



## To Thine Own Self Be True

*This above all: to thine own self be true,  
And it must follow, as the night the day,  
Thou canst not then be false to any man.  
Farewell, my blessing season this in thee!*

~ Polonius, in *Hamlet* by William Shakespeare

Hearts dancing in store windows, flower shops bustling, and visions of cupid spreading the love... Valentine's Day is upon us again. But for those of us who may not be living the swooning, romantic ideals as seen on TV, don't worry, we've got you covered. This month, we encourage you to be your very own Valentine, love yourself first, and to thine own self be true. Living authentically is key to loving ourselves more fully.

While living authentically is not always easy, it is important to uncover and release the limiting beliefs that we may unknowingly be carrying around. This is one of the greatest acts of self-love you can give yourself. When you love yourself, you give yourself permission to speak up for what you believe, to chase your

dreams, and be the person you always wanted to be. It's never too late.

Process teacher Andi Saucer- man tells us how to develop an abundance of self-love in Teacher's Corner. She gives us practical ways in which to focus on ourselves and to refuel our love and appreciation supply on a regular basis. She tackles the misconception that self-love is selfish -- quite the contrary. In order to truly give love to others, we must first have an abundance of it for ourselves.

When you give the love you want to yourself first, then you can lavish it onto your loved ones. Happy Valentine's Day!

*Here's to Staying Connected... with yourself, with others, and with your Hoffman family.*

## Living Authentically >

Living authentically is the best way to love yourself and remember your "I can do it" attitude.

## Teacher's Corner: Loving Yourself First >

Be your own Valentine by practicing self-love. It is the first step to loving others.

## Graduate Courses Change Your Life >

Register now for our Feb. 11th teleclass Manifest Your Vision with Spirit's Guidance, plus lots of other goodies!

## We Hear You! Process Discount Extended to Feb. 14th! >

Due to overwhelming demand, we're extending our sweetheart Process deal until Valentine's Day.

## Words of Inspiration >



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## Drop Your Baggage Here

by Paula Jones

Living authentically is a process. As babies, we begin our lives authentically, expressing ourselves freely -- often loudly and in the middle of the night. Along the way, however, we receive many messages, usually unspoken, that tell us to act like someone else, hide parts of our personality, or doubt our own goals and views.

As much as parents want to love their children unconditionally, they are human and have their limitations. The result is that, for many of us to truly live authentically, we have to get past the limiting messages we internalized as children. We may have heard limiting message such as, "Don't cry", "Sit still", "Behave!", and "Do as you're told." It can be helpful to understand where these messages originated and how to drop them off with ease and grace.

Take the example of a young woman, positive and energetic, who has her heart set on becoming a journalist. She envisions herself traveling the world and reporting on important stories. She feels that making others aware of important political issues is vital to peaceful global relations and that this is part of her purpose. She expresses her desire to achieve these goals and, unfortunately, feels as if her mother does not take her seriously and sometimes it seems as if her mother is irritated by the subject and discourages her from pursuing this path.

From where is her mother's response coming? Let's take the compassionate view. Options for women have changed with lightning speed in recent decades -- so fast that the



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options for one woman can be in sharp contrast to those available to her daughter. A mother, watching her daughter easily entertain options that the mother never had can make the mother realize what she missed in her own life, and that can result in jealousy and resentment, even fear. Perhaps the mother is still carrying around anger due to her own disappointments as a young woman and these can seep out in a series of little "attacks" directed at her daughter. Furthermore, if the mother believes that her only source of identity and success is in her role as a parent, once her children begin to show signs of independence, she

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may feel that the only role she has been given in life is leaving her. It is out of this fear that limiting messages emanate.

Similarly, some of us heard limiting messages from our fathers -- "Be responsible." "Get a good job." "Keep your nose to the grindstone." Their value as a father may have been rooted in a more traditional, gender-based role. Seeing a child turn into a successful, knowledgeable, innovative person can be very threatening to a father who identifies himself largely as the provider of such things to his children. The limiting messages result from his fear that his status as father is becoming obsolete, not from a conscious will to stifle his own children.

