



HOFFMAN INSTITUTE

LIGHT News

MAY/JUNE 2006



Dr. Brenda Wade is a San Francisco-based clinical psychologist, author, and well-known television personality. Gerald Harris is a senior business consultant with Global Business Network. His non-profit work includes community development, regionalism, environmental policy, and education. Dr. Wade serves on the Hoffman Institute advisory board while Mr. Harris, her husband, serves on the board of directors. Both are graduates of the Hoffman Process.

POWER COUPLE – POWER CHOICES

AN INTERVIEW WITH DR. BRENDA WADE & GERALD HARRIS

INTERVIEWED BY ELLIE WEISER AND STANLEY STEFANCIC

Ellie Weiser: You've each been on a path of spiritual growth and personal healing for some time. What influence did the Process have on your personal development?

Gerald Harris: In my life there's "before the Process" and "after the Process." There was a point some years ago where I saw enough of the rest of the world to challenge some of my own personal assumptions. Then I did the Process, which not only gave me a chance to look at patterns, but also at relationships, and at ways to build change and really get on the path of transformation in a more direct way.

Brenda Wade: I like to say I had done everything known to humankind before I came to the Process. When I came to the Process I thought, "Well, this will be nice, but probably isn't going to pop me through to any new space." The truth is that it did, much to my amazement. I didn't walk out feeling "I have been transformed," but six months later I realized I was doing things in my life that I had never been able, or willing, to do. I got to another level of self-worth by confronting my patterns, confronting my parents, the feelings of abuse from my childhood – my anger and hurt. By confronting more I cleared more space. That space filled up with self-love and self-esteem, which allowed me to stop waiting for permission to work at a higher level.

GH: As you clear out the scar tissue, it gets replaced with something better, and that becomes empowering and enabling.

Stanley Stefancic: How has your personal development and healing affected your relationship with each other?

GH: It was critical that we both did the Process prior to getting married.

BW: I'm sorry, Honey, but the real story is I told Gerald I wouldn't marry him unless he did the Process! Lucky for me, he's a really open person be-

cause when I described what the Process is, his exact words were – and I will never forget them – "That sounds like my idea of hell!" (Laughter)

GH: Brenda said it was like nine years of therapy squeezed into a week. I thought, "Who the hell wants that?" One hour of therapy is enough, much less nine years squeezed into a week.

BW: I loved his answer. It was perfect – "Sounds like my idea of hell!"

GH: Fortunately, it was not. The Process empowered us as individuals and gave us a new language, and skills that help us get through tough times and understand each other on a deeper level.

BW: We call ourselves a "two-Hoffman family." It's been a breakthrough because we can turn to each other and say, "Oh yes, that's the mother pattern coming up," because we have mothers who were very similar. We can identify the symptoms when those patterns are triggered, so we know what we're dealing with.

EW: You have four children, ages 13 to 23. How did your work at the Process affect your relationships with them?

BW: I'm a lot less anxious about my children because I know that if I did anything to screw them up, I can send them to the Hoffman Process. (Laughter)

GH: Just by instinct and by being human, you tend to parent the way your parents parented. When I took a hard look at my mother and significant caregivers, I saw the negative aspects of that parenting and it immediately changed me. It was a revolution in me because there was tons of stuff that I immediately dropped. I'm embarrassed to

*"As you clear out the scar tissue, it gets replaced with something better, and that becomes empowering and enabling."
– Gerald Harris*

Continued from page 1

admit this, but I used to say that fear was a legitimate tool in parenting. That's because that's how I was raised. I now parent from a perspective of love, openness, communication, and possibility versus dominance. It opened up a lot more space for the kids to be themselves, for us to communicate on a deeper level.

BW: Using fear as a tool in parenting goes way back and is an epidemic pattern in the African American community because it's a slavery pattern.

EW: Many ethnic groups – African-Americans, Native-Americans, and Jews – have suffered atrocities. Because our ancestors were traumatized, oppressed, or victimized, they handed down painful emotional legacies from one generation to the next. Brenda, you have studied and written about the emotional legacy that African-Americans experience as a result of slavery and racism.

What can be done to heal people's lives and our world?

"I now parent from a perspective of love, openness, communication, and possibility versus dominance. It opened up a lot more space for the kids to be themselves..."

