



*Graduate  
Virtual Intensive*

**DAY TWO**

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## Everything You Do is Sacred

*Now is the time to know  
That all that you do is sacred.*

*Now is the time to understand  
That all your ideas of right and wrong  
Were just a child's training wheels  
To be laid aside  
When you can finally live  
With veracity  
And love.*

*Now is the time for the world to know  
That every thought and action is sacred.*

*This is the time  
For you to deeply compute the impossibility  
That there is anything  
But Grace.*

*Now is the season to know  
That everything you do  
Is sacred.*

*~ Hafiz*

## Day 2

### **Message from Spiritual Self**

### **Message from Guide**

## Centring Practice & Quadrinity Check-In

From your **Centre**, who or what do you love/care about?

Body

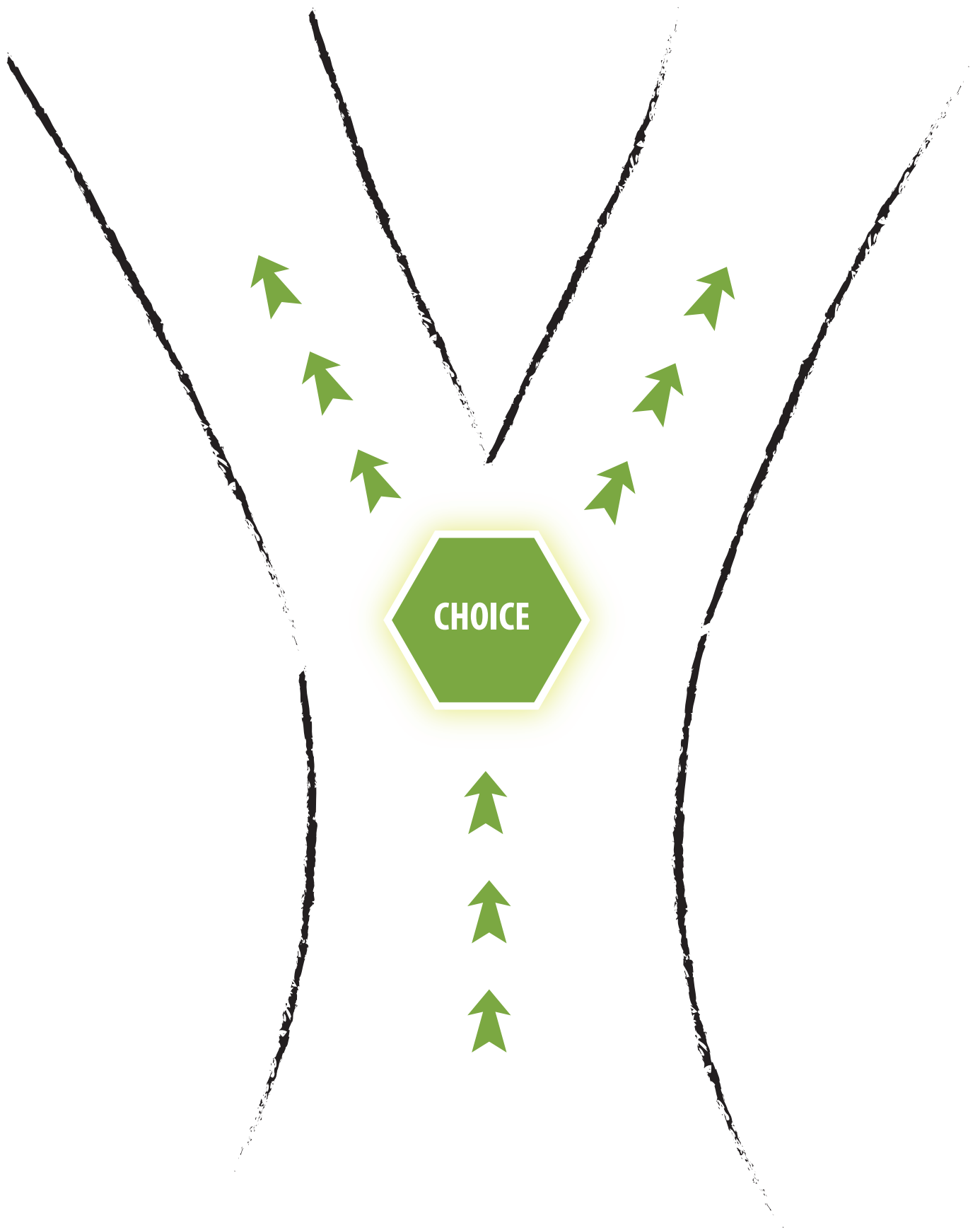
Intellect

Emotional Self

Spiritual Self

Guide

## Left Road / Right Road – Choice Map



## Pair Sharing

The life I can create for myself, if I spent more time on my Right Road and listened to the voice of my Spiritual Self rather than my Dark Side:

