



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

*— Board of Directors, Hoffman Institute Foundation*

## **Sharing the Hoffman Process**

Sharing your change and growth is a valuable and precious gift for the people in your life. We are delighted to support you in expanding your light and love with others by sharing with them what's been valuable for you, and what's possible for them by participating in the Process.

### ***Sharing to create, honor, and expand intimacy in your life***

As you experienced and learned in the Process, *intimacy is being free to be who you are, and allowing others to be free to be who they are*. The skill in creating intimacy through sharing what you gained in the Process is a gift that you can bring into your life with family, friends, colleagues, and community. Sharing is an invitation to be known and heard, an invitation for connection.

### ***Expressing love and listening from your heart***

As you share your light, your truth and your love, people will benefit around you. Your new energy will likely intrigue them and arouse their curiosity about how you've achieved your new behaviors and insights. Listen to their inquiries and comments; notice what really matters to them, what they yearn for, what deeply affects them in their lives. Negative love affects everyone. In reply, offer highlights – rather than long stories – on how your life has shifted positively as a result of your Process work. Be focused on them.

### ***Creating space***

Allow each person to be right where they are, with no judgment. Share your experience in ways that others can translate into their own experience. When appropriate, and listening to your own intuition, ask questions that allow people to look within themselves, to find their own answers. Everyone wants their life to work. As appropriate, offer them options for more information that don't directly involve you (*see below*). As you trust them to make the choice that is right for them, their trust in themselves can lead them to growth.

### ***Gifts of support and community***

A fundamental need and desire that all people have is for connection and belonging. As your sharing with them creates or expands connection, you open possibilities for them. Having experienced being supported and belonging in your Process group, and as a part of the supportive graduate community, you can share what that means to your life, and how grateful you are to be able to bring this positivity forward into the communities and family to which you belong.

### ***Living your vision***

As you live your vision, others can feel encouraged at the possibility that they, too, can live their vision. Having a regular practice, such as the Quadrinity Check and recycling, empowers you to live your authentic life. Choose to find ways to get the support you need to be present and continue your growth. Some of the many options are: connecting with your class and local support group, attending reunion and refresher day events, participating in graduate courses such as teleclasses, Q<sup>2</sup>, InnerWork for Leaders course, and coaching from a Hoffman teacher/coach.

## Resources of the Hoffman Institute Foundation (HIF):

- Website: **www.hoffmaninstitute.org**. There is a wealth of information here, including teacher profiles, graduate sharing, research findings, a description of the structure of the Process, and Process sites and dates.
- Informative books:  
***The Hoffman Process: The World-Famous Technique that Empowers You to Forgive Your Past, Heal Your Present, and Transform Your Future***, by Tim Laurence  
***Journey into Love, Ten Steps to Wholeness*** by Kani Comstock and Marisa Thame.
- Informational **Teleconference Calls** led weekly by HIF staff and teachers to answer questions for people interested in learning more about the Process. Currently Tuesdays from 5:00-5:45 PM Pacific Time, 866/322-7998, conference code 86157#. Check the website for up-to-date information.
- Information Packets containing articles for people of various ages and backgrounds, along with descriptions of the Process, and the booklet “*The Path to Personal Freedom & Love*.”
- Support staff in the Hoffman office are available to explore more deeply what the Hoffman Process can do for you in your life: 800/506-5253.
- The essence of sharing the Process effectively is for you to be centered and grounded in your own spiritual self, your intuitive wisdom. From that authentic place within, you can generously and gratefully share from your heart in a way that makes a difference in people’s lives. We are here to serve you and invite you to reach out to us with your suggestions, questions, and comments.

**Hoffman Institute Foundation • [www.hoffmaninstitute.org](http://www.hoffmaninstitute.org) • 800-506-5253**