



Celebrate Your Freedom!

Welcome to the month in which we celebrate Independence! It is a fabulous time to celebrate and appreciate our freedom.

Independence Day is usually a celebration of the literal concept of freedom in our society. However, personal freedom is that exciting feeling of being able to do anything, go anywhere, and that we are walking our path unfettered. In honor of Independence Day, let's take our own personal freedom inventory and ask, "In what areas in my life do I feel trapped?", or "What patterns get in the way of my personal freedom?", or "What fears prevent me from realizing my dreams?" Each time we identify a pattern and work to move past it -- no matter how small our steps may be -- we experience greater freedom in our lives.

In this issue, we hear from Hoffman graduates who did just that following the InnerWork for Leaders course. They were able to identify patterns that were limiting the realization of their career aspirations and making them feel stifled in their relationships. Once these patterns became conscious, the graduates were able to take the first steps toward their goals and into more personal freedom.

Linda Hartka-Reiss visits with us this month in Teacher's Corner to share her recent trip to the Democratic Republic of Congo, where she spent three weeks volunteering for an organization that works with women and girls who have been victims of trauma, primarily sexual in nature and often involving disabling violence. Linda worked with the Congolese organization's staff teaching therapeutic methods in working with women and girls who have experienced unspeakable violence and, most often, the resulting blame and rejection of their families for being victims. Linda helps women and girls in the midst of a society where they have no ability to move about freely to find their "freedom on the inside."

Keep reading and see where your freedom can take you...

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

Celebrate Your Freedom >

InnerWork for Leaders participants talk about our newest Hoffman course.

Teacher's Corner >

Hoffman teacher Linda Hartka-Reiss shares her journey to the Congo and how she is working to ensure freedom for women.

The Hoffman Connection >

Are you tuned in? Check out our radio show every Tuesday.

\$125 Off Courses! >

Hoffman's special summer treat has been extended to July 16 -- \$125 off any 2012 Process, Q2, or InnerWork for Leaders course!

Upcoming Graduate Courses >

Build on your Process experience and connection with our graduate offerings.

Upcoming Process Courses & Intro Call >

Process courses are available every month on the West and East Coasts.

It's Picnic Time Aug. 18! >

Hoffman Institute Foundation

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The Truth Will Set You Free

by Paula Jones

I remember the first day of my Hoffman Process back in November, 2007. The Process group worked together to make a list of all of those feelings, thoughts, and experiences that we wanted more of in our lives. Our list included connection, love, understanding, authenticity, confidence, respect, fun, leisure, security, and friendship. We spent the next eight days figuring out how to increase these positive parts of our lives. We identified previously unconscious patterns that stood in the way of having more positive traits in our lives.

Becoming conscious of a pattern enables us to free ourselves from it. Once we shift our “inside world,” -- such as our beliefs, thoughts and feelings -- to be in greater alignment with our Spirit, we are finally able to shift our “outside world,” such as our relationships, work, health, finances and community. If everything we desire is ultimately handled inside of ourselves, we need not feel trapped by the belief that our circumstances are beyond our control. This seems like the ultimate form of freedom to me. As the spiritual




teacher Osho said, “True freedom is always spiritual. It has something to do with your innermost being, which cannot be chained, handcuffed, or put into a jail.”

Charles Zaylor is a Hoffman graduate who has been drawing cartoons since he was a child. He felt unable to move forward with his dream of being published and sharing his cartoons with an audience. At the recent Hoffman Inner-Work for Leaders (IWL) course, he was able to recognize that it is his dark side that tells him his cartoons are not funny and no one would be interested in them. Charles’ spirit, however, has remained a faithful

motivator, evidenced by Charles’ continued passion for humor. He was able to recognize his pattern of believing he was powerless when among authority figures, which he connected to his decision to keep quiet about the activity he enjoyed the most. Recognizing this pattern enabled Charles to free himself. “The people I used to see as having power don’t seem to have the same impact on me,” Charles reports since completion of IWL. Charles is now moving past his patterns and is pursuing having his cartoons published at this very moment.

James Kuan, another recent IWL graduate, recognized the patterns

that were preventing him from maintaining a sense of personal freedom while in relationships. “I had a fear of being trapped in my relationships, where if I gave too much of myself, there might be expectations that follow.” James’ fear seemed to bring him back to the same place over and over, out of a relationship and reinforcing his self-image as a “loner, who wore a badge of independence.” By working through these patterns, James began to perceive how relationships, instead of being burdensome, could be supportive and, therefore, freeing.

One of the many patterns I uncovered during my Process was a fear of expressing myself. As a child, if I expressed an idea perceived as threatening to the status quo, it would be met with rage and retaliation. I had learned to remain silent in order to survive and, as an adult, my pattern of fear of retaliation prevented me from following my true purpose, which is one of communication. I resolved five years ago at my Hoffman Process to “use my Voice” and have been doing so since. As a result, I feel the freedom of thoroughly enjoying what I do. 

