

# LIGHT TIMES



The Hoffman Centre Australian Newsletter



## J O Y T O T H E W O R L D

### The Inner Path to Peace

*The Hoffman Institute, U.S.A., interviewed Dr. Harold Bloomfield, Psychiatrist and bestselling author of 17 books, including "Making Peace with your Parents", "How to Survive the Loss of a Love" and now, his recently published, "Making Peace with Your Past". We have reproduced some of it in this edition because it is very relevant at this time of year.*

**Light News:** You have written several bestselling books already. What was your inspiration for writing 'Making Peace with Your Past'?

**Harold Bloomfield:** Taking the Hoffman Quadrinity Process. It's the most important thing I've done to make peace with my own past. It led to a profound breakthrough in my own healing journey. Subsequently I've recommended the Process to family, friends and hundreds of my patients. It's also transformed my professional life. The Hoffman Quadrinity Process is the finest psycho-spiritual process I know for making peace with your past.

**Light News:** What are the principal anchors that keep us stuck in the past?

**H.B:** One is shame. We're so ashamed of being ashamed that we do everything we can to repress it. But it shows up in terms of people feeling not good enough, not smart enough, not wealthy enough, not.....just fill in the blank. Shame is certainly one of the things that keep us stuck in the past. There's childhood shame from being treated sometimes horribly, adversely, neglectfully, etc. Adolescent shame of our bodies, not fitting 'in with the in' crowd and the many perils of puberty that leave us vulnerable to the angst of adolescent shame. And the legacy of shame continues.

**L.N:** So shame is essentially the feeling that there's something inherently wrong with me.

**H.B:** Yes....and here's where a lot of the 'D' words show up: feeling defeated, feeling deprived, defective, divided, deficient, despicable, disgraceful, deserted, diminished, debased, defensive, desperate, deflated, devastated, etc. These 'D' words are the feelings left by shame. At the root of shame are the sub-conscious "psychic promises" we've made ourselves, like "if I behave a certain way (like my parents/against my parents), then I will get love and approval".

**L. N:** One of the barriers to recognising these "psychic promises" is the illusion that we are the masters of our fates.

When that starts to break down for people it first shows up as a lack of control, “My God I can’t keep it all together. I don’t know what to do!” But it is in this very breaking down of the illusion of control that the possibility of healing begins to present itself. It’s the beginning of being able to live our lives based in reality rather than illusion.

**H.B:** Yes. Many people come to therapy or the Hoffman Process when they are in a crisis or transition. That’s when they’re open to seeing things from another vantage point and being motivated to working on themselves.

**L.N:** What you are speaking about in your book could be categorised as emotional education?

**H.B:** I think it’s been a mistake to have everything dealing with emotions somehow co-opted under the rubric of psychotherapy. Our emotional selves are so much bigger than that. Emotional literacy work allows us to see our emotions in a larger, more enlightening perspective. Our emotions contain our personal histories. Whenever we can slice through the mad whirl of daily sensory bombardment and tap into our feelings, we find a tremendous source of intelligence and understanding for ourselves.

Emotions are neither good nor bad. It’s what we do with the energy and information they contain that makes the difference. To some extent, emotions are automatic responses, but we need to take greater responsibility for reading, understanding and responding appropriately to them. That’s where emotional literacy and emotional intelligence comes in.

One other important piece is that you don’t just solve the problem on the level of the problem. You need to bring in a ‘higher element’. The Quadrinity Process introduces many people to a deeper and more profound peace than they have ever experienced before. This is from the perspective of our Soul. We also need to tap into that ‘deeper peace’ to be able to transcend the struggles of the past.

Ralph Waldo Emerson said, “We live in the lap of an immense intelligence which makes us receivers of its truth and organs of its activity. Whenever a mind is simple and receives divine wisdom, old things pass away. Means, teachers, text, temples, fall. It lives now and absorbs past and future into the present hour”.

Peace is much more than the absence of conflict and struggle. Peace is a very real and deeper reality that can inform every aspect of our selves and allow us to experience so much more of the precious present, the here and now.

There are many tools, practices and ways to help us become grounded in our ‘inner peace’. Meditation, prayer, breath work, singing/chanting, dancing, etc etc. These are all ways to come home to the deepest level of our true natures.

**L.N:** Context does determine meaning. And spirit is the broadest context in which we innately participate. Tapping into spirit gives us a way of including everything, so that rather than trying to push the past away from us, we can integrate it into our lives.

**H.B:** What’s really great these days, is that so many of our world leaders are beginning to model that to us. A story comes to mind about the great man, Nelson Mandela. As he was being led out of Robben Island Prison, where he had spent 27 years of his life, much of it in solitary confinement,

he intuited that if he were to go on feeling hatred for those who had imprisoned him, then he would be taking his prison with him. His inner path to freedom, he realised, was to forgive. But that did not extinguish his fierce will to end injustice and free his people, and indeed all the world’s people from oppression.

