



*Graduate
Virtual Intensive*

DAY ONE

...hoffman...

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Celtic Work Blessing

May the light of your soul guide you.

*May the light of your soul bless the work that you do
with the secret love and warmth of your heart.*

May you see in what you do the beauty of your own soul.

*May the sacredness of your work bring healing, light
and renewal to those who work with you
and to those who see and receive your work.*

May your work never weary you.

*May it release within you wellsprings of
refreshment, inspiration and excitement.*

May you be present in what you do.

May you never become lost in bland absences.

May the day never burden.

*May dawn find you awake and alert,
approaching your new day with dreams, possibilities and promises.*

May evening find you gracious and fulfilled.

May you go into the night blessed, sheltered and protected.

May your soul calm, console and renew you.

~ John O'Donohue, Anam Cara – Spiritual Wisdom from a Celtic World



The Cycle of Transformation: Four Steps to Change

Awareness sets us out on the journey to transformation. In order to change – to become more authentic, alive, and present – we need to know what’s in the way: Patterns. We become aware that a behaviour or way of being is a pattern; name it as such, and look at where we learned it through pattern tracing. We are striving for an awareness that is both honest and self-compassionate. When becoming aware that something is a pattern, it’s useful to explore where you experienced it in your childhood (which parent) and also the negative price of this pattern in your life today. Once we become aware, we are on the way to breaking free from it. Awareness helps us know when we are ‘off course,’ so we can course correct, from the Left Road back onto the Right Road.

Expression is the next step. To let go of our patterns, we must exercise our free will – choose to step out of the pattern, and to take action using our **Voice, Body, and Intention**. We use our **Voice** to say ‘No’ to the pattern and ‘Yes’ to what we are moving toward. We use our **Body** to express – stomping, tearing paper, shaking, dancing, bashing, even something as subtle as squishing a pattern with a foot. All the while, our **Intention** is to free ourselves of the pattern(s) we are working with and get back in touch with our aliveness and authenticity. ‘NO! I don’t want this in my life. I’m drawing the line here. I’m choosing aliveness.’ Our expression is not necessarily about anger – it’s about ‘claiming’ our lives. It’s about taking a stand. Sometimes that includes anger, but it can also be about joy, love, commitment, and empowerment.

Compassion and Forgiveness both land us in our heart and connect us to our Spiritual Self. In order to truly move beyond the pattern, we must forgive and let go. When it comes to patterns, this means forgiving our parents and forgiving ourselves. In our lives, it often means taking on a practice of self-love and self-compassion and holding others with compassion and curiosity. It means remembering that all of us have hurts – all of us have suffered – and being curious about what might have happened in other people’s childhoods to cause the patterns they live with today.

New Behaviour – For change to take root, we must start practicing new behaviours. Recycling is a primary way we access and move toward new behaviours. Recycling gives us direct access to our authenticity, allows us to ‘do over’ the mistakes we have made, and connects us deeply to our Spiritual Self. We get to imagine ourselves feeling, behaving, and living with wisdom, courage, and connection in all the places we used to be in patterns. We lay the tracks for our future travels, which makes new behaviour simple and smooth. New behaviour also includes all the new, positive ways of being that we are taking on – play, laughter, sharing, moving, connection to self and others, confidence, courageous vulnerability – all the ways we get out of our comfort zone and embrace our aliveness and authenticity.

Guidelines and Agreements

We ask each person to commit to the following agreements:

