



## Forgiveness & Healing

September is often a time of new beginnings. Students of all ages are heading back to school to begin a new year. The Jewish holiday of Yom Kippur is observed, which focuses on atonement and forgiveness, so that a new year can begin with a clean slate. A new beginning is a time to see the 'big picture' of our lives and recognize that every bad thing we have done -- and every bad thing done to us -- can contribute to our walking the path of ultimate goodness. Whether we are forgiving others, others are forgiving us, or we are forgiving ourselves, the darkest deeds from our past can be transformed into light.

This issue of Stayed Connected will look at forgiveness and the healing it allows. Self-forgiveness is a key component in healing and finding compassion for others, so check out this issue's Teacher's Corner, where we

have reminded all of our Hoffman graduates about the self-forgiveness walk learned during the Process. If you haven't been incorporating this into your daily routine, this is a great time to start fresh!

Are you hanging on to resentment? Is there an unspoken issue between you and another that should be resolved? Are you feeling powerless in a situation and then shameful for not standing up for yourself? Do you feel guilty about something you've done to someone else and want to be free from this burden? Check out Forgiveness and Healing below to review what forgiveness is -- and what it isn't. Celebrate this time of transformation by trying to forgive someone - including yourself -- and be healed!

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

### Forgiveness >

Hoffman grad Paula Jones explores what is forgiveness, and how it helps us heal.

### Teacher's Corner >

We often leave the Process and can't remember all the tools we learned. The Self-Forgiveness/Self-Love Walk is a powerful tool you can use any time.

### The Hoffman Connection >

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

### Upcoming Process Courses & Intro Call >

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

### Upcoming Graduate Courses >

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

### Inspirational Quotes >

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## What Is Forgiveness and Healing?

by Paula Jones

Forgiveness is one of the most powerful practices we can embrace in order to live with an open and loving heart. Forgiveness is an often-misunderstood concept and, as a result, can be difficult to apply in our lives.

What is forgiveness? Here is what it is not -- it is not deciding that what someone has done to you is acceptable. This misunderstanding about forgiveness acts as an obstacle in our attempt to forgive others. We know that what someone has done to us is not OK and as a result we are not interested in forgiving that person.

Instead, when we change our definition of forgiveness and see it as an opportunity to let go of emotions -- such as anger, resentment, sadness and grief -- that persist in relation to an incident or person in our lives, we may be far more motivated to explore the topic. Wouldn't it be wonderful to be able to feel open and loving despite how others act, instead of feeling angry, resentful, and sad? When forgiveness is defined that way, it seems an attractive goal.

Another obstacle to forgiving another is the misunderstanding that a rein-



tegration, with the person who has done something unacceptable to you, must follow. Betrayal by a friend, for instance, can proceed to forgiveness and lead to a reconnection with that friend, integrating a better mutual understanding of each other, compassion for one another, and a deeper relationship. On the other hand, if the friend, who has betrayed you, does not take responsibility for her actions, shows no regret and perhaps attempts to justify the betrayal, it is reasonable to assume this person is likely to betray again. Deciding not to integrate this person back into your life - not out of retaliation

but out of self-love - can be a wise and loving decision for you both. Forgiveness of this person, however, is still possible, despite lack of recognition or apology, because forgiveness is about healing yourself. No participation of the perpetrator is needed!

Expressing the feelings that are inside of us in reaction to whatever another has done is vital to forgiveness. Feeling the anger and hurt after a friend's betrayal moves us through those feelings, until they are literally expressed - outside of us and no longer inside of us. As a wise hippie once said, "You have to feel it to heal it." As corny as this expression may be,

it works. It just works. Feel the anger, hurt, and pain that you feel in response to another. Express it - in a responsible way - in order to get past it and let it go.

Self-forgiveness is also a vital component of forgiving others. If anger and resentment toward a person or an incident seems to linger, self-forgiveness is often the way to get past these feelings. We can become so focused on the one who 'did us wrong' that we fail to look at the judgments and criticism we may be directing toward ourselves. A friend's betrayal may make us feel gullible, embarrassed and

*Continued on page 4 >*

# Self-Forgiveness/Self-Love Walk

*Find a quiet space in nature where you can walk, uninterrupted if possible.*

### Commitment Ritual:

\* Stand still and feel your integrated being -- your intellect, emotional adult, spiritual self and body. Experience the light in you.

\* Silently state your commitment to forgive yourself for all that you have done in your life out of negative love patterns, also state your commitment to love yourself.

\* Reach up your arms to the sky and look up into the limitlessness of the light.

\* Reach out your arms to the horizon that encompasses the whole world and slowly turn around completely to acknowledge your connection.

\* Reach your hands



down to touch the earth that supports and grounds you.

\* Stand straight and breathe into your commitment to be authentic and present.

### Self-Forgiveness

\* Start walking slowly. As you walk, state softly to yourself each of the things in your life you have done out of patterns for which

you forgive yourself.

Use the phrase, *"I forgive myself for...."*

Continue until you have forgiven yourself for everything that you can remember.

Then say, *"I forgive myself for everything I have done out of my patterns."*

**Once again do the Commitment Ritual.**

### Self-Love

\* Start walking slowly.

\* Begin by saying, "I love my whole self just as I am."

\* As you walk, speak softly about how you love and appreciate yourself. Speak of your whole integrated being, and of each of the four aspects of your being: body, intellect, emotional self, and spirit.

