



The Gifts in the Process

“Tell me, what is it you plan to do with your one wild and precious life?” asks poet Mary Oliver. In this issue of Staying Connected, we take the time to reflect on the year that is ending and to envision a future that is in alignment with our Spirit.

Each New Year brings with it an opportunity to start over with a new perspective and rejuvenated resolve. If this year has been difficult, it's time to get up, dust yourself off, and start fresh. If this year has been a good one, it's time to recognize what works and to expand on it. If you are feeling blocked about your future, remember to clear out the clutter of old patterns so the vision for your future can get into focus.

Once we have reflected on this past year, it is exciting to brainstorm about what we want for the future. In this issue's Teacher's Corner, Dale DeNunzio reminds us about the practice of

visioning that we learned during the Hoffman Process. While our intellectual self can be helpful in finding the rational ways to make something happen, it can also be the negative part of us that says, “Yeah, but ...” in response to our dreams for the future. The visioning tool is used to tap into our emotions, bypassing our

intellect, and connecting us with our spiritual self in order to craft our future from its perspective -- without any “buts.” And who wouldn't want to get rid of the “but” in the New Year?

Reflection is vital for organizations, as well. Here at Hoffman, part of celebrating our 45th anniversary has been to recognize the influence of the Hoffman Process on the thousands of people who have walked through its doors. Hoffman graduate Candace Snyder,

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Moving Forward >

How to do a personal inventory of the past year and envision your best year ahead.

Teacher's Corner >

How do you get from your vision to reality? This month, Hoffman teacher Dale DeNunzio gives us some great tips to create reality.

The Hoffman Connection >

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Looking Backward to Move Forward

by Paula Jones

Before thinking about resolutions for next year, it's important to first take a personal inventory of the year that has passed. Instead of being swept away with the hustle and bustle of the holidays, take the time to note how you have grown this year -- in any way and no matter how small or big. You may have had outward changes that are easily visible in your life, such as a move, a job change or a new relationship. Try to be especially focused on the subtle changes on the inside, however. Reflecting on all of the changes we have made reminds us that change is possible, motivates us to continue on our path, and enables us to envision the future in alignment with our true spirit.

In order to take a personal inventory, review all of the various aspects of your life. Look at all of your relationships -- from the brief interactions you have with strangers to the quality of your long-term close relationships. Consider the aspects of your body and physical health this past year, as well as your physical surroundings, such as your home, neighborhood and community. Be sure to review the area of finances. Your



spiritual life should definitely be on the list. Consider your career, whether it is your daytime job, your job as a parent or the volunteer work you do, as well as any hobby you pursue for enjoyment and leisure. Look at the level of play and fun in your life, as well.

Thinking through every area of your life, ask yourself what aspects of your life brought you joy in the past year. List everything, from the seemingly small and insignificant items to those obvious and imme-

diately memorable ones. You may remember the fulfillment you felt in helping a friend going through a difficult time, appreciating a sunset while on vacation and hearing your child say thank you. These are the parts of our lives that work and, when visioning for the future, we will want to expand. Review your list, focusing only on the joyous aspects, and take a moment to revisit the joy that the past year has brought.

Going through every area of your life again, ask

yourself what negative patterns have you been able to remove from your life. Here is where you need to pat yourself on the back for your growth. Perhaps you have resolved your anger around a difficult relationship, curbed your spending, or stopped eating an unhealthy breakfast. When we focus on our progress, we are reminded of our own personal power. We can see that we are living more in alignment with our purpose, and our future is more likely to continue on this path.

Finally, before visioning for the year ahead, ask yourself what visions you have had for your life that seem slow to manifest. An underlying pattern can block the manifestation of our visions and it is always an appropriate time to and its time to clear out the clutter of old patterns.

Find a quiet moment this holiday season to take a personal inventory and acknowledge what has brought you joy and the ways you've grown over the past year. Then, take the time to acknowledge, appreciate, and revisit that joy. Envision how you would like to be feeling by this time next year and notice how that vision has an uncanny way of becoming reality.

