

Graduate-donated Forgiveness Garden at Hoffman Process site

The Joy of Giving

Most of us want to be able to give freely, whether it's our hearts, our time, or our money. However, in doing so we may find ourselves knee-deep in patterns. In this issue, we talk about the joy of giving, and the challenges that may arise, and some tips on how to overcome these challenges.

In an interview with development director Jessica Bonanno, she talks about the thrill of seeing giving in action on a daily basis. Hoffman teacher Matt Brannagan and Hoffman students tell us why they love that good old fashioned feeling of giving, and how they personally express it in their lives.

For any of us who face the obstacles that come with giving either too much or too little of ourselves, Hoffman is proud to announce our brand new **Tools Mastery Series** of teleclasses, designed specifically to help you with these patterns by delving into your tools and practices.

Remember to give to yourself first so that you have abundance. Whether it's a smile, a hug, or paying it forward in some fashion, what can be more joyous than the gift of yourself?

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

Finding the Joy in Giving >

The joy (and fears!) of giving. Plus tools to overcome these fears and 6 great ways to give.

The Giving Corner >

How graduates express giving in their lives.

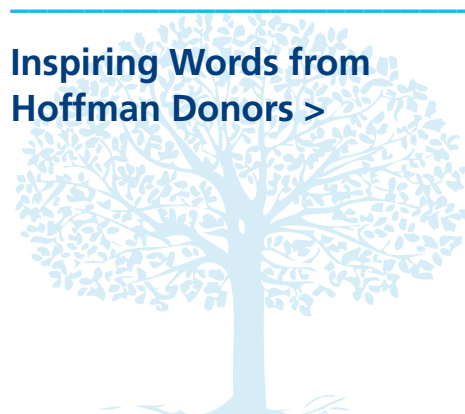
Staying Connected with Graduate Courses >

Have you heard about the new Tools Mastery Series? Check out how you can stay connected with this teleclass series, Q2, IWL, coaching, and more!

Upcoming Process Courses & Intro Call >

Process courses are available every month on the West and East Coasts.

Inspiring Words from Hoffman Donors >



Hoffman Institute Foundation

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Finding the Joy in Giving

by Paula Jones

What prevents us from giving? Fear of being taken advantage of may be an underlying pattern that interrupts our desire to give. If we give our heart away, it may be broken. If we give all of our energy to others we may have nothing left for ourselves. If we give money, it may not be used efficiently, or there may not be enough left for ourselves.

We learned in last month's issue that loving ourselves first provides the fuel that enables us to give to others. If we care for and love ourselves, we are more centered, energetic, and connected to spirit. We are calmer, less frustrated, and we expend less energy on fruitless pursuits. The more connected we are to spirit, the more open we are to receive support and guidance, instead of feeling we are all on our own. The more abundance we recognize, the more we realize we are able to give.

The belief that we don't have enough for ourselves can get in the way of our desire to give. We may feel that we need all of our money, time, and energy for ourselves. When I'm feeling conflicted between my desire to be a generous person and my hesitation at being vulnerable, I turn to this poem, attributed to Mother Teresa:



*People are often unreasonable, irrational,
and self-centered. Forgive them anyway.*

*If you are kind, people may accuse you of
selfish, ulterior motives. Be kind anyway.*

*If you are successful, you will win some
unfaithful friends and some genuine enemies.
Succeed anyway.*

*If you are honest and sincere people may
deceive you. Be honest and sincere anyway.*

*What you spend years creating, others could
destroy overnight. Create anyway.*

*If you find serenity and happiness, some may
be jealous. Be happy anyway.*

*The good you do today, will often be
forgotten. Do good anyway.*

*Give the best you have, and it will never be
enough. Give your best anyway.*

*In the final analysis, it is between you and
God. It was never between you and them
anyway.*

~ Mother Teresa

Giving is not about seeking anything in return. Still, most of us would like a 'thank you' for what we give. But when we give, we can come away with having had the experience of doing something that makes us feel fully alive and acting as the person we truly are -- no matter what the response. When a gift we give has a positive and lasting impact on someone, we become not just financially invested in his or her success, we become emotionally connected. When we give to a cause, we become more connected to the world. Giving, whether locally or globally, makes our lives fuller. There is freedom in giving... and so much unexpected joy.

Six Great Ways to Give:

1. Give a smile to everyone you walk past for the entire day.
2. Pay the toll for the car behind you.
3. Surprise your children; take a night off from all technology and spend time with them.
4. Give your heart by reminding the people in your life of how much you love them.
5. Give a donation to a worthy cause.
6. Remember The Giving Tree by Shel Silverstein? Read that to your family or yourself tonight. [h](#)

How Graduates Express Giving in Their Lives

by Paula Jones

Tom Chelew had just been getting tuned in to his journey of personal growth when a friend of a friend mentioned he had attended something called the “Hoffman Process.” “Even though I knew my childhood wasn’t perfect, I was realizing what an impact it had on my marriage and other relationships,” Tom said. “I realized I had a part to play in the quality of my relationships and was looking for guidance.”

