the word itself. It comes from Anglo-Saxon roots meaning *to give away*.

What do you give away when you forgive? Here's Catherine Ponder's take on it:

When you hold resentment toward another, you are bound to that person or condition by an emotional link that is stronger than steel. Forgiveness is the only way to dissolve that link and get free.

The story of Joseph—he of the amazing technicolor dreamcoat—in the Hebrew Bible is a classic example of forgiveness. His brothers are so jealous of him that they sell him into slavery in Egypt. Joseph does well for himself, so well that he is credited with saving the entire region from famine.

When his brothers come to call, begging for grain so their people don't starve, they do not recognize their brother. Eventually, he reveals that he is Joseph and they are horrified!

Joseph says, "You meant it for evil, but God meant it for good." This is the quintessence of forgiveness. One gives good for alleged evil.

What good does one give? Blessing. That's all. It may be true that the original perpetrator meant it for evil, and it is also true that it is up to us to decide that good will come from the deed. Just as Joseph did.

Because forgiving is an action, it requires the mobilization of the human will. This is very good news because if forgiving is an act of will, then we don't really have to *feel* forgiving to be forgiving. Read that last sentence again!

Now think of someone you've had a hard time forgiving. Conjure up an image of that person or that event or that situation. Say aloud,

**You meant it for evil,
but God meant it for good.**

How does that feel? Keep the picture of the circumstance clear. Now repeat after me,

God bless you.

It may feel good or it may not. That's less important than the exercise of your will in the situation.

Consider these words from Rev. Dr. Jesse Jennings, *Forgiveness is about taking the emotional heat out from under an event or circumstance, so that we no longer define ourselves by that moment and its energies.*

This is why the action of forgiveness is worth it. The true purpose of forgiveness is always Peace and Freedom.



2. Find the Forgiver in You

Who is the Forgiver in you? Who is the Self that forgives? How can you find that Self?

I call the spirit in all beings the Divine Spark. It's that whole, perfect, unadulterated, animating Self of you. Really, it's the part of you that never has to forgive because it can't be offended. It already knows the truth; it's already free and peace-filled.

For those of us whose human is showing a little more than we would like, and therefore, those of us who need to forgive and be forgiven, the Cosmic Forgiver lives inside each one of us. All the time.

The only requirement is to sit still long enough to connect with that Divine Spark. Although everyone is different, there are certain aspects of this experience that seem to be universal.

First, when you are consciously aware of your Divine Spark, you feel happy.

Second, when you are consciously connected with your Divine Spark, you feel a glimmer of peace. Maybe not totally at peace, but you feel the possibility is very real, and it's a relief.

Third, even if your ego self is in the throes of drastic or dramatic emotions, they seem to ebb, at least for a bit.

This is the sort of psychic space you want to cultivate for forgiveness. And, dear one, if you can't get there from wherever you are, then you're not ready! There's nothing wrong with that either.

I actually think premature forgiving is one of the great pitfalls of the spiritual life. Forgiveness is always healing, but timing matters with the practice of forgiveness.

Let's say an authority figure has abused a young boy or girl. It's a rotten crime. However, and I've seen this with my own eyes, forcing forgiveness before that child has had time to allow emotional clearing is like creating a scar over an open wound. It only causes infection.

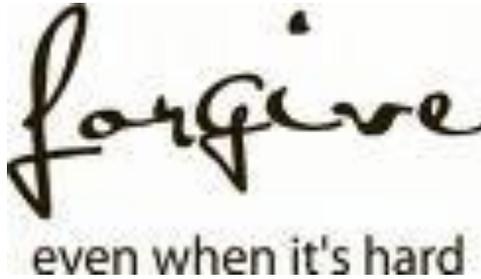
I believe it's far better to allow enough time for whatever feelings to arise that need to arise, get help, and deal with them, and only then is forgiveness warranted. I once read a book whose title captures it all: *Feelings Buried Alive Never Die*. Premature forgiveness is a hurtful practice.

If you are wondering if you are ready, just try the action.

Center yourself. Speak the words ...

**You meant it for evil,
But God meant it for good.
God bless you.**

How do you feel? If you have more peace, you're ready, if not, you're not. Do some more emotional work, and forgive yourself for not being ready. You will be.



forgive
even when it's hard

3. List to Forgive

The first order of business is the making of a list of those whom you need to forgive. From personal experience, I can tell you that this list will surprise you.

