



## Gratitude Throughout the Holidays

November is the perfect time of year to remember all of our blessings with gratitude. Gratitude is easier than it may seem, even in a holiday environment that can force our patterns into overdrive.

One of the most powerful exercises in experiencing gratitude can be keeping a gratitude journal. Take any empty notebook and write down five things every day for which you are thankful. On bad days the list may include the basics, such as “I’m thankful I can walk,” “I’m thankful I have a home,” and “I’m thankful I can see.” On other days you may be able to say, “I’m thankful for my connection with my partner,” and “I’m thankful I don’t have to worry about money.” Other days, things like “I’m thankful my co-work-

er was helpful today” and “I’m thankful my team won” will fit the bill.

I used to assume that keeping a gratitude journal was a nice but ineffective idea. But, I started to keep one to see what would happen. There is value in recognizing the riches in your life by writing in the journal, certainly. However, instead of just reflecting at the end of the day on what to include in the journal, you will begin to look, throughout the day, for items to include in the

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## Staying Connected During the Holidays >

Though holidays can be a happy and connective time, they can also bring stress and anxiety. Get in touch with spirit and have a happy holiday!

## Process Practice >

The practice of gratitude is essential to changing one’s focus and attitude.

## The Hoffman Connection >

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

## Upcoming Process Courses & Intro Call >

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

## Upcoming Graduate Courses >

Sign up for two great teleclasses on Nov. 15 and Dec. 11 to prep you just in time for the holidays!

## Quotes on Gratitude >

**Hoffman Institute Foundation**  
1299 Fourth Street, Sixth Floor  
San Rafael, California 94901  
800/506-5253 or 415/485-5220  
[hq@hoffmaninstitute.org](mailto:hq@hoffmaninstitute.org)

## Connecting with Spirit and Self

by Paula Jones

Holidays can be a very happy and connective time for many of us, but we can also experience holiday stress. Fact: Stress exacerbates our patterns -- our own and the patterns of people around us. While we may be able to keep our patterns in check during the rest of the year, the holidays can hold up a mirror showing us what we really don't like about ourselves. Common patterns that may come up around the holidays are fear of rejection in social situations, fear of abandonment, overcompensating with gifts in exchange for love, needing to impress everyone around you, loneliness, or even just showing up late for gatherings.

Connecting with Spirit is an excellent way to re-center yourself when these patterns arise. Staying grounded, deep breaths, lots of compassion, showing vulnerability, and even reaching out to a Hoffman buddy can help. The whole team at Hoffman is available to help you, too. After all, we are ALL human!!! We have two [upcoming teleclasses](#) in November and December -- just in time for the holidays -- as well as on-the-phone coaching readily available, and our entire Facebook community to give you added support.

I find that if I let the sounds of "The Hoffman Connection" radio show waft over me while I'm driving in the car, cooking or paying bills, something I need to hear will jump out at me and bring me clarity and understanding. Recently I took the teleclass, "Communicating with Your Guide," which helped me identify the beliefs that were blocking my connection with that place of all-knowing inside me. Restoring



connection with Spirit is a resource that we can reach for in the midst of triggered patterns and difficult feelings that the holidays may bring.

Other ways to connect with Spirit, self-love, and other Hoffman graduates are through the local [graduate groups](#) that meet in many areas. Some graduate groups choose to connect on email lists, group conference calls, or Skype. Many graduates of a 2003 Process class is planning to attend a Q2 together as a 10-year anniversary celebration. Some graduates plan their own gatherings, which include a session from a Hoffman teacher. Every November, my Hoffman class -- who completed the Process in November 2007 in Massachusetts -- has a one-day session led by Hoffman teacher Hilary Illick, where we delve back into bashing our Dark Side, visioning, elevators, uncovering our vicious cycles, and any other tools that can bring us

back to center. I encourage you to get your gaggle of geese together and do the same wherever you are!

I am someone who has made a habit of running off for some kind of workshop, personal growth seminar, meditation weekend, or just a personal retreat with my journal toward the end of each year. I was born the day before Thanksgiving, so starting a new birthday year and ending the calendar year during a spiritual season focused on gratitude, birth, and light seems like an appropriate time for reflecting on the path ahead. That path may include everything from getting in touch with your anger to saving a certain amount of money to cleaning out the hall closet. I find that at least one good epiphany comes out of each workshop or retreat I attend. It is the kind of epiphany that feels like a very subtle but definite shift deep inside me -- the kind that makes for deep and lasting change.

The personal connections we have made with other Hoffman graduates can be a very grounding and supportive boost for all of us, as well. There is an automatic openness among this group of people who have experienced deep personal work and are coming together again to continue that process. There is tremendous acceptance in that environment, as well. In whatever way you are spending the holiday season, you can feel confident knowing that you are NOT alone. You have your Spirit ever-ready to guide you, and a Hoffman family who is on call to help. Rely on the support, encouragement, and wisdom of your fellow Hoffman graduates. Remember: You are loved, loving, and lovable. Here's to gratitude! [H](#)



# Living with Gratitude

By Shawn McAndrew

Gratitude is one of the basic practices that we can do in conjunction with our tools in order to shift negative patterns into positive messages. When we leave the Process, we receive the *Path of Integration* manual wherein we can find several references to and methods of gratitude. Creating a gratitude practice is easy and can have a quick and lasting impact on our every-day attitudes.

