

LIGHT TIMES



The Hoffman Centre Australian Newsletter

The New Couple - “*You Deserve to be Best Friends and Lovers for Life*”

Seanna McGee and Maurice Taylor were in Australia and Singapore last February and held one of their effective “New Couple” Relationship weekends, with us, through the Hoffman Centre, here in Melbourne. The principles of relatedness that Seanna and Maurice have distinguished in their book “The New Couple – Why the old rules don’t work and what does”, are systematically worked with in their workshops. These ‘10 rules of love’ (which we used to present on the last day of the Process) are insightful and useful in creating the possibility to implement structures in our relationships, where we can apply the values and new levels of “beingness” which we have attained through the work of the Process.

All of us struggle to communicate ourselves to others, especially within those close family and intimate relationships, that can be such a minefield of emotional reactivity sometimes. Unless we have mutually recognised consensual realities together, we cannot make any kind of equitable solution for the power struggles that occur in intimate relationship. “The New Couple Workshop” provides a solid framework to gain a mutual reality check.

Jeanette and I participated in this workshop with another ten couples and also ten other individuals who were just coming out of relationships or were eager to not make the same mistakes they had made before. Seanna and Maurice made the principles of their book come alive in the workshop. We were impressed by the way they presented their material, in such a simple and humane way. By exposing their own struggle as a couple they showed and taught us the way that we can effectively repair breakdowns in our relatedness and that these breakdown are inevitable if we want to individuate and want to play on a equal playing field with one another. Through their clearly defined ‘steps to relatedness’ we can always find our way back to what connects us in love. For Jeanette and I it provided a safe environment to look at some of the issues that sometimes are missed in our daily struggle and business of life and it deepened our intimacy and love for one another still further.



Maree Gaff (who is a Senior Manager in the Health Sector) and Chris McGabe her partner, who are both Hoffman graduates, participated with us in the workshop. Here is what Maree had to say about the experience:

“The New Couple weekend was completely exquisite! We decided to participate in the weekend after a discussion we had had, related to an absence of structure in our relationship, around creating the relationship that we are committed to having and managing conflict. We had never really taken the time to distinguish exactly the elements that as individuals we considered to be critical success factors in our relationship. Whilst we had defined prior to our marriage areas of importance, for example monogamy, the workshop facilitated us gaining real clarity around many areas that we discovered provided a framework for creating our vision of relationship.

Being the two immovable objects that we are when we argue, the framework for managing conflict is fantastic! We’ve had the opportunity to make frequent use of this particular tool!!!. Our conflicts are not only resolved much faster but the issue is completed to such an extent that we’re not re-hashing the same theme over and over.

The weekend is truly transformational, and our experience was such that some issues that we did not consciously take into the workshop were transformed simply through our participation in the exercises.

For the first time for both of us we have a very workable framework and tools to create the joyous relationship we're committed to having and deal with the breakdowns as they occur."

Due to the success and feedback that we have received from this work we have invited them to return. They will be running another "New Couple" workshop and are available for couple tune up sessions as well. Their long time experience of working together as co-therapists enables them to very quickly tune into the energetic patterns of a couple and will help you to have a breakthrough on some of these old stale-mates. We can personally recommend it.

With much love Volker and Jeanette.

Hoffman Affiliate Network

In May this year our director Volker Krohn travelled to Italy to attend the 7th Hoffman International Conference. It was the 3rd Conference since Bob Hoffman passed away and bequeathed 'Hoffman Quadrinity Process' to the 13 international affiliate institutes. It was a meeting for exchanging information on the developments of the Process in all the different countries and a clarification of what the shared mission and vision of the international organization is. (This year we all found agreement on both of these).

The mission of the Hoffman International is:

- To safeguard standards of the HQP; foster its growth throughout the world; participate in awakening spiritual consciousness.
- Make HQP available worldwide, so there will be a new paradigm of self-love and love for others in the world.
- Help ourselves and others to understand parental conditioning and to disidentify from it; take responsibility for our lives by training teachers, enrolling participants, creating and supporting existing and new Centres.....