What I am ready to claim:

### Items for Next Session

- A3 paper or card
- Markers
- Sturdy shoe
- Bowl
- Water bottle

## Saint Francis and the Sow

*The bud  
stands for all things,  
even those things that don't flower,  
for everything flowers, from within, of self-blessing;  
though sometimes it is necessary  
to re-teach a thing its loveliness,  
to put a hand on its brow  
of the flower  
and retell it in words and in touch  
it is lovely  
until it flowers again from within, of self-blessing;  
as St. Francis  
put his hand on the creased forehead  
of the sow, and told her in words and in touch  
blessings of earth on the sow, and the sow  
began remembering all down her thick length,  
from the earthen snout all the way  
through the fodder and slops to the spiritual curl of the tail,  
from the hard spininess spiked out from the spine  
down through the great broken heart  
to the blue milken dreaminess spurting and shuddering  
from the fourteen teats into the fourteen mouths sucking  
and blowing beneath them:  
the long, perfect loveliness of sow.*

*~ Galway Kinnell*



## Dark Side Sharing

- What insights and learning came to you during the Dark Side stomping and bashing session?
- Knowing what you know now about how your Dark Side operates, what will you do when you find yourself on your Left Road? *Give examples*
- How can you easily return to your Right Road? What practices do you do that connect you to your Spiritual Self?

## Reflection & Sharing

- What was challenging or missing for you with your parents regarding self-compassion and self-forgiveness? What did they model?
- How are you playing out in your life today what you learned from them?
- What is this costing you in your life?

## Maya Angelou on Self-Forgiveness

*I don't know if I continue, even today, always liking myself. But what I learned to do many years ago was to forgive myself. It is very important for every human being to forgive herself or himself because if you live, you will make mistakes – it is inevitable. But once you do and you see the mistake, then you forgive yourself and say, 'Well, if I'd known better I'd have done better,' that's all. So you say to people you think you may have injured, 'I'm sorry,' and then you say to yourself, 'I'm sorry.'*

*If we all hold on to the mistake, we can't see our own glory in the mirror because we have the mistake between our faces and the mirror; we can't see what we're capable of being.*

*You can ask forgiveness of others, but in the end the real forgiveness is in one's own self. ... The real difficulty is to overcome how you think about yourself. If we don't have that we never grow, we never learn, and sure as hell we should never teach.*

## Kristin Neff on Self-Compassion

### **What Is Self-Compassion?**

*The definition of 'self-compassion' is related to the more general definition of 'compassion.' Compassion involves being touched by the suffering of others, opening one's awareness to others' pain and not avoiding or disconnecting from it, so that feelings of kindness toward others and the desire to alleviate their suffering emerge (Wispe, 1991). It also involves offering nonjudgmental understanding to those who fail or do wrong, so that their actions and behaviors are seen in the context of shared human fallibility. Self-compassion, therefore, involves being touched by and open to one's own suffering, not avoiding or disconnecting from it, generating the desire to alleviate one's suffering and to heal oneself with kindness. Self-compassion also involves offering nonjudgmental understanding to one's pain, inadequacies and failures, so that one's experience is seen as part of the larger human experience.*

## What You Haven't Forgiven Yourself For

**On the 3' x 5' index cards, write what you haven't forgiven yourself for: one item per card:**

- What I shame myself for
- Mistakes I have made
- Everything I've held onto that I regret
- The specific people I have hurt and how I've hurt them
- What I'm holding onto from my childhood and young adulthood
- All the things I've done that I regret, and that I beat myself up about
- Missed opportunities in education, relationship, or work
- What my Dark Side reminds me of when building a case

**These cards are just for you.**

## The Cost of Not Forgiving Yourself

**Write out the costs, the price you and others pay, for you not forgiving yourself.  
For example:**

- I remain stuck in the past
- It takes a toll on my emotional and physical health
- I stay stuck in anger and resentment
- I act out self-destructive behaviors
- I have a negative self-identity

List the damage and consequences in your love life, work life, relationships, parenting, family, spirituality, health, self-image, etc.

## The Benefit of Not Forgiving Yourself

Reflect on the reason you have trouble forgiving yourself. It can be helpful to think about a specific thing you wrote about on one of your 3' x 5' cards, or something in general.

Some examples:

- **By not forgiving myself**, I get to isolate and play safe. **If I fully forgive myself**, I will take more risks and be willing to make mistakes along the way.
- **By not forgiving myself**, I continue to feel sorry for myself and my past, and use it to justify my addictions. **If I fully forgive myself**, I will change my lifestyle.
- **By not forgiving myself**, I have justifications for not being in an intimate relationship. **If I fully forgive myself**, I will take down the barriers I've created as a protection against being hurt, and open my heart.
- **By not forgiving myself**, I show others how much I am suffering and that I can't be punished any more than what I'm doing to myself – thinking I am warding off the consequences of my actions. **If I fully forgive myself**, I will take full responsibility for what I've done, the suffering I've caused others, and feel the feelings.
- **By not forgiving myself**, I think that I get love through being a victim and having others feel sorry for me, then I can't be held responsible for any of my behavior now or in the future, because I am suffering so much. **If I fully forgive myself**, I will take full responsibility for my life and my actions, and experience what love truly feels like.