Begin with the broad strokes, the things which you have had trouble forgiving over a long period of time. Deaths, betrayals, secrets.

Then when you have “run out” of items, conduct a search of your life in the context of time. If you are 50, look at the ages of 40-50, and allow yourself to recall any unfinished business you might have. Any, all unfinished business. Go backwards through each decade of your life.

Remember that forgiveness is needed wherever you feel that someone “owes” you. Not forgiving, and its partner, not feeling forgiven (see #4), creates an internal environment of indebtedness. The feeling is that someone or something owes you. In truth, you owe no one anything but love, and no one owes you anything but love.

The Great Nazarene Rabbi suggested that we pray daily: *Forgive us our debts, as we forgive our*

debtors. It took me many years to understand that there are many kinds of debt. Financial is only one kind. How about spiritual debt? Emotional debt?

Take your time and look carefully at where your judgments are. Judgment is a form of debt. Where you judge, there you are indebted or a debtor.

Consider these categories and allow your own personal references to rise into your mind. Do any of these people “owe” you?

Teachers, parents, guardians, children, spouse(s), friends, governments, institutions, employees, employers, co-workers, lawyers, courts, churches, pastors, bosses, mentors.

Usually it takes a few days to make a complete and thorough list. Let this unforgiveness bubble up, and do not judge yourself further for it. We all have this sort of unforgiveness history.

Consider drivers, law enforcement, the IRS, utility companies, credit card companies, pedestrians, bicyclists, old boyfriends/girlfriends. Look through your email address book, your Christmas card list. PTA contacts, even prayer teams. How about carpool lists and snail mail address books?

The human mind is an amazing contraption. It sets traps for us all the time in the name of judgment

creating links of obligation and expectation that keep us in a state of unforgiveness.

Trust yourself, and trust the process. Let these things arise. As I said, you will likely be surprised, but it will come with a feeling of relief as well.



4. List to be Forgiven By

Now we get to do the same process in reverse. We are looking at those from whom we feel that we need forgiveness. If you have 125 names on the first list, there are usually the same number on the Forgiven By list. The universe is always a balanced equation.

Again, I caution you to expect some surprises. People you haven't remembered for years will come into your mind. Someone you took a pencil from in school, someone whose sweater you admired and tried on without them knowing it. Silly, seemingly useless connections that have created karmic obligations. The goal here is to disconnect all those links.

Check through all the same lists you did in the last exercise. Be thorough and take your time. This is a huge ritual of cleansing and it's best to clean it all up at once if you can.

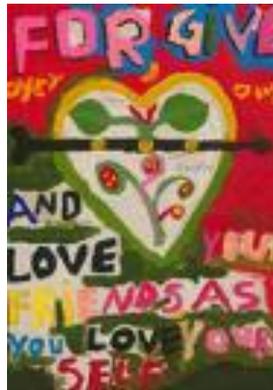
It's important to understand that forgiving and being forgiven are a two-way spiritual street. In fact, one really can't forgive without being forgiven. Being unwilling to be forgiven is a form of spiritual pride. Do your best to steer clear of it if you can. The

proper word for it is *hubris*. You probably learned this word in studying Greek Theatre. Hubris—the pride that hurts—is always the downfall of the hero.

In forgiveness work, the hero is the Divine. We are letting the Divine have its perfect way within us which is really all the Divine ever asks of us.

Making these lists is the prelude to a remarkable cleansing, a being made completely new. Do a diligent job with them.

For both lists, it doesn't matter if you remember exact names. God will remember. List instead, times, situations, anything that jogs your memory of that time.



5. The Act Itself

Once you have your lists complete, and you'll know inside when they are, then it is time to do your Act of Forgiveness. I like to call this Your Forgiving Birthday.

You need to gather some materials to accomplish this. Here's the list:

Cookie trays
Aluminum foil
Boxes of birthday candles
(as many as are items on your lists)



Matches
Your lists

To prepare yourself and the process, allow for two hours of uninterrupted time. Take a shower, and wear comfortable clothes. Prepare the cookie trays by covering them with aluminum foil.

Open all the packages of birthday candles. Then sit and breathe. Add music that soothes you if you like. Or music that makes you feel brave.

Reread your lists briefly. In most cases, there are two “people” we forget to put on the lists. The first is yourself, and the second is God. Add both to both lists now.