How we respond to these limiting messages is entirely up to us and often requires a good deal of courage. Any change can feel very threatening to the people around us but it does not justify holding ourselves back to avoid conflict and to keep others in their comfort zones. Each of us has unique gifts to bring to others and we were meant to thrive and to

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# Be Your Own Valentine

by Hoffman teacher  
Andi Saucerman

Developing your own practice of self-love is an excellent way to celebrate this season of love. Process teacher Andi Saucerman discusses how practicing self-love creates a flow of love through our lives and enables us to love others more.

The first step in developing self-love is to include ourselves in our own schedule. Put ME on the calendar! Andi reminds us that we have to make time for ourselves in the same manner that we do with others. Spending time with ourselves, in those pursuits that nurture our soul is an important part of developing a self-love



practice. Time can be the greatest gift to give -- why not give it to yourself? Once we've created that space for ourselves, Andi suggests we spend some time in spiritual practice, to tune into our own wisdom and receive spiritual guidance. Maintaining a spiritual practice is, in itself, an act of

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self-love.

One powerful tool Andi reminds us of is the Quadrinity Check to find out the ways, unique to us, that we can increase love for ourselves. Ask your Emotional Self, "What do you need from me to feel loved?" Ask your Intellect, "What do you need from me to feel loved?"

Ask your Body, "What do you need from me to feel loved?" Ask your Spiritual Self, "What do you need from me to feel loved?" Listen to the answers to those questions and then give your Emotional Self, Intellect, Body, and Spiritual Self what they have asked for because those things will nurture you and increase love for yourself.

Andi also reminds us of the importance of self-appreciation as a vital component to self-love. She reminds us of the Hand on Heart exercise that we learned at the Process. Andi suggests practicing this in front of a mirror,

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## We Hear You -- Process Discount Extended!

**Due to overwhelming demand, we are extending our sweetheart deal on the Process until Valentine's Day, February 14th !**

Now until February 14th, take any 2013 Process for only \$3,850 before the price goes up! The price includes our 2-week early bird discount. With Valentine's Day around the corner, now is the time to make Self-love, compassion, and creating a life you love your utmost priority.

Process price will go up to \$4,695 on February 15th. Life is too precious to waste. Why wait?

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!





# Graduate Courses for Life

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.

## Manifest Your Vision Teleclass -- Feb. 11th

Invoke and hear your Spirit's guidance so you can continue to clarify your vision and truly take action on your Spirit's path. Propel your heart's desire from the state of imagination to the reality of everyday life. On this call we will also go over several key steps to bring your deepest intentions into being. [More Information & Sign Up.](#)

## NEW! Tools Mastery Series Teleclasses

Many people experience the Hoffman Process as life changing. In order to keep your Process alive, an essential post-Process step is to become more adept at using the Process tools and practices in your daily life.

The Institute offers a series of four teleclasses designed to support your post-Process integration. These classes are for any graduate of the Hoffman Process, whether you graduated last week or last century. If you'd like to make the tools a regular

part of your daily routine, or understand them more clearly, these classes are for you.

[Sign up](#) for just one, or all of them!

- Mastering Recycling: Creating Your "New Normal"
- Mastering Elevators: Transforming Patterns In Every Area of Your Life
- Mastering the Essential Hoffman Practices
- Mastering the Essential Hoffman Tools

Take advantage of our [Special Offer](#) -- 3 teleclasses for \$70

## Q2 Graduate Intensive

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- Authentically Leading Your Life

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" Spirit CD

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.

