



HOFFMAN INSTITUTE LIGHT News

SEPTEMBER/OCTOBER 2006

HARVARD FELLOWS PARTICIPATE IN THE HOFFMAN LEADERSHIP PATH PILOT PROGRAM FOCUSES ON PERSONAL LEADERSHIP DEVELOPMENT

"Here is the deal: learning to be a leader is virtually the same process as becoming an integrated and healthy person... What that means is that when we talk about 'growing leaders' we're inevitably involved in personal stuff, personal transformation."

— Warren Bennis, noted author, Distinguished Professor of Business Administration at the University of Southern California, and chairman of advisory board of the Center for Public Leadership (John F. Kennedy School of Government, Harvard University)

The Center for Public Leadership (CPL) at Harvard's John F. Kennedy School of Government believes that principled public leadership is essential to the common good. The graduate students at the Kennedy School are dedicated to making the world a better place. CPL is committed to making these future leaders more effective.

Through extensive leadership research and education, CPL creates unique opportunities for reflection and discovery for students, scholars, and practitioners from different disciplines, cultures, and nations. CPL promotes a dynamic exchange of ideas and offers innovative programs like "Know Thyself" and "Know Thy Team," where the personal development of the leader is seen as being intrinsically linked to future leadership success.

If you sense that leadership development is important work, you are not alone. A recent survey, "National Leadership Index 2005: A National Study of Confidence in Leadership¹," created by CPL and *U.S. News & World Report*, revealed sobering results:

- "Nearly two-thirds (66%) of Americans agree that we have a leadership crisis in the country today."
- "Nearly three-quarters of Americans (72%) believe that unless the country's leaders improve, the US will decline as a nation."
- "Americans are not confident that their leaders are prepared to lead in a crisis. This view is shared across gender, political parties, geography, and age groups."

(To download CPL's National Leadership Index, go to www.ksg.harvard.edu/leadership/nli.)

This past spring, the Hoffman Institute was invited to contribute to the CPL's innovative leadership program by offering graduate fellows an opportunity to participate in the Hoffman's Leadership Path. In this pilot co-curriculum, 39 Harvard graduate fellows participated in the eight-day Hoffman Process, followed by five Leadership Coaching sessions with their Hoffman teachers.

The Leadership Path is designed for leaders who understand the necessity of transforming unpro-

ductive modes of thought and behavior into personal and professional excellence. It has been said that leadership cannot be taught, but it can be learned. The Leadership Path is designed to move participants into the heart and soul of their intrinsic leadership capabilities where this precious self knowledge becomes accessible.

Those who participated in the Hoffman program represented a broad cross-section of KSG's student population along with others from the schools of Education and Business. Professionally, they included diplomats, politicians, lawyers, U.N. peacekeepers, directors of international agencies, educators, bank directors, and more. Participants came from 15 countries, including Asia, North and South America, Europe and Africa; they represented many races and five major religions and they ranged in age from 25 to 60 years old, with men and women equally represented.



Steve and Joan Belkin, Hoffman-Harvard benefactors.

The CPL/Hoffman Institute relationship began when Betsy Myers, CPL's Executive Director and a 2003 Process graduate, met Hoffman president Raz Ingrasci in February 2005. After several

conversations exploring how Hoffman might contribute to the CPL program, a Hoffman group was formed consisting of Raz Ingrasci, Anne Simon-Wolf (Dean of Faculty), Linda Ruffin (Hoffman teacher/business consultant), and Hoffman Institute Foundation board member Steve Belkin, who is a highly successful Boston-based businessman and a trustee of the Harvard Business School.

The team met for a day in May 2005 with key people at the Kennedy School, including CPL Director David Gergen. The presentation and follow up meetings resulted in an invitation to offer the Process to graduate fellows during Spring Break 2006. The program was presented March 23rd–31st at the

The Leadership Path is designed to move participants into the heart and soul of their intrinsic leadership capabilities where this precious self knowledge becomes accessible.

Trinity Conference Center in Connecticut.

"At CPL we are engaged in discovering how leadership is learned, including people learning about themselves," said Betsy Myers. To become an effective leader we find that people must engage in personal questions like 'Who am I?' 'What should I be doing?' and 'How do I get others to follow me?' Answering these questions involves deep self-inquiry. Leadership is an 'inside-out' job – born not just from the intellect, but from a strong, authentic sense of self in action."

Steve Belkin and his wife Joan, who is also a board member of the Hoffman Institute Foundation, very generously underwrote the cost of the Leadership Path at Harvard as an investment aimed at improving the world by helping KSG students become better leaders. Steve is founder and chairman of Trans National Group, (TNG), a privately held company headquartered in Boston; he is also the principal owner of the NBA's Atlanta Hawks, the



Hoffman teaching staff for Harvard Process, L–R: Raz Ingrassci, Kani Comstock, Linda Hartka-Reiss, Ed McClune, Lisa Wenger, and Anne Simon-Wolf.

