



## The Light Side of Our Dark Side

Welcome to October, the month of Halloween! In this issue, we deal with one particularly scary goblin -- our dark side -- and how we can overcome fear. Facing our fears can be a scary, yet incredibly liberating, exercise in moving forward in our lives.

Fear is part of a process. Right before we are about to step into the light, or move forward, fear can step in our path and say, "Boo!" This is an opportunity to dig into the origin of the fear and heal it, enabling us to move forward. It is no coincidence that Halloween, a day about fear, darkness and death, is followed in the Catholic calendar by All Saints Day, a day about purification, light, and clarity.

Instead of fearing our fears, ask, "What is this fear here to teach me?" A fear of rejection can teach us to reach out to others, for instance. A fear of betrayal can teach us to trust.

How would your life be different if you didn't have fear? This question can evoke as much excitement as imagining how

our lives would be different if we won the lottery. Think of all the places we would go, the people we would meet, the various creative pursuits we would... well, pursue. The funny thing is, we don't need to buy a lottery ticket to win the lottery -- we just need to get past our fears, one by one.

In this issue, we will explore how recognizing the fears we have in our lives is the first step to overcoming them. Once we've identified our fears, what do we do with them? Hilary Illick joins us in the Teacher's Corner and treats us to a fool-proof tool to conquering one of the biggest dark side issues.

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

## Overcoming Fear >

What would happen if you confronted your dark side and overcame your fears? Find out how in this insightful article by Paula Jones.

## Teacher's Corner >

This month, Hoffman teacher Hilary Illick reminds us of a powerful Process tool -- AWA. Remember Awareness, Will, Action?

## The Hoffman Connection >

Are you tuned in? Check out our radio show every Tuesday.

## Upcoming Process Courses & Intro Call >

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## Upcoming Graduate Courses >

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## Quotes on Overcoming Fear >

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## Digging Deep to Overcome Fear

by Paula Jones

The first step in getting in touch with our dark side is identifying our fears. Fears, unless identified and faced, will continue to steer our lives in a direction that avoids the life we have envisioned for ourselves.

It can be easy to identify those situations that we fear. We may be afraid of showing up at a party by ourselves or afraid of dating someone who we feel is out of our league. We may be afraid of changing careers, breaking off a relationship, or having children. However, what is the true fear lurking underneath each one of these scenarios? Why are we afraid of breaking off a relationship? It may be because we have a fear of being alone.

Once identified, we can use our Hoffman tools to rid ourselves of our dark side. A Hoffman graduate reports that she used to have a persistent fear about growing old alone. Using Hoffman tools she remembered how her grandmother used to regularly express her own fear about growing old alone. The Hoffman graduate realized this was how her pattern had originated and that it was not her own fear. She says, "I laugh at it now, because I



know it is not me, it is not my pattern and I do not have to own it any longer." Tackling fear puts us on the path of our purpose -- and strengthens us along the way. As Eleanor Roosevelt said, "Do one thing that scares you every day. You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do."

Some of our fears can be difficult to identify because we may unconsciously be avoiding any situation that would put us in contact with our fear. For instance, if we have a fear of rejection, we may automatically avoid certain social situations.

Perhaps we chalk up our lack of social interaction to having a "bookish" or "introverted" personality. Our behavior may have compensated for our fear for so long that we assume it is part of our personality -- instead of recognizing that fear is dictating our behavior.

So, how do we identify our unconscious fears? One way to identify them is to ask what makes us angry. Yes, anger and fear are really the same thing. Let's assume we are stuck in traffic. We've rounded a bend and see the long line of red taillights ahead. In the midst of our anger, we can take advantage of the opportunity to ask ourselves what is scaring us. Perhaps we have a fear of

not being in control, or a fear of being trapped. Perhaps we fear the unknown, and if we don't know what is causing the traffic jam, we don't know how long we will be sitting there. Perhaps we have a fear of abandonment and are afraid that we will be left on the road and no one will provide us with help, if needed. Once these fears are identified, they can be overcome!

If we are already aware of a fear but it seems to persist, digging deeper into the fear by asking, "What is the worst that could happen?" can be a powerful tool. For instance, if we feel guarded in relationships, we may

*Continued on page 4.>*

# AWA: Awareness, Will, Action

by Hilary Illick

When dealing with your dark side, remember this simple three-letter acronym: **AWA**. You may recall AWA from your Process, which stands for **Awareness, Will, Action**.

