



## Are You Living Large? (Yes, YOU!)

One of the greatest gifts of the Hoffman Process is the knowledge that, under all the muck and yuck that our dark side carries in the form of negative patterns, a glistening, gleaming, glorious Spiritual being lives inside us just waiting to express its greatness -- to Live Large!

At the Hoffman Process, you learned many ways to live large. We encourage you to acknowledge and treasure your true essence! Let its boldness and largess shine forth. It is YOU!

In this issue, we explore the gifts that come from living large. Hoffman teacher Linda Ruffin Newlin writes about allowing her inner voice to be heard, and how that has translated into expressing her creativity and spirituality in fabulous new ways! And Process graduate Rain Ramirez describes what she's found in herself since letting go of the patterns that blocked her inner Light.

Enjoy Your Own Largess!

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

## Love Yourself, Live Large >

Hoffman teacher Linda Newlin talks about living large through love and forgiveness.

## Scholarship Gratitude >

Scholarship recipient Rain Ramirez shares her profound Process story.

## The Hoffman Connection >

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

## \$125 Off Courses! >

Give yourself and others a special summer treat -- \$125 off any 2012 Process, Q2, or InnerWork for Leaders course!

## Upcoming Graduate Courses >

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

## Upcoming Process Courses & Intro Call >

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

## Tips for Living Large >



**Hoffman Institute Foundation**

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## No More Excuses!

by Hoffman teacher  
Linda Ruffin Newlin

When we hear the call from that still small voice within our “hearts,” and our spirit’s vision expresses itself to us, what do we do with it? In that moment we have a clear choice -- we can either acknowledge it and trust that it is showing us to our next pathway, or we can say “sounds good, but I can’t do that.”

Pushing beyond our negative patterns and programming is not easy. Negating our dreams is often our automatic response to new ideas, passions, and callings. What? Me? Now? Really? We can feel bombarded by a litany of reasons why we can’t do that, shouldn’t do that, won’t make money at it, or “how dare you be so bold, or be happy and do what you really love?”

As a Hoffman teacher, I know that my soul came here to help remove the suffering of others, but what I hadn’t realized was that I had not claimed the full expression of my gifts beyond coaching, teaching and mothering, and that was a form of suffering for me.

A couple of years ago my heart said, “I want to be a songwriter.” Well, I thought, that’s interest-



Linda Ruffin Newlin

ing, but I don’t have time to do that since I need to make a living to support my son. (Not enough time was a dark-side pattern I had never named before.)

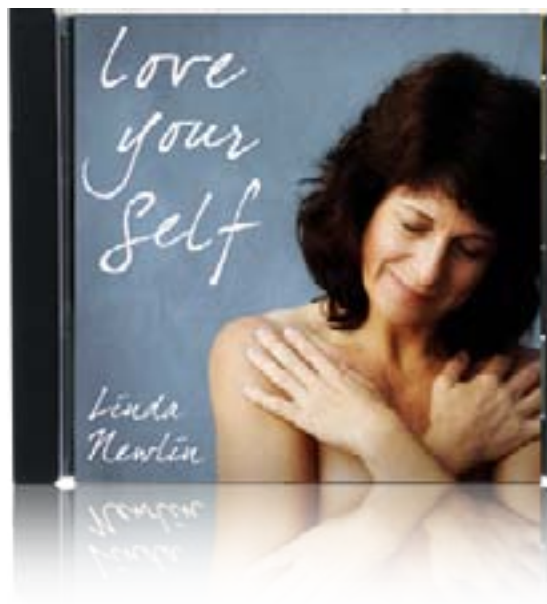
A year later, while teaching Hoffman’s new InnerWork for Leaders course, I heard myself say out loud, “When you commit to living your dreams and being who you truly are, the Universe will support you and your commitment to that dream.” I went back to my cottage that night, put pen to paper, and said, “Okay spirit, let’s try this songwriting thing.”

I wrote the lyrics to my first song that night in 10 minutes and it became the name of my newly released CD, called **Love Your Self**. I had to laugh at myself (“Not enough time -- really?”)!

In less than eight months I wrote, recorded, and produced my new CD and also wrote and performed my new one woman show, which features a “musical journey” of healing and inspiring people to love themselves and stop the negative abuse and self-limiting excuses for not living their dreams.