NHL's Atlanta Thrashers, and the Philips Arena. In addition he is a trustee of Cornell University. After completing the Hoffman Process in 1991, Mr. Belkin experienced a high degree of transformation resulting in greater personal and business success. He and Bob Hoffman became friends, and ever since he has been an avid supporter of the Process and the Institute.

"Being a graduate of the Harvard Business School, I understand the great intellect that resides there, but intellect needs to be integrated with one's heart and with one's soul in order to create an effective leader," said Steve. "Those who lead from their head and ego are not effective leaders. You either lead from your intellect and ego or from your heart and soul. Those who lead from their heart and soul lead with wisdom – that's why Joan and I are happy to have sponsored the Hoffman program."

Through Joan and Steve, full scholarships were made available for the entire class of participants. Some 60 applications were received, of which 40 applicants were selected, and 39 were available to participate.

The Hoffman teaching team consisted of U.S. teachers Anne Simon-Wolf, Kani Comstock, Raz Ingrassci, Ed McClune, Linda Hartka-Reiss, and Italian teacher Lisa Wenger, who is fluent in English and several other languages.

According to Hoffman President Raz Ingrassci, "The Hoffman Process helps participants reduce emotional reactivity while increasing emotional and spiritual intel-

ligence –leading to greater performance in all areas of life. Every person's leadership challenge is uniquely their own, and the capacity to consistently produce extraordinary results in one's chosen field requires that one's intelligence and skill be joined to self-awareness and deep authenticity. This is what enables the best leaders to consistently make and implement the right decisions in the absence of complete information. The Leadership Path provides participants with access to that place within themselves where that astonishing ability resides, with the guarantee of personal transformation and professional growth."

Participants reported that the Leadership Path greatly augmented their academic experience at Harvard, and that this experience will significantly improve their leadership contribution and their personal lives. Comments included:

"The Hoffman Process has given me a new and unique perspective on what it takes to be a leader. It has taught me how effectiveness comes from having greater love and respect for oneself and others, from being honest and passionate."

"Hoffman helped me identify patterns that get in the way of my becoming the most effective leader possible. Cutting through defenses, Hoffman helped me to identify growth areas and also recognize strengths."

"Yes, it made it much more well-rounded, helping me integrate my intellect with my self as a whole. In addition, it gave me the space to reflect on my experience at Harvard so that I can extract and focus on what is most important."

The Center for Public Leadership has invited the Hoffman Institute to present the Leadership Path again in 2007. Steve and Joan Belkin have again offered to fund the majority of costs with a \$100,000 gift and a \$50,000 matching funds gift. Details on the continuation of this ground-breaking program and research on leadership will be reported in future issues. For additional information, please go to the CPL website at <http://www.ksg.harvard.edu/leadership/>.

References

¹ Pittinsky, T.L., Rosenthal, S.A., Welle, B.A., and Montoya, R.M. (2005). National Leadership Index 2005: A National Study of Confidence in Leadership. Center for Public Leadership, John F. Kennedy School Government, Harvard University.

² CPL Leadership Development Taskforce. (2006). Understanding Leadership Development. Cambridge, Massachusetts: Center for Public Leadership, John F. Kennedy School Government, Harvard University. ■

"Every person's leadership challenge is uniquely their own, and the capacity to consistently produce extraordinary results in one's chosen field requires that one's intelligence and skill be joined to self-awareness and deep authenticity."

— Raz Ingrassci

HEALING A FAMILY, ONE SISTER AT A TIME

Every dollar donated to the Hoffman Institute Scholarship Fund goes directly to support people who want to attend the Process – like three adult sisters from New England who were able to do the Process through the generous support of the fund.

Monica Seggos, 41, was the first of her sisters to complete the Process. As a single mother, she couldn't have done it without scholarship support.

"I've grown so much and have become a far better parent having done the Process. I see my scholarship as a 'gift of love' because it caused the healing of a human being. You can't put a price-tag on that... that's love."

After witnessing change in her sister, Christina Seggos, 38, signed up for the Process in early 2005. "I don't know where my kids or I would be had I not done it," she said. "I was in a very dark place in my life and the

Process taught me how to love myself and how to show up for my kids. I'm eternally grateful to people who donate to the scholarship fund because they make it possible for people like me to get there."

Rose Culver, 40, was the third sister to do the Process. For most of her life, Rose suffered from severe anxiety; she tried talk therapy and energy work, but found only limited relief.

"I can't find the words to adequately thank someone for helping me change my life," Rose said.