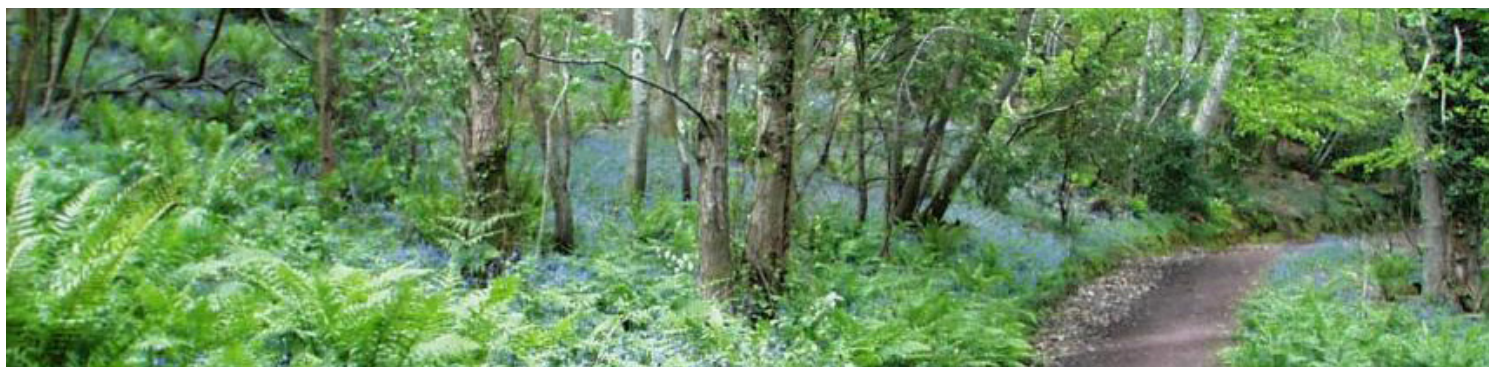
For more information and to order your set, visit [Our Online Store](#)

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

For detailed information on all graduate courses, please go to [www.hoffmaninstitute.org/graduates](http://www.hoffmaninstitute.org/graduates)

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

or sign up online at [hoffmaninstitute.org/gradreg](http://hoffmaninstitute.org/gradreg)



## Living Your Purpose *continued from page 2*


shine our light for everyone else to see and learn. As Esther Abraham-Hicks said, “You cannot get sick enough to help sick people get better. You cannot get poor enough to help poor people thrive. It is only in your thriving that you have anything to offer

anyone. If you’re wanting to be of an advantage to others, be as tapped in, turned in, turned on as you can possibly be.”

What messages have we internalized as a result of someone’s fears or admonitions? What do we not do because of limit-

ing messages that we received? If we are to move forward and overcome those messages in order to live authentically, what reaction do we fear from others?

Defy the naysayers by shining brighter than they ever said you should be.

Then, take the hand of those who limit you and show them the way to finding their own authentic selves -- by living authentically. It’s never too late for you to drop those limiting beliefs on the curb and pursue your own authentic path. 


## Teacher’s Corner *continued from page 3*

to tell yourself what you appreciate about yourself. Keeping a journal can also be a helpful tool. Andi suggests writing down the messages of guidance we receive from spirit and those messages of gratitude that we have for our-

selves and others.

I asked Andi how she would respond to those who feel that a practice of self-love is selfish. Andi reminds us that the adage, “Love thy neighbor as thyself,” tells us that the first step in loving oth-

ers is to love ourselves. Andi explains that developing our own self-love so that our ‘cup runneth over’ enables us to feel as if we have the abundance of love to give to others. “Our lives get so busy with family, relationships, and

work that we need to put ourselves first,” Andi says. “In order to love others well, we first have to have love for ourselves. Self-love is refueling to us -- it’s easy to give love to others when we have a ready supply.” 

## Words of Inspiration

Dare to live the life you have dreamed for yourself.  
Go forward and make your dreams come true.

~ Ralph Waldo Emerson

To begin is the most important part of any quest, and by far the most courageous.

~ Plato

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