The Vision is:

- To be a well known unified organ to promote human evolution.
- An educational organization that promotes love, unconditional tolerance, respect and acceptance.
- To contribute to world enlightenment and consciousness through the expansion of the HQP in the world until everybody has the possibility to do it



As we can see our Director was able to celebrate adequately the achievements of the Conference, with other Directors from Brazil and USA.



Quadrinity in Sydney

In June we had our first Process in Sydney. Well it was not really our first Process. We had one in 1993 in the Blue Mountains but then that venue closed down afterwards... so to us it really felt like the first!

The venue that we found is the Warragamba Dam Conference Centre. It is spectacularly situated overlooking the Dam, which is Sydney's main water supply and on the edge of the National Park catchment area, which spreads for 200kms south-west, all the way to Golbourn.

It was a beautiful environment for the 18 new participants to experience the Process in. It's remoteness lent itself to assist us in facing our issues and moving towards resolution in our 'Spirit'. For the Closure celebration we had 16 guests attending who shared in the integration of the new Hoffman graduates and next year, all you Sydney graduates will have the opportunity to attend Closure three times, in your own backyard. We are looking forward to holding Processes there next year.

A letter from one of those Sydney Graduates:

Hello lovely people,

I'm not at all a fan of group emails, but this is something so special that I have to tell you about it IMMEDIATELY, and I figure that it's better to write it once with FEELING!

Last night I fulfilled a long-held dream and danced at the Melbourne Concert Hall in front of 2,000 people. It was a concert tribute to Astor Piazzolla by Orchestra Victoria, with three dancers (me, my teacher/partner and one other girl) and several guest musicians – including the Argentinian bandoneon player Nestor Marconi, who flew in from Buenos Aires for the concert.

This time last night I'd just come off stage, and it's taken me 24 hours to realise that the whole experience wasn't just a dream; that it actually happened.

To dance on a stage with a full symphony orchestra... including one of my tango heroes (I'd seen Nestor Marconi play several times in Buenos Aires)... in front of all those people... it's so hard to describe – like nothing I've ever experienced. Every time I stepped out from the wings and onto the stage, it was like an electric current ran across my skin and set my whole body on fire. And with 70 musicians behind us – surrounding us... it was as though we were being carried by the music... it was lifting us to another level... I was flying.

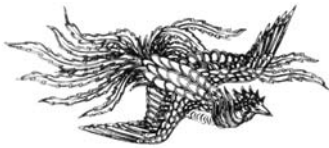
The first number was incredibly scary – a trio number; difficult choreography; about 1,900 more spectators than I'm used to... all watching us... what if we mucked it up? (we didn't). But every time we came out, it felt better and better... easier and easier... more and more joyful. Then came the finale... and an encore for the orchestra... My partner and I standing in the wings, with no directions – no encore planned – we didn't know whether we should go out and dance again; it was the orchestra's concert, after all... but we were pushed out, and just improvised for 5 or 6 minutes as the orchestra swept through an incredibly powerful rendition of 'Adios Nonino'... I was totally absorbed by the music... completely relaxed... and grinning from ear to ear. Totally joyous.



It was one of those once-in-a-lifetime experiences... Only now I want to do it again!

Anyway, I just wanted to share with you how blessed and happy and overwhelmed with gratitude I feel... It's not every day you get to live out a dream.

Jessica.



Process in Pulau Springs

During April this year, the Hoffman Centre Australia in conjunction with the Haque Centre, presented the Hoffman Process for the first time in Pulau Spring Country Club Resort in Malaysia, which is an easy 45 minute car ride from CBD Singapore.

As usual all the participants had a worthwhile and enriching time and they are still meeting monthly as a group in Singapore to support each other in the use of the Hoffman tools.

The Haque Center has been inviting facilitators from Australia on a regular basis to come to Singapore and support the ever increasing number of graduates in the region. We will be having another Process in Pulau Springs on the 16th-25th of May, next year.

