



Celebrating 45 Years of Love!

Welcome to the Summer of Love! In this issue we are focused on Hoffman's Annual Picnic and Raffle, appropriately themed in honor of that special summer of 1967.

In culmination of our 45th anniversary, we are celebrating with our annual Hoffman Picnic, based on the theme of the Summer of Love, tie-dyes, peace buttons, and hippy paraphernalia galore. We hope you'll dress up and join us at the picnic for tons of fun at White Sulphur Springs in St. Helena, CA. You also won't want to miss a chance to win a Volkswagen Beetle and other great prizes, which generously help scholarship recipients. You can spread the love by participating in the raffle now and win early-bird prizes, even if you're not attending the picnic.

Read on as you hear about how one woman learned to jump out of her comfort zone (literally!) as a result of being a Hoffman scholarship recipient. You won't want to miss hearing from other grateful scholarship recipients whose lives have been forever changed in stories that will touch your heart. And we want to thank you again for your generous donations. You're making a world of difference!

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

The Best Gift of All >

Scholarship recipients weave a tapestry of tales about their Process experience.

Soaring to New Heights >

A Process scholarship recipient jumps out of her comfort zone!

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 >

Renew your Process experience and connection with our graduate offerings.

RSVP for the Summer of Love Picnic! >

Have you RSVP'd to join us on August 18 for the annual Hoffman Picnic?

Inspirational Quote >

Hoffman Institute Foundation

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Change the Life of a Scholarship Recipient

by Paula Jones

Encouraging others to attend the Hoffman Process by contributing to our scholarship fund is an incredible gift. Not only do you change the life of the scholarship recipient, but also of those lives who they continue to impact as a result of their transformative experience.

One scholarship recipient had suffered from “anxiety and fear for decades” before attending the Process. Growing up, she had learned to doubt herself, so her approach in life was to be “as invisible as possible.”

“I was better off sitting in the back of the room,” she writes. The Process helped her to clear out and purge the anger and pain she had felt in her life. “The Process was exhausting,” she writes, “but vitally important... It was a huge relief.” The scholarship fund enabled this recipient to move to the front of the room and become visible to her fellow classmates.

Another scholarship recipient had been experiencing a very difficult relationship as a wife and stepmother to two boys. “I was so unhappy and feeling terrible about myself and about the anger,




resentment, and inner pain I was directing toward my husband,” she writes. “The Process was invaluable in providing tools to help break down the years of these negative patterns and allowed me to feel inner peace, calm, and centeredness that had been missing for quite some time.” Since the Process, she and her husband and stepsons are “excited about our future together.”

Contributing to the scholarship fund, whether by purchasing raffle tickets or by making a direct donation to the fund, can make the difference between someone attending the Hoffman Process or not.

“Financially, I couldn’t afford to go to Hoffman but physically and emotionally, I knew I couldn’t afford not to!” says one scholarship recipient who had been feeling depressed, unloved, and hopeless. “The revelations I experienced were the answers I had been searching for,” she reported after she completed the Process. Especially helpful for her during the Process was the visit to the cemetery. “I was very close to my grandmother my whole life. She had been my guide for my whole life and when she died I was lost,” she writes. “I have her with me again, thanks to my experience at Hoffman.”

The transformations we experience because of the Process -- from the subtle to the sublime -- are priceless. After we complete the Process, there are many ways in which we can stay connected to our Hoffman community, such as joining a graduate group or attending a refresher course. This connection enables each of us to receive and give the support we all need to continue to experience Process benefits. The Hoffman Institute Foundation Scholarship Fund extends our Hoffman community to all, so that all of us benefit fully.

Partial financial assistance is available through the Hoffman Institute Foundation Scholarship Fund. Financial assistance requests are evaluated based on several factors and on a first-come, first-served basis. Once scholarship funds for a specific Process course are allotted, no more assistance is available for that particular course, so we encourage you to apply early! To receive a scholarship application, please call the enrollment department at 800/506-5253 or email enrollment@hoffmaninstitute.org with your request. 

Soaring to New Heights

Dear Hoffman Institute Scholarship Committee,

Thank you, Thank you, Thank you! When I think about the chance I was given in going to the Hoffman Process I feel so very grateful. The changes and transitions I have felt and noticed since my experience in the Hoffman Process have been so subtle, yet monumental in my life. I, like many before me, was in a dark, dark place in my life, “spinning my wheels,” stuck. I wasn’t getting anywhere with my work, my friendships, my intimate relationships, and myself. I was so very unhappy. I now know this was due to 28 years of programming, rebellion, viscous cycles, and negative love; I knew no other way. I knew I needed help and I knew I needed a change before I lost myself forever. I was so blessed to come to hear of the Process through a very dear family friend. Through her openness, understanding, and compassion I was able to make the first steps I needed in signing up. She so very graciously gave me the appropriate number to call, person to talk to, as well as things to think about. As a seasonal worker for the US government, my funds were definitely limited, a very



