



Finding & Living Your Purpose

Happy New Year! A new year brings with it an opportunity to start again. We can renew our resolve to focus on our health, tend to a relationship that needs attention, or rejuvenate our sagging career. In this issue of Staying Connected, we focus on reigniting our passion and pursuing our purpose.

We will learn valuable methods in identifying where our passions lie and then address how we might expand that passion in our lives. Making even one small change to add more of what excites us to our everyday lives -- or removing one small aspect of our life that saps our energy -- can have a profound effect on our well being and happiness. As psychologist and author Alan Cohen says, "If your business, relationship or life is stuck, tell more truth about where your joy lives and

move with it."

We will learn how we do not have to quit our day job in order to make the jump into living our purpose. Instead, moving one step in the direction of our purpose can open up even more possibilities that we were unable to see before. Instead of waiting around for a major epiphany to direct us to the perfect job that embodies our passion and purpose and provides us with a healthy salary, take just one small step forward in the direction of passion. If we listen carefully to our spirit, it will show us what our next move should be.

Here is to a more passionate and purposeful 2013 for all of us!

And... here's to Staying Connected... with yourself, with others, and with your Hoffman family.

Living Your Purpose >

What do you want to do with your life? What is your passion? Find answers and get started in fulfilling your life's purpose.

Teacher's Corner >

The Left Road-Right Road tool will help get you on your way in 2013.

The Hoffman Connection >

Be sure to tune in to our last show of the season, Jan. 15th. We'll be taking a break after that.

\$200 off Until Jan. 31st! >

Check out our graduate courses that will be sure to enhance and strengthen you Process experience and connection.

Process Discount Ends Jan. 31st >

Process courses are available monthly -- check out the 2013 schedule.

Words of Inspiration >

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What Do You Want to Do with Your Life?

by Paula Jones

What is your passion? What can you do in 2013 to further your purpose? Finding the answers may not be as difficult as you think, and the new year is a very appropriate time to focus on what you are passionate about, because your passion is your purpose.

If you are someone who has always known what you want to do with your life and have found a way to do so while earning a great living -- complete with health insurance and retirement benefits -- that is wonderful. However, the rest of us have been tripped up by either not knowing what we want to do with our lives in the first place; or, if we do know, not knowing how to pursue our passion while tending to the rest of our real-world responsibilities, such as families, jobs, health and community. Perhaps it involves being afraid to take the risk to step into our purpose.

There are some useful ways to get in touch with what you are really passionate about:

- Ask yourself, what would you do with a month off, assuming you had all the money you need, all the time you need, no judgment or criticism from anyone else, and free-



dom from all responsibility?

- Another helpful question to ask yourself is, what sections do you automatically go to when you walk into a bookstore? Are you drawn to travel, cooking, or finance sections?
- Take a look at activities or interests that you have always had. Perhaps you have been writing in a journal, playing in a regular basketball game, volunteering for a particular cause, or serving a role in your community.
- What has someone else accomplished for which you are envious? Envy can be a very valuable emotion, since it shows you what you want. Rather than react to envy by trying to tear down or discount the person

toward whom you feel envy, use it to identify what goal you want to attain, and then set about to attain it.

- If you had 10 minutes to get up on your soapbox and speak to the world, what would you want to talk about? Maybe you would like to recite poetry to bring the beauty of words to others, talk about a political issue to increase others' awareness, or share with other parents how you handled a difficult phase with one of your children.

Once you have a list of answers, dig below the surface to interpret them. For instance, even though you would love to spend a month off traveling and you regularly head to the travel section of your bookstore, this should not necessarily be interpreted

literally to mean that you are meant to make a living as a travel writer. More often than not your answers point to broader foundational concepts.

What is it about travel that you love? Perhaps you love meeting new people, experiencing different cultures, seeing new places, and trying new things. It could be that seeking -- the opportunity to constantly experience new things -- is part of your purpose. If you love to share your experiences with others, teaching others may be part of your purpose. Perhaps the part you love most about travel is connecting with people who are very different from yourself or bringing people of different backgrounds together. These elements are part of your purpose, as well. List these broader concepts in order to get a more universal view of your purpose.

