



# HOFFMAN INSTITUTE

# LIGHT News

SPRING 2005

*Beth Nielsen Chapman is a renowned singer and songwriter. She has written songs in diverse styles for singers Bonnie Raitt, Emmylou Harris, Neil Diamond, Willie Nelson, Waylon Jennings, Bette Midler, and Trisha Yearwood, and wrote a hit song for Elton John and Faith Hill.*

*During her childhood, she was exposed to a wide variety of cultural influences and musical styles. She loved the music of Gershwin, Cole Porter, Joni Mitchell, Carole King, the Beatles, Stevie Wonder, Motown sound, Jimmy Webb, Rodgers and Hammerstein, and Ella Fitzgerald.*

*Those influences influenced her ability to create a diverse repertoire of music. She developed a pure, powerful songwriting style and a beautifully clear, expressive voice.*

*Her recent album, Hymns, has been a huge success and she has a new album, Look, coming out in June.*

*For more information about songs, albums, and future appearances of Beth, go to her website: [bethnielsenchapman.com](http://bethnielsenchapman.com).*

## RESILIENCE, HOPE, AND GRACE THE MUSIC OF BETH NIELSEN CHAPMAN

**Raz Ingrasci:** Much of your music is about resilience, vulnerability, healing, hope, and grace of life. Do you sit down and try to write about that?

**Beth Nielsen Chapman:** No. Often I hear the sound of the vowels prior to the consonants and I hear the sound of the line before I know what the meaning of the line is. It's a drawing together of all these elements; like the way that sacred music and really well written songs seem to resonate with the voice. I mean, the sound of the tone and the note and the vowels all sort of go together in an amazing way. And the greatest songs ever written all have that character.

**RI:** Are the vowels where the emotional aspect is?

**BNC:** There is actually a connection between the emotion of the music and which vowels resonate the most. I think in a song like "Sand & Water," the way that it repeats three times, "All alone ..., All alone..." It's like this wave that just hits three times. My experience performing that song is that there's always more than one person in the audience who will come up to me afterwards and say: "I haven't been able to grieve since my loved one died."

There's something about that song that just sort of gently pries open that resistance and by the end of the song they're just completely able to get in touch with those feelings.

**RI:** You're writing from your deepest emotional truth.

**BNC:** Well, yes, as much as I can, but I'm actually also writing from a very unconscious, unanalytical place. Actually, the sorrow and loss that I've gone through has perhaps made me more tuned in, in a sense, to a healing vibration. My attempt to get my balance, through songwriting, also resulted in my being a vessel for that sound to come through, creating something that can help others to heal.

**RI:** Well, we all know that there are soothing sounds

and there are antagonizing sounds.

**BNC:** Yes, and it really has an effect on many levels of the etheric field and on down to the skin and bone. I wasn't aware that I was doing that when I was younger. There's a song on my very first album called "Emily" that is about losing a friend. In high school, I actually lost two people in my life. Five years after I wrote it I figured this out. I didn't figure it out at all when I was writing it. I just followed the sound of it. There were two people in my life, two losses, that informed the writing of that song; so this character Emily doesn't really exist as one person. Somehow the loss of two different people combined to somehow make that song gestate within me.

**RI:** Your songs are hopeful and spiritual and full of grace and healing. They're songs of redemption and resilience.

**BNC:** Well, they write themselves that way. I can only imagine that one of the things you can say about loss is that when somebody dies there's every reason to believe that the person's soul and the connection that you have with the spirit of that person can continue. The beauty of the heart is that it just keeps expanding, that there is always space for new love and a place unique to each loved one inside.

**RI:** So, what's happening is that you're writing and singing from a place that is beyond, that's transcendent and can take us to a place that is both greater than the pain and yet includes the pain.