– Gerald Harris

BW: The first step is to recognize the patterns, to recognize that there really is a legacy. When we wrote *What Momma Couldn't Tell Us About Love*, we couldn't get any Black publishers to publish the book because they all

said, "Slavery? Are you kidding? Slavery has nothing to do with me."

The woman who published our book at HarperCollins Publishers is Jewish. She called me and said, "I want you to know why I am buying this book. I'm Jewish. My family went through the Holocaust. This is the story of my family."

It was so powerful to see before me the universality of what we were talking about. The patterns we carry from centuries of oppression are not the birthright of any one race, religious, or ethnic group – they are shared by many.

GH: There is a chapter in my book that I'm working on, called *Black to the Future*, that is really on this point. I think I've identified at least two patterns that if Black Americans don't get over, it's going to be really tough for us in the future. One of those is seeing oneself as a helpless victim. It has its roots in slavery. But if you stay stuck on that, then it becomes very debilitating.

The second pattern is self-righteousness. It's a way of saying, "Okay, I see myself as being right about history. And therefore, if I'm in that position of knowing, I can now attack you. I can completely emotionally disconnect from you because I am 'right'." The self-righteousness that comes out of that is also quite debilitating.

SS: A lot of self-righteous anger gets repressed and turns

into depression, doesn't it?

BW: The helpless victim being depressed is supported by the statistic that about 80 percent of African American women are estimated to suffer from one or more periods of depression in their lifetime. I don't think it's a conscious pattern that people see themselves as helpless victims – it's under the surface. Once people are aware of feeling like a victim, that's the beginning, I think, of an awareness that leads people out of it. I don't think we can walk up to someone on the street and say, "Do you feel like a helpless victim?" to see if they do. Most people would say, "I feel frustrated; I feel angry."

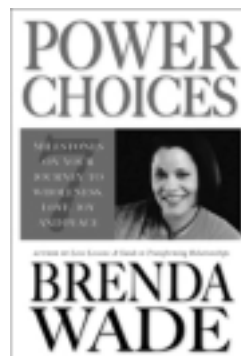
EW: You are both "change agents" who give generously to educational and non-profit organizations. What motivates you and what do you hope to accomplish?

BW: I think being a change-agent is one of the things that can happen when you come from a childhood where there was a lot of striving to overcome challenges.

Continued on page 4



In her new book, *Power Choices – Seven Signposts on Your Journey to Wholeness, Love, Joy and Peace*, Dr. Brenda Wade (with Tamara Jeffries) defines power



choices as "those choices we make when we're awake; when we're conscious; when we're paying attention."

In the book, Wade identifies seven crucial choices and offers practical tools that support each choice – helping us live more consciously, wisely, and with love.

When we hit stumbling blocks, the book's tools help us see life's challenges as opportunities for breakthroughs by showing that each stage of a journey can be full of intention, meaning, and infused with Spirit.

By using myth, legend, and life stories, Wade and Jeffries demonstrate that in every given moment, our choices can move us from victim to victor.

Power Choices (Heartline Productions) is sold online at www.powerchoices.net, or www.docwade.com for \$15 plus shipping and handling.

"Power Choices," Wade's new 90-minute PBS television pledge special, has begun airing in 35 markets across the country. New cities and air dates are being added. Please call your local PBS station to find out the dates in your area, and to pledge your support! ■

FUNDRAISING BULLETIN

CONGRATULATIONS!

2005 was a breakthrough year for the Hoffman Institute Foundation. Through your commitment and support, we were able to extend the healing Light of the Process further than ever before. Thank you one and all!

We would like to extend a special acknowledgement to all who contributed to 2005's Class Scholarship Campaign. You raised more than \$85,000 and provided an invaluable opportunity for those who would otherwise be unable to take part in this life-changing work.

COMING SOON:

3rd Annual Mini Cooper Raffle

Our popular Mini Cooper raffle gets into gear this spring, with thanks once again to our sponsors **Henry and Michelle Schmitt** and **Mini of San Francisco**. The drawing will take place at our Annual Summer Picnic on **Saturday, August 26th** at



White Sulphur Springs. Raffle tickets are limited; only 750 will be sold. All proceeds will support the Hoffman Institute Foundation Scholarship Fund.



Hoffman Online Auction!

If you are interested in volunteering, contributing auction items, or if you have a hot idea, please call Brenda Paulucci at 800/506-5253, ext 11. The Hoffman Auction will include items *from* grads and *for* grads nationwide – a great way to promote the work and services of our graduate community.

