

Celebrating 45 Years of the Hoffman Process!

Staying Connected



Happy New Year — We're Celebrating 45 Years of Hoffman!

Happy New Year, Hoffman friends! With the turn of a calendar page we find ourselves celebrating 45 years of the Hoffman Process, and looking forward to greater amounts of love, compassion, understanding, and deeper connection to our spiritual center.

2012 is a particularly joyful year for us at Hoffman -- it marks our 45th year of helping people change their lives! We couldn't be happier or more honored to have helped shepherd this beautiful work from its earliest days with Bob Hoffman to today, when more than 80,000 people around the globe call themselves Hoffman Graduates! As our gift to you in recognition of our 45th anniversary, the January Visioning teleclass will cost only \$20 (not the normal \$29). See the links below to sign up!

This month we invite you to re-commit to your unique, amazing life with authenticity, purpose, and an open heart. Read Process teacher Ed McClune's article on how to just that. He'll guide you through each step during his "Create Your Vision for 2012" teleclasses on January 18th and January 24th.

We're also happy to announce that our first-ever radio show will launch on Valentine's Day, February 14th! Tune in to hear CEO Raz Ingrasci and teacher Ed McClune host "The Hoffman Connection" on www.VoiceAmerica.com, America's leading web-based talk radio network. More info on how to tune-in is coming soon!

We wish you a joyful, abundant, Light- and love-filled New Year.

Our Gift to You >

\$20 promo for Visioning teleclass --
1/18 & 1/24

Teacher's Corner >

Ed McClune helps you create a life you love

Letter of Gratitude >

Process grad Emily Ma shares how receiving a scholarship has changed her life

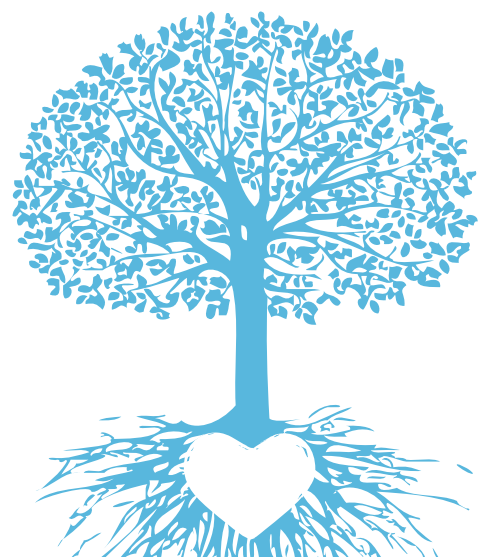
Upcoming Graduate Courses >

Build upon your Process experience and connection with these graduate offerings

Upcoming Process Courses >

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

Inspirational Quote >



Our Gift To You

PROMOTION! January Teleclasses Now Only \$20

Create Your Vision for 2012 with one of our best-selling teleclasses, led by Hoffman teacher Ed McClune

Formulate your 2012 vision by connecting to spirit through guided visioning and other Process tools. Hoffman teacher Ed McClune will help you clarify and give shape to your personal vision. This powerful class is great for producing results this year, and every year.

Choose your date -- January 18 or January 24. The course is 1.5 hours, and the cost is now only \$20 (not the regular \$29); includes the live call and playback. To register, [click here](#).



Teacher's Corner

Creating Your Vision and Designing the Life You Want

by Ed McClune

Everything that has ever been created began as an image in someone's mind. Look around a room -- or a garden, or at a career -- everything that's there was imagined first. Creating the life you want is no different -- it starts with having a vision, which is essentially your Spiritual self being allowed to explore your deepest desires without constraints.

For many of us, the patterns we learned in childhood have us focusing our energy on supplying others with what they want, rather than looking inside for what we deeply long for. But that can change! Creating a vision involves exercising a muscle that hasn't been used often enough, but before long it can grow and lead you to where you truly want to be.

If you're not sure where to start, a simple practice is stopping to ask yourself basic questions around small decisions, and then listening for the answers. This will add bulk to your visioning muscle. For example, when considering what to order from a menu, you can trust that you'll order what's right for you without considering the price, calories, or what other people are ordering. It's about asking yourself, "What does all of my Quadrinity want?" then actively honoring the answers that come to you. This can lessen your inner conflict and help you trust yourself to make more life-fulfilling choices.

For help with creating your vision, please join me on an upcoming teleclass, "Create Your 2012 Vision." In the class we'll use guided visioning and other Process tools to help you get the results you want this year, and every year. The class dates are offered on either Wednesday, January 18th or Tuesday, January 24th. For more information and to register, please click here: [Create Your 2012 Vision](#).



Process teacher Ed McClune

Letters of Gratitude

Dearest Process Scholarship Committee,

I am enough.
I am of the Light.
I am divine.

Thank you for clearing the overgrown path and bringing awe and wonder back into my life. The Hoffman Process has transformed me profoundly -- and until now, I did not know how necessary and timely my journey through the Process was.

I had lost myself. I had been teaching and preaching empathy, leadership, and creativity from an Ivory Tower. I had intellectualized the magic of life. And in doing so, the magic had disappeared, leaving me a shadow of my former self. For all the effort I had put into articulating the wonder of life, I had forgotten how to feel it. The Process pulled back the curtain and brought back into the spotlight the source of this joy and wonder -- my Spirit. And there she was, all along, with a whole cast of characters that I had neglected while struggling to find love, belonging, and purpose from external sources. This beautiful creature, my Spirit, stands strong by my side and within me now. Along with my Intellect, my Emotional Self, and my Guide, she opens my heart to the wonder of life and cradles my soul when darkness falls.

Thank you for this gift. I cannot express how deeply grateful I am for the impact you have made on my life. Within a week, my father and I opened up to each other and, in turn, made stunning progress together on the family business. Within two weeks, I was able to bring forgiveness to a relationship with a young man with whom I was deeply in love. Reintegration has not been without its trials and tribulations. The dark side has most certainly brought me to my knees. However, I am renewed with strength and resolve each time this darkness emerges because I know I can fight and how to fight; I confidently reach for my Hoffman tools and call to my side the Spirits of my dearest Hoffman Flock.

I now love myself as my best friend.
I am love, loving, and lovable.



Process grad Emily Ma

With deep gratitude,
Emily Ma
2011 Process Graduate

[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: Special Promo*

- * Jan. 18 - Create Your 2012 Vision
- * Jan. 24 - Create Your 2012 Vision

**Only \$20 for either teleclass!*

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

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

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!

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

Inspirational Quote

Faith is taking the first step even when you don't see the whole staircase.

--Martin Luther King, Jr.



Hoffman Institute Foundation | 1299 Fourth Street, Sixth Floor | San Rafael, California 94901
800/506-5253 or 415/485-5220 | hq@hoffmaninstitute.org | ©2012 Hoffman Institute Foundation