- 1. I agree to keep confidential** the names of the other participants in this group as well as anything that any other participant says or does throughout the weekend. I will not take any photographs, videos, or recordings during the Graduate Virtual Intensive. I am free to share anything about my own experience in the Graduate Virtual Intensive. I will not have other people in the room with me while I am attending the Graduate Virtual Intensive.
- 2. I will show up** and participate in all sessions and do my best in all my work. If I have concerns, I will ask for help from a facilitator either during the session, or via email or chat.
- 3. I will be on time for all sessions.**
- 4. I will not take alcohol or mind-altering drugs at any point during this Graduate Virtual Intensive.**
- 5. I agree to let go of all activities from the outside world** in order to be fully present to my feelings and healing journey. This includes: listening to music, sending or receiving emails, reading books or magazines, making or receiving texts and phone calls, playing games, using the Internet, etc. I will follow these guidelines even during evening hours between sessions except to communicate with a facilitator.
- 6. I agree to speak from my own experience**, using the word 'I' vs. speaking in generalities with the word 'you' or 'one.'
- 7. I agree to do my best to keep my conversation related to the present moment:** who I am, what I'm doing, what I'm feeling and learning, what's happening for me, what I'm struggling with or inspired by, and so forth. All conversations related to politics, sports, and what I do for a living will be saved for later.
- 8. I will not counsel, advise, or care take my fellow participants.** This includes caretaking emails or texts during the Graduate Virtual Intensive. I will focus on my own personal journey, including taking care of my own needs and myself. If I am concerned about another participant, I will inform a facilitator, rather than attempt to take care of them myself.
- 9. I will not drop out of this intensive for any reason without informing a facilitator.**

Signature:

Date:

Pair Instructions & Questions

- The person with the longer hair will be Speaker A and the person with the shorter hair will be Speaker B.
- You will have 5 minutes each. You will get a notification when to switch.
- Begin by placing your hands on your heart.
- Speaker B will ask Speaker A the same question on repeat: **‘What do you love, care about, or value?’** for 2 minutes.
- Speaker B will ask Speaker A the same question on repeat: **‘What is your intention for this weekend?’** for 2 minutes.
- When done, both of you close your eyes, place your hands on your heart, take a deep breath, and centre yourself.

When you receive the notification to switch:

- Speaker A will ask Speaker B the same question on repeat: **‘What do you love, care about, or value?’** for 2 minutes.
- Speaker A will ask Speaker B the same question on repeat: **‘What is your intention for this weekend?’** for 2 minutes.
- When done, both of you close your eyes, place your hands on your heart, take a deep breath, and centre yourself.

After 10 minutes, you will be returned to the shared virtual space.

Centring Reflection

What do I love, care about, or value?

What I experienced when sharing with my partner:

What I experienced when I was asking the questions and listening to my partner:

What is my intention for the weekend?

My Introduction to the Group

1. Name
2. Where I live
3. Feeling
4. One surprising change since the Process
5. What I am here to change
6. What's at stake for me if I don't change

One surprising change since the Process:

What I am here to change:

What's at stake for me if I don't change:

*A moment of self-compassion
can change your entire day.
A string of such moments
can change the course of your life.*

~ Christopher K. Germer

As I Began to Love Myself – Self-Love Poem

As I began to love myself I found that anguish and emotional suffering are only warning signs that I was living against my own truth. Today, I know, this is **'AUTHENTICITY.'**

As I began to love myself I understood how much it can offend somebody
As I try to force my desires on this person, even though I knew the time was not right and the person was not ready for it, and even though this person was me. Today I call it **'RESPECT.'**

As I began to love myself I stopped craving for a different life, and I could see that everything that surrounded me was inviting me to grow. Today I call it **'MATURITY.'**

As I began to love myself I understood that at any circumstance, I am in the right place at the right time, and everything happens at the exactly right moment. So I could be calm. Today I call it **'SELF-CONFIDENCE.'**

As I began to love myself I quit stealing my own time, and I stopped designing huge projects for the future. Today, I only do what brings me joy and happiness, things I love to do and that make my heart cheer, and I do them in my own way and in my own rhythm. Today I call it **'SIMPLICITY.'**

As I began to love myself I freed myself of anything that is no good for my health – food, people, things, situations, and everything that drew me down and away from myself. At first I called this attitude a healthy egoism. Today I know it is **'LOVE OF ONESELF.'**

As I began to love myself I quit trying to always be right, and ever since I was wrong less of the time. Today I discovered that is **'MODESTY.'**

As I began to love myself I refused to go on living in the past and worry about the future. Now, I only live for the moment, where EVERYTHING is happening. Today I live each day, day by day, and I call it **'FULFILLMENT.'**

As I began to love myself I recognized that my mind can disturb me and it can make me sick. But as I connected it to my heart, my mind became a valuable ally. Today I call this connection **'WISDOM OF THE HEART.'**

We no longer need to fear arguments, confrontations or any kind of problems with ourselves or others. Even stars collide, and out of their crashing new worlds are born. Today I know **THAT IS 'LIFE'!**

~ Karen & Alison McMillen

Welcome Ritual

The item I chose to bring forward today:

Three qualities I want to step into this weekend:

1.