Hoffman Goes to Harvard

Through the incredible generosity of board members and Hoffman grads Steve and Joan Belkin, 40 Harvard University students participated in the Hoffman Leadership Path. The full story appears on page 11.

Serving At-risk Youth

The Hoffman Institute Foundation is collaborating with Youth at Risk, a non-profit mentoring organization in New York City, to create a residential intensive for disadvantaged young adults, ages 16–25. The first of these unique intensives will begin this fall, with a group of 15–20 “at-risk” youth. The goal of this collaboration is to increase the likelihood that these young people, who face overwhelming obstacles, will graduate from high school, attend college, and create lives that they love. Funding for the program's first year comes from the Palmer Foundation. ■

Join the Circle of Light

Please accept my gift for the Circle of Light:

- \$5,000+
- \$1,000+
- \$500+
- \$ _____

For gifts of Appreciated Stock or Planned-giving Opportunities, *please call 800/506-5253 ext. 11*

Make an Online Donation on *our secure server at www.hoffmaninstitute.org*

My company offers matching gifts.

For Credit Card Donations, please call 800/506.5253, ext. 11, or complete:

M/C VISA AMEX Exp: _____

Name on card: _____

Acct #: _____

Signature: _____

I want to spread out my contribution:

I will write you a check for \$ _____

Every month for 12 months

Every month until I say stop

Please charge \$ _____ to my credit card

Every month for 12 months

Every month until I say stop

Direct my Gift to:

Where it's needed most

The Scholarship Fund

At-risk Youth & Leadership

White Sulphur Springs Maintenance Fund

Please make tax-deductible checks payable to:

The Hoffman Institute Foundation

1299 Fourth Street, Suite 304

San Rafael, CA 94901

The Hoffman Institute Foundation is a non-profit 501(c)3. All contributions are 100% tax deductible.

Continued from page 2

The striving can lead to an understanding that the striving isn't just for me.

GH: I'm going to be bold and say that it is Brenda's and my purpose in coming together, being born at this time, to be one of the couples/people/groups that makes a contribution that begins the evolution of the Black community to its next level of community growth and consciousness.

The extent that the Black community makes this evolution, it will make contributions to the world community at large. I believe we're going to be called upon in the future to do that.



Brenda Wade and Gerald Harris

BW: I totally agree. I owned maybe 20 years ago that my life is about being of service to the world. I remember once having someone 'put me down' by saying, "You know what's wrong with you? You want to save the whole world." And I said, "Well, yes! What's wrong with that? That *is* what I want."

At the mystical level, we are all one. Any community that achieves deep healing and transformation connects that community with every other community. I think the journey of any oppressed person is the same journey. The tough part is to not get stuck feeling that only my community needs healing. Only my community suffers. We need enough open heartedness to recognize the suffering of all people, and that all people deserve to be lifted out of it.

EW: According to society's standards, both of you are very "successful." Success, however, means different things to different people. How do you define success today, and how has your definition changed since doing the Process?

GH: Years ago I told my son that I thought success was getting a good job. Now I see success as living a life where I can create and contribute my gift to the world in a way that I most enjoy and simultaneously generate

the kind of economic resources I need. In realizing that, I changed my professional life so that I can primarily work for myself.

BW: Regarding success, I have this question that I use as my yardstick: "How far will the light from this endeavor travel?" When I'm making decisions about what projects to take on, or speaking engagements, I ask myself that question.

GH: The only thing that I'm going to add is that success is also about building relationships. To the extent that I am trying to reach my highest level, I'm assisting someone else in doing that. It's not just about me. It's how I contribute to others and how we contribute to each other. So success to me is really building a set of relationships that has that kind of flow. If I have a friend who is working on Jewish issues, how can I contribute to that, or working on educational issues, how can I contribute to that? I believe that if I'm contributing to others, then they'll contribute to me, and that positive flow is what really enables success. It's not about money, or my thing versus everybody else's.

SS: Gerald, as a futurist and strategic planner, what importance do you place on new educational models, such as the Hoffman Process, in giving us access to a better future?

GH: It's on the cutting edge. Education is at a point where the old models don't work any more. "I'm the expert teacher at the front of the room, you're the dumb resource sitting in the chair, and I'm going to pour this into your head and you're going to become smarter." That model has been completely broken down from many angles.