\* End by saying again, "I love my whole self just as I am."

**Complete your walk by once again doing the Commitment Ritual**

**Note:** You may choose to repeat this walk many times in your life. As humans, we are by definition imperfect, and for each of us there will always be things to forgive ourselves for. Self-love is a nurturing companion to self-forgiveness. [h](#)

## "The Hoffman Connection" Radio Show

# 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's Raz In-

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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.

## Upcoming Process Courses and Intro Call

### End of Summer Discount -- Save an Additional \$145!

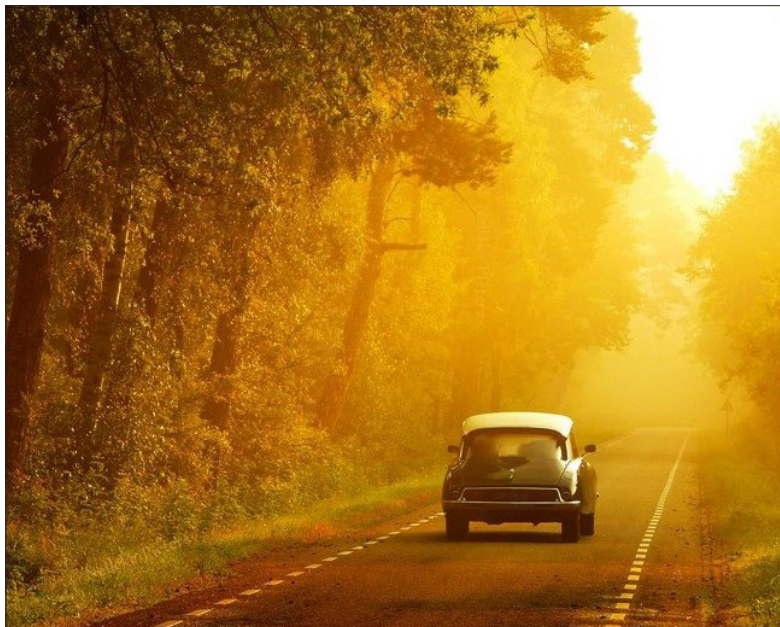
In celebration of 45 years of the Hoffman Process, we are giving you an additional \$145 off your Process! Offer ends September 21, 2012. More information and registration can be found by clicking [Here](#) or call us at 800/506-5253.

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

#### 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!



## Forgiveness *continued from page 2*

vulnerable. We may not like these feelings at all. However, until we feel these feelings and then forgive ourselves for being a fallible human being, the anger and resentment probably won't subside.

Hoffman teacher Linda Hartka-Reiss, who worked with survivors of violence in the Democratic Republic of the Congo, noted the need for survivors to forgive themselves as an important piece of forgiving their attackers. Even though these survivors have been physically attacked and violated by another, among their feelings are the guilt and shame in thinking they should have

done something to stop the attack. "First, these survivors needed to acknowledge what was done to them and to allow themselves to have their feelings of anger and terror about that and also understand that their body was doing what it needed to do to stay alive and protect itself," Linda explained.

Many of us learned as children that it was counterproductive to fight back with our parents, who really had power over our very survival. Even if we were being treated in an unacceptable manner, keeping quiet and acquiescing was a way to prevent the situation from getting even

worse. Or, perhaps we did fight back only to have our parents treat us unfairly even more. As adults, our automatic response may be to keep quiet or acquiesce in the face of conflict in order to survive the situation. Perhaps we are still combative as adults, fighting every battle instead of letting the little things go, which ultimately increase our own suffering more than anyone else's. The avoidance of the shame or embarrassment or anger we then feel for not standing up for ourselves -- or by standing up for ourselves too vehemently -- can cloud our ability to forgive another.

Once we are able to feel compassion and understanding for our own actions, it can enable us to feel compassion and understanding for the person who has wronged us. Instead of labeling the friend who has betrayed us as "evil" or a "lost cause," perhaps we can see how he was acting out of his own need to survive, based on his own feelings of powerlessness. Again, it doesn't make the betrayal acceptable, but it can make it understandable and perhaps we can begin to feel compassion for that person. After all, we are all human beings ultimately having a very similar experience. [h](#)

## 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

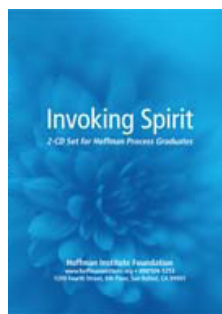
Your Process work empowered you to become more present and authentic in all parts of your life. This new 3-day course provides the sacred space to do the deep inner work of claiming your wholeness and vision as a leader at a powerful new level. The next InnerWork for Leaders weekend is at White Sulphur Springs in California, September 28-30. More information can be found [here](#). And while you're there, explore the [\*\*InnerWork for Leaders Coaching Program!\*\*](#)

### 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](#).

### 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>

### Teleclasses

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](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)

## Quotes about Forgiveness

Forgiveness has nothing to do with absolving a criminal of his crime. It has everything to do with relieving oneself of the burden of being a victim -- letting go of the pain and transforming oneself from victim to survivor.

~ C.R. Strahan

Forgiveness means it finally becomes unimportant that you hit back. You're done. It doesn't necessarily mean that you want to have lunch with the person. If you keep hitting back, you stay trapped in a nightmare...

~ Anne Lamott, from  
*Plan B: Further Thoughts on Faith*

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