

LIGHT TIMES



The Hoffman Centre Australia Newsletter
10th Edition December 2005



Message from Volker

Jeanette and I had the honour of having Master Phende and seven Gyuto Tantric Monks of Tibet, for dinner last week. Phende is a gentle wise man, who never loses his temper and is renowned as a peacemaker. Straight backed and full of grace, he has been shot, beaten and imprisoned, had their monastery in Tibet and all their ancient sacred relics destroyed. While imprisoned, Phende had to witness many of his colleagues being tortured and killed. They all had to escape over the mountains and will probably never see their families or their country again. Yet all these men, while holding such sadness, have, through their meditation and practice of kindness and understanding, become living examples of nobility of spirit, peace and compassion.

They shared with us their personal stories of living and dying and facing death. Then Phende asked us to reciprocate, "We have told you our stories, now you must tell us some of yours". I described, how as a young man of 18, I went fishing with some friends in Norway. We came to a high mountain river with strong rapids and waterfalls. To get a better vantage point, we jumped from one rock in the river to another. Suddenly I slipped and fell into the river. I had never imagined how heavy a woollen jumper could become, when drenched in ice cold water. I struggled furiously to stay afloat whilst also battling the rapids. I realised that I could do neither and the only option was to surrender to the forces of nature and let go. So I did. I was immediately sucked down another waterfall and just as suddenly I landed on my feet, in just 30 cm of water lower down. I was

then knocked onto a large rock, that was precariously positioned on top of another 20 meter waterfall. By surrendering, I had been saved from certain death!

Phende and the monks thought it was a very good story and mentioned that all their Buddhist training aims towards being able to let go in the face of death. He finished off by saying: "You should try it again and see how you go next time!"

Learning to live well is to learn to die well. The inevitability of death reveals the preciousness of life. Heidegger believed there are two fundamental modes of existing in the world - the state of forgetfulness of being and the state of mindfulness of being. In the former state, one lives in the world, immersed in its diversions and absorbed in its idle chatter. One surrenders to survival, self-preservation and the concerns about the way things are. In the latter state, one marvels not about the way things are but that they are. One remains mindful of being – not only mindful of the fragility of being but also of one's responsibility for one's own being. It is only in this mode that one is in touch with one's self creation and only here that one can grasp the power to change oneself. There are certain unavoidable urgent experiences throughout a life that jolt us into this 'mindfulness of being' and out of our somnambulistic anaesthesia, eg: falling in love, illness, birth, trauma and death.

Two of our Graduates have died in the last few months – Mayer Page and Leigh Paulding. Mayer lived his last years preparing to die whilst living his life with great passion, inspiration and love. He was responsible for not only inspiring all his family to claim their 'mindfulness of being' by doing the H.Q.P. but also many of his friends and associates. Leigh died unexpectedly, but had also inspired several friends to complete the H.Q.P. Our prayers and blessings are with them and their families.

"Whenever anybody dies anywhere, death knocks at your door too. Because we are involved in each other, we are all a part of each other. Death is happening each moment in millions of ways all around the world. Existence lives through death and renews itself through death. Death is the greatest mystery, because life is only a pilgrimage towards death".
Osho

Welcome back Mark Grant

The last few years have been very eventful for me. I moved to a farm in the Macedon Ranges in central Victoria and tried on a whole new way of life. It was an exquisitely beautiful place with rolling green hills, enormous eucalypts, wallabies, wombats and koalas and simply being in that natural environment was very nourishing. And yet there was a big part of me that was hungry for a daily connection to my community in Melbourne. I felt isolated. I realised that for me a beautiful environment isn't as important as a close connection to the important people in my life. It has not been an easy decision but I am now back in Melbourne. Of course, some of these important people included Volker, Maggie, Loreen, Craig, Kerri and Jutka and I wasn't back in the city long, before the team invited me to teach with them again. So, I played hard to get for fully thirty seconds before

relenting and am glad to announce, that I am very happily back on the team again. During this time I also completed my Gestalt Training and am now operating a private Therapy Practice in Melbourne. I look forward to seeing old friends at Closure in the New Year.