2.

3.

*The most beautiful people we have known
are those who have known defeat,
known suffering, known struggle, known loss,
and have found their way out of the depths.*

*These persons have an appreciation,
a sensitivity, and an understanding
of life that fills them with compassion,
gentleness, and a deep loving concern.*

Beautiful people do not just happen.

~ Elisabeth Kubler-Ross

The Journey

*One day you finally knew
what you had to do, and began,
though the voices around you
kept shouting their bad advice –
though the whole house began to tremble
and you felt the old tug at your ankles.
'Mend my life!'
each voice cried.
But you didn't stop.
You knew what you had to do,
though the wind pried
with its stiff fingers
at the very foundation,
though their melancholy was terrible.
It was already late
enough, and a wild night,
and the road full of fallen
branches and stone.
But little by little,
as you left their voices behind,
and the stars began to burn
through the sheets of clouds,
and there was a new voice
which you slowly recognized as your own,
that kept you company
as you strode deeper and deeper into the world,
determined to do
the only thing you could do –
determined to save
the only life you could save.*

~ Mary Oliver

My Vision for My Life

Write your vision for your life in detail, in the first person, present tense (I am ... I feel ... I experience ...) as if you are experiencing it now.

Be as specific and detailed as possible.

- Loving myself, I feel ...
- In my interactions with those I love, I experience ...
- In my work life I am ...
- My relationship to money feels ...
- In balancing the time I spend with those I love and my work, I experience ...
- In my home I feel ...
- Living from my heart feels ...

My Vision for My Life

My Vision for My Life

Reflections on My Vision for My Life

One aspect of my vision that stands out:

What pleases me about this vision?

What jumps off the page and resonates in your heart?

