

# LIGHT



# TIMES

## The Hoffman Centre Australian Newsletter 6th Edition May 2003

### INTERVIEW WITH IAN BUCHANAN CHAIRMAN BOOZ ALLEN HAMILTON

*Ian says:*

*I turned 56 last weekend - with my family at Ayers Rock. For the preceding 31 years I have worked throughout the Asia Pacific region; the first 12 years in Venture Capital and the last 19 in Management and Technology Consulting. My consulting career began with SRI International (formerly Stanford Research Institute - a not-for-profit offshoot of Stanford University). Nine years ago we combined SRI and Booz Allen teams in SE Asia. Our family relocated from Singapore to Sydney 2 1/2 years ago and I am now regional Chairman of Booz Allen Hamilton for Australia, NZ & SE Asia. Booz Allen has 13000 full time consultants worldwide and A\$4BN of revenue.*

**LT: What is your role as chairman of B&A?**

IB: It provides both management consulting to leading global Firms - and technology consulting to the US Government. The Chairman has three roles:

- Setting the longer term strategic direction
- Mentoring and developing the senior team
- Developing senior client relationships

**LT: You did the QP in April 2000. What were your personal reasons to participate?**

IB: I did the Hoffman Process at the insistence of my wife. While the specific trigger event was a near fatal motorcycle crash, this was part of a long term pattern of major illness and injury which she felt had a 'root cause' within my core personality.

**LT: What were the main learnings you gained from participating in the course?**

The course was immensely valuable to me. The main value was allowing me to take 'intellectual' insight into who I was and what underpinned my conscious behaviour and to allow

me to viscerally and emotionally 'feel' the issues, and begin a process of integration and healing. In addition to the direct learnings during the program, the course provided an important set of "tools" which I was able to take away with me to continue the process of change after the course was completed.



**LT: From the perspective of a CEO, what contribution can the HQP make to organisations?**

IB: The Process brings spirituality to the corporate world, which is more and more recognised as an important feature of effective leadership.

**LT: Why do you think this is important to the corporate culture?**

IB: My own experiences and current research by Booz Allen (with the World Economic Forum), by Jim Collins ("Level 5 Leadership") and others, convinces me that effective leadership of major enterprises, requires leaders who can both communicate - and live - a set of core values. These values must balance the interests of the shareholders, employees - and the broader community. To genuinely "live the values" requires self knowledge. The Quadrinity Process helps develop the insights that lead to this self knowledge. Since returning from the Process I have championed a "Giving Back" program at Booz Allen, which has not only delivered value to non profits - Including Habitat for Humanity and two Children's Hospices - but has also

proved incredibly energising for our staff.

**LT: The Hoffman Process teaches people how to be more compassionate and to be able to change perspectives.**

**How do you see these qualities benefiting leaders in the community and corporations?**

IB: As I said before, leaders need to balance conflicting interests. To do this requires self knowledge.

**LT: What do you believe are the challenges for the future for Australia and Asia?**

IB: As Barbara Ward wrote many years ago, we are all custodians of our small "Spaceship Earth" on behalf of future generations. Unless humanity is able to rise above its own political and sectarian interests, we risk destroying this fragile legacy. To think beyond our own needs, we must recognise the common core human values which transcend politics, race and creed.

We will all die; and we mostly want a better world, with greater opportunities for our children. By bringing us in touch with our real selves - and values - the Process takes one small step towards raising our consciousness, and being able to make our own small contributions to the legacy of our planet for future generations.

Thanks for your time and thoughts  
Ian.



## God and the Butterfly

A man found a cocoon of a butterfly. One day a small opening appeared. He sat and watched the butterfly for several hours as it struggled to force its body through that little hole. Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could, and it could go no further. So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily. But it had a swollen body and small, shriveled wings. The man continued to watch the butterfly because he expected that at any moment, the wings would enlarge and expand to be able to support the body, which would contract in time. Neither happened! In fact, the butterfly spent the rest of its life crawling around with a swollen body and shriveled wings. It never was able to fly. What the man, in his kindness and haste, did not understand was that the restricting cocoon and the struggle required for the butterfly to get through the tiny opening were God's way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon. Sometimes struggles are exactly what we need in our lives. If God allowed us to go through our lives without any obstacles, it would cripple us.

We would not be as strong as what we could have been.  
We could never fly!

## You Can Change Your Life

**A Future Different from Your Past with the Hoffman Process. By Tim Laurance.**

Tim Laurance is the Director and Supervising Teacher of the Hoffman Centre, UK. He is also a Director of the Hoffman Institute International. Tim lives with his wife Serena and two young sons in the English countryside. The UK Centre teaches the Hoffman Process in England, Ireland and South Africa. Tim has just published a new book about the Process and is going to be in Australia promoting it in June.