Interview with HQP Grad. David Blair

David is a Manager with Nokia stationed in Singapore. This year, Nokia celebrates its first 20 years in China. From a tiny office of just five employees, they have developed into the number one mobile phone and a major mobile infrastructure supplier in that market. China is now their second largest market, with over 4700 Nokia employees working predominantly in global manufacturing and R&D. Demonstrating Nokia's localization strategy in China, they have worked to maximize growth and global competitiveness for all parties in the 'value chain', which has so far contributed to the creation of an estimated 25,000 jobs among their cooperation partners and local sub-contractors and suppliers.

David has two teenage children who currently go to a Private School in Melbourne, which focuses on Holistic Education, rather than rote learning or fact cramming. He is also an elite sportsman who does Ironman Triathlon (swim 4km, bike 180km, run 42km) and loves to sail, scuba-dive, ski and dance! He recommends ASICS sports shoes and Nokia Shark push email, to help keep your inbox under control when you are on the road a lot.

1. Why did you do the HQP?

Maurice Taylor ("The New Couple") told me about HQP. He said that the Process could get me as far in a week as 10 years of Psychotherapy would. Although I had a successful career and a beautiful family, there was something in me telling me that there had to be more to life, so I signed up on trust - and have never looked back.

2. What did you learn or receive from the work?

I learned an incredible amount about how people function but the greatest gift was understanding myself and learning practical models to continue to understand myself as well as tools to act on that understanding. I feel like I got my life back - a life I could have barely imagined I was missing but that I vaguely suspected might be there.

3. What have been the long-term benefits?

HQP has radically shifted my perspective on life. I used to see life as an obstacle course; something to survive. I was just lucky to be able to survive in comfort with exciting distractions. Now I see life as a sunlit playground.

4. Who would be suitable to take this program?

Anyone who has the feeling that there must be more to life, as well as anyone who feels unhappy or distressed with their life. HQP can seem scary, so people 'hitting a bottom' would probably find more motivation but I know it works well, even without a motivating crisis. Ideally HQP would be a precursor to marriage and conception. It might be challeng-

ing for people who are still dependent on their parents.

5. How has it helped you in your career, as a Manager, setting values for the company, visioning, family, balancing business life with family, health, (I think this is always of interest to other CEO's) and Purpose in Life?

Most business leader's now understand the importance of EQ (Emotional Intelligence) at work. Leaders cannot build high performance teams without understanding empathy and being able to bond with others. We cannot work effectively without clarity of purpose and connection with our motivations. 'Inspiring others' seems false to me, until we can tap into our own vision and energy. HQP has given me the understanding of self and others that allows me to deliver powerful results for Nokia. It has also helped me to manage conflicting pressures because I am much clearer about my priorities and willing and able to take care of my needs because if I do not, I will be of no use, either at home or at work.

6. How has it helped your intimacy and joy?

HQP taught me to be intimate with myself, without which I could not be intimate with the other. This intimacy has opened a whole new world of sexual and other connections.

7. Is it OK to mention that you're really into dance music? Who are your favourite DJs and which Clubs are too! (anywhere in the world)!

It's fine to mention it. Favourite DJs: Danny Tenaglie, Steve Lawler, Paul van Dyk, Stingray. Clubs: Liquid Room & Zouk (SIN), Home (SYD), Double Six (Bali), Avalon & Roxy (NYC - it really is the city that never sleeps!), Weetamix (GVA), MAD (Lausanne).

A Hero's Journey - Eugenia Gajardo

My daughter and I now have the relationship I always dreamed of - we are so close – yet independent. There is so much trust, freedom and respect between us, but most of all, so much love. I am so honoured that she is my child, and I know she feels proud that I am her mother. I support her deeply in all her endeavours and she is my best friend... I feel so blessed and I say 'thank you' everyday.

But, it has not always been like this. When I was a pained, misunderstood and emotionally bruised teenager, I swore that when and if I had a daughter, it would all be different. I would listen to her, guide her and support her to be the best she could be. It would be a relationship full of trust and

understanding, full of deserved, not demanded, respect and love...

