

THE POWER OF FORGIVENESS

CLAIM YOUR FREEDOM

BY ROBERT & KELLY PASCUZZI



TIME FOR
FORGIVENESS

Our Mission

WE ARE ON A RESCUE MISSION TO
INSPIRE PEOPLE FROM EVERY
COUNTRY IN THE WORLD TO
FORGIVE SOMETHING OR
SOMEONE.

**WELCOME TO THE
FORGIVENESS MOVEMENT.**



“

Our unwillingness to forgive when we've been deeply hurt breeds self-pity and bitterness.

If you will learn and experience God's love and forgiveness through Jesus, you will have no problem in forgiving anyone for anything.

The hurt or injustices you experience will leave scars, but your life will be enriched by the joy of practicing what you have received. (Use it or lose it.) ”

- Charlie 'Tremendous' Jones..

About the Authors



ROBERT PASCUZZI

Robert Pascuzzi is an entrepreneur, film producer, author, husband of 30 years to his wife Kelly, and the father of three boys. His life was shattered due to a crime that impacted him and his family. In the wake of that tragedy, Robert wrote the novel, *The Ravine*, and then co-produced the Hollywood feature film, of the same name. Robert is also the producer and co-cost of the post, *Time For Forgiveness*, bringing a message of forgiveness and hope through compelling guests.



KELLY PASCUZZI

Kelly Pascuzzi Kelly is the co-producer of *The Ravine*, a Hollywood feature film, based on real life experiences. Kelly is also a co-producer on the upcoming grief documentary. Kelly and her husband Robert worked side by side with Bob Proctor - the Chairman of Proctor Gallagher Institute, a legendary human performance expert and star of *The Secret*. Kelly Pascuzzi serves as a leadership and management consultant to individuals and business teams.

Our Promise to You

DECIDING TO FORGIVE IS THE FIRST STEP TO ACHIEVING FREEDOM FROM ANGER, RESENTMENT, AND PAIN.

BY FOLLOWING OUR PROGRAM, YOU WILL FREE YOURSELF FROM THE CANCER OF UNFORGIVENESS THAT PREVENTS YOU FROM LIVING A HAPPY AND FULFILLING LIFE.

BY EMBARKING ON THIS JOURNEY, YOU WILL FIND RENEWED PURPOSE AND JOY IN LIFE.



TIME FOR
FORGIVENESS

Everything changed for us in an instance. Life as we knew it came crashing down and we would never be the same. We were stuck in a space of despair. Over time we were able to begin to change our reaction to the event which shifted the trajectory of our grief journey. It started with the idea of moving our story from trauma to purpose. As the purpose became more important than the pain, our vision of hope and forgiveness began to take wings.

THE EARTH-SHATTERING SHOCK

There are some things that we can never prepare for when life changes in an instant. A decade ago, on a typical weekday morning, my wife Kelly and I received earth-shattering news.

“Kelly, are you alone? I want you to sit down. There’s something I have to tell you.”

It was Kelly’s mother on the other end of the phone. There was something different about her voice, but Kelly didn’t give it much attention. It was mid-morning; Kelly was preoccupied with her own thoughts. She had so much to do that day and she already felt like she was behind.

Kelly told her she was sitting, and her mother paused before saying anything more. Kelly was becoming impatient but, in the silence, she began to worry. What was going on? On the verge of tears, Kelly’s mom finally spoke.

“Kelly, Danny killed Rachel. She’s dead. He murdered her last night, and then he killed himself.”

Kelly struggled to wrap her head around the words she had just heard but she didn’t want to accept them. She couldn’t accept them. She began to argue with her mom.

“You’re wrong. You don’t know what you’re talking about. I just talked with her last night. She was fine. If something was wrong, I would have known. And he would’ve never done that to her. Not the person I knew.”

The shock was overwhelming. It took her over.

The desperation of the situation engulfed her, triggering a release. Words are not adequate to describe the screech that came from inside of her.

Her best friend since childhood – a woman she loved dearly – was brutally murdered by her husband.

