



# HOFFMAN INSTITUTE

# LIGHT News

AUTUMN 2005

## FAMILIES HEALING IN LOVE

BY ELLIE WEISER

*Almost every day, we at the Institute are privileged to hear extraordinary and inspiring stories from Process Graduates about the changes in their lives and families. We are going to share some of these stories with you over the next few editions of the Light News. This issue contains interviews of two families by Ellie Weiser.*

Ellie completed the Process in July 2005. She is a corporate communications/marketing professional in the health food industry.

In August 2003, the Hoffman Institute's Board of Directors adopted the following resolution as it relates to the Institute's existence: "The Purpose of the Hoffman Institute is to bring forth unconditional love, compassion, presence, and peace in service to humanity and to the light."

Those of us who have been fortunate enough – some might say courageous enough – to complete the Hoffman Quadrinity Process know the truth of these words firsthand. Many of us emerged from the Process having found a uniquely personal, yet profoundly universal understanding and appreciation for ourselves, for the Light within and beyond, for others in our lives, and for humanity at large.

When returning home from the Process, many of us find that those around us can't help but notice our newfound sense of serenity, openness, and ease. Friends, co-workers, and especially family members who previously experienced our negative love patterns often wonder, "How did this happen, and how can I find it!??"

The good news is that more and more of our family members are doing just that. A large percentage of Hoffman Graduates have at least one family member who is a Process Graduate. This collective search for self-awareness and release from the grip of destructive patterns of negative love often results in wonderful changes to each family member and to the family as a whole.

To understand firsthand some of the changes that take place in families, I had the honor of interviewing members of two families in which several people had completed the Process. Each

person's sharing of his/her own personal journey and its impact on the family follows.

**Kevin Young, 49, of New Jersey is the father of four children. He and his two eldest children, Nick (24) and Katie (21), are Hoffman Graduates.** Kevin found his way to the Process this past January, when he sought forgiveness for issues in his marriage. He



*Brother & sister Nick and Katie Young*

felt the need to reconnect with his inner self and to learn to move his life from a place in which he felt stuck. Kevin's daughter, Katie, attended the Process in July and her older brother, Nick, attended in August.

**Ellie Weiser:** Kevin, before doing the Hoffman Process, how did negative love patterns affect your family's dynamic?

How did it change after the Process?

**Kevin:** Before the Hoffman Process, we frequently fell into vicious cycles of expectations, rejection, distrust, invalidation, blaming self and others, anxiety, and so on, around and around, again and again. In the Process, I saw clearly that the forces that shaped the self-defeating and damaging aspects of my thinking, values, and behavior were learned. Doing the Process was like being re-born – I learned I could recycle, and that "I am not my patterns!"

**EW:** Besides recycling, which tools did you take home – how do you use them in your daily life?

**Kevin:** I think about "The River of Life" every time I leave the house. I remember that life is an adventure – full of excitement, *not* anxiety. I listen to "I Am That I Am" twice a week because it keeps me grounded and centered in my essence. Remembering the choice between the Left Road vs. the Right

*Continued on page 2*

Road reminds me that I am responsible for *my own* happiness and no one else's. It's incredible to know that my children now have and use these tools as well.

**EW:** What was it like to consider having Nick and Katie take the Process? Did you have fear about how the family dynamic might change?

**Kevin:** When I signed up, I was literally up against the wall because I had tried other things to find relief but nothing else had helped. After I did the Process, I became aware of infinite possibilities, and what an extraordinary gift it was. I wanted my children to experience this same gift. So, no, I wasn't afraid. I couldn't wait!

**EW:** Katie, you were the next person to do the Process. Did you know what you were getting yourself into?

**Katie:** When my dad got home, I saw dramatic changes in him – he was open, expressive, much more patient with all of us. The new him made me far more confident that I would enjoy, that I could handle it... although if I'm being honest I must say that at the time I didn't think I needed to go.

**EW:** From your perspective, what was the most positive change to happen in you and your family after all three of you completed the Process?

**Katie:** For me personally, it was facing down some of my greatest fears. The Process taught me "we are all of the Light." This gave me a sense of peace, calm, and

*"After I did the Process, I became aware of infinite possibilities, and what an extraordinary gift it was."*

safety that I never felt before. I also look at my father differently – I no longer idolize him. I no longer feel obligated to play the role of the "perfect child." Perhaps most importantly, I un-

derstand why my parents and grandparents did what they did, and now I relate to them without resentment, guilt, or false expectations. We're far more supportive – we actually take the time to talk to each other without judgment. We know we love each other no matter what.