After the Process, Rose decided to leave her career in sales to start law school next year.

"When I can, I'll donate to the scholarship fund so others can experience the joy my sis-

ters and I found — everyone deserves at least that," said Rose. ■



Seggos sisters Christina, Rose, and Monica as young children.

Have you put the Hoffman Institute in your will? If so, please let us know – we'd love to thank you!

Email Brenda@hoffmaninstitute.org or call 800/506-5253 x11.

PLANNED GIVING — A NEW WAY TO CONTRIBUTE

The Hoffman Process reaches more people today than ever before, thanks in large part to the generosity of our graduate community.

To ensure the growth and availability of the Process, and so that we may continue to offer the Process to people regardless of their financial standing, the Institute continues to explore ways that graduates can show their support. With the help and guidance of Process graduate and new board member Pete Neuwirth, an actuary with more than 25 years of planned-giving experience, the Institute recently created a **Planned Giving** program.

A planned gift is simple – it is one that you decide to make today that will be received by the Institute in the future. The most common type of planned gift is a bequest that you make in your will, but if you have the financial resources, there are several other planned gifts that can provide the Institute with future support and you with significant tax and retirement benefits.

One example is a Charitable Remainder Trust (CRT). When you set up a CRT, you deposit an amount of stock, bonds, or even real estate into a trust, which

pays a fixed amount back to you either immediately or when you retire.

The financial benefits of such an arrangement are threefold. First, you get an immediate tax deduction for the value of what will eventually go to the Institute. Second, the earnings on the trust accumulate tax-free. And finally, any appreciated assets that you contribute to the trust can be sold without generating any capital gains tax.

There are many other types of planned gifts that can provide similar tax, retirement, and estate planning benefits. Some may be even more appropriate depending on your financial and family situation.

We are very excited to offer this new way of helping graduates benefit themselves while giving back to the Institute. If you are interested in exploring a planned gift, please email Brenda Paulucci, director of development, at brenda@hoffmaninstitute.org, or call Pete Neuwirth directly at 415/733-4139.

To read more about Pete Neuwirth, please turn to page 11. ■

How to Give

To make a donation to the Hoffman Institute, please call Brenda Paulucci at 800/506-5253, ext. 11, or mail your check to the Hoffman Institute Foundation, 1299 Fourth Street, Suite 304, San Rafael, CA 94901. To **donate online**, visit <https://www.hoffmaninstitute.org/donate/contributions.html>. Please designate whether your gift is to the General Fund, Scholarship Fund, Bridge Fund, or Youth At Risk. Thank You.

TEACHER FEATURE: **Ed McClune**

Supervising Process Teacher Ed McClune grew up in Los Angeles, attending Catholic schools, where he developed a deep commitment to helping others. When he was 17, he supervised a Catholic-worker sponsored soup kitchen in downtown L.A. on Sundays. For his service, he was awarded the L.A. Archdiocese and Christian Service award at his high school commencement.

Ed first learned of the Process at a personal growth workshop in 1986, during a challenging period of his life — he was going through a divorce and was the father of two young sons, Adam and Joe.

Of his Process experience, Ed said, “I think the biggest thing I found was self-acceptance, that who I am is enough. The circumstances of my life were still painful, but through the Process I could feel the pain of the divorce, the loneliness of it, and not personalize it. We can’t always change our circumstances, but our circumstances don’t define us. Our Spiritual Self defines us.”

On the last day of Ed’s Process, Bob Hoffman asked, “Why don’t you get a Master’s degree and then come teach?” Ed did just that, earning a Master’s in Counseling Psychology at the University of San Francisco. In 1991, five years after completing the Process, he start-



*Hoffman Supervising Process Teacher
Ed McClune*

ed teacher training.

Reflecting on his experience as a Process teacher, Ed said, “The Process gives me a venue in my life and career in which I stand in my Spiritual Self. So whether I’m working with couples in my private practice or trying to be present to my wife, or my teenage stepsons, I experience being grounded in my Spiritual Self.”

In addition to his work as a Process teacher, Ed is a California-licensed Marriage and Family Therapist in private practice, working with individuals and with couples (his specialty). He is married to Process graduate Leticia Ontiveros-McClune, who has two sons, Phillip (18) and Nicholas (15).

“I have a strong commitment to my own marriage and to helping other couples grow individually and together. As we say in the Process, ‘Be committed

even though you don’t know how to move forward.’ When we are committed, our experience of love can deepen.”

Ed further exhibits his commitment to couples by traveling widely in the U.S. facilitating the Hoffman Relationship Intensive for graduate couples.

