

LIGHT TIMES



The Hoffman Centre Australian Newsletter

INTERVIEW WITH ANTHONY

ACKROYD - *Comedian, Actor, Poet, Writer & Parent*
(amongst other things)

Anthony, you did the Process at the peak of your popularity as a television comedian. What prompted you to take that step at that time?

I had moved back from Melbourne to Sydney after completing three years work on the ABC TV show 'The Big Gig'. I'd reached a stage in terms of media exposure where I was recognised virtually everywhere I went which was exactly what I thought I had wanted all my life. However, the fame I'd always envisioned wasn't as a comedian but as a musician and songwriter and I decided to move back to Sydney to pursue that dream.

However, soon after moving back to Sydney I became very depressed, feeling excruciatingly lost and lonely. A friend told me about his positive outcomes from doing the Hoffman Process. I felt so totally miserable that I was prepared to give it a shot even though I could sense that it was going to confront my deepest pain.

The night before flying back to Melbourne to do the Process I developed an intense toothache and was even ringing dentists to see if I could get an urgent appointment. But I realised that this toothache was my mind expressing its fear through the body and I decided to face the Process. The toothache subsided after that.

What happened after doing the Process?

I was right. I did face my deepest pain! It took me a couple of months to integrate the profound changes that the Process set in motion but I then started to sense a new maturity and confidence in myself. The compulsive need to find identity through fame and recognition began to lose its grip on me. And for the first time I felt ready to meet my life partner whoever that woman was going to be. She didn't materialise immediately but it wasn't too long before she showed up in an unexpected form.

Can you tell us more?



Well, the Hoffman brochure hadn't said anything about the possibility of ending up married but that's exactly what happened. I met some one on my Process. Rest assured there was no budding romance during the Process between Anna and I. No sparks whatsoever. But a good six months after my Process, Anna moved back to Sydney. I saw her at a Hoffman graduate evening and met her for coffee two days later. As we talked (we later admitted to each other) it became obvious to us both that something was happening here that was not just about caffeine! Within a week we had fallen in love!

We decided to move in together six weeks into the relationship. Romance went out the window and parental patterns came flooding through every door. If we both hadn't done the Process I'm sure we would have abandoned the relationship because we had so many long ignored issues to face in terms of being with another person. Issues we had avoided before by choosing to be in immature relationships. The Process gave us common terms of reference in dealing with these issues which was a real saving grace when things got bad which they certainly did!

As well as changing your way of being in relationship did your approach to your creativity change after the Process?

It's been nine years since I did the Process and during that time my approach to my creativity has deepened. It's become much more about the quality and integrity of what I feel I

want to communicate rather than worrying about how it will be received. I still hope people, at least some people, will like what I do but my sense of self is not dependent on that happening. And I've come to terms with comedy as a profession after years of ambivalence and feeling I should be doing something 'deeper'.

I decided a year ago I really wanted to do something very positive with this comic gift of mine so I became a 'clown doctor'. Clown doctors go into the children's hospitals and spread laughter and love to the patients, parents, and staff. When an exhausted parent tells you that you've made their child smile for the first time that day you know this work is as 'deep' as it gets.

You have two children of your own. Do you think what you experienced in the Process informs your parenting in any way?

Absolutely. I would have to say that I took to parenting like a

duck to water. I love being a father. But even so of course I feel patterns rise up on numerous occasions as I deal with the pressures that accompany parenthood. Having done the Process has been a huge help as far as having awareness around these patterns and dealing with them rather than acting them out on the next generation.

Nine years since your Process. What happens next?

I feel as if I'm moving into a whole new phase of creativity that is balanced with meaningful relationships and rooted in a spiritual center. I definitely had what could only be termed a mid-life crisis for several years during which I felt like I'd had enough of being in the public eye in any way. I thought I'd become a writer and gave up performing entirely. But now the performer wants to come out and play again. The pre-Process performer was driven to perform by a need for approval but this one just wants to express for the joy of it. It's a fun place to create from.