Models where we begin to see a human being who's learning from all different parts of their humanity – spiritual, emotional, physical, intellectual – in addition to learning a different approach to the mind, is critical. I don't believe we'll get to the next level of education without that kind of transformation. Models like the Hoffman Process, that enable the connection between emotions and spirit, can open up more space, heal scars, depression, and low self-esteem that are very damaging to learning.

BW: I work with a lot of teachers in my classes and private practice. Everybody in my family – my mother, my great-grandfather, my sisters, and my daughter – are all

***"Models like the Hoffman Process, that enable the connection between emotions and spirit, can open up more space, heal scars, depression, and low self-esteem that are very damaging to learning."
– Gerald Harris***

Continued on page 10

Fearless Hearts, Songs of Love and Light

Some of the greatest recording artists of our time
- all Hoffman Process grads -
contributed their songs to make this incredible
limited-edition compilation CD. It's moving and inspiring. You will love this music!
Proceeds benefit the Hoffman Scholarship Fund.



Kenny Loggins
*Conviction of
the Heart*



A benefit CD



Bonnie Raitt
Fearless Love



Beth Nielsen
Chapman
Happy Girl



Rodney Crowell
*I Know Love is
All I Need*



Jesse Moore
*You Won't
Be There*



Bill Medley
*I'll Be Here With
You Til Then*

ORDER YOUR CD TODAY!
SEND \$20 PER CD (includes s&h) TO:

Hoffman Institute Foundation
1299 Fourth Street, Suite 304
San Rafael, CA 94901

ORDER WITH CREDIT CARD AT
www.hoffmaninstitute.org

OR CALL 800/506-5253

MAKES A GREAT GIFT!

Michelle Schmitt
The Rose



Anna Wilson
Bus Ride

Rosanne Cash
September When It Comes
(featuring Johnny Cash)



John Denver
Heart to Heart



Brent BecVar
*There is No
Word for Love*

Some 200 Hoffman Process scholarships are awarded each year
by the Hoffman Institute Foundation,
a 501(c)(3) non-profit organization.



CEREMONY OF INTEGRATION

Re-experience the power of the Process at the Ceremony of Integration on the Thursday night of any Hoffman Quadrinity Process near you. The 90-minute visualization is followed by a celebratory dinner, sharing, and the chance for warm connections with Process students, teachers, and graduates.

(Please note: Parents, spouses & partners of current participants may not attend.)

RESERVATIONS ARE REQUIRED!

Please call

the Institute (800/506-5253) by the Monday preceding each Ceremony.

The calendar on page 9 lists upcoming dates and Process locations.

Cost: \$20 for dinner

Time: 4:45 PM.

If you plan to attend the Integration Ceremony in California and would like to spend the night at White Sulphur Springs, please call 800/593-8873 and inquire about the 10% lodging discount for Hoffman Process Graduates. ■

HOFFMAN QUADRINITY PROCESS SCHEDULE

California:

Site in **Napa Valley**

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 10–17, 2006

SHARE THE PROCESS ON MONTHLY INTRO CALLS

The Hoffman Institute presents a wonderful Introductory Call every month for people who want to learn more firsthand about the Process. The call is led by Hoffman Managing Director Liza Ingrasci and a Hoffman Process

teacher.

People who call may ask questions, or simply listen. Hoffman graduates are also invited to join the call and share their experiences. We look forward to speaking with you and your friends. ■

When: First Tuesday of every month at 5:00 PM (Pacific time)

Phone number: 866/322-7998; Password 86157# (Note: you must include the #)

Cost: Free! No RSVP required. Just call in and enter the password

LEADERSHIP PATH AND LEADERSHIP PATH PHASE II

The Leadership Path is designed for people who want to enhance their leadership in all aspects of their lives – relationships, parenting, homemaking, building a business, etc. It is also designed for corporate executives for whom navigating change while generating excellence is the norm. This program is for people who understand the crucial necessity of transforming unproductive modes of thought and behavior into personal excellence.

The Leadership Path includes 10 personalized coaching sessions, the Hoffman Quadrinity Process, and the Q² Graduate Intensive. The personalized coaching sessions are interspersed throughout the Leadership Path program to support the integration of

changes in leading one's life in the most powerful way possible.

