



What Good Can Come from Grief

In this issue of Staying Connected, we explore the issue of grief, which is unfortunately something every one of us has experienced in our lives. There is no “right” way to grieve, but learning from the lessons of others who have healed from grief can help us turn every loss into a gain. In fact, great gifts can be found through facing adversity and challenge in our lives.

Ken Druck, Ph.D., psychologist and personal coach, suffered the loss of his daughter, Jenna, in 1996. Shortly after Jenna’s death, he attended the Hoffman Process, where he found his life purpose -- to work with grieving families. This mission became the Jenna Druck Foundation. His latest book, *The Real Rules of Life: Balancing Life’s Terms with Your Own*, reveals some of the insights he gained from his encounter with grief, and how he was able to find the path toward healing.

Grief can result from all sorts of losses in our lives, not just the death of a loved one. In this month’s Teacher’s Corner, Process teacher Hilary Illick shows us how Hoffman Process teachings and philosophies -- including practices like self-love, living in the present and acknowledging our feelings -- can help us find the good that can come from grief.

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

Surviving & Thriving in Grief’s Aftermath >

Hoffman graduate and grief expert Ken Druck, Ph.D. talks about healing grief.

Teacher’s Corner >

Process teacher Hilary Illick takes lessons from her life and applies them to healing grief.

The Hoffman Connection >

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Mark your calendars now and join us on August 18 for the annual Hoffman Picnic!

Inspirational Quotes >

Surviving and Thriving in Grief's Aftermath

by Paula Jones

While the word “grief” can make us think about the loss of a loved one, how we process our grief is the same, no matter the type of loss. Ken Druck, a highly successful psychologist and personal coach, was faced with just that challenge after the tragic loss of his eldest teenage daughter during her year abroad in 1996.

According to Ken, how we handle our grief is our choice. We can express it, hide it, or choose to deny it. Ken stresses the importance of giving ourselves the permission to object to whatever has happened to us and to vent our outrage. It is all right if we admit how “this sucks” because “life isn’t fair.” We have a right to express the humiliation, sorrow, fear, and anger that we are feeling because, in doing so, we release those emotions and begin to heal. As William Shakespeare said, “Give sorrow words; the grief that does not speak whispers the o’er-fraught heart and bids it break.”

Asked if he felt bitter after the loss of his daughter, Ken acknowledged he experienced a period of extreme anger and self-absorption immediately after her death, when he wanted to “spit in the face of the universe.” Ultimately he realized that, every day when he woke up, he had a choice -- he could be cynical and in despair or he could try and walk a path of hope and renewal.

The process of grief is rarely linear.



Psychologist and personal coach Ken Druck.

Ken says self-compassion is the key to healing and growing our souls. Some days the very best that any grieving person can do is feel cynicism and despair. It is important to

“Life will have its say and we will all be challenged to survive some kind of adversity and transform it into opportunity at some time in our life.”

~ Ken Druck

allow our selves to feel what we feel and not self-judge for not being able to choose hope and renewal. The very next day brings a new chance to summon our strength and rise from our despair.

Ken points out that in processing grief and overcoming adversity, we do not have to expect ourselves to immediately integrate all of the spiritual lessons we have learned and may be learning throughout our lives. Fac-

ing the “unknowingness” and uncertainty in our lives can be met with self-compassion or with a voice of judgment, which tells us to “get over it” or “just figure it out.” Having self-compassion means accepting the uncertainties of our lives and recognizing that everybody on this planet is a work in progress.

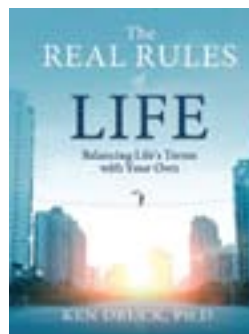
Ken notes how, for some, the pursuit of spirituality can be fueled by a need to control our lives. Some of us may feel that if we just figure out the way the universe really works and if we can follow the right rules, we will become exempt from loss in our lives. The fact is that every one of us is going to experience loss.

“We have to coexist with all the forces that are bigger than us and operate parallel to us,” Ken says. “Life will have its say and we will all be challenged to survive some kind of adversity and transform it into opportunity at some time in our life.”