I was at the office talking to a client when I saw Kelly was calling. I asked if he could hold for a minute while I answered her call. Before I could put the phone to my ear, I heard a loud scream. I had never heard her like this. She was beyond distraught, and I could barely make out her words.

“Rachel is dead, Bob! She was murdered! And it looks like Danny killed her!”

I was horrified, and my head was spinning.

“What, what are you saying, Kelly?!”

I understood the words she told me, but my mind refused to accept it. My good friend Danny had killed his wife?! There had to be a mistake. This couldn’t be true. I felt sick to my stomach, and I had to sit down.

THE SPIRAL DOWN

My reality and the foundation it was built upon were shaken to their core. I was devastated. But as horrible as I felt, it was even worse for Kelly. Her best friend had been brutally killed and her world was shattered.

A short while later, the complete nightmare revealed itself as we learned the extent of the damage done that night. Our best friends were the victims of a murder/suicide that defied all explanation.

We couldn't fathom how a loving father and husband would suddenly commit such a heinous crime against the ones who loved and trusted him the most in the world. And how had we failed to see even a hint of it coming?

After her friend's death, Kelly was overcome by anger. She felt like God had abandoned her. She couldn't feel or see God's presence and was on the verge of losing faith in God and mankind because of a senseless tragedy.

The guilt was breaking her down. Kelly felt like the weight of the world was on her shoulders. She kept asking herself the same questions over and over. How could she have missed the signs? What if she could have prevented it? Why hadn't Rachael said anything? She felt like she had failed her friend.

Kelly had trouble sleeping at night. She became fixated on her friend's last moments. Haunting images ran through her mind. It was absolute horror because she couldn't get them to stop. She was holding onto anger so tightly. She was dying inside but no one knew.

Kelly became very good at stuffing the emotions of her grief down. Murder and suicide are very difficult conversations. She began to worry about what she would say to people when they'd ask questions. But no one did. Kelly simply wanted the pain to go away. Her silence and silent inner struggles destroyed any hope for progress. She couldn't find her way out.

In my grief, I began looking for the answers to several questions, also. What happened to Danny that night? This act did not represent the husband, father, or friend I thought I knew. How did I miss any signs that may have allowed me to possibly prevent it? Over time it became clear that the answers I was searching for were taken with Danny to his grave.

Kelly and I were stuck in emotions of anger, resentment, and grief. We needed to break out of the self-imposed suffering we had created for ourselves. To do that, we needed to change our mindset. We needed to let go of the overwhelming negative emotions that had taken over our lives – it was time to find a new meaning, and ultimately a new purpose.

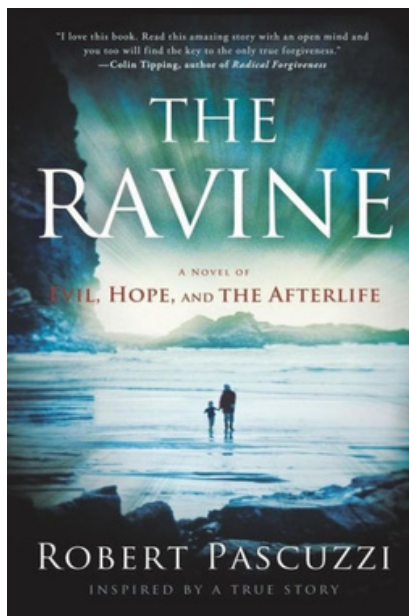


MOVING FORWARD

After many months of suffering, Kelly and I realized that we needed to stop obsessing about the events of that night. We made a decision to start focusing on something we wanted to serve that was greater than ourselves. Our shift away from grief and toward acceptance helped us move forward. By releasing the anger and resentment, it opened the space for us to create a more hopeful vision. We began to see that our new mission was to turn suffering into purpose.

Our purpose became the desire to spread God's universal message of hope and forgiveness by telling our story centered on the redemption and freedom that forgiveness brings. This newfound inspiration led us to write our story in the bestselling novel, **The Ravine**. As rewarding as that was, it wasn't enough. To touch a much greater audience, we undertook the enormous challenge and expense of converting the novel into an award-winning major motion picture by the same name.