A major stumbling block to living your purpose is the belief that it must become your career. You might want to turn your passion into a paying job, but you do not have to in order to legitimize your purpose. If you want to be a writer, then write and you are a writer. If your passion is to make music, then make

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Left Road-Right Road Choice with Hoffman teacher Mary Amrita Arden

Mary amirta An excellent tool to utilize in making sure that we are moving in the direction of our goals is the Left Road-Right Road Choice. This tool helps us to glimpse the end result of continuing down the path of our past and the patterns of childhood or, alternatively, moving along the path that honors our spirit. Recently, I had the pleasure of speaking with Process teacher Mary Amrita Arden for a refresher on this important tool.

Each of us has a choice. We can choose to remain in the status quo, holding onto our patterns. "This is not necessarily a conscious choice," explains Mary, "but the influence of the 'Dark Side.'"

The Dark Side is the embodiment of all our nega-

tive patterns and it will expose our "rational lies" -- we need to stay in our patterns in order to feel safe. Let's assume that you attended the Process because you felt detached and withdrawn from others and that you did not speak up for yourself at work, and that you felt as though you were missing out on intimacy in relationships. It can feel very scary to reach out to others, risking rejection and being hurt. If you speak up for yourself at work, you might get fired! Your Dark Side will tell you to remain detached and withdrawn in order to save yourself from the pain of that possible rejection and the hurt in your relationships and in your conflicts in your work life. This is the Dark

Side working to keep you on the road of the past. "This doesn't mean you are a horrible person or anything," cautions Mary. "It just means you are living a life of reactivity -- a negative compulsive and reactive life."

The Right Road is the path on which we honor our own Spirit and are led by it. "This path enables our lives to unfold according to our own vision," Mary says. "We are leading the life that matters to us most in a positive way. This is the road that embraces the adventure and mystery of life. It is the path that is about what is opening and possible and growing."

Using our Visioning tool is an important part of the Left Road-Right Road



Choice. (See December '12 Staying Connected **Teacher's Corner** for a refresher on Visioning or our **Tools page**). "Envision your life as you travel down both roads," Mary says. She reminds us to use three separate modalities -- visionary, auditory, and kinesthetic -- to experience each road. It can be helpful

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"The Hoffman Connection" Radio Show

We're Taking a Break!



Don't miss our last show of the season on Tuesday, January 15th, as we take a break from our regular programming.

If you've ever wanted to share the Process with your loved ones, this is the show to tune into. We'll

be talking about Hoffman from the inside out. We'll be joined by our special Hoffman teachers.

Listen live Tuesday, January 8th & 15th at 4 PM PST -- hoffmaninstitute.org/radio. Have a question for the guests?

Call us at **866/472-5788** or email radio@hoffmaninstitute.org and talk with us.

Can't listen live? All episodes are available for download at hoffmaninstitute.org/radio or **iTunes** for FREE.

Upcoming Graduate Courses

Hoffman Graduate Courses are great ways to stay connected to your Process, brush up on Hoffman tools, and have a Light experience. Courses include Q2s, InnerWork for Leaders, Teleclasses, and Graduate Refreshers.

Q2 -- \$200 Discount if You Sign Up by Jan. 31st!

Q2s are good for the soul! Live your life so that the power and transformation you experienced at the Process continues to expand and deepen. Check out all dates, locations, and more information [here](#).

InnerWork for Leaders -- \$200 Discount if You Sign Up by Jan. 31st!

Your Process work empowered you to become more present and authentic in all parts of your life. This new 3-day course provides the sacred space to do the deep inner work of

claiming your wholeness and vision as a leader at a powerful new level. The next InnerWork for Leaders weekend is at White Sulphur Springs in California, February 22-24. More information can be found [here](#). And while you're there, explore the [**InnerWork for Leaders Coaching Program!**](#)

Guided Meditation CD Set -- "Invoking Spirit"

Our latest CD set, "Invoking Spirit," for Hoffman Process graduates! This two-CD set includes guided meditations from Hoffman teachers, as well as Self-Love Walk, Self-Forgiveness Walk, Deepening Joy and Happiness in Daily Life, and other great visualizations using Hoffman tools.