The **Leadership Path Phase II** is for graduates and includes 10 personalized coaching sessions and the Q² Graduate Intensive. Generally, both **Leadership Path** and **Leadership Path Phase II** cover a period of six to nine months.

The tuition for **Leadership Path** is \$6,200. The tuition for **Leadership Path Phase II** is \$3,000. The tuition for both covers materials and reading assignments, plus lodging and food for the residential course work.

If you or someone you know is interested in these powerful courses, please call 800/506-5253 or visit our website at www.hoffmaninstitute.org. ■

Q² GRADUATE INTENSIVES FOR 2006

The demand for Q² Graduate Intensives continues to grow. To ensure that everyone with the desire to participate in the Q² in 2006 has the chance to do so, we have added several new Intensives at our California retreat site. The schedule for the remainder of 2006 is as follows:

June 16–18
July 14–16
September 15–17
October 20–22
November 17–19

Register now! The Q² Graduate Intensive is not to be missed. After hearing suggestions from Q² participants, we reinstated small groups, making the Q² more personal and powerful than ever.

Recent Intensive participants tell us that they achieved further personal growth and reinforcement in many areas, including:

- More healing from negative love patterns
- Greater accessibility to joyful, loving relationships
- Greater ability to focus on the things that really matter
- More passion for actions that bring love, compassion, and peace to the world

To register, please call Nancy Coleman or the Graduate Department at 800/506-5253, or register online at www.hoffmaninstitute.org/gradevents.html ■

IN COMMUNITY
WE DISCOVER
OURSELVES

GET TOGETHER WITH OTHER GRADS

After completing the Process, many Hoffman graduates are interested in meeting other grads to celebrate, share experiences, and to make new friends.

Whether you wish to do so on a one-on-one basis or with a group of Hoffman grads, we invite you to create connections with like-minded people who live near you!

- Coffee or tea, anyone?
- Potluck?
- Dinner out?
- Movie night?

One-time events are a perfect way to reach out to your community and to meet others without having to create a lot of structure. Unlike "Graduate Gatherings," which take planning, get-togethers are easy to arrange and don't require a long-term commitment – Whew!

To contact Hoffman graduates in your area, please call 800/506-5253 or email graduates@hoffmaninstitute.org and request a graduate contact list. (All contact lists are confidential, and may not be used for any purpose other than creating Hoffman community.) ■

GRADUATE TELECLASSES

If you haven't yet participated in a Hoffman TeleClass, we encourage you to try one. TeleClasses are a great way to stay connected to your Spirit, deepen your use of the Tools, and connect to greater levels of personal joy. Join the Hoffman teachers on these upcoming TeleClasses.

7 Ways (at least!) to Reconnect with Spirit with Andy Milberg
Thursday, May 18th — 6:00 PM Pacific/9:00 PM Eastern. On this call, you will focus on specific, practical ways to use the Hoffman Tools and other practices to quickly reconnect with Spirit – whenever you remember to remember.

Recycling with Ed McClune
Wednesday, June 14th – 5:00 PM Pacific/8:00 PM Eastern. During this call, you will review your use of Recycling as a means to transform your dark side patterns into positive alternatives that originate from your Spiritual Self.

More TeleClasses will be announced soon.

Each TeleClass is just \$25 (non-transferable/non-refundable). Proceeds benefit the Process Scholarship Fund. Participants are provided with a toll-free phone number to call, which can be accessed from any NON-CELLULAR phone.

NEW! You can now **Register for TeleClasses online!** Please go to www.hoffmaninstitute.org/gradevents.html. It's secure, easy, and quick! If you don't have Internet access, you may register via phone by calling 800/506-5253. Please be prepared to give your credit card information, and to state for which TeleClass and date you are registering. ■

GRADUATE GATHERINGS: LOCAL SUPPORT GROUPS

ARIZONA

Prescott

Contact Devi Razo
devi@hoffmaninstitute.org

CALIFORNIA

Bay-East: Women's Group

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

Bay-South & Peninsula

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

Los Angeles Area

4th Monday of month
Contact Roberta Falke
310/273-5266
or Joe McCue

kototama@earthlink.net

Napa Valley

2nd Tuesday of month
Contact Sonya or Hal Milton
sonyamilton@sbcglobal.net
707/258-0999

Orange County (Costa Mesa)