I had a child when I was relatively mature (32 yrs old) and determining to realise my intent, I read every single book about Child Psychology and Parenting that I could lay my hands on. Eventually I had one of the best Childhood Development and Parenting libraries in town.

After a divorce, when my daughter was 3, I become a single parent - just like my mother, who lost her husband (wouldn't you know) when I was 3! Things seemed to be already going 'the other way to my dream.



By the time my daughter was 5, I was struggling, big time. By the time she was 7, I already knew that something was drastically, wrong. I knew I was not stupid – I had a super corporate job, I was earning very well and was the sole bread winner providing well for everything... but... my personal life was a mess, and I was consistently fighting with my daughter. Ah! I was shocked and terrified when I realised that I was compulsively doing exactly what my mother did with me... I felt totally helpless. What had become of all my best intentions? I did not know what to do or how to manage it. I tried to hide, immerse myself in work and distractions, friends food, dance and alcohol... yes, I was not stupid, there was no doubt about it, I was so learned about so many

things and had studied so much about parenting, yet... I was totally unable to implement anything I knew! It seemed that I was unable to manifest my dreams, the life I wanted and the relationship that I had dreamt about with my daughter...it was all a disaster, really!

I felt the reactions 'on a gut level'; all my feelings were a constant turmoil inside me - the anger, the annoyance, the irritation, the inability to be who I wanted to be. I felt like a puppet, being manipulated by a force that was absolutely unknowable. I desperately looked for help here and there, but nothing was working. However devastated I felt, I found that I was determined to never give up. I would continue to search and try to find a way to take control of my life and a way of being that would give me access to the source of that control – *the handle of my soul*.

And then, one sad and depressing night, (soon to become a very eventful one) I was literally dragged to a disco by some friends, who were, in such contrast to me, so effervescent and full of light and brightness. Whilst we Rumba'd and Samba'd, I tried to query them. As they turned and whirled I caught bits and pieces about the source of their mirth and became extremely interested. "Call me tomorrow", one of them said... and so I did, and that is how I first heard about the empowering qualities of the Hoffman Quadrinity

Process! This was what I needed. Bells were going off everywhere inside me. Without thinking twice, in three weeks time, I was on a plane to Byron Bay, to do the Process.

My life has never been the same since. I had so much to let go of, to transform, to integrate, to process – a wound that felt so vast – so eventually, I did it twice, with a three year gap between. The Hoffman Process opened the gates of my subconscious so that I could understand the source of the patterns and beliefs that I had learnt throughout my childhood and teenage years. The tools of the Process have enabled me to set myself free, from the hurt, the pain and the resentment. And best of all, I have been able to forgive... forgive, forgive, forgive... her, my mother, and me, myself. Now I have become who I truly am, in my essence, self respecting and self loving, freed from that destructive conditioning.

The Hoffman Process, gave me the means, to break through my cocoon and fly!

During all my Processing, I worked on my relationship with my daughter; asking her for understanding, learning to be a mother, just as she was learning to live... and one day, after my second Process, as we were having lunch, she looked at me and asked: “Mami, what did they do to you in the Hoffman thingy? Did they brain wash you or change a chip in your brain?”

That was a special time for me, for I knew I had ‘arrived’ home to myself. And I smiled, filled with love and emotion and I said to her, “probably a little bit of both, darling, a little bit of both.”

Today, my daughter is at University in Central St Martin’s in London, studying Architecture. For the summer, she is in New York, doing an internship with a rather successful Architectural firm, and I am in Australia doing a three-years Yoga Teacher Training course. We will both graduate together... ah! I forgot to mention, Talenia did the Hoffman Process at 18... she will be 21 in September. She’s recommended the Process to many of her friends; she thinks everyone on this planet should do it... at least once!... I guess it opened some liberating doors for her too.

Are you thinking about doing the Process? All I can say is that the Process was the best thing I have ever done for myself, the best thing I have ever given my daughter, and by the way, don’t think about it, ‘just do it.’