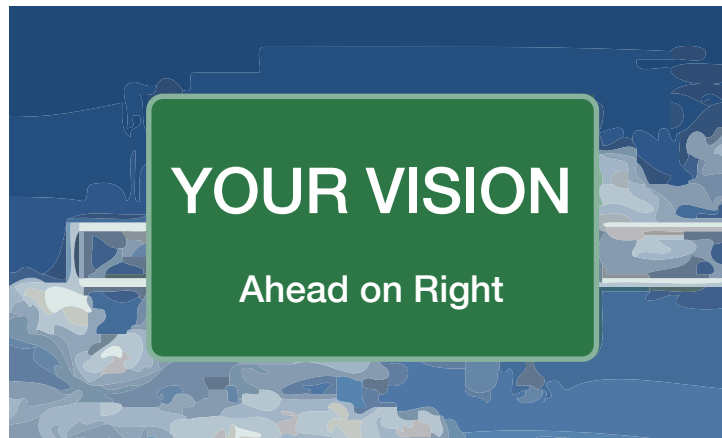
Happy holidays! 

Visioning with Dale DeNunzio

Close your eyes, and take a long, deep breath. Be aware of your breathing, coming in and going out...

So begins the Visioning practice. The purpose of keeping up a practice of visioning is to bypass our intellect and to connect with our Spirit in order to live in greater alignment with it. Put simply, visioning helps us to know what we really want in our lives. Albert Einstein, known primarily as a great intellect, said, "I never came upon any of my discoveries through the process of rational thinking."

I'd like to give you a refresher course on visioning. Begin by closing your eyes and envision how you want things to be or to turn out. You do not have to envision every area of



your life at once, either -- picking one area of your life works well, too.

For example, let's assume you are focusing on the type of home you want to live in. Now that you've decided on an area for your vision, how do you go about forming that vision? One common obstacle in forming a vision is by focusing on the physical details of the vision, rather than focusing on how you feel in the vision. For in-

stance, you may picture the large size of the rooms in the house. Instead, feel the emotions in your vision. Be at your destination and tap into the emotional sense of being there. Feel how you would want to feel in that house. Through your emotional perspective, your vision of your house becomes your feeling of spaciousness when you are there.

It can help to imagine as many of the five senses as

possible along with your vision, too. Some find that imagining a scent, or a taste that would be associated with their vision helps anchor their emotions.

It can also be difficult for some to come up with any vision at all, if you really don't know what you want. Dale finds that envisioning yourself as having clarity can help. This can help break through the indecision.

The next step is to write out your vision. Describe what you saw in your vision and again, try to avoid the intellectual details. Also, be sure to write as if the vision is happening right now. Instead of writing out, "I want a house that has seven large rooms," focus on how you are feeling in that house right now, then your vision

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The Gifts in the Process

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who completed her Process in 1985, is thankful for those who have carried on Bob Hoffman's work over the decades. "Each time I attend a Ceremony of Integration, I feel increased hope," she says. "We achieve peace one person at a time."

In this season of giving, while reflecting on the benefits of your Process and the growth it has enabled in your own life, consider helping others to reap the same benefits. In this season of gift giving and in honor of

the progress you have experienced, remember to give the gift of Hoffman to others by contributing to the Hoffman scholarship program. A recent donor to the Hoffman scholarship program says, "I truly believe in the Process' ability to inspire individuals to seek their true voice." Here's to Staying Connected... with yourself, with others,

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

Teacher's Corner

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changes to, "I'm enjoying the feeling of spaciousness of my home."

During the visioning process, your intellect may have a few limiting things to say. Observe and note the patterns that emerge. For instance, when envisioning the feeling of your spacious home, your intellect may say, "Yeah, but, I can't afford that." The remedy of observing the pattern is to bring yourself back to center and back to

your vision.

Visioning is a practice. Remember, the practice part is reading the vision over again every day and adjusting it accordingly. When reading it over, bring your vision to life as much as possible. You should be trying on your vision as if you are trying on new clothes. You will know if there is something about it that doesn't feel right. Then, adjust accordingly!. [h](#)

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