



Hoffman Says 'Yes!' to Community

When Bob Hoffman founded the Process 45 years ago, one of his goals was to “help change the world, one person at a time.” In this issue, we ask you to explore the gift of giving back to your community. As a Process grad, you experienced the beautiful gift of community, how are you taking it out into the world? Is it with a smile, holding the door open for an elderly person, or perhaps serving at your local soup kitchen? Isn't it amazing how giving back can give us so much? The power of giving is one of the greatest ways to connect us with our spirit and others.

In this month's Teacher's Corner, Matt Brannagan shares how Hoffman is reaching out to children in the community. Hoffman at the Hyde School is one of the ground-breaking programs where teachers of both institutions bring the Process to high school students in the South Bronx.

We also invite you to connect with Hoffman President Raz Ingrasci and Hoffman teacher Ed McClune as they interview inspirational guests on our weekly radio show, “The Hoffman Connection.” To listen, go to hoffmaninstitute.org/radio every Tuesday at 4 PM Pacific time.

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

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Process grad Bonnie Slater shares her gratitude about the Process

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Have you heard The Hoffman Connection yet? Listen in!

Upcoming Graduate Courses >

Build upon your Process experience and connection with these graduate offerings

Upcoming Process Courses >

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Hoffman Institute Foundation

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Hoffman & Hyde Collaborate with Kids

Bringing Powerful Communities Together

by Hoffman teacher
Matt Brannagan



The first Hyde Youth Leadership Intensive, a joint effort

between the Hoffman Institute and Hyde Schools -- who operate Boarding and Charter schools throughout the East Coast -- took place in February. Fifteen students in their junior year at Hyde-Bronx charter school participated during their winter break at Hyde's Bath, Maine campus. The five-day program immersed the students in many of the concepts of the Hoffman Process, including the Negative Love Syndrome and the



Quadrinity Model, while developing a community of teamwork, collaboration, and compassion.

Hoffman teacher Linda Hartka-Reiss and Hyde Foundation Executive Director Joanne Goubourn were instrumental in the development of the program, which aligned the Hyde mission with that of the Hoffman Institute. Hoffman teacher Matt Brannagan and Hyde-Bronx Dean of Stu-

dents Marion Holley joined them in delivering the intensive.

The week was a tremendous success! The youth examined the patterns that impacted their lives, while exploring their sources and learning the tools necessary to overcome those patterns. They developed a connection to Spirit and a new understanding of love, compassion, and forgiveness.

At the end of the week, the students created a group Mandala that will be on display in the halls of their Bronx school. The Mandala represents both their individual growth over the course of the week and the forming of a community of young leaders in their school.

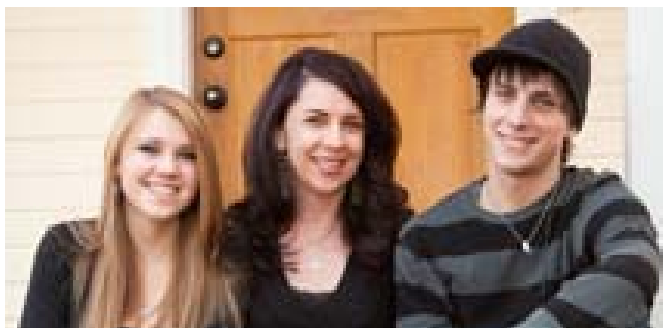
Scholarship Gratitude

I Am Filled with Gratitude Every Day...

Dear Hoffman Scholarship Committee,

I am filled with gratitude every day for my Process experience, and for the scholarship I received, which allowed me to attend. I walked into White Sulphur Springs a wounded child in a 37-year-old body. I walked out empowered and fulfilled -- I became an integrated, alive, and grateful adult woman.

The Process allowed me to come to a place of forgiveness for my father and my childhood. For years I was told that I needed to forgive him in my heart, but it felt unachievable



Graduate Bonnie Slater with her children Fiona and Jacob

-- as impossible as someone telling me to swim across an ocean or climb a volcano spilling hot lava. I am thrilled to share that I accomplished forgiving my father and so much more during my eight days at the

Process. My father and I are taking baby steps via email, and the timing could not be better. He has cancer, and I am thrilled to release him of my negative love and simply love him again.

Since getting home from the Process, I've stayed tapped into my Spiritual Self. I have tools to get through life's bumps, a new way of relating to myself, and through meditation my self-awareness has never been clearer. There is a wonderful woman inside of me who is free and

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Scholarship Gratitude *continued*

able to see the beauty of life in a whole new way. If everyone in the world could go through the Hoffman Process as a coming-of-age ritual, there would be peace on earth.

My two teenage children have seen changes in their mother and are thriving in the rays of my love for them. I have vowed to them that when they are ready, I will find a way

If everyone in the world could go through the Hoffman Process as a coming-of-age ritual, there would be peace on earth.

to send them to the Process.

Thank you to each and everyone who gives to the Process Scholarship Fund and to everyone who has

entered the Hoffman classroom and had the courage to dig deep. My path to the Process came from seeing a friend experience great changes, and since getting home a friend has signed up. I know that he, too, will find the inner peace he is looking for.

Big hugs full of love and gratitude,

Bonnie Slater

Process graduate, May 2011

Hoffman Online Radio!

Tune in and Call Us for Coaching on "The Hoffman Connection"

We've had rock 'n' roll stars, healers, relationship experts, and United Nations award winners as just a few of the amazing guests on "The Hoffman Connection."

Join Hoffman CEO Raz Ingrasci and Hoffman teacher Ed McClune for coaching and inspiration every Tuesday at 4 PM Pacific time. To listen live, go to hoffmaninstitute.org/radio. Call us at 866/472-5788 or email radio@hoffmaninstitute.org and we'll take your questions!

Can't listen live? All episodes are available for download at hoffmaninstitute.org/radio or iTunes for **FREE**.



Upcoming Process Courses

Hoffman's Process calendar is abundant with powerful, Light-filled offerings -- approximately 30 Process choices abound each year. Many courses fill to capacity; please register early!

For a full listing of all Process courses, please see our [Calendar](#).

To register online, please go to: hoffmaninstitute.org/register

or call us at 800/506-5253

Upcoming Graduate Courses

Hoffman Graduate Courses are a great way to stay connected to your Process, brush up on Hoffman tools, and have a Light experience. Courses include Graduate Refreshers, Teleclasses, Q2s, and InnerWork for Leaders.

Teleclasses

To check out the schedule and get more info, [Click Here.](#)

Refresher Courses

New Refresher Courses may be coming to your community! [Check out the schedule](#) and get more info.

Q2 Graduate Intensive

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

This new, 3-day weekend provides the space for the deep, inner work of claiming your wholeness and vision as a leader at a powerful new level.

Think this course might be for you? Have a look [Here.](#)

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

For detailed information on all graduate courses, please go to www.hoffmaninstitute.org/graduates.

To register for any graduate course, please call 800/506-5253 or sign up online at hoffmaninstitute.org/gradreg.

Inspirational Quote

I alone cannot change the world, but I can cast a stone across the waters to create many ripples.

~ Mother Teresa



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