Because I chose to listen to that divine inner voice and I said “yes” to my deepest desires, I am the happiest I have ever been in my life -- fully embodied and expressing my passion through music and songwriting and performing!

My CD *Love Your Self* is available at [www.LindaNewlin.com](http://www.LindaNewlin.com). A portion of the sale of this CD goes to the Hoffman Institute and other organizations that are healing people so they can live their passionate, purposeful, and peaceful lives.



# Scholarship Gratitude

Dearest Scholarship Committee,

The Hoffman Process was and still is a life-altering event that resonated so deeply within my essence that I now live and breathe with my tools and I feel fortified for whatever comes my way.

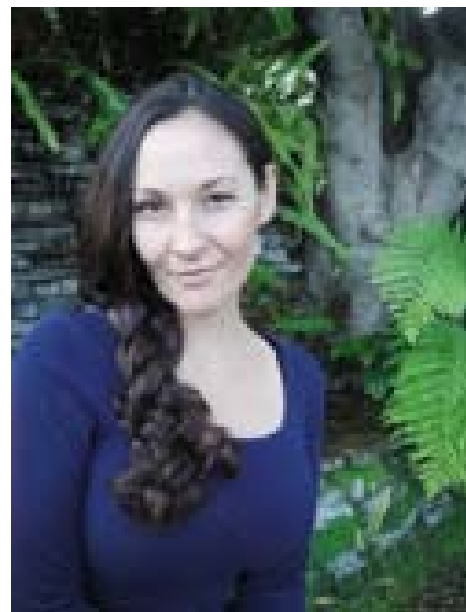
From the moment I engaged in my pre-work, I knew I would never be the same. When I made the drive into White Sulphur Springs and stepped into this beautiful sanctuary, it became a haven of trust, a place to let go of the patterns that had weighed me down and blocked my light.

Every day during my Process I experienced profound growth that I integrate into my daily life. A calm has come over me that allows me the freedom to express myself like never before. It literally lightened a very heavy load of guilt, shame and fear. I left there elevated; I'm now glowing in light, in love, and experiencing a sense of freedom I never

knew was possible.

Because I discovered my authentic, confident, beautiful self at White Sulphur Springs, at times I find myself wanting to run back there. But the beauty is, I don't have to. I was given the gift to teach myself. The Process literally helped me to recognize, restore, and build my inner strength! My Spirit is now at the forefront of my being and I live life in the present! I'm aware! I'm whole! The noise is gone and I wake up ready and refreshed to enjoy life to the fullest!

Receiving a scholarship made my journey to the Process possible. I have the deepest sense of gratitude to the many generous spirits who made this amazing work available to me. I'll never forget that I have the privilege to live the rest of my life in deeply satisfying relationships -- with my Quadrinity, with family and friends, with my "flock,"



Scholarship recipient Rain Ramirez

and with all of humanity.

With Deepest Appreciation and Love,

Rain Ramirez

Process Graduate, December 2011

## "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 Ingrasci and Hoffman teacher Ed McClune every Tuesday at 4 PM Pacific time for coaching and inspiration.

To listen live, go to [hoffmaninstitute.org/radio](http://hoffmaninstitute.org/radio). Have a question for the guest? Call us at 866/472-5788 or email [radio@hoffmaninstitute.org](mailto:radio@hoffmaninstitute.org) and talk with us.

Can't listen live? All episodes are available for download at [hoffmaninstitute.org/radio](http://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 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 California May 18-20 and 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!](#)

### Refresher Courses

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.

### 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 <http://hoffmaninstitute.org/sections/shop/cds/index.html>



### Teleclasses

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

### 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 & 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](http://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!

## Tips for Living Large

- \* Take a leap outside of your comfort zone, no matter how small ...  
feel the exhilaration!
- \* Dare to take the first step toward your dream
- \* Gaze at the stars, and sense the wonder of the universe supporting you
- \* Get outside and play with your children, or break out your own inner kid and play hopscotch or jump rope!
- \* Turn off the TV and talk with each other
- \* Tell fun jokes at the dinner table, feel the healing power of laughter



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