1st Thursday of month
Contact Brad Axelrad
moto47@aol.com
714/330-4031

San Diego (Encinitas)

Meets monthly
Contact Brian Carvalho
sdbodyman@san.rr.com
858/245-5130

Santa Barbara

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

COLORADO

S. Denver

3rd Wednesday of month
Contact Cindy Rold
cindy@cindyrold.com
303/734-9776

CONNECTICUT

Guilford

Contact Ann West
celoblations@sbcglobal.net
203/453-0291

GEORGIA

Atlanta

1st Monday of month
Contact Michal &
Shmuel Spiegelman
m_spiegelman@yahoo.com
770/605-8313 (Michal)
404/457-3300 (Shmuel)

ILLINOIS

Chicago

2nd Monday of month
Contact Dianne Bischoff
diannebischoff@hotmail.com
847/769-6667

KANSAS

Kansas City-South

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

KENTUCKY

Louisville

2nd Monday of month
Contact Holman Wilson
holmanw@insightbb.com
502/228-1824 (h)
502/552-6590 (w)

MAINE

Contact John Kellar
jkellar@kellarassociates.com
617/594-6736

MARYLAND

D.C./S. Baltimore

Meets every other month
(Please also see Virginia listing)
Contact Kathleen Liparini
kathlip@comcast.net
410/442-0012

MASSACHUSETTS

Boston

1st Wednesday of month
Contact Madeleine Weinreich
603/357-2343 or
Hilary Illick
hbug@verizon.net

MICHIGAN

Eaton Rapids

Contact Pat Pritchard
patpritchard@yahoo.com
616/364-4943

MINNESOTA

St. Paul/Minneapolis

3rd Sunday of month
Contact Maisie Wolszon
651/222-6722 or
Nancy Blasberg
rocketcoach@comcast.net

MISSOURI

Kansas City-North

Regular meetings
Contact Mary Calvillo
mhc104@gmail.com
816/587-6824

MONTANA/WYOMING-SE

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

NEW HAMPSHIRE/VERMONT

Quarterly meetings
Contact Madeleine Weinreich
603/357-2343

NEW YORK CITY

Meets monthly
Contact Jane Wong
jhwnewyork@excite.com
212/689-4074

OREGON

Ashland

2nd Sunday of month
Contact Brenda Brown
541/488-7775 or
Rebecca Hutchison
rhutch@cyberpc.com

Portland

3rd Friday of month
Contact Brooke Gaab
brookegaab@aol.com
503/977-9053

TENNESSEE

Nashville

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

VERMONT

(Please see
New Hampshire listing)

VIRGINIA

Potomac Falls/N. Virginia

1st Wednesday of month
Contact Emily King
king_emily@bah.com
703/728-4668

WISCONSIN

Madison

3rd Thursday of month
Contact Kelly MacVittie
608/293-1639 or
Beth Kubly
bkubly@earthlink.net

HOFFMAN INSTITUTE FOUNDATION

Board of Directors

Myron A. Wick, III, *Chair*

Giles H. Bateman

Joan Belkin

Steve Belkin

Matthew Budd, M.D.

Thomas Driscoll

Jan M. Halloran

Gerald Harris

Liza Ingrasci*

Raz Ingrasci*

William Johnson

Barbara LaTour

Betsy Manchester**

Randy Perkins

Michelle Schmitt

Susanna Thompson

*Executive Management

**Director Emeritus

Advisory Board

Joan Borysenko, Ph.D., *Chair*

Margot Anand

Ward Ashman, Ph.D.

Anat Baniel

Ken Blanchard, Ph.D.

David Bork

Sonia Choquette, Ph.D.

Ken Druck, Ph.D.

William McLeod, M.D.

Ron Meister, Ph.D.

Rev. Hal Milton

Claudio Naranjo, M.D.

Sandra Parker, M.S.W.

Norman Paul, M.D.

Michael Ray, Ph.D.

Kathi Rose-Noble, L.C.S.W.

Rabbi Zalman Schachter-Shalomi

Tony Schwartz

Anne Simon-Wolf, M.S.S.W.

Eileen Sullivan-Leggett, Ph.D.

Siavash Tabrizy, M.F.T., Ph.D.

Barry Taylor, N.D.

Eric Utne

Sirah Vettese, Ph.D.

Brenda Wade, Ph.D.

Joseph Wu, M.D.