An Interview with Linda Hartka-Reiss

The lack of freedom in the Democratic Republic of Congo for women is literal. In Congo, rape is common, from babies to the elderly, and is a form of genocide that is currently rampant in rural villages. While extreme poverty affects everyone, the society is structured such that women need men in order to provide the most basic needs in their lives. Linda notes that, "Women and girls have no ability to move freely without the threat of violence. Fear is a constant companion for women in the Congo, including fear of the military who are supposed to protect them." Embedded in Congolese culture is the belief that women are of little value beyond their role of making babies. This view creates a culture where blaming rape victims for the crimes of their attackers is accepted and the norm. "When a woman has been raped in the Congo, she is seen as shaming the family, garbage, dispensable by not only society but her own family as well," Linda explained. Most women and girls are cast out by their families and are seen as the one at fault for the violence suffered, often earning the epitaph



of "rape lover."

"I worked with these women and girls on finding freedom on the inside," Linda stressed. "As long as they themselves believe that they are without value, there can be no hope for them to fight to manifest freedom in Congolese society." The same women and girls who have suffered this terrible abuse believe the negative cultural beliefs about themselves, thus perpetuating the myths.

"The organization works with 90 women and girls over four months to empower and educate them so they can be self-reliant, and to heal the ravages of trauma, including freeing them from the negative beliefs they have about themselves," Linda said. One particularly beloved exercise Linda

introduced to bridge the isolation and build loving, compassionate community among the women was "Jump in the circle." For this exercise, all the women and girls form a circle. When they have heard a fact that describes them, they are supposed to jump in the circle. The game begins with a fairly benign trait that many of the women may have in common, such as "JUMP IN THE CIRCLE IF YOU ARE WEARING BLACK!"

Everyone who is wearing black then jumps in the circle. The questions become more and more serious, such as "jump in the circle if you have a family member who has been murdered" to which many women jumped in the circle, or "if you feel worthless and ugly." Finally, the statement "if you have been raped" is

spoken and nearly everyone jumped in the circle together. "The reaction of the women was very emotional and they all began crying and hugging each other," Linda observed. Surprisingly, many thought they were the only one there who had been raped, or had experienced traumatizing violence. It was powerfully freeing to them to realize they were not alone, but part of a community, even a grass roots revolution of women finding their own power and worth, and that they could support the others in the circle, as well as be supported by the circle as well. Linda often jumped in the circle, which was a huge revelation to them that they were part of an even larger circle of women across the world, including the privileged

Finding mutual support was just one way in which these women and girls began to see themselves in a positive light. Linda worked on a variety of levels with the women and girls, as well as the training staff that would continue the work begun with them after she left. "We worked to move them from their identity as a

Continued on next page >

Teacher's Corner *continued*

“victim” to a “survivor” and eventually to “compassionate leadership.” Linda used experiential exercises, some similar to the Process, to help them tell their stories, feel and express their anger, and eventually move toward forgiveness and compassion. The organization, after working on finding

freedom “on the inside” works with the women and girls to go back to their community, and to tell their own mothers and sisters about their own self-worth. The organization aims to change the face of Congolese culture, one woman at a time, into one that recognizes women and girls for



their self-worth and power. This change in beliefs grants true freedom -- on

the inside and the outside -- to all of Congolese society. [in](#)

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

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



\$125 Off Courses Extended to July 16!



Renew Your Process and Get a Cool Summer Treat

Get \$125 off any 2012 Process, Q2, or InnerWork for Leaders course until July 16!

This is your chance to share the Process with your loved ones, or give yourself some love by taking a Q2 or InnerWork for Leaders week-

end. ([Click here for more details and to register.](#))

All [2012 courses](#) are included in this special summer treat. You can combine it with an early bird discount, but it cannot be combined with a scholarship award.

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.

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 Connecticut, August 24-26, and California, September 28-30. More information can be found [here](#). And while you're there, explore the [**InnerWork for Leaders Coaching Program!**](#)



New Guided Meditation CD Set -- "Invoking Spirit"

Our 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

[**http://hoffmaninstitute.org/sections/shop/cds/index.html**](http://hoffmaninstitute.org/sections/shop/cds/index.html)

Teleclasses

Tune up with our teacher-led phone support calls for Hoffman graduates. Check out the schedule and get more info [here](#).

Refresher Courses

At times, you need something to inspire you or help you reconnect with other grads and get in the light! [**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](#).

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 and Intro Call



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!

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.

It's Picnic Time!

Join us on August 18th for Hoffman's Annual Picnic at White Sulphur Springs in California! We're celebrating 45 years of the Hoffman Process, the Summer of

Love, and our annual Raffle where you can win fabulous prizes.

Everyone is invited! Bring your aunts, uncles, friends, family -- everyone but the family pet!

Please RSVP to monika@hoffmaninstitute.org. To learn more information and to buy your raffle tickets, [Click Here](#).



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