**EW:** Nick, you were the third family member to attend. What got you there?

**Nick:** My family has a history of depression. After my father came home, I was super impressed with his serenity and his new ways of relating with us. My goal going into the Process was to beat the depression and anxiety that followed me perpetually throughout my life. Through my Process work, my negative views of life started to transform. I know how to stop myself from obsessing about the dark things in life and to keep my focus on the positive. This is entirely new for me.

**EW:** Please talk about any changes you have experienced within your family since the three of you completed the Process.

**Nick:** There's been a marked difference in my relationship with my dad, and his attitude towards my younger siblings has become one of more loving support and encouragement as opposed to the negative-style upbringing that Katie and I were exposed to. We now understand that our patterns are not our fault and that they are just patterns. I see that a person with patterns needs love and support from their family to be able to work through the patterns. Before the Process, a pattern in my dad would trigger a negative response in one of us, which only sent each of us further into our patterns! This awareness has changed the way we relate to each other in every moment.

**EW:** Thank you all for your incredible insight and honesty.

**In New England, four members of one lucky family have completed the Process. Hilary Illick and Pierre Valette are married with four children, ages seven to 13. Hilary, who completed the Process in 2000, was the first in her family to attend.**

Having been raised by parents who were on a path of spiritual and psychological growth and healing, Hilary was not unaccustomed to a quest for self-awareness and personal growth. She came to the Process with hopes of learning to love herself as much as she loved others, and as much as she sensed others loved her. Pierre attended the Process in 2004, wanting to confront his "aloofness" and learn to live with less anxiety – a condition that kept him from being fully present in each moment.

Hilary's brother, Christopher Illick, completed the Process in June 2005 after seeing vast changes in how Hilary and Pierre related to each other, to their children, and to others. Prior to attending, Christopher sensed that he lived with an incomplete connection to his happiness. He knew there was joy in his life, but he felt it was somehow inaccessible – buried under layers of patterns and childhood issues.

In July 2005, Christopher's wife, Alison, signed up when post-Process changes to Christopher were undeniable. While Alison had been on a path of self-awareness and spirituality for many years, she knew she could become less tense, more present, and more joyful by challenging her patterns and learning new ways of relating to herself.

I recently had the chance to talk with each of these Hoffman Graduates to learn firsthand what the Process has meant to each and to their family system.

**Ellie:** There seems to be a widespread assumption that people come to the Process only when in crisis mode, but you four seem to have used the Process as a tool to enhance your already content lives. Is that true?

**Pierre:** Yes, for me it is. I wasn't in crisis when I attended the Process, but I was aware of patterns that caused me to "check out" emotionally when things became

# MAKE A DIFFERENCE IN THE WORLD

There is tremendous power and potency in unconditional giving that goes way beyond ordinary commerce. As such, we have intentionally created the Hoffman Institute as a mixed-economy, social-profit organization – we rely on both revenues and gifts.

Simply stated, we seek to integrate core values from the Process – generosity, gratitude, contribution, joy, love, and compassion – into the very structure of the way we do business. Join with us to make a difference in the world.

## HOW YOU CAN CONTRIBUTE

### The Scholarship Fund

The Scholarship Fund began in 1994 out of our Graduates' desire to give back. Scholarships allow diversity in the course room, enabling individuals to take the Process who might otherwise be unable. Each year, we give away over \$150,000 in scholarships.

### Teacher Training & Development

Teacher training is essential to ensuring the high quality experience of the Process. Help us maintain our high standards by supporting our ongoing teacher training and development.

### Research & Development

We are committed to designing the most effective and compassionate programs possible. Staying abreast of cutting-edge research keeps us at the forefront of current knowledge. It is vital to the success of our programs and our ability to make a difference in our students' lives.

### Program for At-Risk Youth

At-risk youth face overwhelming obstacles, which keep them from living their dreams. Through collaboration with New York-based Youth at Risk, the Hoffman Institute is adapting our Hoffman Quadrinity Process for work with high-risk youth. Help us increase the likelihood that these young people will graduate from high school, attend college, and create lives that they love.