MONTHLY MEETINGS FOR GRADUATES

Every 1st Sunday of the month David Blair is making his home available to graduates of the Process for some further support and sharing.

The next 4 meeting times are the 1st Sept, 6th Oct, 3rd Nov & 1st Dec.

Please contact David for further details on: 9680 8214

Seekers After Truth

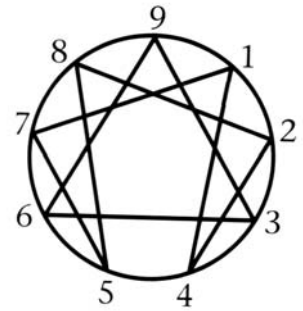
Earlier this year the Director Jeanette Krohn and Supervising Teacher Loreen Visser attended Claudio Naranjo's SAT1 (Seeker after Truth) Program in Sydney.

Claudio was a personal friend of Bob Hoffman and encouraged Bob to conduct the Process as a group process, to make it more accessible to more people (in the early days Bob would offer the Process as individual therapy). Claudio also helped Bob develop some of the Psychodynamic structures of the Process to make this possible and is a world renowned author and Gestalt Therapist.

Claudio will be coming to Australia in September to personally conduct the second part of SAT. It might be a bit premature but we are currently negotiating with him, through the International, to make it available to graduates of the Hoffman Process.

His work is very much concerned with the Enneagram, (which he helped develop from its source in Sufism via Gurdjieff) which is an ancient structure to help us understand the core deficiencies in our relationship with our own essence and the resulting behavioural adaptations – the personality type we became. We believe this to be another very worthwhile enquiry into Self, for those of you who just want to expand further into their own self understanding and connection to their own Source..

Please contact the Centre for more informations.



Scholarship Committee

Peter McEwan, Mark Bartling and Judy Buchan are currently the members of the Hoffman Scholarship Fund Committee. The purpose of the Fund is to enable financial assistance to those without sufficient money to undertake the Hoffman Process. In the year 2001 the fund was able to collect \$10,000.00. The Committee would like to thank all the people who made a contribution.

Given that the Hoffman Centre Australia is run as a Propriety Limited Company, the Centre has committed itself to match any contributions made to the fund. If anyone feels they would like to contribute, you can simply send a cheque to the Centre, made out to Hoffman Scholarship Fund or simply transfer or pay directly into the account below.

The Committee would also like to invite anyone who would like to help organise fund raisers like "The Circle of Light Meditations" or other social get togethers, to please contact the Hoffman Centre for further information.

HOFFMAN SCHOLARSHIP FUND BSB 083-419 ACCT 22-687-4640

The Hoffman Quadrinity Process

2002 Process Dates

August 9 - 16 Byron Bay
September 20 - 27 Byron Bay
October 18 - 25 Melbourne
November 29 - 6 December Byron Bay



2003 Process Dates

January 10 - 17 Melbourne
February 14 - 21 Byron Bay
March 21 - 28 Sydney
April 18 - 25 Melbourne
May 16 - 23 Malaysia
June 13 - 20 Sydney
July 18 - 25 Byron Bay
August 22 - 29 Byron Bay
September 25 - 3 Oct Melbourne
October 24 - 31 Melbourne
November 28 - 5 December Sydney



Previews

Melbourne

August 27th
October 3rd
October 31st
December 12th

Sydney

September 4th
November 6th
December 11

Quadrinity In Action Series -

The group will meet over eight sessions beginning Wed 28th September, 2002.

Q2

Melbourne Friday 30th
August - 1st September

Other Dates 2002

New Couple Relationship Workshop

Singapore
October 26 - 27
9am - 5pm
October 28 - 29

Melbourne

November 9 - 10
November 10 - 12

Meditation Evenings

Every first Tuesday of the Month - Commencing Tuesday 3rd September

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

Toll Free 1800 674 312

E-mail australia@quadrinity.com



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