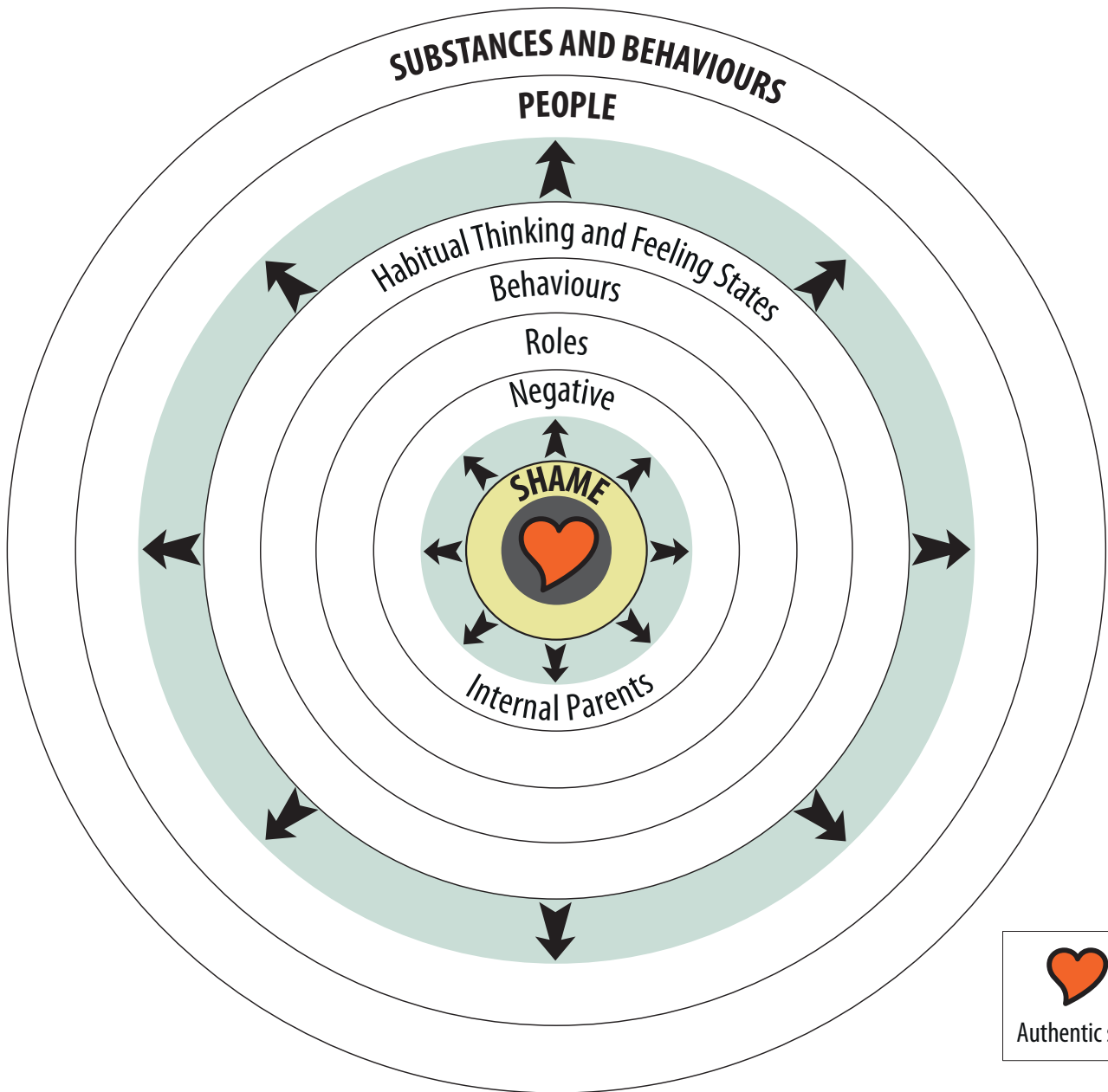
What surprises me about my vision?

What did you think you would want that you didn't even mention in your vision?

Is there a theme in my vision?

What comes up most often?

Negative Love Map



What is a Pattern

Patterns are learned, compulsive, automatic, and reactive.

Way of BEING

- Closed, withdrawn, nice, rebel, joker

Way of ACTING

- Criticizing, interrupting, always late, busyness

Beliefs & Admonitions

- 'There's not enough to go around.'
- 'Other people will let me down.'
- 'I can't have what I want.'
- 'I'm a fraud.'
- 'Be quiet!'

Compulsive Feeling States / Moods

- Resentful, numb, alone, anxious, cheerful, grumpy

Some patterns might fit into more than one category.

How Patterns Live in Us

Using the example of being critical

Adoption

- Do it to myself – *I criticise myself*
- Do it to others – *I criticise others*
- Attract others who do this – *I seem to bring significant people into my life who are critical – of me and others, or life in general*
- Set up others to do it to me – *I behave in ways that set up others to criticise me*

Reaction

- I compensate or protect myself and create a reactive pattern – *In order to protect myself, I withdraw, become invisible, and don't share my thoughts or feelings*

Rebellion

- I rebel to be different from parent – *I become a pleaser, proud of always being nice and never criticising others, or hold back my voice*

Wise Words

*Bless those who challenge us to grow, to stretch,
to move beyond the knowable, to come back home
to our elemental and essential nature.*

*Bless those who challenge us for they remind us
of doors we have closed and doors we have yet to open.*

~ Navajo saying

*Everything that irritates us about others
can lead us to an understanding of ourselves.*

~ C.G. Jung

*To attain true inner freedom, you must be able to
objectively watch your problems instead of being lost in them.
Once you've made the commitment to free yourself of the scared
person inside, you will notice that there is a clear decision point
at which your growth takes place.*

~ Michael A. Singer

*The tragedy is that what you disapprove of in others
Is the very thing you disapprove of in yourself.*

~ Stephen Richards

*Personal enlightenment within an individual is a beautiful and often shocking process.
We are shocked when we see the shadows for the first time and realize these things
are in us! But it is only when there is light that there can be shadows and when we see
our own shadows, this is evidence of the light! Rejoice in the discovery of your own
shortcomings! They are the evidences of the shining sun! And as you turn towards the
sun, the shadows will be behind you.*

~ C. JoyBell C.