Ed and his family live in Sonoma, California, and his private therapy practice is in Marin and Sonoma counties. ■

T-SHIRT DESIGN WINNER: **Buz Olian**

WINNING WORDS! **Buz Olian** Wins Hoffman T-Shirt Design Contest

In March of this year, the Hoffman Institute invited graduates to submit designs for consideration in the Institute’s 1st Annual T-shirt Design Contest.

Grads responded by sending beautiful, hand-drawn and computer-generated designs — each unique and heartfelt — each embodying what the Process means to the artist.



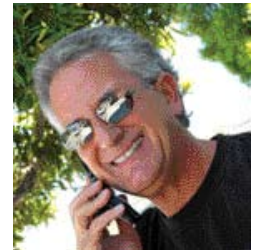
Winning T-shirt design.

During the selection process, each member of the Institute’s office staff cast one vote. The designs were evaluated side by side, but the artists’ names were kept hidden so as not to tip the scales in anyone’s favor.

When all the votes were counted, the winning design belonged to Buz Olian, a 2005 Process graduate from San

Carlos, California!

According to Buz, when he first heard about the contest, he typed the words that made him feel most compassionate and passionate about his Process experience. When he showed his design, which he created in MS Word®, to his ad agency art director friends, they laughed at how basic it was. Buz said, “Clearly, my intention to say what the Process was for me overcame my lack of design expertise because it all came together. I’m honored to have submitted the winning design.”



Buz Olian

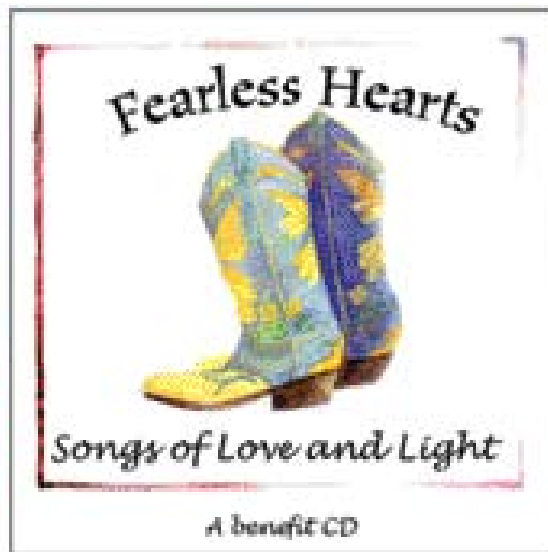
T-shirts with Buz’s design are available for sale for \$20 each. All proceeds benefit the Hoffman Institute Scholarship Fund. To purchase your T-shirt (they make great gifts!), please go to www.hoffmaninstitute.org. ■

Photograph by: Jacob Olian, age 10

LIMITED-EDITION CD — MUSIC BY AWARD-WINNING ARTISTS/HOFFMAN GRADUATES!



*"It was because of the Hoffman Process that I grew to a place where I was capable of seeing the life I was living. Up to that point, I think I was sleepwalking."
— Kenny Loggins*



*"The Hoffman Process has had a wonderful, positive, and transformative affect on my life. I'm glad to be able to share it through the Foundation's wonderful scholarship program."
— Bonnie Raitt*

*GET YOUR CD NOW — Enjoy music that inspires and motivates
A special benefit for the Hoffman Scholarship Fund*

"Fearless Hearts" Artists and Songs



*"The Process lifted a great weight off me, which has not returned these eight years later. My capacity for joy tripled."
— Rosanne Cash*

- | | |
|------------------------------------|--------------------------------------|
| 1. Happy Girl | Beth Nielsen Chapman |
| 2. Fearless Love | Bonnie Raitt |
| 3. I'll Be Here With You 'Til Then | Bill Medley (Righteous Brothers) |
| 4. The Rose | Michelle Schmitt |
| 5. The Bus Ride | Anna Wilson |
| 6. There Isn't Any Word For Love | Brent BecVar |
| 7. You Won't Be There | Jesse Moore |
| 8. Conviction Of The Heart | Kenny Loggins |
| 9. September When It Comes | Rosanne Cash (featuring Johnny Cash) |
| 10. Heart To Heart | John Denver |
| 11. I Know Love Is All I Need | Rodney Crowell |
| ** Bonus Track ** The Living Years | Mike & The Mechanics* |



*"For those seeking a practical pathway to transcendence, the Hoffman tools are like a flashlight, machete, compass, and snakebite kit rolled into one very effective package."
— Rodney Crowell*

Cover Art by Linda Heath

ORDER YOUR CD TODAY!