**BNC:** Every single painting I've ever seen, every manifestation of someone's creativity, even if it's not a great painting or not a great song, everywhere that door opens, and what I call divine intervention is allowed through, is where God just presses up through all the resistance that we have. And I think I do use a lot of my skill to write those songs, but the actual raw material of them comes from some-



thing with more wisdom than I can hold in my brain. I don't know how to think that stuff up. I don't think anybody who's creating something that moves a lot of people is doing it alone. It's like standing next to the ocean and the vastness of it. It's all the sadness and it's all the joy and you can just be in wonder of it.

And I think one of the things I pulled through all of the loss was my sense of wonder. It is just ridiculously enhanced. I mean, I walked outside this morning and one of my tulips was blooming and I just about fell over in tears of joy. It really feels corny when you react that way, but it is important to be able to notice it and just stop whatever I'm running around doing and go look at that flower. To me that's also God saying hello. It's comforting to me to feel that music is helping me and helping others and that art does that. God leads us to art as a path to healing. It makes me feel reassured that we're very cared for.

**RI:** There's that line in your song, "Every December Sky": "Sometimes I have to trust what I can't know." It sounds like you try to live it. You did the Hoffman Process eight years ago.

**BNC:** My husband died in '94 and my dear friend Rodney Crowell had done the Process and we were making the record *Sand & Water*, which is a musical account of my journey through grief. I was falling apart throughout the making

***"I had no idea of the extent that (the Process) would change my life and in ways that I didn't even know about."***

of that record and I was difficult to work with. And Rodney stayed so centered and was able to navigate through my mood swings and really stayed steady for me. And after it was all over, one day when I took him to lunch to apologize for how hard I was to work with, he said, "Well, there's this thing I did that really changed my life and maybe you might want to think about doing it." And he told me about the Hoffman Process and he told me how he had found out about it through someone he knew whose voice actually changed from high-pitched to lower and more centered after completing the Process. He said to that person, "I want what you're having. What happened to you?"

And he's a pretty smart guy so I thought, "Well, I'll go do this. Why not?" I had no idea of the extent that it would change my life and in ways that I didn't even know about. I mean, I knew I needed to go and deal with the grief of losing my husband, but through my process I was so busy working on my relationship to my parents and myself, I almost had no time to get to grieving.

**RI:** Yes, in the Process you expand your emotional and your spiritual range so that you can have access to the dimensions of yourself that are big enough to deal with a grief like that. I would imagine that your grief, your

grieving for your husband, Ernest, changed.

**BNC:** It changed and allowed me to let more of it in. I mean, grief is so big. I was married for 15 years and it was so big. It was like standing in front of a boulder. So I had to break it up into smaller pieces and really over a long period of time in different ways I would grieve. And I explain to people that I think of grief as a spiral and you're going up but you don't feel like you're going up 'cause you keep looking out the windows and you're seeing the same thing that you just saw the last time you went around. And so you're thinking, "I'm not getting anywhere," but then you really are so it's just an odd kind of juxtaposition between those two things.

**RI:** We try to do a lot of things with our unwanted emotions so as not to feel them, but this kind of suffering, sometimes referred to as "the dark night of the soul," can be an initiation into the divine. It's where most people come up against something that's so huge they just can't do anything with it. And then to find your way through it and to find that voice within you that is healing and guiding is pretty extraordinary. It's like every moment becomes more present and precious.

**BNC:** Well, it's a gift that I never want to take for granted, and I actually feel like everybody in the world has within them the capacity to find the gift to express that. I feel like there's this invisible hole in the top of our heads, like a spiritual belly button where, if we can allow it, we can work through our grief, and tap into the flow of creativity with all of its infinite possibilities and healing properties.



One of the songs that I think was a direct result of the things I learned at the Hoffman Process is called "Deeper Still" (written with David Wilcox). It's about forgiveness. It says, "To give my life beyond each death from a deeper well of trust, to know that when there's nothing left you will always have what you gave to love."

Even if you love someone and they break your heart or they stomp you flat, at some point later on if you can heal and bring yourself to a place where you can forgive them, and even thank them for the lesson they brought you, for being cracked open and growing through the healing. It's just an amazing way of getting back everything you invested and more. You can't lose by loving someone. It's an amazing dynamic.