Transference Worksheet

I had a positive negative reaction to _____

Day/time and location

_____ *when and where only*

I experienced you as

_____ *my perceptions, judgments, and quotations*

Like my

_____ *mother/father/surrogate*

The patterns I went into were

_____ *which I learned from my*

_____ *mother/father/surrogate*

I am free of transference

I am still in transference

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Elevator Question

Create the question you want answered and write it down.

The question is not meant to provide a 'yes' or 'no' response; it is crafted to help you to discover and uncover patterns. Every question begins with 'What are the unidentified patterns ...' or 'What patterns ...'

Following are some examples:

- What are the unidentified patterns that stand in the way of achieving my vision?
- What are the unidentified patterns that keep me from creating a fulfilling, healthy, loving relationship?
- What are the unidentified patterns that keep me from fully being empowered in my work?
- What are the unidentified patterns that drive my inability to commit to _____?
(*home, relationship, work, vision*)
- What are the unidentified patterns that limit my experience of my sensuality and sexuality?
- What patterns drive my anxiety when I talk to my boss?
- What are the unidentified patterns that keep me from hearing and trusting my Spiritual Self?
- What are the unidentified patterns that make it difficult for me to be intimate?
- What patterns drive me to continually look for what's negative in my spouse?
- What are the unidentified patterns that underlie my depression/anxiety?
- What are the unidentified patterns that drive ____ (*choose a major pattern, e.g. having self-doubt, being controlling, being withdrawn*)?
- What are the unidentified patterns holding me back from _____?
- What patterns got triggered at lunch today with (*name*)?

Question:

Scene:

Question:

Scene:

Elevator Scene Patterns

Identify (circle, underline, write in margins) one or more patterns you see in the scene. Remember to work with what is in the scene, don't analyse.

1. What are the **feelings** that are exhibited in the scene? Do these feelings point to fears, expectations, compulsive stuck places, blocks?
2. What are the **thoughts and beliefs** that are in the scene? Look for admonitions and behaviours.
3. What are the **behaviours** that are in the scene? These could be physical behaviours, facial expressions, or certain kinds of actions to which you have attributed meaning.
4. What are the simple **physical realities** in the scene?
5. What are the **overall messages and moods** in the scenes?
6. What are the **implications and assumptions** that are present?

What are the unidentified patterns that stand in my way of achieving my vision?

Scene:

I'm sitting outside my childhood home. I'm 6 years old. I'm locked out and no one is home.

I'm waiting for my mum to get home. I have to pee. I can hear the neighborhood kids playing and laughing. I wish I could play with them, but no one invites me. I feel left out.

When my mum gets home she yells at me because I forgot my key. Actually, she forgot to leave it for me. I don't say that. I just feel grateful to go in the house.

Vicious Cycles

Patterns don't just come at us one by one. They are clustered in 'vicious cycles,' where one pattern can lead to another and then another, forming this 'familiar' sequence of feelings, thoughts, and behaviours.

The cyclical structure of the vicious cycle channels the energy of the patterns, increasing their power. The patterns tend to alternate in no particular order through feelings, thoughts, behaviours, moods, beliefs, expectations, and admonitions.

Mapping out a vicious cycle can help you gain greater awareness of the actual patterns, beliefs, and feelings that are active. It can also help you identify a major pattern or shame message.

To begin mapping a vicious cycle (see next page for example), start with:

- A specific situation where you get triggered
- A shame belief
- A core belief you hold about yourself

Then ask yourself a series of questions to help identify the patterns that compose the vicious cycle, i.e., 'What happens next?'