Send \$20 per CD (includes S&H) to: Hoffman Institute Foundation, 1299 Fourth St. Suite 304, San Rafael, CA 94901

Order with Credit Card at www.hoffmaninstitute.org

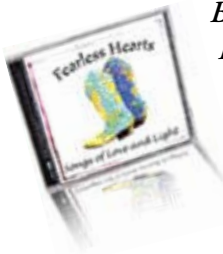
Or Call 800/506-5253

"Fearless Hearts" Makes A Great Gift!

**COMING SOON
— HOFFMAN
STORE**

In upcoming months you can take more of the Process home with you!

We are happy to announce the expansion of the Hoffman Store.



Besides Process-related books, you will soon be able

to purchase beautifully designed Hoffman-specific items including T-shirts, hats, visors, journals, pens, candles, and more!

The items, which will be sold on our website and at

White Sulphur Springs, will make

great gifts and wonderful graduate keepsakes. More information coming soon! ■



HOFFMAN QUADRINITY PROCESS SCHEDULE

California:

Site in **Napa Valley**
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
January 5–12, 2007
January 19–26, 2007
January 26–February 2, 2007
February 9–16, 2007
February 16–23, 2007
March 9–16, 2007
March 23–30, 2007
April 13–20, 2007

April 27–May 4, 2007
May 11–18, 2007
June 1–8, 2007
June 15–22, 2007
June 22–29, 2007

Massachusetts:

Site in **Sheffield**
May 11–18, 2007
July 27–August 3, 2007
September 14–21, 2007

Rhode Island:

Site in **Little Compton**
November 3–10, 2006
February 16–23, 2007

SHARE THE PROCESS ON MONTHLY INTRO CALLS

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

Callers have the chance to ask questions, or simply listen to the discussion. Hoffman graduates are 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 and enter the password

COACHING PROGRAMS FOR GRADUATES

The Hoffman Institute offers expert coaching to Process graduates as a powerful way to catalyze change and transform limiting or obsolete behaviors, thoughts, feelings, and attitudes.

Individual Coaching

Individual coaching, available by phone to all graduates, addresses self-limiting beliefs and behaviors, and can increase your emotional intelligence, productivity, and access to personal joy!

Cost: \$100 per hour. One session or many.

Coaching Series

If you wish to focus on a specific area of your life, the three-session *Vision, Discernment & Action Series* is effective. You choose the topic to work on in this

structured format, and through the use of visioning and discernment of internal messages, you will learn to act in ways that support your vision and lead to greater results in your life.

Choose from: *Relationships, Spirituality, or health and vitality*. Each series includes three individual coaching sessions with a Hoffman teacher of your choice, preparatory work, and visioning and defining exercises to help you take spirit-affirmed action.

Cost: Each series is \$300 (calls are one hour in length).

To learn more about our coaching programs, please call the Institute's Graduate Department. ■

GRADUATE TELECLASSES — FALL LINE-UP

Join a Hoffman TeleClass – Hundreds of grads have found TeleClasses to be insightful and helpful. For a minimal cost and commitment, TeleClasses allow you to reconnect with Process teachings from your home.

Upcoming TeleClasses:

Intimate Relationships: For those currently in a relationship (encore) with Ed McClune — September 20th at 6:00 PM

Up/Down/All Around Elevators with Devi Razo — September 26th at 4:30 PM

Effective Communications with Stanley Stefancic — October 10th at 4:30 PM

Visioning with Ed McClune — October 25th at 5:00 PM

Pattern SOS! with Devi Razo — November 2nd at 4:30 PM

Gratitude Opens to Spirit with Raz Ingrassi — November 15th at 4:30 PM

Each TeleClass is \$25, which is non-transferable/non-refundable. Calls are toll-free and are 1 hour long. Use any non-cellular phone to call. All times listed are Pacific. **Classes fill fast – register now** by phone or online. All registrations *must be received by 3:00 PM the day before each TeleClass.* For online registration, please visit the graduate page of our website. ■

REGISTER EARLY FOR ANY 2006 Q² GRADUATE INTENSIVE AND BE ENTERED TO WIN A FREE MASSAGE!

If you are considering doing a Q² Graduate Intensive in 2006, you now have incentive to register early! The Hoffman Institute has created a raffle drawing for early Q² registrants, in which the winners will receive a free massage by one of the wonderful therapists at White Sulphur Springs. (Each Q² Graduate Intensive will raffle a massage to two people, valued at \$80 each.)

To qualify for the raffle, you must:

- Register for the Q² at least one month in advance of the start date.
- Return your paperwork to us, and

have your balance paid two weeks prior to the start of the course.

If you have already registered for a Q² during the remainder of 2006, you are automatically eligible for the raffle, providing you meet the requirements above.