**L.N:** So our integrity depends on integrating spirit into our lives, rather than trying to escape from our pain into spirit?

**H.B:** Spirituality often attempts to skip over anger. In the H.Q.P., you don’t skip over anger into your spirituality. You integrate the spiritual self, with the emotional, intellectual and physical selves. This leads to a more ‘wholistic’ peace. To make peace with your shadow is an imperative on our spiritual path, particularly in the 21st Century. We have emerged from the 20th Century having literally killed and tortured over one hundred million people. That is a terrible legacy. A collective negative-love syndrome of catastrophic proportions.

Now we have Pope John Paul II in the Vatican making attempts at reconciliation and publicly apologising for the atrocities of the church in the last Century. Koffi Annan apologising for the U.N.’s failing in Rwanda. Even the Southern Baptist Convention apologising for the church’s support of slavery. (Editor’s note: noticing once again our Prime Minister’s failure to apologise for the atrocities upon our own indigenous people!)

We’re seeing in the collective consciousness, as well as in our own individual consciousness, that we must make peace with our past. Where relationships were characterised by domination and submission and all the pain and suffering that resulted from that. In our atonement, we need to replace it with a spirit of dominion and partnership on every level, from the individual out to the global.

**L.N:** Your book seems to stand in line with all the great teachings – the perennial wisdom – to live more authentically with less suffering.

**H.B:** That touches me deeply. I also want to say to all my fellow graduates that we need not feel ashamed when, on occasion, the bugaboos of the past come back and we get caught in our old traits, old behaviour patterns. That’s why the Hoffman tools are so important. The big shift is the Process itself, but certainly that’s why I refer to it as “making” peace; it’s all a process. As long as we’re in human form, we have to have great humility and bow to that challenge. One of the good ways of healing is through service. Letting others know of the H.Q.P. is a form of service. It’s a way to continue my healing and to bring greater peace to myself. As we create a social milieu where people have made peace with their own shadow; spirituality will shine through and we’ll recognise it shining in each others eyes in the great “namaste’ (the god in me greets the god in you).



## THE HOFFMAN SCHOLARSHIP FUND

The Hoffman Scholarship Committee would like to thank all the graduates who have so generously donated to the scholarship Fund this year. It has been a wonderful year for the fund with 19 scholarships being awarded for Processes in Melbourne, Byron Bay and Bintan.

Subject to availability of funds, scholarships are offered up to an amount of \$2,000 with recipients funding the balance of the fees. Therefore, over \$38,000 has passed through the fund this year!

A fundraising meditation was held in winter, around the introduction of the Australian goods and services tax, G.S.T. (Great Spiritual Teaching!). Most of us needed a good dose of spiritual calm to ford those hazards. We are planning another in Melbourne just before Christmas.

As one of our scholarship recipients said, "the scholarship was the gift of possibility and that was priceless".

We are seeking donations for 2001 and we regard a donation as an expression of your gratitude for the benefits you have received from your Process. If you would like to make a donation, please send it to:

Hoffman Scholarship Fund  
Suite 3 / 230 Toorak Rd, South Yarra, 3141.

Again with Love and Thanks,

Janet Cronin  
Amanda Freeman  
Mark Grant  
Peter McEwan.



## THE SINGAPORE PROCESSES

This year the Hoffman Centre Australia in conjunction with the Haque Centre organised two Processes in Singapore. Actually, they were held at the beautiful, Mayang Sari Resort, on Bintan Island, northern Indonesia, 45 mins. ferry ride from Singapore. We would specifically like to acknowledge Rita Haque, who runs the Hague Centre and her sister Sandra who made the commitment to make the wonderful work of the Process available in Asia. To organise the Process is a large task, enormous amounts of details need to



be processed, the needs of the new participants need to be responded to; last minute changes need to be facilitated etc. etc. In other words it has been a huge learning curve for all of us. Of course all of this would not have come to pass without the contribution of all the previous graduates who realised that in order to integrate the profound experience of their process they needed to share the wisdom and the possibility of this work with their families and friends. Special assistance and help was given by notably, Marilyn Shearer,



*left: Loreen's birthday on Bintan*

*Above: the Mayang Sari Resort*

Elizabetta Franzozo, Victor Adam, Eugenia Gajardo and Vairam Gopalakrishnan. Without all the assistance we had, well of course, it just wouldn't have happened.