- What am I feeling? What are my fears? What is my mood?
- What am I thinking or saying? What do I tell myself? What do I say to others?
- What am I doing or sensing? What is the effect on my Body?
- What do I do to avoid or compensate?
- How do I act? What is my behaviour?

For example:

- Identify the immediate pattern
- When I'm in this pattern, what do I do? Identify pattern in the response.
- When I do that, how do I feel? Again, identify pattern in each response.
- When I feel that way, what do I do or what am I thinking?

There is no 'correct' order to ask these questions. Pay attention and be naturally curious about this inner dynamic. Write down patterns on the Vicious Cycle circle as they come up. Map out how they feed off or evolve from each other.

Not all vicious cycles resolve themselves into neat, closed circles. It is more important to chart the flow than to try too hard to close it and lose connection to the sequence of patterns.

Vicious Cycle Example

Situation – My worth is dependent on the admiration of others.



Vicious Cycle

Situation or Belief

Vicious Cycle

Situation or Belief

Mindful Awareness & Awareness Hell

There are two ways we can be aware:

Awareness Hell

Awareness + Self-judgment

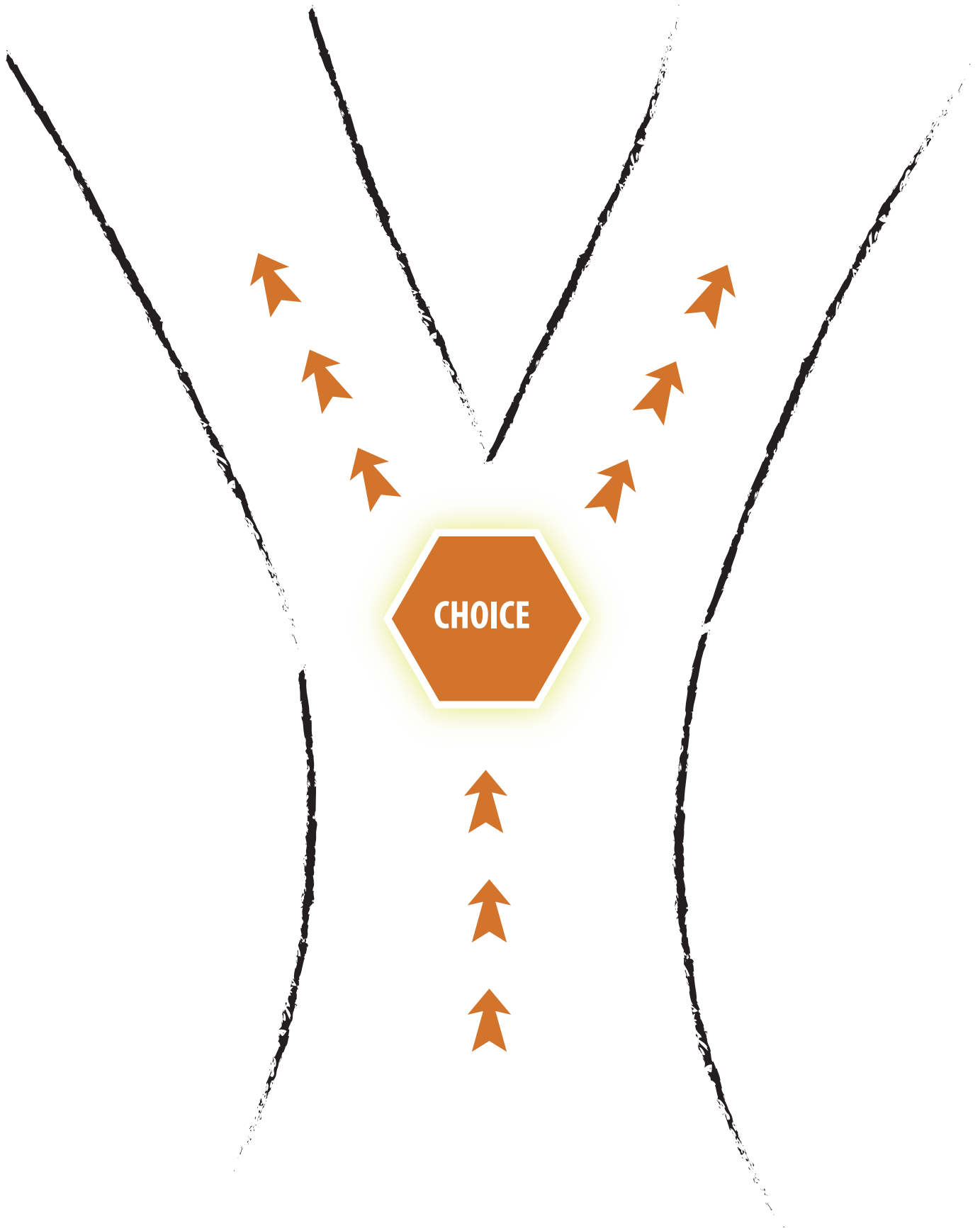
Mindful Awareness

Awareness + Self-compassion

We already have everything we need. There is no need for self-improvement. All these trips that we lay on ourselves – the heavy-duty fearing that we're bad and hoping that we're good, the identities that we so dearly cling to, the rage, the jealousy and the addictions of all kinds – never touch our basic wealth. They are like clouds that temporarily block the sun. But all the time our warmth and brilliance are right here. This is who we really are. We are one blink of an eye away from being fully awake.

~ Pema Chödrön

Left Road / Right Road Map – Choice



The Guest House

*This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.
The dark thought, the shame, the malice,
meet them at the door laughing and invite them in.
Be grateful for whatever comes.
Because each has been sent
as a guide from beyond.*

~ Rumi

Evening Instructions

- Listen to the Light Journey visualisation on the Hoffman website:**