### White Sulphur Springs Capital Campaign

The White Sulphur Springs Inn & Spa was graciously donated for the Institute's use and serves as our premier center. The Capital Campaign allows us to upgrade our retreat center so that our students can have the highest quality experience possible. Help us with the beautification of this 40-acre site.

### The Endowment Fund

The Hoffman Institute brings compassion, joy, and vitality to the lives of diverse people around the world. Contribute to the Endowment Fund to ensure that our work continues well into the future.

#### My donation is for:

- \$ \_\_\_\_\_  
 \$10,000  
 \$5,000  
 \$2,500

#### Enclosed is my check for:

- \$1,000  
 \$500  
 \$100  
 \$50

Please make tax-deductible checks payable to The Hoffman Institute.

#### Please charge my credit card: \$ \_\_\_\_\_

- M/C  VISA  AMEX Expires: \_\_\_\_\_

Name on card: \_\_\_\_\_

Account #: \_\_\_\_\_

Signature: \_\_\_\_\_

Address: \_\_\_\_\_

To make your donation over the phone by credit card, call 800/506-5253 ext. 11.

#### Direct my gift to: (✓ all that apply)

- Where it's needed most  
 The Scholarship Fund  
 Teacher Training & Development  
 Research & Development  
 Program for At-Risk Youth  
 White Sulphur Springs Capital Campaign  
 The Endowment Fund

#### Become a Monthly Donor:

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    \_\_\_ Every month until I say stop

Your Name \_\_\_\_\_

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## CEREMONY OF INTEGRATION

*Re-experience the power of the Ceremony of Integration*

*ON THURSDAY NIGHT OF ANY HOFFMAN*

*QUADRINITY PROCESS NEAR YOU. THE 1.5-HOUR*

*GUIDED MEDITATION IS FOLLOWED BY A CELEBRATORY DINNER AND SHARING TIME.*

*(Please note: Parents, spouses & partners of current participants cannot attend.)*

*TO RESERVE YOUR PLACE, call the Institute by the Monday preceding each Ceremony.*

**800/506-5253**

*Cost is \$20 for dinner. Plan to arrive by 4:45 PM.*

*If you plan to stay the night, call White Sulphur Springs – 800/593-8873 – and ask about the 10% Hoffman Graduate lodging discount. ■*

## LOCAL GRADUATE GROUPS

### ARIZONA

#### Phoenix/Scottsdale

Contact Ann Salmon  
98dragons@cox.net  
or Eric Davis  
480/967-7538

### CALIFORNIA

#### North Bay

3<sup>rd</sup> Wednesday, 6:30–9 PM  
Contact Tessa Alburn  
tessa@hoffmaninstitute.org  
415/485-5220 X24

#### East Bay – Women’s Group

Contact Linda Elmer  
linda@energylightyoga.com  
510/381-3094

#### South Bay & Peninsula

Contact Joyce Weissman  
southbayhoffman@yahoo.com  
(email preferred)  
408/268-0242

#### Santa Barbara

Contact Linda Ruffin  
LRuffin4@aol.com  
805/569-6859

#### Los Angeles Area

4<sup>th</sup> Monday (not the last one)  
Contact Roberta Falke  
310/273-5266  
or Joe McCue  
kototama@earthlink.net

#### San Diego (Encinitas)

Meets monthly  
Contact Brian Carvalho  
sdbodyman@cox.net  
858/245-5130

### COLORADO

#### Boulder

1<sup>st</sup> Sunday, 4–6 PM  
Contact Ann Singer  
singerann@comcast.net  
720/565-1947

#### S. Denver

3<sup>rd</sup> Wednesday, 7–9 PM  
Contact Cindy Rold  
cindy@cindyrold.com  
303/734-9776

### CONNECTICUT

Meets monthly  
Contact Ann West  
cellobrations@sbcglobal.net  
203/453-0291

### GEORGIA

#### Atlanta

1<sup>st</sup> Monday  
Contact Michal & Shmuel  
Spiegelman  
m\_spiegelman@yahoo.com  
770/605-8313 (Michal)  
404/457-3300 (Shmuel)

### IDAHO

#### Boise

Contact Andi Saucerman  
andisaucerman@aol.com  
208/345-7096

### ILLINOIS

#### Chicago

2<sup>nd</sup> Monday  
Contact Linda Dean  
creativeessence4@aol.com  
847/328-7904