Now begin the rite. Speak:

**I am ready and willing freely to forgive,
and freely to be forgiven.
As an Act of my Free Will,
I willingly forgive, I release, I let go.
I set free all those whose names I am
about to name, and all those whose
names elude me now.**

**I am free. They are free. We are free.
So it is.**

Then begin with the To Forgive List. Light a candle, address the person, and speak whatever forgiveness arises in your heart for them. Here's an example:

**David, my brother, I forgive you for
humiliating me at Mama's funeral.**

Let some of the wax drip onto the aluminum foil. Stick the bottom of the candle to the foil so it can burn itself out. Fire is the element which creates rapid and spiritual change. Here you are letting spiritual fire cleanse your spirit, soul, and body. It must burn itself out unless there is danger in which case a glass of water nearby isn't a bad idea.

Do the ritual with each name on your list. You will end up with a blazing cookie tray of release, freedom and change. Do the ones you need to for-

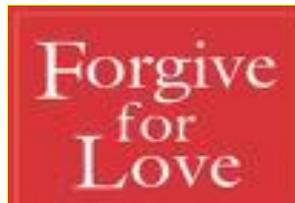
give, and then do the ones you need forgiveness from.

Wait until all the candles burn themselves out. Meditate. Pray. Sit. Dance. Sing. Give thanks. Use an affirmative statement like: I am free. You are free. We are free. Use an affirmation like: Why are we all so free now?

Personally, I find that affirmations are much more powerful than affirmations. Another option is to breathe in the word *Peace*, and breathe out the word *Freedom*. Peace and Freedom are the emotional hallmarks of the forgiving and the forgiven states.

Sit quietly until all the candles have burned out. Then remove the aluminum foil and discard it knowing that you have completed the first part of the ritual of Your Forgiving Birthday.

You have set in motion something powerful. Let it work through you over the next few days. There are layers and levels to forgiveness and forgiveness.



6. The Next Layer

In the many, many years I have worked with forgiveness, I have discovered that the process tends to work best in layers. This means we have to get into emotional process which is as individual as ... well, each individual.

Despite that, I am going to generalize here and say that usually the issues which have made you angry arise first in forgiveness work. Anger is the simplest of the major emotions and because of its simplicity, it comes most often with clarity.

However, anger often masks a deeper feeling. If you've done the Forgiveness Ritual with the things which have made you angry and there are any which feel unforgiven, revisit those issues.

Allow your anger to bubble up, and then watch it. Imagine that you are creating a large sacred space in which both you and your anger are safe. A huge padded cell, if you will, for your mad.

Then use your imagination further to lift the burbling anger and peek beneath it. Most of the time what you will find is sadness. Something about the situation that caused your anger made you sad.

Allow the sadness to expand. Let yourself feel it. If tears come, let them flow. The sadness that undergirds anger is usually a function of feeling disappointed.

I wrote my book, *God's Dictionary*, because of that word: disappointment. Follow my logic. *Dis-* as a prefix means *not*. When one is *appointed* to something, one is *chosen*. When we are disappointed, we feel *not chosen*. By extension, it usually means that we are not choosing either.

Let the sadness be and forgive the sadness itself, and yourself for feeling disappointed. Light more candles and let go the sadness to Peace and Freedom.



7. The One Under That

The emotional hierarchy continues. Stay in that safe place with any sadness you are unable to resolve. Consider those circumstances again. Again make sure you are safe with the feelings.

Now lift the sadness and peek underneath it. Usually what's under sadness is plain old fear. Ask yourself what you are afraid of.

Let the fear be what it is. Fear isn't necessarily a bad thing. Most often it's an early warning system. What usually causes problems with fear is the actions you take to mitigate it.

There is no action to take here except a deeper level of forgiveness. Forgive the other person/people involved for causing your fear reaction. Forgive yourself for having the fear reaction.

Some people say that the word fear is an acronym for ...



False
Evidence
Appearing
Real

Personally, I prefer this one ...

Feel
Everything
And
Relax.

Fear is your friend if you'll let it be. Forgive it, forgive yourself. Light those candles and move on.



8. And Deeper ...

And now we reach the bottom line of all “negative” emotions: longing. Because we are designed in the image and likeness of our creator, we are creators ourselves.

Longing is all about desire. Desire foreshadows all creative processes. The question to ask yourself to complete this Act of Forgiveness is:

What do I really want?