Kelly and I are grateful that The Ravine movie has reached tens of thousands of people with the inspiring message surrounding the power of forgiveness. Today, we continue to spread our message not only through the book and film, but additionally through our podcast - [Time for Forgiveness](#).



In 2023, with our studies and in the novel and movie in mind, we launched the podcast called Time For Forgiveness (TFF), a new community spawning from the movie and book, The Ravine. TFF offers free, virtual support in the form of podcasts, moderated group discussions, and community support with others who are seeking their own freedom with the process of forgiveness. Now we offer something even more powerful to help others find the joy of forgiveness: We have created our Forgiveness Guide to provide a practical blueprint for you to navigate your journey to forgiveness.

THE POWER OF FORGIVENESS

We learned and grew from our healing journey. Our journey not only involved moving past the overwhelming anger and pain from that tragedy, it also was a result of what we learned from writing *The Ravine*, the many months producing the film, and launching the forgiveness podcast. We discovered extraordinary lessons about the power of forgiveness, especially when it involves forgiving the unforgiveable. We want to share what we learned in the hope that you too may find forgiveness in your life.

To begin with, our journey taught us that the painful, often tragic moments in our lives that need forgiveness the most are hard enough to cope with without laying extra guilt on ourselves by constantly reliving the events or wondering what we could have done to alter the past. This interminable loop of anger, guilt, and shame only prevents our healing by keeping the pain we feel at the forefront of our thoughts. What controls our experience is not based on the event, it's based on the meaning we give it.

Why should we let this grief and self-recrimination rob us of our future because we can't move beyond the past? We can decide that no matter what we've done or haven't done, or what someone has done to us, we can choose to shift the meaning of what happened to something that serves us. We can make the decision to heal ourselves and move forward.

Our relationship with others can hinder our healing, too, if we allow it. Wouldn't it be wonderful if people always acted the way we wanted them to? It would be easy to remain happy, peaceful, and serene each day. For most of us, though, that's not a realistic picture of life. We can't make our happiness dependent on the approval of others. If someone must act or behave in a certain way for us to be happy, we will always be unhappy. What if we traded our expectations for appreciation, you might find your whole world changes.

Everyone says forgiveness is a lovely idea ... until they are the one who has to forgive!

Consider the last time someone betrayed you, judged you, blamed you, or criticized you? It may have been as recently as today! Can you remember how it felt? Of course you can. It hurt. It angered you. It may have even made you sad. We have all felt the sting of someone else's judgment and accusations. We have also been hurt by what others have done, too.

People often divert blame when experiencing a tragedy. They blame extenuating circumstances or other people to protect themselves. We can even blame ourselves for things we imagine we could have done to prevent something from happening. But is it healthy? NO.

When the news of that terrible morning fifteen years ago sunk in, both Kelly and I found ourselves rationalizing to try to cope with the unthinkable tragedy and to understand what just transpired. Could we have missed something that would have prevented this tragedy? Were we "not good enough friends" to have provided the comfort or support in the lead up to such an emotional and explosive act? Should we have "read the signs" and reached out preemptively?

THE POWER OF FORGIVENESS

Our collective anger was palpable, and we found ourselves in denial of what was right in front of us as we attempted to cope with the thousands of questions swirling in our minds. We had to first understand where our anger was coming from, and then stop denying. And once we finally did, we realized that we needed to begin by forgiving ourselves before we could forgive Danny. It took years, but we found a way. You can too.

Revenge is a recurring theme in many movies, and it is appealing to many people because it can be immediately satisfying. The problem is that revenge is a short-sighted response driven by our wounded ego – it is one of the most destructive behaviors in the world. Blaming others is easier than taking responsibility for ourselves and our happiness. We don't experience life, we experience the life we focus on. While we can't control what others say or do, we can always choose our response to their words and actions.

But how do we do that? By consciously taking control of our thoughts; by replacing negative thoughts with positive thoughts. The meaning we give something controls the emotion we attach to that. God gave us the power of free will, of choice. We begin by watching our thoughts and our language. When we do this, it can be surprising at how much of our mind power we surrender to negativity.