CREATIVE EXPANSION.

We recently had a review on our follow up structures for our graduates of the Process. It was a very exciting get together and ideas were flying. Our creativity expanded into orbits of humour, laughter and tears and slowly a new structure emerged, to support our graduates to further expand, joyously, into their own souls journey.

1. THE NEW MILLENNIUM SERIES

This is a series of 8 weekly evening workshops. Each week we will be looking at different life topics to recognise impeding negative patterns; developing greater skills in the usage of Process tools; getting into the "Spirit" of things and having meaningful and fun sharings with our fellow travellers.

The topics are: unfinished business, friendship, work, body, intimate relationships, spirit and vision.

(We will endeavour to have these workshops run by the end of the year in all the major cities in Australia)

2. QUADRINITY II (QII)

A lot of graduates have already experienced this weekend workshop. It is a great way to go deeper into the Process experience, work on persisting negative patterns and strengthen your Spirit.

3. AVATAR

Ten years ago after the completion of his Hoffman Training, Volker Krohn (director of the Hoffman Centre Australia) participated in another transpersonal course that was as equally inspiring and transformational as the Quadrinity Process: Avatar.

Ever since then Volker had a vision to offer Avatar as part of the curriculum of the Hoffman Centre. "The Process helps

participants to experience their essential connectedness to the Light, from which they then can face their negative patterns. It grounds each of us in our "beingness."

Avatar then presents us with the possibility to expand further into consciousness and experiencing undefined awareness beyond all beliefs and definitions. "

Similar to the Process, Avatar delivers an experiential set of guided exercises. The Avatar course is self-generating and self-paced. In the exercises, you'll explore your own consciousness using your own unique way of self-discovery. Avatar is an experiential course based on the profound viewpoint that your beliefs will cause you to create or attract the experiences you are having.

As you change what you believe, you change your life. The course allows you to further discover your "Self" by unlocking the knowledge already contained in your consciousness. Avatar takes you on a journey-of-remembering to transformation.

There is nothing you have to believe. Nobody is going to judge you, tell you who you are, who you are supposed to be, or how it is. It is designed so you can access and integrate the fundamental workings of your consciousness in both practical and spiritual ways.

During the course, YOU further your ability to quiet your mind, reconnect with your inner guidance, release limiting patterns and create empowering beliefs that allow you to experience the life you prefer.

We believe it is a wonderful next-step after the Quadrinity Process, to deepen the awareness of living in an empowered way within the chaos of manifestation. It's magical....

**SEE BACK PAGE FOR ALL DATES.
(CALL CENTRE FOR FURTHER
INFORMATION)**



MARK GRANT - FACILITATOR

The Hoffman Center Australia is happy to embrace Mark Grant as a new facilitator of the Process. Mark has a post-graduate degree in Counselling and is currently studying Gestalt therapy, as part of his ongoing professional development.

This is what Mark has to say about his journey through the Hoffman training.



The last period has seen enormous change for me. Three years ago I was a partner in an investment bank. Today I am a provisional facilitator of the Australian Hoffman Quadrinity Process.. I've traded the grey suit and interest rates for a yellow bat and a blue cushion. When I announced my resignation from the bank I was seriously asked whether I had found God or had a terminal illness. I knew it was neither and that I was just searching for a better way for me to live.

From my own Process I understood that life to date had been driven by my need to achieve which I unconsciously

WELCOME BACK AMANDA

"MILLENIUM SERIES" FACILITATOR-BRISBANE



Amanda Ahern was born in Cairns in North Queensland, 1953 and grew up in Cairns, Townsville, Mackay and Brisbane. On leaving school, she worked as a law clerk but soon decided that she wanted to see the world.

In her travels she developed a keen interest in the human potential movement and on her return home studied massage, meditation and healing practices. In 1989 She did the Hoffman Process and was astounded by its' power and impact on her life, so trained with Bob Hoffman and became the first Australian Process Facilitator and Supervisor.