### KANSAS

#### Kansas City

Contact Crystal Jenkins  
rcrtreat@aol.com  
913/441-0821

### KENTUCKY

#### Louisville

2<sup>nd</sup> Monday, 7–10 PM  
Contact Holman Wilson  
holmanw@insightbb.com  
502/228-1824 (h)  
502/552-6590 (w)

### MAINE

Contact John Kellar  
jkellar@kellarassociates.com  
207/252-5611 or  
617/594-6736

### MARYLAND

#### D.C./S. Baltimore

Meets every other month  
Contact Jody Cutler  
jodycutler@comcast.net  
301/854-3318

### MASSACHUSETTS

#### Boston

1<sup>st</sup> Wednesday  
Contact Madeleine Weinreich  
603/357-2343 or  
Hilary Illick  
hbug@verizon.net

### MICHIGAN

#### Grand Rapids

Contact Lisa Helm  
lhsnickers@netzero.net  
616/696-7244

### MINNESOTA

#### St. Paul/Minneapolis

3<sup>rd</sup> Sunday, 1–3 PM  
Contact Maisie Wolszon  
651/222-6722 or  
Nancy Blasberg  
rocketcoach@comcast.net

### MISSOURI

#### Kansas City

3<sup>rd</sup> Tuesday, 7–9 PM  
Contact Mary Calvillo  
mhc104@sbcglobal.net  
816/587-6824

### MONTANA/WYOMING–SE

Contact Anne Giuliano  
awgiuliano@bresnan.net  
406/896-1667

### NEW HAMPSHIRE/VERMONT

Contact Madeleine Weinreich  
603/357-2343

### NEW YORK CITY

2<sup>nd</sup> Monday  
Contact Jane Wong  
jhwnewyork@excite.com  
212/689-4074

### OREGON

#### Portland

3<sup>rd</sup> Friday  
Contact Brooke Gaab  
brookegaab@aol.com  
503/977-9053

### TENNESSEE

#### Nashville

Contact Scott Weiss  
nashhqp@comcast.net  
615/298-5862

### VIRGINIA

#### Potomac Falls/N. Virginia

1<sup>st</sup> Wednesday  
Contact Emily King  
king\_emily@bah.com  
703/728-4668

### WISCONSIN

#### Madison

3<sup>rd</sup> Thursday  
Contact Kelly MacVittie  
608/293-1639 or  
Beth Kubly  
bkubly@earthlink.net

## HOFFMAN QUADRINITY PROCESS SCHEDULE

### California:

Site in **Napa Valley**  
October 14–21, 2005  
October 28–November 4, 2005  
November 11–18, 2005  
December 2–9, 2005  
December 9–16, 2005  
January 6–13, 2006  
January 20–27, 2006  
February 10–17, 2006  
February 24–March 3, 2006  
March 10–17, 2006  
March 24–31, 2006  
March 31–April 7, 2006  
April 21–28, 2006  
May 5–12, 2006  
May 19–26, 2006  
June 9–16, 2006  
June 23–30, 2006  
July 7–14, 2006  
July 21–28, 2006  
August 4–11, 2006

August 18–25, 2006  
September 8–15, 2006  
September 22–29, 2006  
October 6–13, 2006  
October 13–20, 2006  
November 3–10, 2006  
November 10–17, 2006  
December 1–8, 2006  
December 8–15, 2006

### Massachusetts:

Site in **Sheffield**  
May 12–19, 2006  
July 28 - Aug 4, 2006  
September 8–15, 2006

### Rhode Island:

Site in **Little Compton**  
November 4–11, 2005  
February 17–24, 2006  
November 10–17, 2006

IN COMMUNITY  
WE DISCOVER  
OURSELVES

## Q<sup>2</sup> & TELECLASS SCHEDULES

Q<sup>2</sup>s

California

October 21–23, 2005

(wait list)

February 17–19, 2006

April 7–9, 2006

July 14–16, 2006

September 15–17, 2006

October 20–22, 2006

*Tuition of \$995 includes room (2 nights based on double occupancy), meals, and course materials. Registration is on Friday morning at 9 AM, and the course ends on Sunday afternoon by 5 PM. There is a \$200 non-refundable, non-transferable deposit required to enroll. Call to register, 800/506-5253, or register online at [www.hoffmaninstitute.org](http://www.hoffmaninstitute.org).*