Then hold still until you know, really know. What do you really want under it all, dear one? This is one of the hardest things—actually to allow yourself to feel the longing of desire.

What it means is that you also feel the ache of not having what you want. I know there are those who avow that it’s never too late to have a happy childhood, and on some levels, it isn’t. On the other hand, the past cannot be undone. What has happened has happened and no amount of affirming will change the actual events.

Forgiveness doesn't change past events, but it does change the emotional charge that the events cause, and that's what we're after.

Light candles. Forgive yourself for wanting what you want, for not having it, or for getting it and then not wanting it. Forgive the thing itself for not manifesting in your life. Then forgive God for not showing up the way you think He/She should have.

Remember that Peace and Freedom live on the other side of forgiveness.



9. When You Can't Forgive

Sometimes, there are circumstances that you simply feel you cannot forgive, that it is just not within your capacity to give good for supposed evil. With the understanding that this is still a function of your own judgment, there is a way to proceed toward forgiveness.

The most powerful story I ever heard about this was told by Corrie ten Boom, the Dutch resistance member who was eventually caught and sent to a concentration camp during the second world war. Her sister Betsie was interned with her.

{Warning: the story is quite drastic.}



Corrie saw her sister raped and beaten to death. Before Betsie died she told Corrie, “There is no pit so deep that God’s Love is not deeper still.” After the war, Tante {Aunt} Corrie called herself a Tramp for the Lord. Her deeply held Christian beliefs insisted that reconciliation was both necessary and possible.

Then came the fateful day that she was giving her usual testimony about God’s Forgiving Love when she recognized a man in her audience—the man who had killed her sister.

After her speech, she stood at the back of the room greeting those who had turned out to hear her. As the former concentration camp guard neared, Tante Corrie was sure she simply could not forgive him. However, she took a deep breath and said inside herself, “But Jesus, I’m sure you can. Do you forgive him through me.”

And then the man she wanted not to forgive, to hold in her judgment to human accountability was towering over her with tears in his eyes.

“Fraulein,” he said, “I have done some terrible things in my life. I cannot tell you how grateful I am to hear about your forgiving God.”

Tante Corrie wrote, “For a long moment we grasped each other's hands, the former guard and the

former prisoner. I had never known God's love so intensely as I did then.”

So, dear one, if you cannot forgive—no matter the reason—you have another option. You can turn to the God of your own understanding, whatever face that Deity has, and ask Her or Him to forgive for you.

The reason this is so powerful is because the avatars of the world understand the true power and need of forgiveness. They see a far larger perspective than we do, and they know that your willing heart is all that is needed for forgiveness to set you and the one you have judged free. That Peace and that Freedom is what all Deity wants for us.



10. Forgetting

I know, I know, the old expression goes, “Forgive and forget.” But, you know what? The greater truth is that when one truly forgives, there is no need to add the second step. In fact, I think the forgetting part is a burden.

Think on this. When there is genuine forgiveness, there is no need to forget. Clinging to the need to forget, you’ll find that if you look deeper, true forgiveness hasn’t happened.

It’s actually a good test. Do you feel the need to “make yourself forget?” You probably haven’t forgiven.

This is a good time to revisit the greater purpose of forgiveness. Consider these wise words from one of the world’s forgiveness experts, Lewis Smedes: *To forgive is to set a prisoner free and discover that the prisoner was you.*

Are you still imprisoned by an event or circumstance in your life? That’s okay, just keep it on your forgiveness list. Keep at it. You’ll get there.

Here is another of Mr. Smedes’ wisdoms: *You will know that forgiveness has begun when you recall*

those who hurt you and feel the power to wish them well. Really well. Just because they too were born children of God.

There's no hurry here, dear one. Take all the time you need. Your consciousness is yours for this whole lifetime. Clearing it out is a lifetime process.



11. Feeling Forgiven

I like what Nobel Peace Prize Laureate, Bishop Desmond Tutu, says about forgiveness: *Without forgiveness, there is no future.* The future is always about possibility, is it not? Without forgiveness, possibility becomes severely restricted. Who wants a future like that?