Upcoming Q² Dates:

September 15–17

October 20–22

November 17–19

To register or to learn more about the early registration raffle, please call Nancy Coleman in the Graduate Department at 800/506-5253, or visit www.hoffmaninstitute.org. ■

SIGN UP FOR OUR THERAPY REFERRAL DATABASE

In order to best serve the Hoffman graduate community, we are currently updating our database of licensed mental health professionals.

If you are a **Hoffman graduate** and you are a *licensed psychiatrist, psychotherapist, or counselor* and you want to be in-

cluded in our referral database, please call or email us with your latest contact and professional information. Please make us aware of any areas that you specialize in, too.

Contact Lillon Bandalin: 800/506-5253 ext. 25 or email lillon@hoffmaninstitute.org. ■

THE HOFFMAN PICNIC WAS MAGICAL!

By the time you read this, the Hoffman Institute's annual picnic will be a great memory for all who were there.

This year's picnic theme was "Carnival," and highlights included the MINI Cooper raffle drawing, Hoffman's very own face painter, a snowcone machine, oversized bowling,

fabulous food, music by talented Hoffman graduates, and a magic show.

To view picnic photos, please visit the Hoffman Institute's beautiful, newly redesigned website: www.hoffmaninstitute.org.

If you weren't able to attend this year's picnic, we hope to see you there in 2007! ■

SELF-GUIDANCE
SELF-DISCOVERY

TAKE THE TOOLS WITH YOU

On the final Friday of the Process, you were given a CD set that many graduates covet because, by listening to them regularly, they stay closely connected to the fundamentals of the Process.

One CD guides you through the Process visualizations, including "River of Life," "I Am That I Am," "Spirit Guided Path," and "Recycling." The other CD contains the Hoffman Tools. By listening to it on a regular basis, tools like Visioning, the Elevator, Dark Side Check, and others will be second nature.

In these hi-tech times, plenty of people download their Hoffman CDs onto their MP3 player, listening while they exercise, travel, or are falling off to sleep. With the Hoffman Tools on your iPod, airline travel will never be the same.

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*To order replacement CDs, visit our online store, [www.hoffmaninstitute.org](http://www.hoffmaninstitute.org). ■*

## GRADUATE GATHERINGS: LOCAL SUPPORT GROUPS

*Graduate Gatherings are a sacred space where graduates come together to share of themselves and to support each other in their Hoffman work.*

Gatherings are currently taking place in the locations below. For details, please visit: <http://www.hoffmaninstitute.org/grad-network/courses/index.html#tc>.

### Arizona

Prescott

### California

Bay – East: Women’s Group  
Chico/Butte County  
Los Angeles Area  
Napa Valley  
Orange County (Costa Mesa)  
San Diego (Encinitas)  
Santa Barbara  
Santa Cruz  
Thousand Oaks  
(Westlake Village)

### Colorado

Aspen  
Denver – South

### Connecticut

Guilford

### Georgia

Atlanta

### Hawaii

Big Island

### Illinois

Chicago

### Kansas

Kansas City – South

### Kentucky

Louisville

### Maryland

D.C./So. Baltimore

### Massachusetts

Boston

### Michigan

Eaton Rapids

### Minnesota

St. Paul/Minneapolis

### Missouri

Kansas City – North

### Nevada

Las Vegas

### New Hampshire/Vermont

Keene, NH

### New York

New York City

### Oregon

Ashland  
Portland

### Virginia

Potomac Falls/N. Virginia

### Wisconsin

Madison

## HOFFMAN INSTITUTE FOUNDATION

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### NEW GROUPS FORMING

There is a gathering now forming in **Yarmouth, Maine**. If you'd like to attend these gatherings, please contact the graduate department, or email [graduates@hoffmaninstitute.org](mailto:graduates@hoffmaninstitute.org).

### CREATE A GATHERING

If you've considered leading fellow Hoffman graduates in continued Tools work, please join our monthly information call, "Introduction to Creating a Gathering," which takes place on the first Wednesday of every month at 4:00 PM Pacific time (Hoffman Process graduates only, please). Call 866/322-7998 and enter code 49361#. This informative call lasts for 45 minutes and is led by the Institute's graduate director, Tessa Alburn.

### GRAD GROUP MAKES A SPLASH!



**O**regon grads recently took the visualization "The River of Life" to heart when this spirited group of grads and friends spent the day rafting down the beautiful Rogue River.

Happy rafters (from left to right) include Ken Crocker, Rebecca Hutchinson, Meg Spinella, Joe Spinella, Rick Sohn, Kani Comstock, Charlie Monroe, and Irmela Eastthorpe.