Bob Hoffman's last book about his Process, "No One is to Blame" (with foreword by Claudio Naranjo) was written in the early 1970's and followed Bob's first book, "Getting a Divorce from Mum and Dad". After nearly 40 years of application of the Process across many different countries, races and families, everyone at our International Conferences thought that it was due time, for all the developments and wider understanding, made in those years, to be formulated into another book. Tim decided to take on the task.

Before training to be a Process teacher with Bob Hoffman, Tim studied Psychology at Berkeley Holistic Health Centre and later taught at the University of California. He said, "I had studied methods of western psychology until I could bore anyone with so-and-so's theory of cognitive dissonance versus determinism versus behaviourism". A certain emotional emptiness and despair was however always underpinning all of this intellectual athleticism and even through all of his deep spiritual enquires, as well, he did not experience 'peace of mind'. When a friend suggested that he needed to do the Quadrinity Process, Tim jumped .....and of course, the rest is history.

Tim's book encapsulates the understanding that we have across the board in Psychological understanding today; of the primary impact of our early formative years. His descriptions of the functions and methodology of the Quadrinity Process is well explained and has correlating exercises and checks that the reader can do with each chapter. Tim writes very well (his mother was a journalist) and he is also writing about the work that he has been doing as a Hoffman teacher for 15 years and that he has made his 'life work'. Congratulations Tim! See article insert from Ruthie Henshall (published in the London Times)



The Hoffman Centre Australia is planning an evening to introduce the book, and to create a space for graduates, family and friends to share and reconnect. Tim and Volker will be speaking on the night about the contemporary context of the Process, and Tim will be available for book signings. This is a great opportunity to introduce your friends and family to the Process. The evening is scheduled for Thursday June 5th and will be held at St Hilda's College, College Crescent, Parkville Vic 3052. 7.30pm - 9.30pm

Supper will be provided

## QII

We decided to hold our QII (Advanced Graduate Review) on the weekend following our April Process in Melbourne this year. We thought that participants could focus more intensively when the QII was residential and by following immediately after a Process we already had our logistics in place. Craig Tunnell taught the weekend workshop and there were 6 participants. Here's what two of them said afterwards:

"QII was an excellent spring board to leap upwards and onwards from the work done in the Process itself. Having laid the groundwork in the Process, QII quickly moves on from that foundation. I was pleased with the rapidity of our re-immersion in concepts which I'd assumed I would've forgotten. In point of fact, nothing is forgotten and QII manages to reignite old lessons and move beyond. Well worth it for anyone who feels the benefits of the Process are beginning to elude them or fade with time."

Shirin Moayyad - Singapore

"I feel like I got value from my QII because I'd already been there before and I could approach it from a much less overwhelmed place, because there was so much 'to get' in my first week long Process. I found I could go quickly and deeply and I discovered 'stuff' that I didn't know I didn't get before. Now I feel more open and strong to face whatever is next for me."

Bernadette Carroll - Melbourne

## Quadrinity in Action - SA

Our associate in Adelaide, Kerri Chinner, will be leading another Quadrinity in Action series. Starting Wednesday 23rd July, 7:30-9:30, at the 'Effective Living Centre, over 8 weeks with a possible extension of time depending on the pace of the group. Please contact Kerri on 08 82359352 to book your place, if you feel you would benefit from this support group. There are limited places so please book early.

**"Appreciation is a wonderful thing: It makes what is excellent in others belong to us as well". Voltaire**

With that being said, we at the Hoffman Centre would like to note our appreciation for ALL of our associates and friends in Australia and Asia and everywhere who are making a stand for consciousness in the world.



## Graham Emerson's Letter

Here is a letter we received from a graduate, Graham Emerson. This is an excerpt from a letter that Graham received from his daughter Kate (17) last Christmas.

Dear Graham and Susan - the strongest people I know,

During your journey together over the past 10 years you have been through a tsunami, a cyclone, an erupting volcano and my mother. The emotions you shared went from curled up into a ball in a corner in despair, almost breaking up and finally exchanging vows in your moment of fulfilment. From one end of the spectrum to the other. Dad, you have been my life-line, my tutor and my father. Through thick and thin you were there, even when I didn't want you to be. Over the years things have changed in both our lives and even though we weren't there with each other I'm glad we have come together now to share in the present and the future events.

Two years ago I never thought life could be any better but now that our family is coming together I know that I was wrong. Thank you for showing me what a family really is. You are a huge part of the goodness I have inside of me and without you I wouldn't be where I am today. Finally happy, content and on the road to recovery in my life.