**Next Hoffman TeleClass**  
Nov 9th with Supervising  
Teacher Ed McClune

*Gratitude is an essential element in the circle of life, and your next year's vision is built in part upon its foundation. Join other Process Graduates in this rich TeleClass to savor all the goodness of what you have already created and experienced.*

**When:** Wed., Nov. 9, 2005

**Time:** 4:30 PM Pacific/  
7:30 PM Eastern

**Where:** From any non-cellular  
phone in a quiet location

**Teacher:** Ed McClune

**Tuition:** \$25 (includes special  
toll-free number)

*TeleClasses tend to fill up quickly – don't miss out! Sign up early. You must call to register: 800/506-5253. ■*

## GRADUATE GROUPS – SHARING COMMUNITY

Since the late '80s, Hoffman Graduates have been meeting on an ongoing basis in order to support one another. Over these past 16 years, groups have come and groups have gone; some have lasted a few months, others nearly a decade. Change is inevitable. However, what has lived on are the feelings and bonds those graduates made with each other in their local communities, and the support each person received as well as the personal stretches individual graduates made while participating in their Hoffman communities.

A number of your fellow Graduates convene in larger metropolitan areas, and yet there are also groups that meet in more remote areas, too. (Go Montana-4!) It really doesn't matter as long as there is a leader and a handful of Graduates willing to meet and support one another with their ongoing life journeys.

We encourage you to connect in the Light. Create. Support. Be witnessed. Be heard. Live your Process!

Boston, MA shares:

*The Boston area group meets regularly in Westwood in a wonderful space provided by Graduates Patti Giuliano and Peter Kevorkian. Together, we practice using the tools and take regular journeys into the light. This group is a delightful blend of new Grads and older Grads who learn from and*

*share wisdom with each other.*

*~ Hilary Illick & Maddie Weinreich, Leaders*

Louisville, KY shares:

*This time last year, planning was underway to found the Hoffman Kentucky Community. As we approach our first birthday, we are grateful for how far we have come. We have a core group of very committed Graduates who show up every month, support each other, and conduct programs from the Hoffman manual.*

*~Holman Wilson, Coordinator*

Hoffman Graduate Gatherings are meetings led by volunteer Graduates in order to serve their community, create Light connections, and provide a space for Graduates to convene and share what's in their hearts. The Institute assists by providing program materials that are in line with what you learned at the Process, and which are created by Hoffman Process teachers.

There are currently 28 official gatherings in 23 states. To see if there's a group near you, check out page 4. If you don't see a current listing near you, contact the Graduate department and we'll explore options with you. For the most up-to-date information on groups, please visit our website at [http://www.hoffmaninstitute.org/grad\\_gatherings.html](http://www.hoffmaninstitute.org/grad_gatherings.html). ■

Continued from page 2

too stressful and anxiety producing. At Hoffman, I did a lot of work to first understand, and secondly disconnect from those patterns. Now when I get into a situation where I used to “check out,” I can consciously remind myself to be focused and attentive to those around me. That in itself has changed the nature of my relationships dramatically – especially with Hilary and others in the family.

**Hilary:** I didn’t go to the Process in crisis, but with a desire to change some fundamental patterns. After the Process I noticed how dramatically my role in my family of origin had changed. Instead of acting out the tension or stress that came up in certain situations when my family or origin got together, I found a way to step aside from it. I have found many ways to communicate and even to be an agent of change and healing in my family, particularly in relation to my parents.

**EW:** Did you know going into the Process that your relationship with your parents needed change and healing?

**Hilary:** Not really. But through it I learned to release them from the grudges I didn’t even know I was holding, and I feel unconditional love for them. I’m also aware of *receiving* unconditional love from them.



Hilary, Pierre, Alison (holding Kit), and Christopher

**EW:** Christopher, how do you think having four close family members as Process Graduates will change your family?

**Christopher:** I’m hopeful that since four of us went through it, we’ll continue to connect from that place and hold onto what we each learned. My relationship with each person has deepened because of the shared Hoffman experience. Alison and I fell in love again and I feel more present with our three boys. I do a better job of simply letting them be kids. I have a stronger bond with my sister and Pierre and I expect, with time, that the bond with each will continue to deepen.