HOFFMAN EVENTS CALENDAR

MAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	*Process Intro Call 5 PM 2	3	4	HQP-CA 5	6
7	8	9	10	Ceremony of Integration-CA 11	HQP-MA 12	13
14	15	16	17	Ceremony of Integration-MA 18 T/C: 7 Ways Reconnect w/Spirit 6 PM	HQP-CA 19	20
21	22	23	24	Ceremony of Integration-CA 25	26	27
28	29	30	31			

JUNE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	*Process Intro Call 5 PM 6	7	8	HQP-CA 9	10
11	12	13	T/C Tools: Recycling 5 PM 14	Ceremony of Integration-CA 15	Q ² -CA 16	17
18	19	20	21	Ceremony of Integration-CA 22	HQP-CA 23	24
25	26	27	28	Ceremony of Integration-CA 29	30	

JULY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	HQP-CA 7	8
9	10	*Process Intro Call 5 PM 11	12	Ceremony of Integration-CA 13	Q ² -CA 14	15
16	17	18	19	20	HQP-CA 21	21
23/30	24/31	25	26	Ceremony of Integration-CA 27	HQP-MA 28	29

*Intro calls are a great opportunity for graduates to call in with a friend or family member; more info: page 6.

For Ceremony of Integration information, see page 6.

HQP = Hoffman Quadrinity Process. CA = California site; RI = Rhode Island site; MA = Massachusetts.

Q² = Q² Graduate Intensive.

T/C = TeleClass; see page 7 for more information.

All times indicated are Pacific time. ■

educators. What we're finding is that if you go into the classroom with your patterns, you're going to act them out and project them onto the students. Education is being delivered by human beings that need healing. That's where the Process can transform, at a systemic level, by opening a space for people not to project onto their students; or if you're an administrator, not to project onto the teachers; or if you're a superintendent, not to project onto the people in the district. We have human beings at every level bringing their patterns. Look at this country!

EW: Brenda, please tell us about your new book, *Power Choices: 7 Signposts on Your Journey to Wholeness, Love, Joy and Peace*. How did you come to write it and who is it for?

BW: This is my first book post-Process, and I think that if

*"...at any given moment,
if we're conscious of the
choices we're making, then
where we are on our life's
journey will make sense."*

– Brenda Wade

you compare it to my last two, you'll notice that I've had a breakthrough and I returned to my own roots. I wove mythology, classical myths, and stories into the book. I've always had a great love of those

stories because I think the hero's journey is a wonderful metaphor for what each of us is doing in our lives. But one of the things that is different in this book is that for the first time I talk openly about the abuse in my family without feeling so much shame and embarrassment. I think that's a gift from the Process. That was hard because my mother's still alive. My sisters are still a big part of my life, and to "out" everybody in the book was tough. But I really felt that this was the time to talk about it. Part of my journey is overcoming all that.

The book is based on the idea that at any given moment, if we're conscious of the choices we're making – and that's a very deeply layered process – then where we are on our life's journey will make sense.

The signpost idea is that if we understand the steps to the journey, the journey makes sense. It's like having a map on any journey. If you know where you're going, it's easier to take the next step.

EW: Brenda, you just hosted a PBS pledge special based on *Power Choices* – please tell us about it.

BW: The exciting thing for Gerald and me is that we were able to create the "Power Choices" PBS special together. Around the country the special aired, and will air, in 35 markets, so we are touching a lot of people. One of the history-making parts of this deal is that I'm the first woman of color to ever host a national PBS pledge special.

EW: What other Light-driven work or activities might

we see from each of you in the future?

BW: Gerald's new book will be released at the end of 2006 or early next year, and there's a television series in development that will go with his book that is being cheered on and supported by Harry Belafonte.

I think the most important thing to say about our work is what the Hoffman Process says, that life is a process, and it just keeps unfolding.

GH: I just really want to support the growth and expansion of the Hoffman Institute because I think it has such tremendous potential to contribute to the world as a whole. I'm honored to be a part of it and I want to see it grow and expand. I admire everyone who is involved in it. I think Raz and Liza Ingrasci are Light beings and that what they and others are doing at Hoffman is critical to the world.

BW: I couldn't say it better. I'm honored that you considered talking to us. The Process is such a worthy institution. The more people who get out of their own way, I think that's going to bring about world peace.

