



Sharing the Hoffman Process

“Sharing your growth and healing is a valuable and precious gift for the people in your life. We are delighted to support you expanding your light and love by sharing with others what’s been valuable for you, and what’s possible for them by participating in the Process.”

– Liza Ingrasci, Hoffman Institute Foundation CEO

Sharing Honors and Expands Intimacy

Sharing is an invitation to be known and heard, an invitation for connection with family, friends, colleagues, and community.

Expressing Love and Listening from Your Heart

As you share your light, your truth and your love, your new energy will arouse your friends and family’s curiosity. Listen closely and notice what really matters to them, what they yearn for, what affects them in their lives. In reply, offer highlights on how your life has shifted positively as a result of your Process work. Be focused on them.

Creating Space

Allow each person to be right where they are, without judgment. Share your experience in ways that others can translate into their own experience. When appropriate, ask questions that encourage people to look within themselves to find their own answers. Everyone wants his or her life to work. Offer options for more information that don’t directly involve you (*see information on the other side of this page*). Trust them to make choices that are right for them.

Gifts of Support and Community

All people have a fundamental need for connection and belonging. By sharing, you create and expand connection. You can share what connection and community mean to you, and how grateful you are to be able to bring this positivity to the people for whom you care.

Living Your Vision

As you live your vision, you inspire others to live their vision. Having a regular practice, such as the Quadrinity Check and recycling, empowers you to be more authentic. Get support for your growth – connect with your classmates and local support group; participate in teleclasses and the InnerWork Series; attend reunion and refresher events. And coaching from a Hoffman teacher/coach is always great!

continued

Resources of the Hoffman Institute Foundation (HIF):

- Website: **hoffmaninstitute.org**. There is a wealth of information here, including graduate sharing, research findings, teacher profiles, a description of the Process, and Process dates and locations.
- Books on the Hoffman Process:
 - The Hoffman Process*, by Tim Laurence
 - Journey into Love*, by Kani Comstock and Marisa Thame
- Free **Conference Calls** led by Hoffman staff and teachers for people to learn more about the Process. **Tuesdays at 5:00 PM Pacific**. Call **866-322-7998**, **conference code 86157#**. (Check the website for up-to-date information.)
- Information Packets with articles, descriptions of the Process, and Bob Hoffman's essay, *The Path to Personal Freedom & Love*.
- Our staff are available to support you exploring what the Hoffman Process can do for you in your life: 800-506-5253.

The essence of sharing the Process is for you to be centered in your own Spiritual Self. Share with the intention to make a difference in people's lives. We welcome your suggestions, questions, and comments.

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