Susan, you are the mother I never had. You are an angel sent to teach me, nurture me and along with Dad, teach me what love is and how to love. I can't thank you enough for what you've done for me and the way you've impacted our lives. But most of all I'd like to thank you for making my Dad the happiest and luckiest man who will ever live. Your love for my Dad is an inspiration. It shows that love exists and given time, it can be found.

The strength and patience and honesty you both have is a gift beyond gifts. It's a relief to know that humanity hasn't all been seduced by evil. I am proud to have you both as my parents and I hope to be great parents like you when I start a family. I know your happiness is strong as is your love and passion. Thank you a thousand times for just being the greatest parents and the most generous people in the world.  
- Kate



## Scared of Living with Intimacy

By Catherine O'Brien

Ruthie Henshall turned to the Hoffman Process to help her to understand the pattern of her relationships. This is an excerpt from the London Times)

I WILL never forget the night I contemplated killing myself. It was the summer of 2000 and I was playing Velma Kelly in Chicago on Broadway. One night, about halfway through my six-month run, I was making my grand entrance when I found myself thinking: "Should I try painkillers or can I con a doctor into giving me some sleeping tablets?" It was as if I was outside my body looking on. I was aware of how bizarre it all was, but I also knew that my feelings were real. My professional peak had coincided with my personal rock bottom.

How could I, someone who has always wanted to suck life dry, ever reach the point where I felt so hopeless? I was the girl for whom everything had been achievable. For a decade I had dominated the West End stage in musicals. I had won awards. I was fulfilling a lifelong dream by conquering Broadway. So what was it that was making me feel suicidal?



In truth, I think I am too much of a coward to have gone through with it. Seconds later, as the band struck up, I did what any professional would do and switched into my opening number All That Jazz. But even in the fog of my depression, I recognised that night as a turning point. I would have to get some help.

I confided in a friend. She suggested a therapy course called the Hoffman Process. I had tried counselling before, but never stuck at it. I always hated the way therapists asked me to be angry with my parents. To me, my parents belong on a pedestal. Like psychotherapy, the Hoffman technique concentrates on "early childhood conditioning". But, said my friend, a therapy veteran, it was the one approach that had helped her to deal with her demons. A ten-day course was starting just as my run in Chicago was due to end. I booked it there and then.

I was sent a heap of homework to complete before enrolment day — questions with tick boxes defining my personality traits and probing my background. Fundamental to the process is learning to recognise patterns of behaviour adopted from our parents. We are the way we are because of the way they were. These patterns have labels such as "perfectionist", "blamer", "worrier" and "workaholic". We might adopt such patterns because we are mimicking our parents' behaviour, or are rebelling against them. Having recognised the patterns, the process teaches you how to let them go.

It was obvious as soon as I arrived that I was far from an extreme case. There were people who shared my course whose relationships with their parents were so acrimonious that they had not spoken to them for years. It has never been that way for me. But I cannot pretend that I had a white-picket-fence upbringing.

Our family is close, but for as far back as I can remember, it was dominated by my parents' volatile relationship. Each of them is incredibly passionate. I do not mean physical passion, but conviction passion. Dad was a journalist who voted Tory. Mum was a left-leaning drama teacher and neither was prepared to budge their beliefs. She would save money; he would spend it. She was the disciplinarian; "wait till your father gets home" was no threat. They argued loudly and often and, when alcohol was thrown into the mix, they could become quite nasty. Much of the time we were walking on eggshells.

As the youngest, I took on the role of people pleaser. I wanted to rescue my mother and make her happy. Her escape route was drama and, in a way, it became mine. But I also wanted my father's approval. So I became a workaholic, like him, and goody-goody. I could not influence what was going on between them and I was permanently convinced that one of them would leave. My mother said several times that she would. The fear of waking up and finding one of them gone hung over us, but rather than voice my anxieties, I suppressed them — putting up emotional barriers to give the impression of being in control.

There was something else that happened, something that I still find hard to talk about, that involved me being mistreated by someone outside our family. It happened three times between the ages of four and nine and contributed to much of the self-loathing that has followed me through my life. I did not know this at the time, of course. I had no idea how angry I was until I went through the physical exercises on the Hoffman Process that brings the rage pouring out. This makes it sound crazy but, actually, it is the most amazing experience. You do a lot of baseball bat stuff — thrashing the hell out of cushions. By the end of those sessions I had blisters on my hand.