I must go now; I have a call from my daughter.
Hari om tat sat,
Eugenia Gajardo

A MESSAGE FROM LISA

Lisa Messenger has worked nationally and internationally in events, sponsorship, marketing, PR – you name it – she’s possibly done it! She owns Messenger Marketing and Messenger Publishing and writes extensively for a number of magazines.

There are many people who have had an impact on my life and they have come in many forms – both positive and negative, successes and failures – some are merely distant memories now, others are way too fresh. I believe people come into your life for a reason and even though at the time we may question the relevance, or their presence (or departure) may cause us incredible pain, with each one comes a special lesson. Life is about choice and it is up to each of us to recognise the lesson and choose what to do with it.

In August 2003, I attended a course called The Hoffman Process. It was the most incredible, profound and powerful week of my life. I experienced teachings that caused such change it can never be reversed. I liken it in general terms to taking the red pill in the movie The Matrix. It challenged my thinking and taught me more lessons in one week than a lifetime rolled together.

The Hoffman Process has been described by best selling author, Mark Victor Hansen, as ‘a banquet for the soul.’ It is indeed just this. It brings a new level of awareness, healing and spiritual growth through a beautiful and profoundly emotional eight-day roller coaster ride. A bit like Freud meets Walt Disney.

It taught me the true meaning of compassion, choice and free will. I stepped out of a trance, awoke and felt comfortable with who I was. I was no longer defined by my past and began a powerful, positive new journey. I took control and consciously chose to shelve old behavioural patterns that had caused so much pain in my life. I am still a long way from perfect but finally I have a deeper understanding of universal consciousness and a grasp of what true happiness means for me.

For years I had perpetuated the same old negative patterns – taking on too much, postponing happiness, having to please everyone, running away when it got too tough. The Hoffman Process took me on a wild cathartic trip and suddenly I was given a whole new awareness as to who I was and what made me this way. I started to see things very differently from how I had seen them before.

I realised that I was largely deferring my own happiness, letting negativity or neuroses dictate what I felt, leaving me constantly anxious, unfulfilled and striving for more. The Hoffman Process taught me to live for the moment and be true to myself. This realisation has opened paths I never imagined possible. Magically, I now find myself surrounded by positive, amazing, supportive people and the serendipity is delicious.

I’ve taken responsibility for my own actions and stopped trying to change others. I realise that that is beyond my control and takes up too much of my energy. I’ve developed a much calmer side and I am now in pursuit of a more creative life. I am creating dreams and passionately chasing them. This gives me an indelible inner strength and determination.

After Hoffman I was much more aware that I needed creative outlets. Even though I had freed myself two years prior by starting my own company, I was still spending most of my time helping other people to realise their dreams. Now it was time for mine. I wanted to completely create a new way of living. There is an old saying ‘whatever you conceive

you can achieve.' I wanted some time out and I wanted to do something positive so I chose to create a beautiful book called *Happiness Is...*



In five months, I steered this book from concept to print and I have never felt more proud. I consciously chose to change all the rules and take a huge risk. I found the strength to set a challenge very different from anything I had ever done before. I was tired of postponing things – saying I'd do it when I had more money or lived somewhere else or whatever the excuse was. I realised the time for living was now. I was tenacious and firmly focussed on this dream and it became a reality.

I have created a vision for myself and I love life. However this growth and awareness have come at a cost for me. Change can do that and it has created some painful times as I have moved in a different direction to some people who were dear to me. But learning the lessons I have I couldn't go back to being who I was before. I have stayed true to my heart and myself. I have used the strength of my passion to become the person I want to be. I have found a higher level of inner peace and, thanks to a beautiful teacher in the Hoffman Process, I am on an amazing voyage of personal discovery.

The Guesthouse

This being human is a Guesthouse.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness
comes as an
unexpected visitor.
Welcome and entertain them all!
Even if they're a crowd of sorrows
who violently sweep your house
empty of it's furniture

Still treat each guest honorably.
he maybe clearing you out
for some new delight !
The dark thought, the shame the malice,
meet them at the door laughing,
and invite them in.
Be gratefull for whoever comes,
because each has been sent
as a guide from the beyond.

