



Practicing the Art of Receiving

Have you ever noticed that giving someone a gift or compliment versus receiving one can feel very different? Some might say that receiving can be downright uncomfortable. However, there is much grace to be found in the art of receiving. This month, we'll help you with the "how to" of it all. In Teacher's Corner, Hoffman teacher Andy Milberg gives us practical advice on how to open up to the abundance in our lives -- from the outside world and in our intimate relationships. We also hear from scholarship recipient Heather Kazda on how receiving a scholarship from the Hoffman Scholarship Fund shifted her perspective.

I learned to practice the art of receiving when I was coming back from a trip to IKEA with boxes of furniture that I had to put together. I live in a high-rise building, so I took a cart from the building's lobby to load all the boxes. My building doorman asked me more than once if I needed help with my boxes. "No, no!" I insisted each time. "I'm fine!" His constant offers to help were actually irritating me. Did he think I was helpless? Did he think that because I'm female that I didn't have the strength to carry my own boxes? I proceeded to struggle my way into the building past his confused looks and upstairs to my condo.

I opened the first IKEA box and took out the instruction man-

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A Dramatic Road to Recovery >

TProcess graduate and scholarship recipient Heather Kazda shares how receiving a scholarship changed her life.

Teacher's Corner: Opening Up to Abundance >

Hoffman teacher Andy Milberg invites us to create better practices for receiving.

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The Ripple Effect

by Paula Jones

Heather Kazda is just one of the many recipients of the Hoffman Scholarship Fund. I spoke to Heather about what the Process meant for her and how the gift of her scholarship has turned into a gift for many others.

Heather describes herself as an emotionally sensitive person raised in an environment of emotional toxicity. She adapted and became successful as an adult, but Heather said her internal life was still in dire straights. She was plagued with chronic feelings of grief, anxiety, dread and fear, and these feelings took a huge toll on her body. In her early 30s, she was hospitalized for a worsening condition that had her at the edge of death. Fortunately, the treatment Heather received began to take hold and she began to get better. "In a way, it was a miraculous recovery," she says.

Heather noticed, however, that instead of feeling appreciative for her renewed lease on life, she had an incredible sense of loss. She was very confused by her feelings and decided to search for a way to come back to life. "My body had come back, but the rest of my life had not," she says. "I had to do something. I was losing my life again."

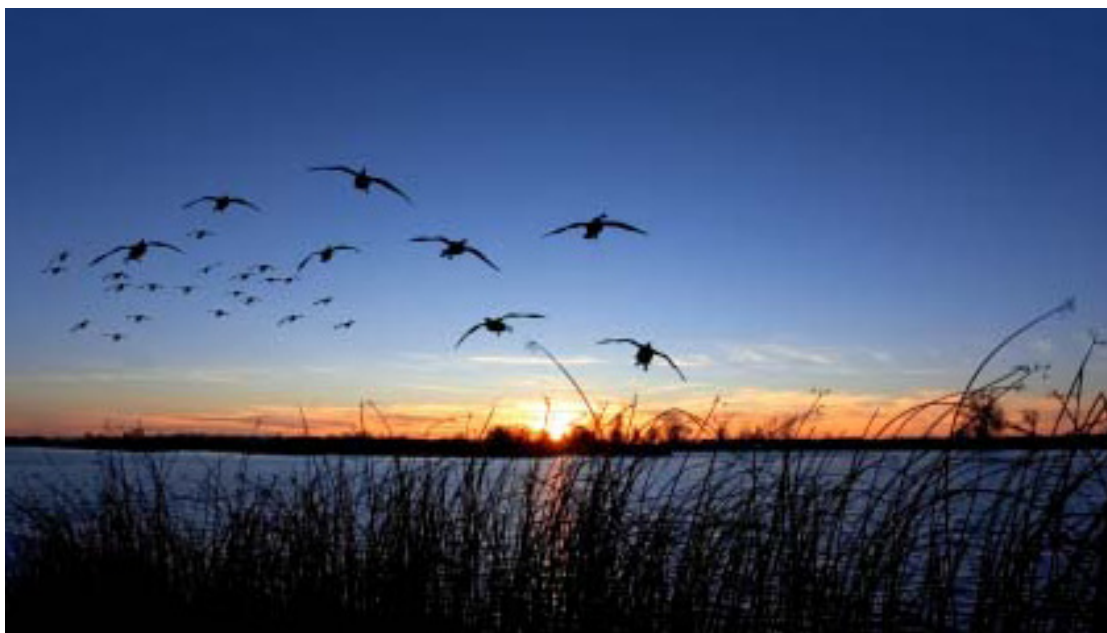
When she spoke to a

couple of family friends who had attended the Process, something inside her said, "Just do it." She applied for a scholarship and heard almost immediately that there was one available to her. After attending the Process, Heather noticed many benefits from her experience. She laughs more, feels closer to friends, meets people more easily, feels others are more drawn to her, recovers from adversity quicker, feels more pleasure in general, wakes up expecting exciting things to happen, and feels there is more access to "invisible guidance."

A school social worker who works with high school students, Heather views the purpose of her job in a different way since the Process as well. "Instead of having

an agenda to change these kids, my job is to see them for who they really are -- to see their divine spark and to be curious about their experience." She has also felt the courage needed to start some really important conversations in her relationships and is surprised by how easy it has been. "When you are standing in truth or vulnerability there is a courage and a grace that stands with you," Heather says. From a physical standpoint, Heather reports that she has had "perfect lab work" since attending the Process. "It turns out I didn't have to change my life, I just had to change my perspective about it," she says. "My problems were mostly internal, not external. There is an incredible freedom in that."