Coming through the Process really helped me see that. My mom and I used to have more arguments and buttons got pushed. And after I did the Process she didn't have to change a bit but we have a much better relationship because my relating to her changed without patronizing her or feeling sorry. In fact, I'm able to love her even more. It's because of this ability to relate to her differently and not go down that dark path.

## INTRODUCING LINDA RUFFIN — HOFFMAN QUADRINITY PROCESS TEACHER

Someone who loved me enough to share their courageous journey with me and who held a vision for my healing led me to the Process in 1993. That person was my beloved cousin. The change in him and the healing he experienced was the catalyst for my spirit “being called forth.” I will always be grateful that I found my spiritual self and peace.

Learning to hear my spirit's voice has been a journey as well. Sometimes it is a still small voice or a thought that passes over me. Sometimes it is a dream or a feeling in my body that says something isn't right. Sometimes it's a “2 by 4” I can't ignore.

I now recognize the “messenger” more readily having cleared out the patterns I learned about not listening to my inner wisdom and body. I've also had patterns around listening to “outside” influences and not my own voice.

One of the outsiders, who portrays itself as an insider, is my dark side. This voice is most insidious as it sounds like an internal messenger and so convincingly communicates its position on what I should do and feel about my path. So how do I know when it is my dark side or it is my spirit? If the message is about avoidance, the past, disbelief in possibilities, fear and suffering, it's definitely my dark side. Time for the bat and pillow! After I recycle, I can hear my spirit's voice more readily.

I have come to trust that my spirit always leads me to goodness and grace. The calls, urges, and guideposts are there, even when I don't pay attention. One of the clear callings I have received was to become a Process teacher.

Teaching the Process is a synergistic journey with a team of the most amazing individuals I have ever worked with. To me, being a teacher is also about love (the Quadrinity Definition of Love: “The rendering of emotional goodness to myself first and then to others”), I get to presence myself fully as a teacher. It requires me to be a life-long learner and to use the tools in service of my life's vision and continue to transform the negative patterns in my own life. I then have the great privilege of witnessing and guiding the holy work of others who are finding their way back to themselves and to their heart's desire.

One of my lifelong heart's desires has been



to be a mother. In suffering many miscarriages, before and after the Process, I thought that my quest for motherhood was misunderstood and was to be replaced with teacherhood. (NOTE: a red flag – dark side messages can be about giving up on your heart's desire, or, you can't have what you really want.) The call to have a baby was back and it was loud and clear, so off to the Q2 I went to USE THE TOOLS. The dark side had a lot to say about trusting the universe to provide and my body to carry a child. Thus, a long list of patterns to work on accompanied the clarity of my vision.

The short version of my miracle story is that my husband and I have a beautiful baby named Johnny who now calls me “mommy.” As I sing the song, “This Little Light of Mine, I'm Gonna Let it Shine”, we smile as we validate each of our lights within.

Contentment and peace have been contrasted with grief and pain along my journey. I am grateful for the tapestry of many colors this has sown for it seems now that without the black, woven next to the gold, there would be no glitter when the LIGHT shines.

Today my spiritual self calls to me, “Keep listening, I am here and I will guide you.”

**Biographical Background: Linda Ruffin**

I grew up in a military family and moved 10 times. After graduating from high school, I had the unique opportunity to travel and perform with Up With People (an international leadership and community service organization). We lived with host families in 100 cities throughout the U.S., Canada, and Europe.

My professional career in human resources and recruiting began at the American Express Company in Phoenix, Arizona. I then worked for a private college in Vermont as their public relations and marketing director before being recruited to Los Angeles to direct the recruiting for the Presidential/Key Executive MBA program at Pepperdine University's School of Business and Management. In 1990, I started my own executive search firm called Opportunities Plus. We provide a unique added-value service to our clients, which includes a transition workshop and coaching for the executives we place and their new teams. I am also a public speaker, career consultant, and coach. ■

***Teaching the Process... requires me to be a life-long learner and to use the tools in service of my life's vision and continue to transform the negative patterns in my own life. I then have the great privilege of witnessing and guiding the holy work of others who are finding their way back to themselves and to their heart's desire.***

## HQP TEACHER'S CONFERENCE

*"In oneself lies the whole world and if you know how to look and learn, then the door is there and the key is in your hand."*

— J. Krishnamurti

The Hoffman Institute is a "community of commitment." At their meeting in August 2003, the Board of Trustees of the Institute adopted the following resolution:

"The Purpose of the Hoffman Institute is to bring forth unconditional love, compassionate presence, and peace in service to humanity and to the Light."