When someone wrongs us, we have a choice. We can let it bother us or we can let it go and forgive them. Is it easy - no. Is it possible - yes. More importantly, forgiveness is essential for our growth and the feeling of freedom that comes from it. Why is this? It's because forgiveness is always about us, not the other person. Yes, forgiveness is selfish ... in the best possible way. It is a freeing concept – it clears our mind of negative thoughts. As we get into the forgiveness habit, it's going to cause everything in our life to grow. Our health, our income, our relationships, our business, and everything else in our life gets better. One of my favorite sayings comes from an extraordinarily wise man by the name of Dr. Wayne Dyer:

"Forgiveness is the most important thing we have to learn on this planet."

Learning is another way to describe attitude – the two words are directly related. Our attitude is the combination of our thoughts, feelings, and actions. This may be a new way of thinking about learning for you. I have discovered real learning comes from getting intellectually involved with an idea. In our case, Kelly and I first needed to decide the idea of forgiveness made sense to us, and that we liked the idea. Then we needed to get emotionally involved with the idea. We had to see ourselves doing it, and that we would like to do it.

Then we needed to act. We needed to demonstrate to ourselves we believed in forgiveness. We had to first forgive ourselves for what happened. From there, we were eventually able to forgive Danny for his actions. The emotional freedom from that supreme act of forgiveness was enormous. And it was the only way we could free ourselves.

THE POWER OF FORGIVENESS

Making the decision to forgive and then acting on that decision is available to all of us. Looking at the bigger picture, the most important decision in life, no matter what happens, is that we're going to live in a state of gratitude. We all feel pain. Suffering happens when we obsess about ourselves. Anger, resentment, and guilt take us out of a state of gratitude. Our hope is that you will be inspired to consider how you could forgive someone or something in your life.

The good news is that time and space give us time to learn. By forgiving just one person, the dominos begin to fall, and it becomes easier to do. On the final page of this workbook, we will give you the opportunity to push those dominos over and "join the movement" a movement toward forgiving.

Make this the moment that you decide to release your pain, anger, and suffering by forgiving.

ARE YOU READY TO BE FREE?

The Four Pillars of Forgiveness



ACCEPTANCE



THE FREEDOM OF
LETTING GO



FIND THE GOOD



MOVING FROM
PAIN TO PURPOSE

PILLAR #1 - ACCEPTANCE

WHAT DO YOU NEED TO ACCEPT IN YOUR LIFE THAT YOU CAN'T CHANGE?

Kelly couldn't change the tragic event, but she eventually learned how to change her response to it and the perpetrator. She put the process of forgiveness into God's Hands. She asked for guidance in moving from a space of resentment and anger to a place of forgiveness and love. If she continued to judge Danny for his murderous actions forever there would have never been a book that affected thousands of people, nor a movie that affected tens of thousands of people. By finding her acceptance, Kelly passed it on to untold others.

What is it that you are finding difficult to accept? Instead of endlessly reviewing our role in this unspeakable tragedy and being angry at what caused it, we needed to accept what had happened as part of God's plan. There was nothing about it that we could change. What if we even saw it as a loving act that could be the start of something meaningful and positive? This was a huge change for us, and it didn't come easily.

Accepting the events as something we could not change was the best thing that could have ever happened to us. It was then we understood we could change the meaning we attach to the tragedy and, more importantly, our response to it.

What in your life do you need to accept? Can you see it as part of God's plan? Are you willing to change the meaning you attach to the event? Can you be open to changing your response to it?

INSIGHT: Accept what has happened and show compassion to yourself and others. When you accept what has happened in a neutral state, that is a form of responsibility. Now you have taken control of your life - you're no longer the victim.

ACTION: Surrender, admit you do not know how to resolve the problem, and you are turning it over. Send love to everyone involved. Love dissolves all negativity. Get rid of your own agenda. Release assigning responsibility to who did what and when – this opens the way for forgiveness. Love your wife. Love your husband. Reciprocate the love you get from others and pass it on. Change the world.

EXERCISE: On the following page, describe in detail something or someone in your life causing you great pain. Be sure to include the emotions you feel associated with this situation. Then, write down what you need to accept in your life that you can't change.