handy excuse I had used over the years to not initiate the changes needed or seek the help I needed. Therefore, when I learned more about the scholarship opportunities available through the Process, I felt encouraged and optimistic. “Wow, I might actually be able to do this.” The experience of signing up for the Process was one of the most fulfilling things I have ever done in my life. I felt encouraged and inspired to keep on the path that had led me to the Process. I felt very supported by the Hoffman staff. I felt truly understood and heard for one of the first times in my life. I felt love and understanding from the staff and great support. I was so very appreciative of all of the work that went into me being able to receive

scholarship funds. I felt my heart opening up to the love and support from those who had donated to the fund and from those who were helping me to receive the funds that I needed. I feel forever grateful to all of those involved in the scholarship fund, and felt their presence throughout the Process. I am so very grateful and appreciative of this opportunity and finding the ability to truly fight for my life, my goals, my vision, to reconnect with my true authentic self, my beautiful, shining, radiant spirit. I feel I have accomplished many great things, even in the short 29 years I have been on this planet. However, I know with utmost certainty that the Hoffman Process was the most important thing I have ever

done in my life.

Over the last three months since I finished the Process I have gone through the classic ebb and flow of life, ups and downs. My job is very demanding and I struggled greatly with it this past spring. I am a smokejumper with the US Forest Service, so my job demands that I am at my best, both physically and mentally. I feel I went through all the stages of re-integration after the Process, including the stage of doubt and another dark, difficult time. However, this time around I truly realized what I had learned and that my truth and my spirit shone through. I am here now; I am me. I am Laura. I am so grateful to have this connection with my authenticity and to truly be able to listen to and honor my truth. The process helped me to truly focus in on what I needed to do at work to be better as well as being able to learn from experiences and let go, forgive myself. I was finally able to break out of a vicious cycle that kept me in a relationship that was not good for me. I am just so very grateful to finally understand and listen to

Continued on next page >

Scholarship Gratitude *continued*

that inner voice that has been with me my whole life -- the voice of my truth. So with all the love and light in my heart, THANK YOU, THANK YOU, THANK YOU ETERNALLY! I now know what it is to love and what it is to truly live! I will leave you all with a poem by Hafiz that I feel sums up my experience at the Process:

*I wish I could show you,
when you are lonely or in darkness,
the astonishing light of your own
being!*


You all saw it, and sensed it in me, and helped to lead me back to my own light. I am forever grateful. Thank you for all that you do, and most of all thank you for being my

brothers and sisters in the light!

With much love and gratitude,

Laura Brown

Process grad from March, 2012

P.S. Here is a little extra token of appreciation -- my Hoffman "Santa" froggy, who told me to "trust yourself," now has four fire jumps and counting! 

The Hoffman Connection

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

To listen live, go to hoffmaninstitute.org/radio. Have a question for the guest? Call us at **866/472-5788** or email radio@hoffmaninstitute.org and talk with us.

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

Upcoming Process Courses and Intro Call

Hoffman's Process calendar is abundant with powerful, Light-filled offerings -- approximately 30 Process choices abound each year on both the East and West Coast. 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 800/506-5253.

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. Check out our [graduate page](#) for more info.

3-Day Course: InnerWork for Leaders

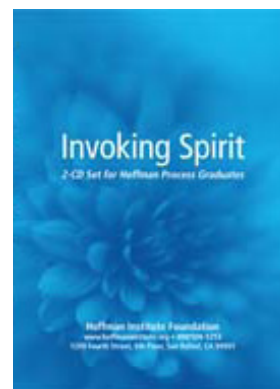
Your Process work empowered you to become more present and authentic in all parts of your life. This new 3-day course provides the sacred space to do the deep inner work of claiming your wholeness and vision as a leader at a powerful new level. Upcoming InnerWork for Leaders weekends include California September 28-30 and Connecticut August 24-26. More information can be found [here](#). And while you're there, explore the [InnerWork for Leaders Coaching Program!](#)

3-Day Course: 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](#).

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

Just off the (CD) presses -- our brand new "Invoking Spirit" CD set 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 hoffmaninstitute.org/shop



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

RSVP for the Hoffman Annual Picnic!

Join us for our Annual Summer Picnic -- and win fun prizes!

Date: Saturday, August 18, 2012

Time: 11 AM-4 PM

Where: White Sulphur Springs, home of the Hoffman Process, in St. Helena, CA

Who: Hoffman graduates, friends, family, non-graduates -- All are welcome!



Inspirational Quote

It takes generosity to discover the whole through others. If you realize you are only a violin, you can open yourself up to the world by playing your role in the concert.

~ Jacques Yves Cousteau

Real generosity toward the future lies in giving all to the present.

~ Albert Camus



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