Heather Kazda delighted me. I feel as if she has traveled very far in her life, gaining much wisdom. I am personally thankful that the Hoffman Scholarship Fund enables people like Heather to go through the Process, allowing a shift in a recipient's life. The fact that Heather is in a helping profession, guiding young people at an especially vulnerable age shows how the Hoffman Scholarship Fund has a ripple effect on society as a whole. Many of us feel if we can help just one person, then our gift has been well worth it. Heather is an example of how a gift to the Hoffman Scholarship Fund does not help just one person on her journey, but also helps that person spread her amazing spirit in order to help many others. [h](#)



Opening Up to Abundance with Hoffman teacher Andy Milberg

by Paula Jones

We can all think of ways our lives would be more fulfilling if we had a little more love, friends, understanding, help, patience, sleep, money, good health, etc. But, what if our lives were already abundant and we just didn't realize it? What if our patterns were getting in the way of receiving everything our life has to offer? Identifying the patterns that undermine our ability to receive is crucial to getting what we want and receiving the abundance that is already there, waiting for us.

Hoffman teacher Andy Milberg spoke recently about the patterns that prevent us from receiving. "We may believe that receiving something from another creates an obligation to give back," Andy says. "There can be distrust about offers of help. We may be wondering what someone wants from us, instead of viewing their offer of help as just that -- an offer of help."

If we have this underlying belief, we automatically and unconsciously deflect or minimize the help that is offered to us. We may feel as if we have no resources to call upon, because we are unwitting-

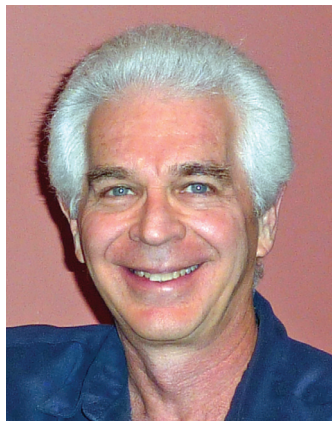
We will receive
the difficulty
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ly signaling that we are not receptive. "The pattern underlying the fear that we will owe someone is the belief that we are undeserving and unworthy," Andy explains. "If I'm so unlovable, why would anyone give anything to me?"

"Even more subtle patterns may be at work," Andy continues. "We may believe that there is a scarcity of good."

If we believe that, we don't see that there is room to receive more. "We may have grown up in an environment where we learned that 'life has to be difficult' or that 'life is hard.'" Andy concludes that, until we realize that is our mindset, **we will receive the difficulty we expect, rather than the abundance we desire.**

"A lot of us have the belief that we are alone and



Andy Milberg

that we can't count on any support from others," he explains, "We believe that in order to get what we really want, we have to do everything by ourselves."

Andy refers to this as **The Lone Ranger mentality**. A good practice to shift away from this pattern is to say 'yes' for a week to anything that anyone ever offers you, even if you don't need it. "Within reason, of course," he laughs. "It will help you practice your capacity to receive. Just see what areas expand and open up for you."

This practice may not be about the actual receipt of what is offered, but of training your brain to look around for what is available to you. You may not have noticed it before. Utilizing this practice teaches us slowly, each day, that we don't need to do everything ourselves.

Consider how patterns described above operate within the context of a close, personal relationship. Do we feel like The Lone Ranger when it comes to emotional support? Do we feel that we are undeserving of love from another? Andy suggested how we might shift our ability to receive in relationships. "So many of us criticize the form in which support is offered to us in our relationship," he says.

Many of us will make our partner 'wrong' by the form in which love or support is offered, instead of appreciating the fact that our partner loves us enough to offer something to us. As a result, we train our partner to be discouraged about offering anything more to us.

"First, acknowledge and appreciate the offer of whatever someone is giving you," Andy says. "This encourages our partners to offer more. Then, over time, he or she will become more calibrated to what we really want."

Identifying our patterns about receiving is a vital first step in opening up the flow of abundance in every area of our lives. Try the exercises Andy Milberg suggests and see what comes your way! [h](#)

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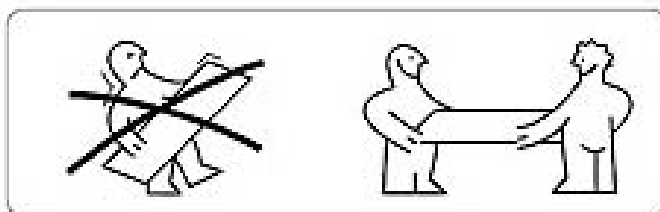


Practicing the Art of Receiving *continued from page 1*

ual. On the very first page of the manual I saw a cartoon of an IKEA person trying to lift a box by himself and he looks really grumpy. The picture has a big X through it. Next to it is another cartoon of two cute IKEA people holding one box together. Both of them are smiling. WHAT A LIGHT BULB MOMENT!

We really do receive spiritual guidance from all kinds of places if we look.

What patterns came up



around my belief about receiving? Not only did I believe I had to do everything myself, but I was exhausted and, at times, felt very alone as a result. If I reached the point where a situation was so bad that I would actually speak up

and ask for help, my request sounded to me like a grand declaration -- a really big deal. To others, my request sounded very nonchalant and would sometimes get ignored. The result? I wasn't getting what I needed, nor

was I allowing others the joy of helping a fellow soul.

I now look at my doorman as holding open the door to a new appreciation of the art of receiving. Remember this little cartoon any time you might need a little help; you may just be delighted with what you discover.

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

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It's really important to be able to receive love and receive compassion. It is as important as being able to give it.

~ Pema Chodron

Good receivers bless the world as much as good givers.

~ Alan Cohen

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