*"As long as a man stands in his own way, everything seems to be in his way."
- Henry David Thoreau*



ACCEPTANCE EXERCISE

Describe in detail something or someone in your life causing you great pain. Be sure to include the emotions you feel associated with this situation.

What do you need to accept in your life that you can't change?



PILLAR #2 - FIND THE GOOD

HAVE YOU FOUND HOW GOOD COULD COME FROM THAT SITUATION?

There's good in everything, even the most difficult situations. The more you look for it, the more you're going to find. Everything happens for a reason and a purpose, and it can serve us if we look for the good.

What prevents us from finding the good? As a culture we have become conditioned to hold a grievance or grudge towards a person who may have done something to you.

But what if we could look beyond that? What awaits us if we release our anger and grievance and look for the positive in a situation? We understand this isn't easy to do. It wasn't for us. Our mentor Bob Proctor had some wise advice for all of us:

"The bigger the bad, then the bigger the good. If we could find the good from our situation, then you can find the good in yours. Look for it. Feel it. Find the good."

What good can you see in your situation? What positive can come out of this for you and everyone else? How can you help make this happen?

INSIGHT: Your focus and your attitude control what you experience. If you have a habit pattern of constantly looking for what is not right with another person or event, that's exactly what you'll find. What you focus on expands. It's what you will attract in your life.

ACTION: Ask yourself, what is good about this person or situation? Even more important, ask what could be good? Make it a habit to tell yourself that "everything is working for my highest good." Then, find evidence that this is true. It will be there if you look for it. This will reinforce this new belief of yours and you will experience more good in your life.

EXERCISE: On the following page, describe what is good about your situation. Then, write down evidence that confirms what you have described is true.

"Our attitude is the environment we carry with us during the day. It proclaims to the world what we think of ourselves and indicates the sort of person we have made up our minds to be. It is the person we will become. How's your attitude today?"

- Bob Proctor



FIND THE GOOD EXERCISE

Describe everything that is good – or that could be good -- about your situation. Provide details in your response.

Ask yourself what this situation can teach you about yourself and your life.

Write down evidence that confirms what you have written is true.

We highly recommend a routine that has served us well for years. A healthy and very effective way to cultivate this new, positive outlook in your life is to start each day with daily prayer and/or meditation. It begins by centering yourself and asking for guidance because new issues will always arise. It's important to focus. Focus on all the gifts you have been freely given, rather than focusing on what you lack. The sense of well-being you get from this practice will be with you all day. Along with that, the extraordinary awareness you receive when your thoughts are centered, and your mind is clear is invaluable. There is good in everything. Find it.



PILLAR #3 - THE FREEDOM OF LETTING GO

HOW WOULD YOU BENEFIT FROM LETTING GO? HOW WOULD YOU FEEL BY LETTING GO?

When confronted with a difficult decision, such as letting go of anger and pain that may have defined us for years, we can feel like it's impossible. We feel like we will never be able to let go, that we will never find the freedom and inner peace we've been desperately seeking. This is not true. The ability to let go and experience the freedom we desire is within us!

Guilt and resentment are two of the most destructive emotions we can experience. Kelly and I were mired in a soup of guilt, anger, and resentment until we decided to let those go and focus on forgiveness. None of us can hold onto thoughts of hate, revenge, and anger and move ahead. Those who are familiar with the practice of muscle testing know the emotions of revenge and anger make us weak. Focusing on thoughts of forgiveness makes us strong.

The reason we can forgive and move on is not because we're completely selfless people. We do it for our own well-being. We do it because we understand it's the only way we can be at peace with ourselves. Forgiveness is a "declaration of love" we make to ourselves. Forgiveness is a critical part of our commitment to prioritize our happiness and well-being no matter what.

Forgiveness is the only way we can move on from grief and pain. We have to accept what happened and let go of the negative, destructive emotions we've been clinging to. It's the only way we can heal ourselves. It's the only way we can experience the freedom we desperately desire.