The dark side is an energy system that is essentially an amalgam of all your patterns. Step one, when dealing with any pattern, is awareness -- and you take that same first step when taking on your dark side. Awareness shines the light of your consciousness onto what's happening, which ultimately gives you back your power -- your power to make choices, your power to enlist your will and take action. The dark side is like autopilot, like a back-up operating system taking over. This happens so automatically, and feels so familiar, that you

often don't realize you've switched to a system that sabotages your wellbeing. Even just asking the question, "Could this be my dark side?" opens the door to the possibility that there is another way, another perspective or reality available to you other than the one you're in.

Step two is will -- mar-



shaling the will to choose your spiritual self over your dark side, the will to choose a set of behaviors that serve your vision, and the will to change your thought process. You can feel will in your body. Some people report it as a stirring in their heart or an energy in their legs or belly. However you connect

to your own will, you know when you feel it. Step two is taking the awareness that you are in the energy system of your dark side, and marshaling the will to do something about it.

And step three, of course, is action -- taking action that serves your wellbeing; action that signals to you that you are taking back your power from your dark side. You are choosing to live from your spiritual self. This action can be something like the de-energizing flick or motion you came up with at your Process, a gesture that says, "I'm tossing away (or flicking

away, or stomping away) the messages of my dark side." You can write your dark side messages on a piece of paper and tear up that paper, shining the

*Continued on page 4.>*

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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!



## Overcoming Fear *continued from page 2*

easily identify our fear of intimacy. However, fear of intimacy can feel like too broad a subject to tackle. It helps to pinpoint some underlying fears at work. We can ask ourselves, "If I let down my guard in a relationship, what is the worst that could happen?" We may then recall the childhood experiences of betrayal from those people who were supposed

to be protecting us. If the fear of betrayal is really fueling the fear of intimacy, tackling the betrayal fear first is key. The next time we react by putting up our guard in a relationship, we can ask ourselves if there is any rational evidence that someone has betrayed us. Doing this separates the fear generated from the past from our present reality. (Pop-

ular acronyms for fear are "False Evidence Appearing Real" and "Forgetting Everything is All Right".) Each time we do a reality check, we lessen our fear of betrayal. We can continue to dig deeper and ask, "If I am being betrayed, what is the worst that could happen?" This may identify a fear of being alone. We can then look at our lives and ask

ourselves, in a world of 7 billion people would we, in fact, be alone? And so on and so on.

Getting in touch with fear may seem like a daunting exercise, but removing the obstacle of fear from our lives, the feeling of freedom that replaces it and the way in which we are able to move forward in our lives, is priceless. [H](#)

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

light of your own awareness on all those messages, and declaring that those messages are not the truth. The action you take can be something specific to the particular situation you find yourself in: if your dark side patterns have led you into isolation, the action could be

picking up the phone and reaching out, or seeking help. If your dark side patterns have gotten you into a cycle of over-indulging in an unhealthy habit, the action could be putting on your sneakers and taking

a walk. If you are noticing a lot of negative messages circulating in your

mind, the action could be taking yourself on a self forgiveness walk.

Dark side messages are not the truth. They are patterned thoughts. As with any patterns, you want to find your way out of the pattern-driven way of being and back to your spiritual self, back to the

part of you that is 100 percent devoted to your well-being. Utilize AWA. Use your awareness and your will to take action. Enlist the tools of the Process -- Awareness, Bashing,

Dialogue, Recycling -- to find your way back to who you really are -- your true self, your spiritual self. [H](#)

## 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.

### The last Q2 for 2012 is coming up October 26-28

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](#).

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Tune up with our teacher-led phone support calls for Hoffman graduates. New courses are being offered now -- along with a special deal of 3 teleclasses for \$70! Check out the schedule and get more info [Here](#).

### InnerWork for Leaders - New Course Dates Coming in 2013

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. [Check our website for more information.](#)

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



### New Guided Meditation CD Set -- "Invoking Spirit"

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

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

## Quotes about Overcoming Fear

Avoiding danger is no safer in the long run than outright exposure. The fearful are caught as often as the bold.

~ Helen Keller

And the day came when the risk to remain tight in the bud was more painful than the risk it took to blossom.

~ Anais Nin

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