www.hoffmaninstitute.co.uk/light-journey
Make notes on your experience on page 34.

- Take at least 20 minutes to create newly identified pattern lists, beginning on page 35.
List the patterns in the left-hand column only
Patterns can be found from all the tools you used today
 - ~ Transference
 - ~ Elevator Tool
 - ~ Vicious Cycle

- Please be sure to get your rest and sleep this evening.

- For tomorrow:**
Dress in layers tomorrow; you will be doing some movement throughout the day.

- Be sure to have your materials available tomorrow:
 - ~ Day Two Workbook
 - ~ Stack of 3' x 5' Index cards
 - ~ Markers
 - ~ A Bowl
 - ~ A sturdy shoe

Self-love is the source of all our other loves.

~ Pierre Corneille

Appreciation and Gratitude

Write down three things you appreciate about yourself.

Trust whatever qualities of yourself you appreciate in this moment and write them down.

1.

2.

3.

Write down three things you are grateful for in your life.

Let it be whatever comes up for you now, in this moment, what you are grateful for in your life.

1.

2.

3.



Light Journey Reflection

Write down a word or two describing what you're feeling now, in this moment.

What was your experience on the Left Road? Briefly describe.

What was your experience on the Right Road? Briefly describe.

Briefly describe the dwelling in your Sanctuary.

Describe an insight, surprise, or learning from what you just experienced.

Even if you live to be 100, it's really a very short time. So why not spend it undergoing this process of evolution, of opening your mind and heart, connecting with your true nature – rather than getting better and better at fixing, grasping, freezing, closing down?

~ Pema Chödrön

Newly-Identified Patterns

- Adopted directly from parent: Mother/Father/Surrogate
- Learned in Compensation or Rebellion to parent: M-R / F-R / S-R

Pattern		Authentic Alternative & New Way of Being
Self-doubt (at work)	M	<p><i>White, luminous, sparkly energy.</i></p> <p><i>I approached my project with more energy, confidence, and excitement. I felt playful when sharing my ideas with my colleagues – we were laughing and having fun while brainstorming. Everyone was engaged and felt included in the process.</i></p>

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