(Jalaludin Rumi)

Creating Love Workshops Return

We are pleased to announce that the Creating Love Workshops run by Hoffman facilitator Craig Tunnell and his colleague Vasumati Hancock, will begin again next year. These workshops deal with many of the issues, emotions and patterns of relating that we deal with in our intimate relationships. Past participants have reported enormous value, insight and emotional growth from their involvement in these workshops.

The work is about healing our wounded and mistrustful state around relationship, by bringing understanding and acceptance to our deepest core. Through sensitive enquiry we find out who we are, learning what we want and need and how to communicate this honestly.

The approach is rooted in meditation and compassion, clearing the emotional body and reframing our original lifescritps. We use processes to open awareness, breathwork, group and individual work.

Sydney: Level 2 - Feb 3rd to 5th
Sydney: Level 3 - March 24th to 26th
Melbourne: Level 1 - March 3rd to 5th
Melbourne: Level 3 - April 7th to 9th

Workshops are open to both singles and couples and are non-residential, commencing Friday evenings. Cost per person is \$450.

For more information contact Craig Tunnell on (02) 9386 1060 or 0412 223 569 or craigtunnell@iprimus.com.au

BLOGGING: A GRADUATE'S ONGOING DIARY OF HER LIFE: POST PROCESS

We are excited to bring you a Graduate's ongoing journal/diary of her experiences, since the recent completion of her Process in Australia. Using the relatively new technology of online 'blogging', you are invited to visit the site: <http://www.quadrinity.com.au/blog> to share in her post process experiences. There will be regular postings of her reflections, struggles, gains, insights, ponderings, achievements, set backs and breakthroughs. Basically, we are hoping that as her journey unfolds, you too may gain something from sharing her ongoing journey. At the site, you can go into archives to read the previous posts and she encourages you to add your own comments.

If you would like an automatic message alerting you of new posts, you can email quadrinitysubscribe@quadrinity.com.au

You will then be sent a Confirmation Message. Click Reply to confirm and you will then receive a Welcome Message. This is a free service available to graduates – as part of our effort to support our Graduates wherever possible.

The Hoffman Quadrinity Process



2005 Process Dates

November 25 - 2 December Sydney

2006 Process Dates

January 13 - 20 Melbourne
February 17 - 24 Sydney
March 17 - 24 Melbourne
April 14 - 21 Melbourne
May 19 - 26 Sydney
June 23 - 30 Byron Bay
July 28 - 4 August Byron Bay
September 1 - 8 Sydney
October 13 - 20 Melbourne
November 17 - 24 Sydney



Previews

Other Dates

Melbourne

**Wednesday 7:30 pm -
9:30pm**

7 December 2005
4 January 2006
1 February 2006
1 March 2006
3 May 2006
7 June 2006
12 July 2006
12 August 2006
20 September 2006
1 November 2006
6 December 2006

Hoffman Centre Melbourne

Sydney

Wednesday 7pm to 9pm

7 December 2005
Hughenden Hotel
14 Queen St, Woollahra

1 February 2006
29 March 2006
3rd May 2006
12 July 2006
20 September 2006
1 November 2006
6 December 2006

New Venue for 2006:
3 Church St, Waverley

Adelaide

6 December 2005
4 January 2006
1 March 2006
20 September 2006
1 November 2006
6 December 2006
Venue TBA

2006 Quadrinity 2 (Q2)

Q2 Melbourne April 21st to
23rd 2006
Q2 Sydney September 8th to
10th 2006

Dark to Light Process

Melbourne

12 December 2005
8 February 2006
5 April 2006
31 May 2006
19 July 2006
27 September 2006
29 November

Sydney

12 December 2005
6 February 2006
3 April 2006
5 June 2006
21 August 2006
30 October 2006
Venue TBA

For further information Call the Hoffman Centre Australia on (03) 9826 2133 Toll Free 1800 674 312
Suite 3, 230 Toorak Rd South Yarra Victoria 3141

E-mail: australia@quadrinity.com.au Web: www.quadrinity.com.au



Hoffman Centre
Suite 3 / 230 Toorak Rd
South Yarra, 3141