**By not forgiving myself, I**

**If I fully forgave myself, I**

## Self-Forgiveness & Self-Love Walk

Find a quiet place in nature where you can walk, uninterrupted if possible. If you can't go outside, find some space inside.

### Commitment Ritual

- Stand still and feel your wholeness and compassion. Feel the light in you.
- Silently state your commitment to forgive yourself for all that you have done in your life. State your commitment to love yourself and to offer yourself compassion.
- 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 completely around to acknowledge your connection to all that is
- Reach your hands down and touch the Earth that supports and grounds you
- Stand straight and breathe into your commitment to be authentic and compassionate

### Self-Forgiveness

- Start walking slowly. As you walk, softly state to yourself each of the things you have written on your cards.
- For each card, begin with the phrase, '**I forgive myself for ...**'
- You may want to use the slow-paced rhythm of one forgiveness per step
- Continue walking until you have forgiven yourself for everything on your cards and all that you can remember
- Then say, '**I forgive myself for everything I have done**'

### Once again, do the Commitment Ritual described above

- As you start walking slowly, imagine that with each step you are infusing the earth with love and compassion, so that all living things that come across your path are blessed by your compassion. Take a deep breath.

## Self-Love & Self Appreciation

- As you continue to walk, say, **‘I love my whole self just as I am. I have compassion for myself and all my moments and experiences of suffering.’**
- Speak softly about what you love and appreciate about yourself, using the phrase **‘I love and appreciate ...’**
- You may fall into the slow-paced rhythm of one appreciation per step
- Speak of qualities of your whole integrated being, as well as qualities of each of the four aspects of your being – your Intellect, Emotional Self, Body, and Spiritual Self
- Repeat yourself if necessary, letting the repeated appreciations deepen
- End by saying again, **‘I love my whole self just as I am. I commit to giving myself compassion whenever I suffer, however I suffer – through anger, frustration, hurt, resentment. I commit to sending myself healing compassion.’**

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

*Take a walk through the garden of forgiveness  
and pick a flower of forgiveness for everything you have ever done.  
When you get to that time that is now,  
make a full and total forgiveness of your entire life  
and smile at the bouquet in your hands, because it truly is beautiful.*

*~ Stephen Richards*



## The Summer Day

*Who made the world?*

*Who made the swan, and the black bear?*

*Who made the grasshopper?*

*This grasshopper, I mean—*

*the one who has flung herself out of the grass,*

*the one who is eating sugar out of my hand,*

*who is moving her jaws back and forth instead of up and down—*

*who is gazing around with her enormous and complicated eyes.*

*Now she lifts her pale forearms and thoroughly washes her face.*

*Now she snaps her wings open, and floats away.*

*I don't know exactly what a prayer is.*

*I do know how to pay attention, how to fall down*

*into the grass, how to kneel down in the grass,*

*how to be idle and blessed, how to stroll through the fields,*

*which is what I have been doing all day.*

*Tell me, what else should I have done?*

*Doesn't everything die at last, and too soon?*

*Tell me, what is it you plan to do*

*with your one wild and precious life?*

~ Mary Oliver

## Evening Instructions

- Take a solitary and meditative Self-Forgiveness & Self-Love Walk**  
*Instructions are on pages 13–14. This should take you about 25 minutes.*
  
- After your walk, take your cards and **tear them up** as a way to release the heartbreak, the pain, the shame and guilt for which you are forgiving yourself.  
  
It's time to let it all go! Call to mind all the things you can have in your life when you let go and forgive yourself – freedom, love, joy, passion, etc.
  
- Burn, or soak in water, your Dark Side remains and 3' x 5' cards.**  
*Put any remains in the bin.*
  
- After you've got rid of your cards and Dark Side remains, take time to **celebrate**. Here's a song you may want to dance to. Have some fun with it! In doing this, you can begin to celebrate yourself, both your dark and your light, exactly as you are. Perfectly imperfect.  
Fuckin' Perfect by Pink: <https://www.youtube.com/watch?v=58L9zi5DtLo>
  
- Complete your Appreciation and Gratitude practice before bed.**
  
- Please be sure to get your rest and sleep this evening.**

### For tomorrow:

- Be sure to have your pattern lists from Day One available for the morning session.

*I don't have to chase extraordinary moments to find happiness –  
It's right in front of me if I'm paying attention and practicing gratitude.*

*~ Brené Brown*

## 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.