In order to manifest our "purpose" and be true to our commitment to personal growth and excellence, our teachers continue to deepen their knowledge of themselves, the dynamics of personal growth and transformation, and the Process.

Led by Dean of Faculty Anne Simon-Wolf, Midwest and East Coast teachers Jane Biondi, Cheshta and Ginger Buckley, Linda Hartka-Reiss, and Aita Passmore came together for two days to study and share in a most glorious setting in Maine at the F. Holland Day Foundation for Creativity and Healing. Hoffman Institute Board Member Dr. Matt Budd and his wife Rosalind hosted the conference at their retreat center, affectionately known as the "Chalet." It provided a beautiful and inspiring learning and sharing environment.

The focus of the conference was an exploration and examination of the complex dynamics of "transference" and "counter

transference." Transference and counter transference are about self-deception. Transference can be positive or negative. We can idealize another person or we can diminish them. Transference occurs when we transfer experiences and emotions from past relationships, usually with parents, onto present relationships.

Counter transference can occur when we are recipients of transference and we react to the other person's behavior or attitudes.

In the Hoffman Process, teachers engage empathically with students, utilizing their knowledge, skill, and understanding to foster the healing and growth of students. Teachers must maintain a positive relationship to student negative love behavior.

Conference discussions were inspired by an informative, provocative book published by The Arbing Institute, *Leadership and Self-Deception*. Matt Budd presented a talk on linguistic communication and creativity based on his book *You Are What You Say*. We highly recommend both books to Graduates.

West Coast Teachers will meet at White Sulphur Springs in the near future. ■

*For more information about the F. Holland Day Foundation for Creativity and Healing, go to [www.fhollanddaycenter.org](http://www.fhollanddaycenter.org).*

## BOARD OF DIRECTORS TRANSITIONS

At its meeting in January, the Hoffman Institute Board of Directors elected two outstanding individuals: Barbara LaTour and Randy Perkins.

Barbara brings a wealth of experience in the areas of human resources, strategic planning, and the development and implementation of skills assessment systems. She has been involved in assessing our Leadership Path Program and effective ways to promote it. Until her retirement, she was senior vice president—worldwide human resources, quality and assessment of Adecco Management Consulting.

Randy is a visionary business leader who is currently president of Perkins Financial and Insurance Services, Inc. He brings a wealth of skills in all aspects of marketing, fundraising, and corporate development.

The board expressed its gratitude to outgoing board member Tom LaTour for his years of support, service, and for sharing his wisdom and expertise.

The growth and success of the Institute have been guided by its deeply committed and outstanding board members. ■

## HOFFMAN INSTITUTE

### Board of Directors

Myron A. Wick, III, *Chair*

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HOT



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*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.

## GRADUATE GATHERINGS: LOCAL SUPPORT GROUPS

### **Arizona**

#### **Phoenix/Scottsdale**

Contact Ann Salmon  
t.p.salmon@att.net  
or Eric Davis  
480/967-7538

### **California**

#### **East Bay**

Contact Linda Elmer  
510/381-3094 or  
Brett Sharenow  
hoffmangrads@broadscope.com

#### **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 of the month  
Contact Roberta Falke  
310/273-5266  
or Joe McCue  
kototama@earthlink.net

#### **Orange County**

2<sup>nd</sup> Sunday of the month  
Contact Mike Sullivan  
mike@mjs1.com  
949/645-3005

#### **San Diego Area**

2<sup>nd</sup> Thursday of the month  
Contact Pamela Yates  
pj\_yates@yahoo.com  
619/227-9011