Meeting that challenge with compassion, kindness, patience, encouragement, and love and acceptance for ourselves in our sorrow and not

knowing can put us on the path to hope, healing, and renewal.

Ken’s new book, *The Real Rules of Life: Balancing Life’s Terms with Your Own*, was published by Hay House and is available now. [h](#)



Feeling Is Healing

By Hilary Illick

We have all experienced grief. Varying degrees of grief, yes, but none of us has managed to fully dodge loss. And we all will experience grief again. Loss and grief are an inevitable part of the human experience. Learning how to navigate grief is as beneficial a life skill as using an umbrella.

The key to moving through grief seems to be self-acceptance and self-love. Experts in the field of grief speak to the importance of being compassionate with ourselves as we move through our emotional reaction to loss, allowing ourselves to show up however we show up on a given day, at a given hour, feeling whatever emotions we may be feeling, whether they seem conflicting or tumultuous. Grief counselors encourage reaching out for help and seeking a community of support.

Self-acceptance. Self-love. Feeling our feelings. Compassion. Supportive community. Does this sound at all familiar?

In a certain way, the first weekend of the Hoffman Process is about processing grief. We spend those first days naming and grieving the losses of our childhoods. For some, this might be the serious loss of one or both parents or a sibling. Some may have lost beloved grandparents,

friends, or pets. Some experience loss of the family unit when parents divorce. Others have lost dreams, lost hope. Many feel a sense of loss from never having gotten the love and care they longed for. All of us,

When these lives of ours contain loss and grief, which they inevitably will and do, we can choose to be present. And by being present, we can be a presence, a healing presence -- for ourselves and for others.

on some level, experience the grief of having abandoned our true selves by taking on patterns and developing a false self. The Hoffman Process allows us to grieve the accumulated losses we experienced in childhood. People look radiant at the end of that first weekend, cleansed. A deep healing has taken place.

Throughout the week of the Process, we receive the opportunity of being with ourselves -- our true selves, the sometimes messy, sometimes furious, sometimes despairing, sometimes serene, sometimes stuck, other times playful, spontaneous creatures that we are. We practice accepting ourselves at the Hoffman Process. We ex-

perience self-love, and being present to all that we are -- to our intellects, our emotional selves, our bodies and our ever-present, always radiant spiritual selves. We reach out for help to our spirit guides, our classmates, our teachers, and we create throughout the week of the Process a community of support. We carry this experience, these practices, inside ourselves. We take it with us, out into the world, back into our lives.

When these lives of ours contain loss and grief, which they inevitably will and do, we can choose to be present. And by being present, we can be a presence, a healing presence -- for ourselves and for others. This does not mean the loss isn't painful. This does not mean we will not experience and deeply feel the anguish and despair and deep sadness that is a part of the grief process. We will. But as the adage says: Feeling is healing.

This experience of feeling and healing is in our cell tissue. We have done it -- and we know how to do it. We have practiced our deep human capacity to heal ourselves. As we greet our experiences and inevitably encounter loss and grief,

may we remember this. And may we remember the deep healing practice of self-acceptance and self-love.



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 CEO Raz Ingrassi and Hoffman teacher 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.



\$125 Off Courses!



Renew Your Process and Get a Cool Summer Treat

Get \$125 off any 2012 Process, Q2, or InnerWork for Leaders course -- sign up by June 28!

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 weekend.

(See the information below 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 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

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

1-Day Course: Hoffman Refresher

At times, you need something to inspire you or help you reconnect with other grads and get in the light! Upcoming Refresher Course locations include Chicago, New York City, St. Helena, CA, and Santa Barbara! [Check out the schedule](#) and get more info.

1-Hour Phone Course: Teleclasses

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

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

Save the Date -- 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!

RSVP: by August 13 (so we have plenty of food) to Monika@hoffmaninstitute.org



Inspirational Quotes

When you are sorrowful, look again in your heart and you shall see that in truth you are weeping for that which has been your delight.

~ Kahlil Gibran

Grieving is a necessary passage and a difficult transition to finally letting go of sorrow -- it is not a permanent rest stop.

~ Dodinsky



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