Tom found the Process pivotal in his realization of the behaviors and patterns that he carried with him as an adult. Tom was intrigued by the idea that if we have learned our behaviors, then we can “unlearn” them, too. **“My main motivation to attending the Process is that I didn’t want to go to my grave without depth in my relationships.”**

After attending the Process about seven years ago, Tom says that his emotional intelligence is higher year after year. He finds the support for Process graduates really helpful for his continued growth, too. Tom became a monthly donor to the Hoffman Institute Foundation because his donations help others to attend Hoffman through the Scholarship Fund. “I respect that Hoffman is motivated to help everyone, not just those who can afford the tuition,” Tom says. **“Money should not get in the way of being able to experience this life-changing process.”**

Dean Jernigan completed the Process about six months ago and had such a positive experience that he challenged his fellow Process graduates to make a class gift to the Hoffman Institute Foundation. “I



Classroom bell donated in honor of Process graduate Bill Kimpton

could not leave the property on that eighth day without giving back,” Dean says. “I felt as if I had been given something by the Process and I had a debt to repay.”

The class agreed on a gift amount, to be paid within a certain time frame. “The class exceeded that goal,” Dean says.

Dean now encourages other groups of graduates to organize similar giving challenges. “The giver really does get more satisfaction than the person receiving,” Dean has found. “I enjoy that moment of giving tremendously and encourage others to do the same.”

Hoffman teacher Matthew Branigan became interested in completing the Process due to the large community of friends around him who had already attended. At the time leading up to his Process grad-

uation in January 2004, Matt was paying his way through his Bachelor’s degree. Obtaining extra funds to attend the Process did not seem viable to him at the time. Still, Matt was determined. “I did everything from house sitting to dog-walking -- I even painted a barn to earn the money,” Matt recalls.

Finding out about the Hoffman Scholarship Fund enabled Matt to attend the Process much sooner than he had anticipated. “The universe was conspiring to support me and work out the timing,” Matt says. “Shortly after I completed the Process I was deployed to Iraq.”

“The Process grounded me in the idea that I had resources inside of me to overcome situations in my life, instead of staying in the patterns of frustration and agitation I usually experienced,” he continues.

Since attending the Process, Matt has become a Hoffman teacher. “The benefit of Hoffman,” Matt says, “is that it provides a foundation for people to create more love, compassion, and authenticity in their life. They do so in a way that enables them to take responsibility for their life. They feel more loving and connected to the world around them.”

Matt likes to remain connected to his Process graduates and is always delighted to hear how much their lives have changed. “Every graduate that I’ve encountered has attributed their time at Hoffman to creating positive changes,” Matt says.

Matt is continuing his journey by running his first marathon to raise money for Hoffman’s youth programs, including bringing the Pro-

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Stay Connected with Graduate Courses

NEW! Tools Mastery Series Teleclasses

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. [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 authen-



Hoffman teacher
Devi Cavitt

tic 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.

Upcoming course dates include July 19-21 in California and September 27-29 in Connecticut. More information can be found [here](#).

And while you're there, explore the [InnerWork for Leaders Coaching Program!](#)

Check Out Our New Hoffman Merchandise and Meditation Downloads

Visit our [Online Store](#)

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If you're looking for more individual attention to help you with where you are in your life right now, our coaching programs cater to all levels of need.

Programs include:
[Individual Sessions](#)

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[Adventure of Life](#)

[InnerWork for Leaders: Authentically Leading Your Life Relationship Intensive](#)

For full information and registration, visit our [Coaching Center](#).

For detailed information and to register for any graduate course, please go to www.hoffmaninstitute.org/graduates

Upcoming Process Courses & Intro Call

For a full listing of all Process courses, please see our [Calendar](#) or call us at 800/506-5253.

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!



The Giving Corner *continued from page 3*

cess to Youth at Risk and the Hyde Schools' Youth Leadership Program.

Jessica Bonanno, Director of Development at the Hoffman Institute, says it is important for donors -- past, present, and considering -- to know the value of a gift to the Hoffman Scholarship Fund. "A gift to the Scholarship Fund is being part of something that is so much bigger than ourselves."


A Process graduate, Jessica stresses how a gift enabling others to attend

the Process multiplies. "Giving can be an honoring of one's spiritual self," she says. "Instead of letting our fears make our decisions -- and giving brings up a lot of fears! -- through the Process we have had the experience of acting on our impulses to share, love, and open one's self, and to make a difference for the people we love. I think that giving money with the intention to make a difference is a tangible outpouring of love. It is the acting out

of our best selves' true feelings."

The Hoffman Scholarship Fund is an integral part of the Process. A whopping 22% of Process attendees are scholarship recipients. Recipients receive an average of \$1,500 toward Process tuition and then arrange a payment plan to cover the rest, making it a manageable expense. In 2013, the Foundation hopes to raise about \$300,000 for scholarships to the Process, enabling an ad-

ditional 200 people to attend. About 900 people graduate from the Process each year in the U.S. and none of the regular tuition fees are used to fund the Scholarship Program -- the entire program is funded by donations.

For more information on how to give to the Hoffman Institute Foundation, click [here](#), or call Jessica at 800/506-5253 to discuss. The Hoffman Institute Foundation is a 501(c)3 non-profit. 

Inspiring Words from Hoffman Donors

As a scholarship recipient myself, I understand the tremendous importance of those funds in people's lives. I am happy to be a [Hoffman Light Team](#) member to pay it forward in some way.

~ Rosemary Treacy, Oct. 2012 graduate

What I got from the Process two years ago doesn't have an expiration, and just keeps growing and growing in value. By contributing to the [Hoffman Scholarship Fund](#), I hope to not only repay the fund, but to give back so that someone else can have the opportunity to be on their own spirit-guided path to personal growth.

~ Glenn Freund, Oct. 2010 graduate



Take Hoffman wherever you go -- we've made it easier than ever! Stay connected with us on your mobile devices -- check out our website on your smart phone, smart pad, and any other mobile communication device at

<http://www.hoffmaninstitute.org>

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