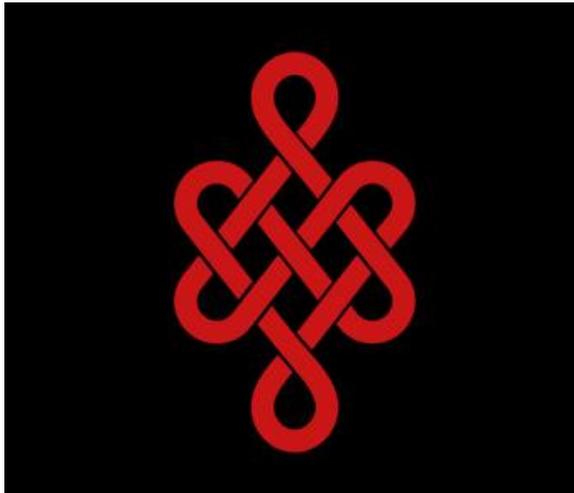
Feeling forgiven is a remarkable experience. Most often my response to being forgiven is a physical release. I'll cry, or yawn, or laugh, or do a funny dance. Often, I feel a release in my solar plexus, as though some pressure I didn't even know was there has suddenly let go.

The most interesting thing to me about feeling forgiven is that it does not always require an interaction with the person involved. It is more often an internal process—spirit to spirit. The greatest forgiveness I ever received was from my already-dead father.

One of the things I always do when I celebrate a funeral is to have a few moments for forgiving and another few for forgiveness. It is a kindness to set our loved ones free.

I think, overall, that feeling forgiven is an extremely personal matter. It can be instantaneous and it can take time. If it is a longstanding issue, seek forgiveness again and again. All beings want to forgive one another at bottom. It's just getting to that bottom-line desire that takes time.

Again, there's no rush. Forgiving is a spiritual discipline and it takes place in *Kairos*, eternal time, not *Chronos*, chronological time.



12. Repeat

Forgiveness is a lifetime task, endless, constantly ebbing and flowing. Why? Because the human brain has constructed the ego as a way to function in our complex civilization.

Ego is the inner judge that creates the need for ongoing forgiveness. My partner and I have discovered that we need forgiveness with one another almost daily! We say thoughtless or reactive things. We have our own emotional challenges.

For whatever reason, skillful forgiveness is a highly valuable tool in human relating. It takes the fuses out of everything. Rumi's words address this beautifully: *Out beyond ideas of wrongdoing and rightdoing there is a field. I'll meet you there.*

That field is a place we all want access to 24/7/365. We hurt one another, dear one. All of us. No matter the goodness of our intentions. And, it would be good to remember the scarily truthful adage that only hurt people hurt people. I never met a person who wasn't hurt in one way or another.

Forgiveness, using the ritual in this booklet, or any others is useful both to remember and to practice.

Use it well and often. If you're not yet convinced, let Leo Tolstoy persuade you: *Let us forgive each other—only then will we live in peace.*

And what a relief that both is and will be.



13. Eternal Forgiveness Practice

One of my favorite passages in the Christian Scripture is when Simon Peter, stretching his imagination to the limit, asks Jesus, “How oft shall my brother sin against me, and I forgive him? Till seven times?” This dialogue appears in the Gospel of St. Matthew 18:20-21.

The Great Rabbi is reputed to have answered, “Unto to seventy times seven.”

Seven was Peter’s max.

490 was Jesus’ max, according to King James.

And if you read the original Aramaic, it says, “seventy times seventy-seven,” which brings us mathematically to forgiving each person you encounter a minimum of 5,390 times!

This is why we really have to stay with a forgiveness practice for our whole lifetime. Charles Fillmore, co-founder of Unity Church, suggests that we do forgiveness work every night before we go to bed.

Review your day.

Find places where you have judged another, or felt judged by another.

As an act of your will, offer forgiveness to those who offended you.

Ask for forgiveness of those you might have offended.

Consider using this affirmation: Why is it so easy for me to forgive and be forgiven by everyone?

Or, why are we all so peaceful and free?

Dear One, consider the cost of unforgiveness to yourself and your spiritual growth. If that doesn't inspire you to do forgiveness work, I'll put my money on these wonderful words from Oscar Wilde: *Always forgive your enemies—nothing annoys them so much.*

The genuine, ongoing practice of forgiveness is a way to live without enemies, and that's a joyous way to live.





*Forgiveness is the fragrance that the violet
sheds on the heel that has crushed it.*

Mark Twain

Gratitudes

I am grateful to all my Christian seminary professors who gave me the most remarkable opportunities to practice forgiveness. When they called me a heretic and threw me out, my real life of spirit began.