Participants began coming over to Australia from Singapore to do the Process about 5 years ago, referred by Maurice Taylor and Seana McGee (who have just had their book "The New Couple" published in U.S.A.). We were delighted by the influx of international and Asian participants who began to do their Processes here with us in Australia. The cross pollination and passion for enquiry that these participants brought with them, has always enriched our groups and made us feel that we were really a part of the Australasian region and greater community.

We are planning to hold two Processes again in Bintan 2001- March 16th – 23rd and September 7th – 14th.

## MISS MONEY PENNY'S MESSAGE

Dear Volker and Jeanette,

I wanted to say thankyou to you both and send love and light!

For the very first time in six years (actually make that 33 years!) I am truly feeling amazingly happy.

It is just over 3 years since my first Process (and although it is hard to believe Volker, you were right, it took 3 years to integrate all I learnt in 8 days!).

Three years and a second go at it, have done the trick. My relationship with Keith is so honest and truly beautiful. I know I am a much more loving, patient and understanding parent. Oh, and last but not least, my vision, sur Byron café, with inspiring waiters like Craig and Volker, is playing out before my eyes.

The chorus I sing with, won our international Comp., at Perth on the 9:6:00 and two other awards. I am about to start singing on my own (huge for me) and my dream for my business, Miss Money Pennys, has taken off with wonderous wings and I now employ two other miss money pennys. I wants so much with only words to tell you both heart felt thanks.

You allowed Keith and I to do the Process three years ago on limited funds and patiently dealt with that. And again with your love and support, I went through the Process again in November and found what I really went to see.

With Love and lovely Light to you both,

Karen Haughton xxxxxxxxxxxxxxxxxxxxxx



## I DO BELIEVE A MIRACLE IS HAPPENING

This is my spirit's gift to my head and heart this morning.... I feel a tad shy about this one but know that it is true.

"Mark, no-one has ever loved more than you. No, do not be embarrassed by the magnificence of this truth. Do not shy away, it is true. Embrace its truth as I say it again: "No one has ever loved more than you".

This is not a statement of vain pride, conceit or superiority. On the contrary it is an emboldened statement of equality. For, yes, many, many others have loved as much. Yet yours is a unique love to give uniquely. It is yours, from me, to them.

So go and love like no other can. It is your gift – to yourself and to others".

Mark Lawrence.



*Reawakening and Reclaiming The Sacred Through  
The Feminine Mysteries*

*Unveiled™*

*Rites of Initiation  
for Women*



*"It is time that we as women begin to recognise that the energies we have learned to most fear, mistrust or loath about ourselves are, in fact, the very source of our power, the source of our sacred medicine and the jewels to fuel the cultivation of our wisdom.*

*It will be our task to become guardians of these potent energies, rather than remain the victims of them".*

*Anna Davidovich*

## Interview with Anna Davidovich Originator and Elder of the Unveiled Work and Rites of Initiation.

*Why did you feel drawn to the Hoffman Process?*

I was in the midst of a time of great change, a turning point in my personal life and in the evolution of my work. I was in a state of free fall – that uncomfortable and frightening place where all that had been familiar had dissolved, been taken away, and the new had not yet been made visible or known. For years I had explored many inner personal landscapes through different paths. Yet, I had never allowed myself to

dived fully into personal family dynamics and the effect that might have had on my past choices and actions. All I knew was that I could not afford to continue to 'operate' as I always had. I was ripe – and the time was ripe.

*What was the outcome for you?*

The result of the Process was enormously impactful. I experienced the falling away of deeply ingrained fear – a depth of fear that I was unaware even existed in me. With the falling away of this fear came awareness of the degree of control I expended in almost every area of my life. As if the control became the buffer to experiencing the depth of fear that was there – survive experiencing this fear at all cost. The result...a much easier, softer, more open, less reactive, user friendly, Anna- to myself and everyone else.

*What is the Unveiled work?*

This work is, in essence, an initiatory experience for women – a journey to cellular remembering, reawakening and reclaiming the sacred through the feminine mysteries. The Unveiled Work and Rites of Initiation offers women authentic potential for profound healing and alchemical transformation. This direct personal and collective encounter of the Sacred feminine is integrated with deeper understanding of spiritual and worldly work in a female body.

*How did the Unveiled work evolve?*

The 'blueprint' for my work revealed itself quite unexpectedly, from a place within my being that was beyond my understanding, beyond what was rational, both ancient and timeless – and informed by a myriad of seemingly incongruent life experiences and a distillation of 35 years of artistic pursuits, intellectual passions and contemplative studies and practices both eastern and western in traditions.