EW: Thank you both for all you do and for sharing your Light and Love with the Hoffman community in this way. ■

Love After Love

*The time will come
when, with elation
you will greet yourself arriving
at your own door, in your own mirror
and each will smile at the other's welcome,
and say, sit here. Eat.
You will love again the stranger who was
your self.
Give wine. Give bread. Give back your heart
to itself, to the stranger who has loved you
all your life, whom you ignored
for another, who knows you by heart.
Take down the love letters from the bookshelf,
the photographs, the desperate notes,
peel your own image from the mirror.
Sit. Feast on your life.*

– Derek Wolcott

From "Risking Everything: 110 Poems
of Love and Revelation"

Edited by Roger Housden

2006 HQP TEACHERS' CONFERENCE

Seventeen Process teachers from across the country convened at White Sulphur Springs in February for a five-day conference. The conference began with a reception and dinner for Hoffman teachers and the administrative staff of the Hoffman Institute Foundation. It was a joyous celebration in which the contributions of every employee were acknowledged.

The big highlight of the evening was a surprise presentation to Hoffman teachers (and sisters) **Kani Comstock** and **Barbara Comstock**. Each was presented with a "Bobby Award," a heart-shaped glass crystal statuette originally designed by Bob Hoffman. Kani and Barbara were each recognized for 20 years of continuous service and outstanding contribution to the Hoffman Process and the Institute. Since 1972, only four other



Kani & Barbara get the "Bobby"

"Bobby's" have been awarded.

The central theme of the conference was **Embodiment**, which is the practice of being conscious of the memories and wisdom that live in the body. Just as we learn to understand our emotions and thoughts, we can learn the ways in which our bodies respond to interpersonal, intra-personal, and environmental stimulation to trigger emotions and thoughts. We can also become more conscious of the language of the body; that is, of the ways in which we embody our experiences and our spirituality.

Several practitioners and experts in body-focused disciplines, such as Yoga, Pilates, Somatics, Improvisation, and Chi Gong, led the teachers through exercises and experiences, providing them with greater understanding and advanced learning. ■

HARVARD OFFERS THE HOFFMAN PROCESS

In a pilot program jointly offered by Harvard University's Center for Public Leadership, Kennedy School of Government and the Hoffman Institute, 40 Harvard degree students participated in the "Leadership Path" at the end of March. The program consists of the Hoffman Process, followed by five Leadership Coaching sessions over a two-to-three month period.

While intelligence and skill play vital roles, outstanding leadership also requires a high level of

personal development. Many who attempt to lead find themselves stuck in unproductive patterns of their past. The goal of this exciting collaboration is to promote outstanding leadership, which originates within a person and is expressed into the world.

Heartfelt gratitude goes out to Hoffman Board Members **Steve and Joan Belkin** for their incredible generosity in funding this entire program at Harvard University's Kennedy School of Government. ■

HOFFMAN T-SHIRT DESIGN CONTEST – COMING SOON!

In upcoming weeks we'll put out a call for design submissions for the *1st Annual Hoffman T-shirt Competition!* Let your Spirit Guide help you create a design embodying what the Process means to you! The winning design will become the 2006 Commemorative Hoffman T-shirt, available for sale at WSS, on our website, and at the summer picnic! The winning art-

ist will be featured in an upcoming issue of the LightNews, on our website, and, of course, on the shirt itself. ■





**HOFFMAN
INSTITUTE
FOUNDATION**

1299 Fourth Street

Suite 304

San Rafael

CA 94901

**RETURN SERVICE
REQUESTED**

NON-PROFIT ORG.

U.S. POSTAGE

PAID

Permit 850
San Rafael, CA



The Hoffman Process
By Tim Laurence
\$13.00

*Share
your
knowledge
and experience:*

***Give your friends
a book about the
Hoffman Process***



Journey into Love
By Kani Comstock &
Marisa Thame
\$12.95

To order, call 800/506-5253
or visit our store at www.hoffmaninstitute.org

Hoffman Institute Foundation

1299 Fourth St., Suite 304
San Rafael, CA 94901
Telephone: 800/506-5253
Fax: 415/485-5539
e-mail:
hq@hoffmaninstitute.org
website:
www.hoffmaninstitute.org

MOVED?

If you have recently moved, please send us your current address, phone, fax, and email.
We want to be sure you receive all the latest Hoffman Institute information. ■