Thank you to Andrew Lloyd Webber and Tim Rice for making me look closely at the Hebrew Bible story of Joseph and his brothers.

Thank you to the Kabbalistic Rabbis who named the Divine Spark in each one of us. It is an image that has worked for all the faiths represented in my counseling practice. No one argues against a divine spark in each one of us!

Thank you to Barbara DeAngelis who many years ago enumerated the emotional scale so beautifully and simply. This has stood me in good stead for a long, long time.

Thank you to the Anonymous programs for the original acronym for F.E.A.R. In my book, *God's Dictionary*, I gave it an upgrade: F also E ducation A ppearing R eal. This one is a better upgrade than that!

Thank you, once again, to Joel Fotinos for not only publishing my book, but for suggesting a series

like this one to me many years ago. I guess it's been on simmer all these years and is finally coming to birth.

Thank you to Corrie ten Boom for her inspirational example of forgiveness when forgiveness is impossible.

Thank you to brilliant metaphysican Emmet Fox who first introduced me to the idea that true forgiveness means that no forgetting is necessary.

Thank you to all those who work for Peace in the world and throughout time. Their words about forgiveness inspired this book.

Thank you to George Lamsa for his translation of the Holy Bible from the original languages. It surprises me every time I read it.

Most of all, I am grateful for the Divine in all its myriad forms, formats, phases, practices and traditions because that relationship guides all my others.

Be everyday blessed,

A large, bold, black calligraphic character, likely the Chinese character for 'forgiveness' (恕), rendered in a traditional style.A handwritten signature in cursive script that reads 'Susan'.

Further Resources

May I recommend a few random forgiveness resources for your leisurely further perusal?

[When Bad Things Happen to Good People](#) by Harold S. Kushner

[The Practice of the Presence of God](#) by Brother Lawrence of the Resurrection

[The Wounded Healer](#) by Henri Nouwen

[The Art of Forgiving](#) by Lewis B. Smedes

[Forgive and Forget: Healing the Hurts We Don't Deserve \(Plus\)](#) by Lewis B. Smedes

[Feelings Buried Alive Never Die](#) by Karol K. Truman

[The Shack](#) by William P. Young

If I had to advise anyone about forgiveness, it would be very simple. Keep looking till you find a form that works for you. Every time the form you're using gets stale, seek—and find—another one!

You can always make a prayer request on
my website: www.susancorso.com



The Author



Dr. Susan Corso is a spiritual author, speaker, and counselor. An omnifaith minister and the author of *God's Dictionary* (Tarcher/Putnam 2002) and *The Peace Diet*, she has had a spiritual counseling practice for more than 25 years. She has been an intuitive since childhood.

Susan's blogosphere writing may be found at [Seeds for Sanctuary](#), [God's Dictionary](#), [Ode Magazine](#) and [The Huffington Post](#), and [Beliefnet](#). Her website is [SusanCorso.com](#).

One of her favorite occupations is writing spiritual fiction. She is the author of *The Healing Mysteries of Mex Stone* under the pseudonym Shulamith

Burton. The audiobook of the first in the series, [Oklaho-
lahoma! Hex](#), came out in September 2008.

Susan is the founder of Sanctuary and ten-year author/publisher of a free e-newsletter, [Seeds](#). As a professor at the accredited College of Divine Metaphysics, she teaches and ordains ministers.

Susan has been published in magazines, on-line magazines and newsletters including *Business Ethics*, *Beliefnet.com*, *Ode Magazine*, *Science of Mind*, *Napoleon Hill's Think and Grow Rich*, *New York House*, *Q-Spirit*, *Self*, and *Winning Ways*. She is the author of several tape series. Susan also writes for the theatre: *The God Show*, *I Would Never*, *Fight or Flight*, and *PeaceWomen*.

For many years, Susan was an organizational consultant and motivational speaker guiding nuclear scientists as well as entrepreneurs into their life purposes. Some of her former clients include Westinghouse Hanford Company, Mary Kay Cosmetics, Gila River Casinos, and the American Nuclear Society, among many others. Today she functions as Chief Spiritual Officer for corporations.

She lives in one-sixth of a Victorian house outside of Boston, with her beloved spouse, director/actress/teacher Sheriden Thomas, and the spirit of her familiar cat, Charles of the Ritz.

Her mission in life is peace.



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