Watch for future reports – the summer float was such a hit it promises to be an annual event! ■

## HOFFMAN EVENTS CALENDAR

### SEPTEMBER

|                 |                                                               |
|-----------------|---------------------------------------------------------------|
| September 13    | <i>TIC – Vicious Cycles, 5:00 PM</i>                          |
| September 14    | <i>Ceremony of Integration – California and Massachusetts</i> |
| September 15–17 | <i>Q<sup>2</sup> Graduate Intensive – California</i>          |
| September 20    | <i>TIC – Intimate Relationships, 6:00 PM</i>                  |
| September 22–29 | <i>HQP – California</i>                                       |
| September 26    | <i>TIC – Up/Down/All Around Elevators, 4:30 PM</i>            |
| September 28    | <i>Ceremony of Integration – California</i>                   |

### OCTOBER

|               |                                                                |
|---------------|----------------------------------------------------------------|
| October 3     | <i>*Process Intro Call 5 PM: 866/322-7998, password 86157#</i> |
| October 6–13  | <i>HQP – California</i>                                        |
| October 10    | <i>TIC – Effective Communications, 4:30 PM</i>                 |
| October 12    | <i>Ceremony of Integration – California</i>                    |
| October 13–20 | <i>HQP – California</i>                                        |
| October 19    | <i>Ceremony of Integration – California</i>                    |
| October 20–22 | <i>Q<sup>2</sup> Graduate Intensive – California</i>           |
| October 25    | <i>TIC – Visioning, 5 PM</i>                                   |

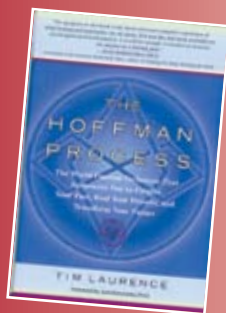
### NOVEMBER

|                |                                                                     |
|----------------|---------------------------------------------------------------------|
| November 2     | <i>TIC – Pattern SOS!, 4:30 PM</i>                                  |
| November 3–10  | <i>HQP – California &amp; Rhode Island</i>                          |
| November 7     | <i>*Process Intro Call, 5:00 PM – 866/322-7998, password 86157#</i> |
| November 9     | <i>Ceremony of Integration – California &amp; Rhode Island</i>      |
| November 10–17 | <i>HQP – California</i>                                             |
| November 15    | <i>TIC – Gratitude Opens to Spirit, 4:30 PM</i>                     |
| November 16    | <i>Ceremony of Integration – California</i>                         |
| November 17–19 | <i>Q<sup>2</sup> Graduate Intensive – California</i>                |

\*Process 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 10  
T/C = TeleClass; see page 7 for more information

HQP = Hoffman Quadrinity Process  
All times indicated are Pacific time

## HOFFMAN-RELATED BOOKS

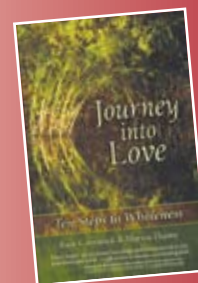


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**Wising Up: Life Without Regrets** by Hal Milton

“Getting Old Ain’t for Wimps.” — Anonymous

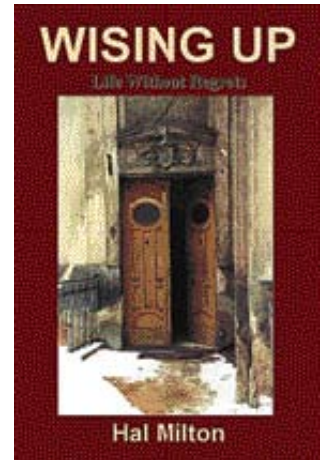
Hoffman Advisory Board Member Hal Milton’s new book, *Wising Up: Life Without Regrets*, leads us through the emotional, mental, and spiritual aspects of aging; namely what happens when our view of our self stays the same but our body goes through major changes, many of them unwelcome — some frightening.

In *Wising Up*, Hal makes the profound distinction between “adding years to our lives” and “adding life to our years.” He explains that people who are willing to examine their personal histories are better equipped to recognize and use the gifts, and accept the challenges presented at every stage of life. He shows that whatever our present circumstance, no matter what our physical changes, the way to personal wholeness is through unwavering self-acceptance — living without self-criticism, blame, or judgment.

Throughout the book, Hal encourages us to redefine ourselves as we move through the aging process. It’s common to spend our younger years “doing more,” “being more,” and “acquiring more” — defining our-

selves by our accomplishments without connecting with who we are in a deeply spiritual way. As the busy-ness falls away and we’re guided less by things outside ourselves, Hal recommends active self-awareness and conscious living as ways to harvest meaning from our past, and to ensure a future defined by growth, richness, and excitement.