### **Colorado**

#### **Boulder**

1<sup>st</sup> Sunday of the month  
4:00 - 6:00 PM  
Contact Ann Singer  
asinger912@aol.com  
720/565-1947

### **Georgia**

#### **Atlanta**

1<sup>st</sup> Monday of the month  
Contact Michal or 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 of the month  
Contact Linda Dean  
creativeessence4@aol.com  
847/328-7904

### **Kansas**

#### **Kansas City**

Contact Crystal Jenkins  
rcrettreat@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**

1<sup>st</sup> Friday of the month  
7-9 PM (6 PM potluck)  
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**

Contact Madeleine Weinreich  
607/357-2343 or  
Hilary Illick  
hbug@verizon.net

### **Michigan**

#### **Birmingham**

Contact Jeff Warsaw  
jeffreyjay@prodigy.net  
248/645-9293

#### **Grand Rapids**

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

### **Minnesota**

#### **St. Paul/Minneapolis**

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

### **Missouri**

#### **Kansas City**

Monthly  
Contact Mary Calvillo  
mhc104@kc.rr.com  
816/665-8820

### **Montana/Wyoming-SE**

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

### **New Hampshire/Vermont**

Contact Madeleine Weinreich  
603/357-2343

### **New York City**

Contact Jane Wong  
for email of monthly events  
jhwnewyork@excite.com  
212/689-4074

### **Oregon**

#### **Bend**

Contact Karla Becker  
kbecker@bendbroadband.com  
541/318-5790

#### **Portland**

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

### **Tennessee**

#### **Nashville**

1<sup>st</sup> Monday of the month  
6:30 - 8:30 PM  
Contact Scott Weiss  
nashhqp@comcast.net  
615/298-5862

### **Texas**

#### **San Antonio/Austin**

Contact Duberly Mazuelos  
duberly.mazuelos@freescall.com  
512/581-7458

### **Wisconsin**

#### **Madison**

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



## CEREMONY OF INTEGRATION

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*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 and ask about the 10% Hoffman Graduate lodging discount. ■*

## HOFFMAN QUADRINITY PROCESS SCHEDULE

### California:

Site in **Napa Valley**  
May 13–20, 2005  
June 3–10, 2005  
June 10–17, 2005  
July 8–15, 2005  
July 22–29, 2005  
August 5–12, 2005  
August 19–26, 2005  
September 9–16, 2005  
September 30–October 7, 2005  
October 14–21, 2005  
October 28–November 4, 2005  
November 11–18, 2005  
December 2–9, 2005  
December 9–16, 2005

### Massachusetts:

Site in **Sheffield**  
May 13–20, 2005  
July 15–22, 2005  
September 23–30, 2005

### Rhode Island:

Site in **Little Compton**  
November 4–11, 2005

### Wisconsin:

Site in **Madison**  
June 17–24, 2005  
October 28–November 4, 2005

Enroll by August 1st to save on tuition for any 2005 Process date.

## LEADERSHIP PATH & PHASE II

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Tuition is \$6,200 and includes participation in the HQP and Q<sup>2</sup> Advanced Course, plus

Leadership Coaching (10 session minimum).

**For Graduates, Leadership Path Phase II** is a powerful and effective method to support you in fully implementing the transformational learning of the HQP into your daily life. Leadership Coaching emphasizes developing and realizing your personal and professional visions.

It includes 10 Leadership Coaching sessions by telephone and the Q<sup>2</sup> Advanced Course.

Tuition of \$3,000 includes materials, reading assignments, lodging, and food. ■

*If you know someone who may be interested in these powerful new courses, please give them our phone number, 800/506-5253, or suggest they visit our website at [www.hoffmaninstitute.org](http://www.hoffmaninstitute.org).*

## CREATING A GATHERING: LEADING FROM SPIRIT

**\*NEW\*** INFORMATIONAL CONFERENCE CALL FOR GRADUATES WHO WANT TO LEAD

If you are someone who thinks you could step up to lead a group of fellow Hoffmanites in your local area, we want you to join us on our *Intro to Creating a Gathering* call. This new telephonic conference takes place the first Wednesday of each month, beginning at 4:00 PM Pacific Time. The call is free to you, and is led by our Graduate Director, or another member of our Hoffman Team.