In 1993 after being deeply involved in the Hoffman Process for nearly 5 years, began her study in Anthropology which had been a lifelong passion.

believed would demonstrate my adequacy to family and others. My life stance was one of looking to others, outside myself, for approval and acceptance of myself.

I believe the principal project of life is to truly connect with other people and the Process gave me a taste of life lived that way. If I seek approval for myself from others I cannot truly connect with them and so it is to reaching a fundamental acceptance of myself by myself that I directed myself. And, of course, I can't live that way unless there are others to connect to. So I decided to train with Hoffman Australia to offer that same opportunity to others.

The Hoffman training is rigorous to say the least. It was like doing the Process ten times and each time with four teachers probing and questioning and always Volker saying "check it out Mark, check it out". My learning has been immense, both academic and personal, with patterns, beliefs and roles and then subtle variations on them being recognised and worked-on. However, my overarching learning has been that I am the one who chooses, I am the author of my life and its experiences and I determine the meaning of them. Such a simple statement but the complexity that lies behind it still amazes me.

Recently I heard a Tao Master say that we should not seek a lesser burden from life, rather we should seek the strength to meet whatever life deals us. I believe the strength he speaks of comes from knowing and fundamentally accepting one's self and that is the work of the Hoffman Process. It is my aim as a Process teacher to assist others to live in ways that are truly satisfying for them because that is what it has allowed me to do.

Amanda completed her Arts Degree in Anthropology and Spanish Language at University of Queensland in 1998. This was the culmination of 6 years study and 2 and a half years working in the field on Mornington Island Aboriginal community as the Muyinda Aboriginal Corporation's artefact coordinator. In this role she developed lifelong friendships with her employers the Muyinda (elders) and it was from these relationships that her first book called "Paint-Up" evolved.

From living and working with the Aboriginal people, and consulting in business and action planning, marketing and promotions, Amanda is now inspired to share that experience of community relationships through facilitating the Hoffman Millennium Series. Amanda now lives and works in Brisbane, writing books, consulting and running her own Pearl business. She sees this as an opportunity to share an indepth experience of community awareness driven by our natural urges to be with and share with and care for other people in our lives.



THE HOFFMAN QUADRINITY PROCESS

PROCESS DATES FOR 2001

August 10 - 17 Byron Bay
October 12 - 19 Melbourne
November 23 - 30 Byron bay

QUADRINITY TWO (Q2)

August 31 - 2 Melbourne

MILLENNIUM SERIES DATES FOR 2001

Melbourne, Tuesdays
August 7th, 21st, 28th
September 4th, 18th, 25th
October 2nd, 9th

Sydney, Thursdays
September 27th
October 4th, 11th, 18th, 25th
November 1st, 8th, 15th

Brisbane, Tuesdays
August 21st, 28th
Sept 4th, 11th, 18th 25th
October 2nd, 9th

PREVIEW AND GRADUATE NIGHT DATES FOR 2001

MELBOURNE		SYDNEY	
Preview	Graduate night	Preview	Graduate night
Tues 11 Sep	Thur 2 Aug	Mon 3 Sept	Wed 1 Aug
Tues 30 Oct	Thur 6 Sept	Wed 31 Oct	Wed 5 Sept
Tues 11 Dec	Thur 4 Oct	Wed 12 Dec	Wed 3 Oct
	Thur 1 Nov		Wed 7 Nov
	Thur 6 Dec		Wed 5 Dec

AVATAR DATES FOR 2001

Sydney, September 22th - 30th
Melbourne, October 27th - 4th

For further information Call the Hoffman Centre Australia on 03 9826 2133
Toll Free 1800 674 312
E-mail australia@quadrinity.com



Hoffman Centre
Suite 3 / 230 Toorak Rd
Sth. Yarra 3141