The Unveiled Work and Rite of Initiation began in February 1988, as a one-day experience for women. It didn't take long before it revealed itself to be my life work and 'path.' As such, I was unable to turn away from aligning with its intrinsic integrity – demanding I examine all aspects of my being – conscious, unconscious, light, shadow. It became this personal 'cooking' that became the direct and ongoing evolution for the Unveiled work. A process of honing, refining, deepening and maturing. And so the work grew, evolving slowly and organically while I met its fierce and ongoing demands with a synthesis of creativity, tenacity, and surrender. Over the years I have travelled to many communities throughout Hawaii, Mainland America, Australia, Europe and Israel, fulfilling invitations for this Work and Rite to be experienced.

*The women who have experienced both the Hoffman Process and the Unveiled Work often comment on the interface between the two. How do you experience this interface?*

The Process opens stunning awareness and healing of the immense negative and debilitating effects that family of origin dynamics can have on our relationship to ourselves and loved ones and all aspects of our lives. It is a courageous and holy work of breaking the silent and spoken 'conspiracy' carried in each family.

And so it is for the Unveiled work, - opening to stunning awareness and healing for every woman in her journey back to wholeness through the feminine authority, sacredness and wisdom. It is indeed courageous work to look directly into the face of who we think we are, and who we think we are not, as women. It is courageous and holy work to begin to awaken to, and break, the silent and spoken conspiracy that has become the legacy of our ancestral and immediate female lineage – a conspiracy often unconsciously perpetuated by each of us as daughter.

There is no denying that both men and women of our culture have, one-way or another been victimised through this socio/political system of patriarchy. For us, as women, the impact, personally and collectively, has been devastating. We have indeed been taught well what must remain silent and what must be kept veiled. Aspects of ourselves we have learned to deny, dismiss, invalidate, ruthlessly judge, numb ourselves to – aspects of ourselves that often are reallocated to the realms of fear, self-loathing and unconsciousness.

Our attending to the recognition and healing of the debilitating effects of personal family of origin dynamics, as is available through the Process, is in my experience, essential to our human 'awakening', both personally and collectively. It is also essential that we as women begin to recognise that there is yet another, unique and separate realm of awakening, recognition and healing – beckoning our return to the innate and sacred that arises from within the female body and feminine psyche. An awakening, recognition and healing available through the realm of feminine mystery – the realm of the intangible, invisible, the ineffable – is indeed uniquely women's way.

We as women cannot come to our true authority and inner knowing by taking on a collective authority dictated by a culture based only on the way of the masculine – an authority grounded in cognitive, abstract, rational knowledge. Our true authority and inner knowing arises through our unique experiencing of life, the mystery that is our body and impulses from the feminine psyche – our own soul. The Rite of Initiation is the initial portal of reawakening to our cellular remembering, ancient knowing and recognition of the fundamental mysteries and knowledge of the Sacred Feminine and Sisterhood. This encoded cellular memory and ancient knowing is innate and continues to reside within each of us as women – that which remains through all time, beyond culture and beyond family influence.

2001 Dates : Melbourne 26th - 28th Jan. and 4th February .  
**For enquiries about "The Unveiled Work and Rites of Initiation" Deborah Lew 03 9525 7117 or 0419506523**



# THE HOFFMAN QUADRINITY PROCESS

## PROCESS DATES FOR 2001



JANUARY 12 – 19	MELBOURNE
FEBRUARY 16 – 23	BYRON BAY
MARCH 16 – 23	BINTAN
APRIL 13 – 20	MELBOURNE
MAY 25 – 1 JUNE	MELBOURNE
JULY 6 – 13	BYRON BAY
AUGUST 10 - 17	BYRON BAY
SEPTEMBER 7 – 14	BINTAN
OCTOBER 12 – 19	MELBOURNE
NOVEMBER 23 – 30	BYRON BAY



## PREVIEW AND GRADUATE NIGHT DATES FOR 2001

### MELBOURNE

### SYDNEY

Preview	Graduate night	Preview	Graduate night
Wed, 3 Jan	Thur 4 Jan	Thur 8 Feb	Wed 3 Jan
Tues 6 Feb	Thur 1 Feb	Thur 8 Mar	Wed 7 Feb
Tues 6 Mar	Thurs 1 Mar	Thurs 3 May	Wed 7 Mar
Tues 3 Apr	Thur 5 Apr	Wed 13 Jun	Wed 4 Apr
Tues 1 May	Thur 3 May	Wed 18 Jul	Wed 2 May
Tues 12 Jun	Thur 7 Jun	Mon 3 Sept	Wed 6 Jun
Tues 17 Jul	Thur 5 Jul	Wed 31 Oct	Wed 4 Jul
Tues 11 Sep	Thur 2 Aug	Wed 12 Dec	Wed 1 Aug
Tues 30 Oct	Thur 6 Sept		Wed 5 Sept
Tues 11 Dec	Thur 4 Oct		Wed 3 Oct
	Thur 1 Nov		Wed 7 Nov
	Thur 6 Dec		Wed 5 Dec



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