For more information and to order your set, visit



Our Online Store

Stay tuned for more [Refresher Courses](#) coming in 2013!

For a Quick Tune-up, Try a Teleclass

Great new teleclasses are on tap for 2013! Start the year off with the always-popular Create Your 2013 Vision, with teacher Ed McClune -- check out the schedule and get more info [here](#). **And, if you sign up for three teleclasses of your choice, you'll get all 3 for \$70.**

For detailed information on all graduate courses, please go to www.hoffmaninstitute.org/graduates

To register for any graduate course, please call 800/506-5253

or sign up online at hoffmaninstitute.org/gradreg

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music. If your purpose is to teach children, then volunteer to teach children. You do not have to quit your day job in order to pursue your passion right now.

That being said, if you would like to pursue your passion as your career, often the most difficult logistical hurdle is how to make the switch from 'day job' to 'dream job.' Fortunately, it is not necessary to solve this problem in order to realize your goal. Instead, identify one small step

you can take -- right now -- to expand the amount of space your passion takes up in your everyday life. Then, see what happens. The universe has a way of opening up and showing you the next step once you take the first step. The passionate traveler may put together an itinerary focused on cultural exchanges and form a small group to take a trip. If your passion is politics, volunteering for an advocacy group is a quick way to

be involved without quitting your day job. If you are interested in starting a business, joining a trade association can put you in touch with others who can lend support, networking, and brainstorming opportunities. One of the biggest pitfalls is convincing ourselves that we do not have the right education, experience, money, time, or the right contacts. Your passion is there for a reason; it is your Spirit's way of showing you your path

HOFFMAN TOOLS TO HELP YOU FIND AND LIVE YOUR PURPOSE:

[Elevators & Recycling Coaching Visualizations](#)
Graduate programs:
[Teleclasses, Q2, InnerWork for Leaders](#)

to happiness.

Just ask yourself, "What would I do if I absolutely could not fail?" [H](#)

Upcoming Process Courses and Intro Call

Good 'til January 31st —\$145 Off the Process PLUS the \$300 Early Bird Discount!

Sign up for your 2013 Process before the cost of the Hoffman Process goes up this month. We're giving you an extra \$145 off the Process price until January 31, 2013. Plus, sign up 2 weeks before the Process start date, and receive the

additional \$300 early bird discount!

More information and registration can be found by clicking [Here](#) or call us at 800/506-5253.

For a full listing of all Process courses, please see our [Calendar](#).

Do you know about our weekly FREE Intro Call?

Join Hoffman teachers and staff every Tuesday at 5 PM Pacific time to learn more about the Process, and ask questions.

It's easy to participate -- just call 866/322-7998 and enter 86157# when prompted. The call lasts

45 minutes, and is sure to provide a great connection and information!



Teacher's Corner *continued from page 3*

to ask, "What do you want to see and how do you want to be seen? What do you want to hear and how do you want to be heard? What do you want to feel and how do you want to be felt?" Write your Vision out as if your experience is

happening in the present.

When experiencing the negative patterns accompanying your trip down your Left Road, this can serve as a powerful incentive to work on those patterns and to change course. Now, envision your

journey on the Right Road. When you experience the difference between the Left Road and the Right Road, you can choose to pursue the road that honors your Spirit. Mary reminds us, "Visioning is like a magnet. It pulls toward you what

really matters to you."

When looking ahead to 2013, the Left Road-Right Road Choice is a helpful tool to keep you on the path of experience that you really want for yourself. Here's to a fulfilling New Year! [h](#)

Words of Inspiration

If everyone followed (his or her) bliss, the world would become very much like heaven.

~ Alan Cohen

There is a prayer that lives in the center of your heart. If you pray it, it will change your life. How does it begin?

~ Matthew Arnold

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