**EW:** Alison, how do you think your relationship with your family and others has changed since the Process?

**Alison:** The sense of compassion I felt for everyone during my eight days at Hoffman has carried over to others in my life. When we did certain exercises – like Heart-to-Heart – I felt such deep compassion and I got so clearly that we’re all people on a similar quest – struggling to

feel joy and connection. I couldn’t help but feel intense connection with everyone there and I took that feeling home with me. I see it at work in all my relationships.

**EW:** Besides compassion for others, what’s the most positive change to occur in you after the Process?

**Alison:** My access to spirituality and the spiritual realm. I’ve always had spiritual moments and a spiritual yearning, but I never knew how to deliberately step into the Light. After the Process, I felt so excited because I thought, “Okay, I can do this.” If I want to be in the Light I can make it happen. I put the time in, use the tools, I clear away the dark side messages, and I am in the Light. It’s amazing.

**EW:** It must be incredible to know that three of the most important people in your life have found the Light as well.

**Alison:** I adore living with this awareness and knowing that Christopher, Pierre, and Hilary share it. It’s such a huge gift!

**EW:** Thank you all so much for sharing. ■

*“The sense of compassion I felt for everyone during my eight days at Hoffman has carried over to others in my life. When we did certain exercises – like Heart-to-Heart – I felt such deep compassion and I got so clearly that we’re all people on a similar quest – struggling to feel joy and connection. ...I took that feeling home with me.”*

## HOFFMAN PROCESS FEATURED IN *HEALING LIFESTYLES & SPAS*

Read the insightful and elucidating article, “An Inner Journey,” about the Hoffman Process by Graduate Alison Rose Levy (HQP 04/05). It will be in the November/December issue of *Healing Lifestyles & Spas*, available at your local newsstand on November 1, 2005. ■

## CORRECTION...

The Summer 2005 *Light News* profile of Hoffman Teacher Cynthia Merchant listed an email address that has not been working. To request a copy of Cynthia’s thesis, “Hero’s Journey,” please send an email to CynMerch@aol.com. ■

## HOFFMAN PICNIC & MINI WINNER!

Ashley Pennebaker, who had just completed his Process the Friday before, stayed overnight and attended the annual Hoffman picnic. He had just left the site when his winning ticket was pulled by Hoffman President Raz Ingrasci. Managing Director

Liza Ingrasci had the pleasure of calling Ashley on his cell to tell he him had *won!* Though Ashley was unsure at first that it was really Liza on the phone, the throng

of cheering Hoffman Graduates and their families in the background convinced him to return and claim his beautiful new car.

### *Congratulations, Ashley!*

To everyone else who participated in this year's MINI raffle, please know that the Hoffman Institute is extremely grateful. You



rose to the occasion and bought all 650 tickets – raising an *unprecedented* \$65,000 for the Process Scholarship Fund. *Thank you*, everyone, for your gracious generosity.

**We extend our deep gratitude to Henry and Michelle Schmitt who donated the car for the raffle, courtesy of BMW San Francisco and MINI of San Francisco.**

Again, thanks to all who participated in this fundraiser, and to everyone who joined in the fun and spirit of our annual Hoffman picnic. More than 200 Graduates and their families and friends turned out to enjoy the warm Napa Valley sunshine, connect with each other, swim, eat delicious food, and have lots of fun. ■

## QUADRINITY PRAYER

*Originally written to be used at Graduate meetings as a candle-lighting practice*

Intellect, working so hard on our behalf  
To make sense of the world around us,  
within us.  
Precious and dear,  
May you find calm

Emotional Self, who bears the weight  
Of my hurts: past, present, and imagined  
May you find peace

Physical Self, who walks me through the  
world,  
Sometimes bowed, often strong  
Always under-appreciated

Yet continues to put one foot in front of  
the other  
May we walk on in self-acceptance and  
love

Spirit, lead us into the Light,  
For it is in you that we come to balance,  
And through you that we bring to the  
world  
The gift of who we truly are.

~ Emily King  
Community Facilitator, Sterling VA;  
Process Graduate August, 2004 ■

## EINSTEIN ON COMPASSION

*“A human being is part of the whole called by us ‘universe’ ... a part limited in time and space. He experiences himself, his thoughts and feelings, as separate from the rest – a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty.”*

— Albert Einstein

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*"Tim Laurence's book The Hoffman Process was a joy to read. As a Process graduate, it helped me appreciate my Process in a deeper way. I gave it to friends as an introduction to the Process and it has inspired them to enroll." — A Hoffman Graduate*

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