Understanding my relationship with my parents helped me to understand the pattern of all my relationships. I was a worrier and a pleaser, but also a manipulator. Relationships were about making me feel good. If you were feeling down or unsure, I didn't want to know. I acted compassionate, but actually I was a fixer. I would provide an arm around the shoulder, I would pay for what needed paying for, I would have all the answers, but I didn't really listen. And I had a huge fear of intimacy. Whenever I asked any of my boy-friends, "Do I show you enough affection?" the answer was no.

As far as I was concerned, relationships were not something I had to work at — I was the fairytale princess. I wanted the brightest and the best, and when I fell in love with Prince Edward, he was mine, too. We dated not for seven weeks as reported, but for two years.

When I moved to New York, I was engaged to the actor

John Gordon Sinclair. We had been together for six years and I was convinced that we would be together forever. Yet I barely discussed my departure with him. My mind was made up, and if he had said he was not happy about it, I don't believe it would have stopped me. I was that selfish. Being the generous man that he is, he claimed that he completely understood. He came to see me but, inevitably, within a few months our lives were going in different directions. I can see now that going to New York was not just about furthering my career; it was about running away from my fear of commitment. Having lived through my parents' difficult marriage, I did not want to create one of my own. In fact, I was blindly running away from everything — working hard and playing hard and drinking way too much. If I was not going out after a show, I would come home and work my way through a bottle of wine until four or five o'clock in the morning.



I became reckless. I would get myself to the shows, but otherwise I could not get myself out of bed. Thankfully I had the sense, after one particularly bad hangover, to knock the drinking on the head. And that was when my depression overwhelmed me. With no alcohol to numb the pain, no 'Gordy' to lean on, I sank very low — to the point where I felt suicidal.

I have no doubt that the Hoffman Process was my salvation. I have not come out of it a perfect person, but I do understand now what makes me tick. It was too late to repair my relationship with 'Gordy', but I did apologise and we remain great friends. For the past two years I have been with Tim Howar, my co-star from *Peggy Sue Got Married*. Unusually for me, I did not rush headlong into our affair. I decided I wanted to really get to know him before jumping in.

For the first time in a relationship, I feel like a grown-up. I don't always like it because it means taking responsibility for myself and making allowances for him, which I was never prepared to do before. But I am incredibly content.

We have moved to the Essex/Suffolk borders to be near my family. My parents have just celebrated their 50th wedding anniversary. Amazingly they are fine together. I have learnt to forgive them, and they know how much I love them. Two months ago, at the age of 35, I gave birth to Lily. Tim and I both want her to be a child of married parents. He has proposed and I have said yes, but I am not rushing to arrange the wedding. It is nothing to do with him; it is the residue of my fears about commitment. I am honest enough now to be able to admit that.

[www.hoffmaninstitute.co.uk](http://www.hoffmaninstitute.co.uk)

*You Can Change Your Life* by Tim Laurence is published by Hodder Mobius at £10.99. To order your copy at £8.79 plus 99p p&p, call Times Books Direct on 0870-160 8080 or buy it here



“The envious man thinks that if his neighbor breaks a leg, he will be able to walk better himself.”

Helmut Schoeck



# The Hoffman Quadrinity Process



## 2003 Process Dates

June 13 - 20 Sydney  
July 18 - 25 Byron Bay  
August 22 - 29 Byron Bay  
September 26 - 3 Oct Melbourne  
October 24 - 31 Melbourne  
November 28 - 5 Dec Sydney

## Q2

October 3 - October 5

## QIA - SA

Starts 23rd July 7:30pm - 9:30



## Previews

**Melbourne**  
7:30 pm - 9pm

10th June  
1st July  
6th August  
3rd Sept.  
8th Oct.  
18th Nov.  
10 Dec.

**Sydney**  
7pm to 9pm

10th June (Includes book  
launch)  
6th August  
15th Oct.  
10th Dec.  
**Venue:** Please contact  
Hoffmann Centre for new  
venue details.

## Book Launch

**Sydney**  
“You Can Change Your  
Life” Book Launch

Tuesday 10th June  
The Centre  
14 Frances St Randwick  
NSW 2031  
7:30 - 9:30  
Supper Provided  
RSVP - The Hoffman Centre  
on (03) 9826 2133

**Melbourne**  
“You Can Change Your  
Life” Book Launch

Thursday 5th June  
St Hilda’s College  
College Crescent Parkville  
Vic 3052  
7:30 - 9:30  
Supper Provided  
RSVP - The Hoffman Centre  
on (03) 9826 2133

## Graduate Evenings

**Sydney**  
5th June 7:00pm - 9:30pm \$22.00

**Melbourne**  
2nd July  
10th September  
5th November 7:15pm - 9:00pm - \$22.00

**For further information Call the Hoffman Centre Australia on (03) 9826 2133**

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