What: Introduction to What it Takes to Begin a Local Graduate Gathering

Who should attend: Graduates who are interested in leading (or co-leading) Graduate Gatherings

When: First Wednesday of the month – 4 PM Pacific Time (7 PM Eastern)

How: Call this toll free number: 866/322-7998 and enter the code: 72410511#

What will be discussed: Overview of Graduate Gatherings and their roots; what the commitment looks like; determining if this is really for you; what the Institute's intentions are, and how we support new and on-going gatherings; touching on the basic principles of Gatherings, leadership of same, and creating sacred "space"; and types of Gatherings. ■

## PROCESS TUITION INCREASE – AUGUST 1ST

We have been reluctant to increase the tuition of the Hoffman Quadrinity Process (HQP) and the Q<sup>2</sup> Advanced Course because we are committed to making the Process accessible to as many people as possible regardless of their economic circumstances.

Revenue from Process tuition contributes only 80% of the Institute's operating costs. The Institute, as a tax-exempt non-profit, raises the remaining 20% through tax-deductible contributions from Graduates and foundations.

Food and lodging costs have increased, and additional value-added services continue to be added to the Quadrinity Process and the Q<sup>2</sup>.

**Beginning August 1, 2005** the tuition

for the Hoffman Quadrinity Process will be \$3,600 (a \$200 increase). However, people who register with a \$500 deposit before August 1<sup>st</sup> for **any Quadrinity Process in 2005 can do so at the current rate of \$3,400.**

Our intention is to continue making the HQP accessible and affordable to all interested people. Payment plans, scholarship support, and a \$200 discount for registration of 30 or more days in advance will continue to be offered.

Please urge your friends or family members who are interested in participating in the Quadrinity Process to register now! See page 8 for Process dates. ■

## Q2 GRADUATE INTENSIVE SCHEDULE

### California (St. Helena in the Napa Valley)

July 15–17, 2005  
September 16–18, 2005  
October 21–23, 2005

### Wisconsin (Madison at the University of Wisconsin)

May 13–15, 2005

### Virginia

June 17–19, 2005 (course is full)

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 visit us online at [www.hoffmaninstitute.org](http://www.hoffmaninstitute.org). ■

## TELECLASSES

TeleClasses are a terrific way to connect to the Light, and deepen your use of the Tools. From the privacy of your own home, you and other Graduates call in to a toll-free number, where a Hoffman Teacher will lead you into the Light to gain further awareness and greater self-appreciation.

**May 11, 2005 – Relationships in the Light** with Anne Simon-Wolf

**July 13, 2005 – Renewing Work Spirit** with Kani Comstock

**September 14, 2005 – Spirit-Guided Living** with Raz Ingrassi

**November 9, 2005 – Gratitude** with Ed McClune

Above calls start at 4:30 PM Pacific Time. Each class is an hour long.

The cost of each TeleClass is \$25. Calls are limited to the first 40 Graduates who sign up. These courses tend to fill very fast, so don't miss out!

**To register: Call Monday–Friday, 9–5 PM Pacific time, 800/506-5253** and speak to someone on our enrollment team. ■

IN COMMUNITY  
WE DISCOVER  
OURSELVES

## ACKNOWLEDGEMENT & THANKS

*All of us at the Hoffman Institute would like to extend our heart-felt appreciation to Hoffman Graduate Questa Anderson of New York City. Questa has been involved in providing leadership to the Hoffman Graduate Community for more than 7 years, and is now stepping down from leading the local community. Thank you, Questa, for your countless hours of graduate support and dedication, and also to her husband, Graduate Fred Anderson, for providing a warm meeting space for our graduates in NYC.*

Continued from page 2

**RI:** You relate to the person instead of to her patterns.

**BNC:** Yes, yes. And that's been just an incredible thing. And of course once you do that with your mom, you can relate that way to other people in your life.

