

# *Staying Connected*

## Welcome to our December issue of *Staying Connected*!

'Tis the season to be merry, and sometimes that's easier said than done! While most of us want to be full of good cheer and light, the truth about the holidays is that sometimes we can find ourselves overstretched.

We want to help you remember that at the Process you learned how to create your own inner joy and light... and how easily it can be to spread to those around you! The holidays don't have to be a time to simply *get through*. We encourage you to take this time as an opportunity to look back and reflect with compassion and gratitude at where you've been. Also, take the time to look forward to what you want to create in the New Year. Remember, anything is possible when leading from your heart.

In this issue of *Staying Connected*, Hoffman teacher Linda Ruffin Newlin reminds us of the gifts that come from staying true to our authentic selves. You'll also read a letter from Process graduate Kristen Brooks, whose life has profoundly improved after the Process. She expresses deep love and thanks to grads like you who contribute to the Process Scholarship Fund. And if you'd like to give yourself the gift of the Q2 Graduate Intensive in early 2012, don't miss out on our one-time-only promotion that ends on December 15th.

Most importantly, as we step closer to the end of another year, may you remain open to your magnificence and remember, "*YOU ARE LOVED, LOVING, AND LOVABLE*" -- today, tomorrow, and always!

*Happy Holidays to you, from your friends at the Hoffman Institute Foundation!*

## SPECIAL OFFER -- Q2 for \$999! >

Why Hoffman Coaching is a good idea --  
Process teacher Kani Comstock explains

## Check Out Our Inspirational Videos >

Hoffman grads share how the Process has changed their lives

## Teacher's Corner >

Linda Ruffin Newlin discusses why being authentic matters...

## Letters of Gratitude >

Hoffman grads share how the Process has changed their lives

## Upcoming Graduate Courses >

Build upon your Process experience and connection with these amazing graduate offerings

## Upcoming Process Courses >

Find out when the next Process course is offered in your area



## SPECIAL OFFER -- Q2 for \$999!

Launch your New Year by being fully present to yourself and your vision! Take advantage of our one-time-only offer of \$999 for a Q2 in January or March 2012.

You must register by December 15, so click here to learn more and [sign up today!](#)

If you schedule won't allow you to take advantage of this amazing promotion, consider Hoffman's [Individual Coaching](#). Research shows that coaching provides you with an astonishing 35 to 82 percent higher chance of achieving your goals than without!

[Hoffman Coaching](#) happens via phone, with a Hoffman teacher of your choice. It's a great way to deepen your Process experience, disconnect from patterns, and prepare for a wonderful New Year.



## Inspirational Videos

Have you seen our new videos? Click [here](#) and check out what grateful grads have to share about the Process and to view an inspirational message from Hoffman's Advisory Council Chair and best-selling author Joan Borysenko!



## Teacher's Corner

### Why Being Authentic Matters

by Linda Ruffin Newlin

Being authentic is not just a good idea -- it is essential to living a productive, peaceful, and healthy life. We were born to be ourselves. No one else on the planet is just like us, and yet, as Hoffman graduates understand, we were not always permitted or encouraged to be our true selves, thus we do "inner work" that returns us to ourselves and recalibrates our true north.

Being authentic is the greatest gift we can give to ourselves. It provides us with the freedom and peace we need to be able to express our unique passions, skills, gifts, and talents. The Hoffman Process offers many graduate programs to discover and claim your authentic self.

Our newest program is called InnerWork for Leaders. During the powerful three-day course, Process graduates explore and further mine the "gold" that lives within themselves. By transforming the patterns that get in the way of being their authentic self, leaders -- that means YOU -- find what truly lights them up and begin to see the clear vision of their life's contribution and fulfillment. At InnerWork for Leaders, many graduates find their "calling" and begin living in ways that feel profoundly abundant and deeply satisfying.

Remember, you have no choice but to BE YOU, because everyone else is taken (and your false self is not you!)

[Click here to find out more](#)



Process teacher Linda Ruffin Newlin



## Letters of Gratitude

Dear Scholarship Committee,

As I close my eyes and begin composing this letter, I find myself wanting to conjure up personal images of my donors. I know they are the same sweet friends I came to know and love in my 8+ days of the Process. I know I would hug them and know them and love them just as I have deeply loved my classmates. I am sending a hug to everyone who donates to the Hoffman Institute Scholarship Fund. You need to know how precious that money has been spent.

I came to St. Helena ready. I was desperate to find relief, mostly from my own persecution. Our finances were unstable at best, our marriage was limping along, and my therapist recommended I see a psychiatrist to address my consistent mood swings. I told myself I would postpone using medication with the great hope that the Hoffman Process would work as well for me as it seemed to for others I have witnessed. I jumped in wholeheartedly, and bashed my little heart out.

Well, people, it's a miracle. It's just a miracle. I walk through what was my former life and watch myself deal with situations with a completely different perspective. Somehow I have become the competent, action-oriented person that I (and my husband) have longed for me to be. The dryer needs fixing? I will call the repairman today. It used to take months as I churned indecision, guilt, fear, and the need for approval in the incessant dryer in my mind. Torture, I tell you. I would run all required actions through a hamster maze of dodging, procrastinating, endless discussion and analysis, which somehow

all ended in self-doubt, guilt, and self-loathing. All my patterns ended in self-loathing. That's a terrible place to always end up.

The antidote, as I learned in a deep and visceral way at Hoffman, is self-love. I knew the term, of course, but I really had no idea what loving myself meant (it had usually involved ice cream.) Now I monitor my thoughts with the same Mama Bear love and intensity that I had previously only

reserved for protecting my young children. Nasty critical thoughts show up at dinner? I will notice the invader as an actual intruder and stand up for myself. GET OUT! And my inner me feels good about having been fought for.

I no longer have to run the hamster maze. I do not have to compulsively act out the months of avoiding emails and rewriting "contact bank" over and over again on my to-do list. I am clear. Free. Capable. I don't even fully understand it. I just know I feel

free, and overwhelmingly grateful.

I cannot thank you enough for your support in helping me get here. To me, there is no greater gift. I am determined to accomplish all my big dreams, my big goals, and live in the abundance of life that I crave and deserve. I will someday be the person on the other end of this letter, accepting the hugs."

All my love,

Kristen Brooks

Process Graduate, September 2011



Hoffman grad Kristen Brooks

[Click here to learn how Hoffman Scholarships change lives](#)



## 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 Graduate Refreshers, Teleclasses, Q2s, and InnerWork for Leaders.

### Teleclasses

- \* Jan. 18 - Create Your 2012 Vision

- \* Jan. 24 - Create Your 2012 Vision

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

### Q2 Graduate Intensive

Live your life so that the power and transformation you experienced at the Process continues to expand and deepen.

#### California Dates

- \* January 27-29, 2012

- \* March 30-April 1, 2012

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](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)

## Upcoming Process Courses

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

### Upcoming Process Dates

#### California

- \* December 9-16, 2011  
(wait listed)

- \* January 6-13, 2012

- \* January 20-27, 2012

- \* February 3-10, 2012

- \* February 17-24, 2012

#### California (continued)

- \* March 9-16, 2012

- \* March 23-30, 2012

- \* April 13-20, 2012

- \* April 27-May 4, 2012

#### Connecticut

- \* March 9-16, 2012

- \* May 11-18, 2012

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

To register online, please go to: [hoffmaninstitute.org/register](http://hoffmaninstitute.org/register) or call us at 800/506-5253