In the *Path of Integration*, you will find an appreciation and gratitude list. It is a place where you can write down names of people to whom you want to communicate appreciations and gratitude. The Self-Forgiveness/Self-Love Walk provides an opportunity to reflect on things for which you are grateful. Visiting your parents post-Process also

I Will Be  
Grateful For  
This Day.

affords an opportunity for gratitude, in that you have the chance to review why you love and forgive your parents.

In 1993, a friend gave me a beautiful journal for my birthday. At first I couldn't think of what it would be good for other than collecting dust. Then one day I took it up and started writing an entry called "Good Things Happen." I made a vow to myself that every day for one month I

would write an entry about something good that had happened. This was a time when I was unemployed, recently single, and very miserable, and at first I thought it would be difficult to think of at least one good thing that had happened in a day. The first day's entry for November 1, 1993, was "I got a call for a job interview." That was it.

Slowly over the next week, I found more and

more things for which to be grateful; things that seemed simple, but surely made a difference over the course of the week. My "Good Things Happen" journal was long before Oprah came on the scene with her gratitude journal ideas and mobs, long before anyone intended to make a career out of teaching us how to be grateful. After a couple of weeks, I started to notice how my focus and attitude were shifting away from "this sucks" and "that bad thing happened" to "wow, I feel good about helping this person" and "the day is so beautiful" -- small observations, big shifts. By the time I did my Process in 1997, I fully understood the power of gratitude in daily life, and how much it could shift my attitude out

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## "The Hoffman Connection" Radio Show

# Turn On and Tune In!



Rock 'n' roll stars! Relationship gurus! Healing experts! Oh yes, amazing guests abound on Hoffman's weekly radio show, "The Hoffman Connection."

Join Hoffman's Raz In-

grasci and Ed McClune every Tuesday at 4 PM Pacific time for coaching and inspiration.

To listen live, go to [hoffmaninstitute.org/radio](http://hoffmaninstitute.org/radio). Have a question for the guest? Call us at

**866/472-5788** or email [radio@hoffmaninstitute.org](mailto:radio@hoffmaninstitute.org) and talk with us.

Can't listen live? All episodes are available for download at [hoffmaninstitute.org/radio](http://hoffmaninstitute.org/radio) or [iTunes](#) for FREE.

# Upcoming Process Courses and Intro Call

## Get Your Year-End Gift Certificate -- \$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 in January. As a special year-end treat, we are giving you an extra \$145 off the Process price until January 3, 2013. Plus, in the spirit of giving, we are giving you an extra week to re-

ceive the Early Bird Discount. Sign up 2 weeks before the Process start date, and receive \$300 off the Process.

For more information, a full listing of all Process courses, and to sign up, please visit our [Process home page](#).



## 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!

# 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.

## 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](#).

## For a Quick Tune-Up, Try a Teleclass

Just in time for the holidays, we have two new teleclasses on Nov. 15 and Dec. 11. [Click here](#).

## InnerWork for Leaders -- Authentically Leading Your Life: 2013 Dates Coming!

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!](#)

## 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, and includes 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 <http://hoffmaninstitute.org/sections/shop/cds/index.html>

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)



## Gratitude Throughout the Holidays *continued from page 1*

journal. As a result, your brain actually shifts its focus from noticing the negative to noticing the positive. Wow. A seemingly simple exercise really can have that huge of an impact.

This exercise illustrates how we do not have to wait for something significant in our lives to happen in order for us to have many, many blessings. We can realize that blessings were there all along, but sometimes we need to look in the right direction to see them. Author Eden Phillpotts said, "The universe is full of magical things

patiently waiting for our wits to grow sharper."

This year, see how this new perspective operates in the midst of those negative patterns that can emerge during the holiday season. Who knows, you might even invite friends and family to join in with you!

For what are you thankful? Once you focus on the question, you will probably be very happily surprised with the many answers you find.

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


## Living with Gratitude *continued from page 3*



of a dark place.

Gratitude is simple, it is powerful, and it is something we can partake in every day -- it's even free! Keep a journal, make a list, or just reflect on things you are grateful for at the end of the day. Any way you do it is beneficial.

Each day for the rest of the month, the Hoffman team will be posting three things for which we are grateful on our Facebook page. Join us by posting something you are grateful for, too --

<http://www.facebook.com/hoffmaninstitute>. 

## Quotes about Gratitude

AWe can only be said to be alive in those moments when our hearts are conscious of our treasures.

~ Thornton Wilder

At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

~ Albert Schweitzer

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800/506-5253 or 415/485-5220 | [hq@hoffmaninstitute.org](mailto:hq@hoffmaninstitute.org)