**RI:** Your son Ernest did the process recently, didn't he? And how was that for you?

**BNC:** I thought it was incredible. He was 12 going on 13 when his father died. The father is very important in that time archetypal. Also, when I went through breast cancer, he was 19 going on 20. That's when a son is turning away from the mother and finding a woman.

I told him, "There's some big plan for you, buddy. You've got some mojo going on." When I did the Process, he was about 15 years old. I had no idea that some of the things I was doing were affecting him in a negative way. And I came home and I changed some of these things. I lived differently.

After about three weeks at home, he said, "I don't know what you did but that was really good. You really listen to me now." I said, "What do you mean? I've always listened to you." And he said, "Yes, but you *really* listen to me now, you're really here." I was so grateful.



When he was in his early 20s, he went through a big shift and a big heartbreak and it just

seemed like he was ready. He came to me and said, "You know what? I want to go do the Process." It made me very, very happy. I've noticed him moving forward in such a rich way afterwards. I sure wish I'd done the Process in my early 20s! I could have avoided a few pitfalls. It's really funny; he uses his tools a lot more than I do.

**RI:** He's a musician, too, isn't he?

**BNC:** A poet and a really talented musician and songwriter, and he's engaged to someone who also did the Process.

**RI:** Last November you sent me your album *Hymns*. Then I was driving along one day listening to *All Things Considered* on NPR and you were being interviewed about this album. This album suddenly just took off. It struck a chord with lots of people.

**BNC:** It really did and it's just one of those things. Sometimes you do something just as a labor of love to leave a legacy for your kids or your mom. I'd always wanted to record those hymns that I grew up with and I was working on a project of world hymns in which each hymn is in a different language. (I'm still completing that. It's a long process. I mean, I'm singing in Sanskrit and Tibetan and Hebrew so each song is quite a learning curve for me.) But I grew up singing the Latin hymns so I thought that would be easy.

I went to Tower Records to pick up a Latin hymn album and I couldn't find the hymns that I'd grown

up with and I just thought, God, that's just a travesty. So I just stopped working on world hymns and completely concentrated on just getting a collection of my favorite Latin hymns. And I put it out on my own label because I thought it's just going to be kind of a personal thing.

And then I thought, "What the heck, I'll work with a publicist, why not?" And then she got me on *All Things Considered* and I had so many emails and week after week I still do.

**RI:** You've sold thousands of this album.

**BNC:** It's just been an amazing gift and my favorite email is from a guy who said he hadn't been to Mass in 35 years and that he was quite overcome and he had to pull the car over to the side of the road just hearing the first three chords of the "Ave Verum Corpus" coming through the radio just totally got to him. He said, "Thank you so much. It's the first time I've really felt connected to God in a long, long time."

To me, that's just the music. It's this incredible piece of music written by Mozart and I just delivered it. I just served it up so I don't take credit for the way it moved him, but it was so moving to me to be able to participate in such a deep way with somebody I don't even know. The beauty and the gift of music is just this incredible power that it has to transcend everything. That's why I'm doing the *World Hymns*. I think each of these sacred tones transcend the ideology and the dogma and the things that get us

worked up and make us shoot each other.

***"When I did the Process, (my son) was about 15 years old. I had no idea that some of the things I was doing were affecting him in a negative way. And I came home and I changed some of these things. I mean I lived differently."***

**RI:** I want especially to thank you and Annie Roboff for contributing the song "Happy Girl" to our Hoffman Institute fund-raising CD *Fearless Hearts*.

**BNC:** In fact, Annie came back from the Hoffman experience and the day she got home, she had this idea she wanted to write this song, "I'm A Happy Girl." And in that song is all the stuff one has to go through in life and in spite of it all, being able to stay in touch with that joy. It was a song that got written very quickly.

**RI:** Well, it's a kind of a spiritual song in another direction isn't it?

**BNC:** Yes. I think of that as a very spiritual song. "I laugh when I feel like it, cry when I feel like it. That's just how life is and that's how it goes." It's like resilience beyond the things that try to knock you back. That song is just amazing to me.