INSIGHT: Thoughts of anger, hate, guilt, shame, and revenge are low frequency thoughts (vibrations) that keep us from matching up with God. We can choose to let go of thoughts we don't want anymore. We do this by observing and acknowledging the thought, but we don't dwell on it. We then replace a negative thought with a positive thought. We do this because we can't be in a state of gratitude and feel bad at the same time. While this may sound easy to do, many of us may shy away from forgiveness because it brings up feelings of fear, uncertainty, and vulnerability. If this is what you're feeling, it's important to recognize these fears are unfounded, and that we need to move past them to heal.

ACTION: Spend five minutes each day in self-reflection to uncover what thoughts you have that need to be eradicated. Ask for guidance. Specifically, ask "what is no longer serving me?" Write down what surfaces and commit to not allowing old habits of judging, condemning, and criticizing to exist within you. Only in their absence can you be at peace.

EXERCISE: On the following page, describe your negative thoughts that need to be eradicated. What positive thoughts can you put in their place that will benefit you?

"Sometimes you don't feel the weight of something you've been carrying until you feel the weight of its release."

- Author Unknown



LETTING GO EXERCISE

Describe your negative thoughts that need to be eradicated.

What positive thoughts can you put in their place that will benefit you? What emotions do these new thoughts generate within you?



PILLAR #4 - MOVING FROM PAIN TO PURPOSE

HOW COULD YOU MOVE FROM PAIN TO PURPOSE?

In our situation, Kelly and I needed to let go. This gave us the freedom we needed and allowed everything else to fall into place. The overall process, the journey that Kelly and I took, was our healing. We healed by writing a book that explored our capacity to forgive, and by making a movie that illustrated what happened to us when we did. We took it further by creating our online community space and our podcast to share what we went through and to discuss it with others who have experienced the same.

We know the benefits of following this process first-hand. And we know that by implementing these four pillars of action that our daily lives are much better for it. We moved from pain to purpose by making a personal decision and are firm believers that all good things flowed from this willingness to take action.

The beautiful thing about what we teach is that it's so straight forward. More than that, though, is that it's available to everyone who is experiencing grief and pain. If this is calling to you, if you want to heal, we implore you to do the same. Who is the person this situation or event you're dealing with prepared you to become?

Hope is often born out of tragedy and heartache, but it can end with beauty and purpose. When you change how you look at something, the thing you're looking at will change. While we don't wish for traumatic events, the truth is they're life's best teachers.

INSIGHT: One of the most powerful gifts we can give ourselves is to ask God to help us see the situation we're facing the way He does. Recognize that finding purpose in our pain is an essential part of our healing.

ACTION: An important first step is defining the question you can ask to find your purpose. A good example of this would be something like "God of the Universe, what gift would you have me bring?"

EXERCISE: Ask yourself the questions: "What gift can I bring to myself and others? What new purpose am I being called to in my life?"

"Turning pain into purpose means surrendering to the things you can't control while claiming ownership to the things you can."

- Sonia Jahas



FROM PAIN TO PURPOSE EXERCISE

What gift can I bring to myself and others?

What new purpose am I being called to in my life?

On the next page, we invite you to start your own journey. Our intention is to provide you with something that we both wish we had at the tragic beginning of our own Journey: a hand to hold and to help guide you down the path. What's holding you back?



DECLARATION PAGE

Deciding to forgive is the first step to achieving freedom from anger, resentment, and pain. You embark on this journey by signing this declaration. You are also joining a community of people who want to receive the freedom forgiveness brings.

I declare, something hurtful and painful has occurred in my life. The most important decision I'm making is how I choose to respond. I have decided to accept that I cannot change what has happened. I have also decided to forgive people and circumstances surrounding this event. I choose to focus on what I can learn and how I grow from this event.

I now declare my freedom from what is holding me back. I choose to join the forgiveness movement.

I _____

choose to forgive _____

for _____

_____ Date _____ Signature

After signing, use the QR code on the next page to go to our website where you can sign our **"Wall of Forgiveness."** Enter your mailing address and we will send you a TFF bracelet to proudly wear and explain the movement to your friends.



INSTRUCTIONS

- 1) Scan the QR Code which will take you to Forgiveness Wall page on our website.
- 2) Fill out the form to sign the Forgiveness Wall.
- 3) Pay it forward – make family and friends aware of this movement.





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