Hal Milton is a Unity minister, Hoffman advisory board member, published author, seminar leader, and certified Rolfer. His books *Wising Up*, and *Going Public: A Practical Guide to Developing Charisma*, are sold online at [www.amazon.com](http://www.amazon.com). ■



**LIGHT NEWS STAFF**



*L to R, front: Graduate Director Tessa Alburn, Marketing Director Ellie Weiser, Light News Designer Shawn McAndrew, Hoffman Managing Director and Light News Publisher Liza Ingrasci. Back: Hoffman Teacher & Director of Special Projects Stanley Stefancic, Q<sup>2</sup> Coordinator Nancy Coleman. Missing from photo: Hoffman Teacher and President Raz Ingrasci, and Development Director Brenda Paulucci.*

**POETRY**

**You Are the Future**

*The Book of Pilgrimage, II, 22*

You are the future,  
the red sky before sunrise  
over the fields of time.

You are the cock’s crow when night is done,  
You are the dew and the bells of matins,  
maiden, stranger, mother, death.

You create yourself in ever-changing shapes  
that rise from the stuff of our days —  
unsung, unmourned, undescribed,  
like a forest we never knew.

You are the deep innerness of all things,  
the last word that can never be spoken.  
To each of us you reveal yourself differently:  
to the ship as coastline, to the shore as a ship.

— Rainer Maria Rilke

## PETER NEUWIRTH JOINS THE HOFFMAN INSTITUTE BOARD OF DIRECTORS

**P**eter Neuwirth, an actuary with more than 25 years of pension and post retirement experience, was elected to the Hoffman Institute's Board of Directors in May 2006.

Pete's path to the Institute is Light-filled. After devoting more than 25 years to his career, and achieving great professional success, his personal life faltered and he lost his sense of balance.

When a friend of his wife's suggested the Hoffman Process, he decided to give it a try. "I went in January 2005, and it completely changed my life. What I thought was gone forever – deep meaning and balance, were again at my core. I felt peaceful for the first time in years."

Through his Process visioning exercises, Pete decided to cut back on his working hours. He rejoined Watson Wyatt, a global consulting firm focused on human capital and financial management, as a part-time consul-



*Peter Neuwirth is the newest Hoffman Board member*

tant. This gave him more time for his wife, their young son, and his passions like hiking, biking and chess tournaments. After seeing profound changes in Pete, his wife Tali completed the Process in March 2006.

After Pete did the Q<sup>2</sup> Graduate Intensive in 2006, he contacted Raz Ingrasci, the Institute's president, to offer his help in setting up the Institute's "Planned Giving Program." To learn more about this exciting new way to support the Institute, please go to page 3.

Because of Pete's professional expertise and his unwavering commitment to the Institute's mission and ongoing viability, he was elected to its board in

May 2006.

Welcome Pete — we are lucky to have you!

The November/December *Light News* will feature new board member Stephen Seligman! ■

## CEREMONY OF INTEGRATION: **TIPS FOR ATTENDING**

**T**he Ceremony of Integration is held on the Thursday evening of every Process, wherever in the world a Process is held.

If you are a graduate who has considered attending the ceremony, we encourage you to do so for two important reasons. The first is for yourself — to re-experience Integration, reconnect with Spirit, and renew your commitments. The second reason is to offer support and congratulations to the graduating students. If you know someone in the class, make sure you confirm that they'd like you there before you make travel plans.

The following tips will help you get the most from your experience; at the same time you support the new graduates:

- During the visualization, keep your eyes closed. This will help you stay focused and it will prevent the students from feeling "watched."
- Honor your commitment to confidentiality, so that the students have a truly safe experience.
- Stay for dinner! Enjoy this time to celebrate the grads, make new friends, and reconnect with buddies.
- Stay for the sharing! Sharing with the class about your experiences after the Process is a way to affirm

your own growth and progress, and the students love to hear what life is like "after the Process." Remember to keep your share to just a few minutes, and to speak of things that will be relevant for the students.

In the following situations, it would **NOT** be appropriate to attend the Ceremony of Integration:

- Your spouse/partner/lover is one of the students.
- You are the parent of one of the students.

Remember, you are welcome to attend the Ceremony of Integration! Reservations are required. Please call 800/506-5253 no later than the Monday preceding each ceremony. See the calendar on page 9 for Integration dates.

Cost: Dinner – \$20. Integration Ceremony – Free. Please arrive at the Process site by 4:45 PM. If you'd like to spend the night at White Sulphur Springs, please call 800/593-8873 to receive a "Graduate 10% lodging discount."

Remember to RSVP by the Monday prior to Integration so we can prepare a space for you. See you soon! ■



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Purchase replacement Hoffman CDs (*River of Life*, *Tools*, *Spirit Guided Path*, etc.) by visiting our website:

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CDs are \$20 each plus shipping.

**MOVED?**

If you 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. ■

**Hoffman Institute  
Foundation**

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