**RI:** What is your website? I'm sure people would love to go on it and find out your tour dates, where they can see you live and learn more about your new album *Look*,

Continued on page 11

## GRADUATE CORNER

If you have an original work or inspiring post-Process story that you'd like to share with our graduates via the Light News, please submit it, along with your name and contact info, to [inspirations@hoffmaninstitute.org](mailto:inspirations@hoffmaninstitute.org), or via post to Hoffman Institute, 223 San Anselmo

Ave., Ste. 4, San Anselmo, CA 94960, ATTN: Light News Inspirations. (Please only send copies of works, as they will not be returned to senders. The Light News team will make final selections.) ■

## SHARE THE PROCESS: SHARE THE BOOK

An easy, effective way to share the Quadrinity Process with family members or friends is to give them a copy of *The Hoffman Process*, the new book from Bantam Press.

This book introduces readers to the Process philosophy and techniques, and provides many examples of ways in which individuals from all walks of life have found healing through Process participation. The foreword, by Joan Borysenko, Ph.D., an international authority on mind/body medicine and chair of the Hoffman Institute Advisory Board, is very inspiring.

By simplifying the Process into four key steps and providing provocative questions for self-inquiry, this book opens the reader to possibilities of deeper self-reflection. People actually discover

that the Hoffman Process is a powerful program of emotional healing, spiritual growth, and lasting positive change. In fact, lots of people take the Process after reading the book.

Hoffman Graduates report having gained deeper understanding of the theory and methods of the Process. For those who appreciate scientific research, the book includes a summary of a recent research study at the University of California, Davis that documents the immediate and long-term benefits of the Process.

Some Graduates have even given this book to their healthcare providers, to make it available as reading material in waiting rooms.

**See order form on the back page of this LightNews to order your copies today. ■**

## QUOTATION

*If you want one year of prosperity, grow grain  
If you want ten years of prosperity, grow trees  
If you want one hundred years of prosperity, grow people.*  
– Chinese Proverb

## MUSIC . . . Continued from page 10

coming out in June.

**BNC:** My website is my name, [bethnielsenchapman.com](http://bethnielsenchapman.com).

**RI:** Beth, you're a beacon of light and love for people. Thanks for all your support.

**BNC:** Well, in so many ways the Process continues to affect my life. When I went through breast cancer and I was lying on the couch going through chemotherapy, having come through the Process gave me tools to deal with just trying to accept what I was going through and it helped me a lot. And so again there was a purpose and a gift and a way to experience it differently than just sitting there

being in the horror of it.

Many times my songs are written about things, before the events of them happening in my life. Creativity can come ahead of my life. And then your life steps into it. This gives me reassurance that there are angels by my side.

**RI:** It's been lovely talking to you.

**BNC:** I'm so excited. I always dreamed of being interviewed in the *Light News*.

**RI:** You made it. You made it to the big time now. All that other stuff was just preliminary.

**BNC:** That's right. I finally got in the *Light News*. ■

## Lyrics to Sand & Water by Beth Nielsen Chapman

*All alone I didn't like the feeling  
All alone I sat and cried  
All alone I had to find some  
    meaning  
In the center of the pain I felt  
    inside  
All alone I came into this world  
All alone I will someday die  
Solid stone is just sand and  
    water, baby  
Sand and water, and a million  
    years gone by  
I will see you in the light of a  
    thousand suns  
I will hear you in the sound of  
    the waves  
I will know you when I come, as  
    we all will come  
Through the doors beyond the  
    grave  
All alone I heal this heart of  
    sorrow  
All alone I raise this child  
Flesh and bone, he's just  
Bursting towards tomorrow  
And his laughter fills my world  
    and wears your smile  
All alone I came into this world  
All alone I will someday die  
Solid stone is just sand and  
    water, baby  
Sand and water, and a million  
    years gone by*



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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*

**Order Your Copy of "The Hoffman Process" Today**

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