



## Graduates, It's Time to Renew Yourself!

Spring's coming! The warm breezes and blossoming buds are reminders that new life is taking shape all around us. As nature prepares to regenerate and strengthen herself after a dormant winter, now is a good time to stop, look inside and ask yourself, "How do I renew myself? Where does my strength, creativity, and vitality come from, and how do I restore myself -- physically, spiritually, intellectually, and emotionally -- when my reserves run low?"

In this issue of *Staying Connected*, we'll look at some great ways to restore ourselves. Hoffman teacher Hilary Illick takes a close look at an often-overlooked aspect of the Quadrinity -- the body, which is responsible for so much of our healing, spontaneity, and revitalization.

Dr. David Hanscom, a Process graduate and board-certified orthopedic surgeon specializing in complex spine problems, shares his findings on the connection between stress and physical distress, and how what he learned at the Process informs his care of patients with chronic pain.

Finally, learn more about Hoffman's history with some cool Hoffman trivia.

*Here's to Staying Connected... with yourself, with others, and with your Hoffman family.*

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## A Surgeon's Perspective on the Hoffman Process

### A Surgeon's Perspective on the Hoffman Process

by Dr. David Hanscom

I am a Process graduate and an Orthopedic Surgeon who specializes in complex spine surgery. Much of my work involves treating patients who have had multiple failed surgeries, suffer with severe chronic pain, and who struggle with depression and anxiety due to their ongoing pain. My experience at the Process three years ago changed my life profoundly. It also changed me professionally -- here are some accomplishments and changes that have come as a result of the Hoffman work I did:



Dr. David Hanscom

As a result of the Process, I was able to organize my thinking about the variables of pain in a way I had not done before.

The Process enabled me to finish the book, "Back in Control - A Spine Surgeon's Roadmap out of Chronic Pain." A substantial part of the solution to chronic pain is centered on the Hoffman concepts of "re-patterning" the nervous system.

A high percent of chronic pain is a "Mind-Body Syndrome" that is solvable. The Hoffman Process looks at your entire life as a mind-body experience, making it easier to examine, acknowledge, and treat both systems simultaneously.

I came out of the Process with a laser-beam focus of what I wanted to accomplish in the world of spine surgery, and I have accomplished more in the role of surgical leadership in the three years since my Process than during the prior 25 years. I am fully committed to doing anything I can to stop unnecessary surgeries and to treat each patient as an "integrated" being, who seeks not only medical care, but also love and connection.

My website is a self-directed pathway to escape chronic pain. It represents my personal journey as well as that of my successful patients. The results have been very consistent with dozens of patients going to pain free.

During the Process I realized that my driving force to find alternatives for excessive spine surgery was based on frustration, and that frustration yielded me a zealot. Zealous energy is not that enjoyable or effective over time. I was able to connect with my true value system and have much more energy moving forward based on love. I am able to sustain my commitment to doing things far better than they had been done before!

Finally, my surgical partners continue to tell me that I am "on fire." The truth is, they have no idea that finding my authentic self at the Process set off a nuclear reaction in me, promising that my life and the lives of my patients will never be the same. Thank you, Bob Hoffman! For more information about DOCC, visit [www.doccproject.com](http://www.doccproject.com).

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## Teacher's Corner

### Thank You, Body!

by Hilary Illick

Wouldn't it be cool if you had an internal navigational system always at your disposal? A system that would readily send you signals about how you are feeling, what you need, what works for you and what doesn't?

Well, you already do, of course. In fact, you live in one. Your body, temple of your spiritual self, home to your intellect and emotions, is your very own complex internal navigational system. Your body tells you when to rest, when to move, how to move, when to nourish yourself (as well as what to eat and drink, and what not to eat and drink), how you feel, and what your response is to a given situation or person. It tells you what you need to know when you need to know it. All you have to do is pay attention.

Tuning into the body can be a practical mainstay as well as a source of wonder and awe. One reason yoga is so popular in our culture today is that by yoking the mind and the body (yoga meaning to yoke), we develop a deeper relationship with our inner being through being in touch with our body. Being embodied gives us direct access to our spiritual self. If you think about the Quadrinity, the emotional self and the intellect can be all over the place -- regretting the past, fearing the future, getting each other all whipped up in either direction -- while the body and the spiritual self live in present time. Being present to what's going on in our body provides a direct channel to our spiritual self. They're both right here, right now. Breathing in unison.

What is your body telling you right now? Take a moment to tune in. Where are you feeling sensations in your body? And what are the sensations? Where in your body are you aware of temperature? Warmth? Coolness? How is your breathing? Deep? Shallow? And now, having engaged in this simple act of tuning into your physical body, do you notice an increased sense of presence?

What happens if you close your eyes and ask your body what it needs: what do you need, body? Take whatever answer comes. Your body might need movement, or rest; nourishment, or touch. Trust what your body tells you, and make an arrangement to meet that need. And while you're in there checking in with your body, why not take a moment to thank this resourceful, precious, hard-working, always-present aspect of your Quadrinity. Get specific. What do you appreciate about your body? Where has it brought you recently? To what important places or situations? And what signals has it been sending? Whether you've been heeding these signals or not, take a moment to appreciate your body for sending them. Has your body been struggling? Does it need your loving acknowledgement of that struggle? Try speaking aloud your appreciation, your compassion. Your body has ears -- notice how it responds to hearing acknowledgement coming from its very own vocal cords.



Process teacher Hilary Illick

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## Upcoming Graduate Courses

Hoffman Graduate Courses are great ways to stay connected to your Process, brush up on Hoffman tools, and have a Light experience. Courses include Graduate Refreshers, Teleclasses, Q2s, and InnerWork for Leaders.

### **Teleclasses:**

To check out the schedule and get more info, [Click Here](#)

### **Refresher Courses:**

New Refresher Courses are coming to California in March. Check out the schedule and get [more info](#).

### **Q2 Graduate Intensive**

Live your life so that the power and transformation you experienced at the Process continues to expand and deepen.

California Dates

\* March 30-April 1, 2012

\* July 20-22, 2012

Check out all dates, locations, and more information [Here](#).

### **InnerWork for Leaders**

This new, 3-day weekend provides the space for the deep, inner work of claiming your wholeness and vision as a leader at a powerful new level.

Think this course might be for you? Have a look [Here](#).

And while you're there, explore the [InnerWork for Leaders Coaching Program!](#)

For detailed information on all graduate courses, please go to  
[www.hoffmaninstitute.org/graduates](http://www.hoffmaninstitute.org/graduates)

To register for any graduate course, please call 800/506-5253 or sign up online at  
[hoffmaninstitute.org/gradreg](http://hoffmaninstitute.org/gradreg)

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## Cool Hoffman Trivia!

### Did you know...

- White Sulphur Springs (WSS), Hoffman's 45-acre site in the Napa Valley, is California's first hot springs resort, founded in 1852?
- Hoffman took ownership of the property 10 years ago through a generous donation by a Hoffman graduate?
- The Hoffman Process has been offered at dozens of retreat sites over the last 45 years, including monasteries and barns.

Click here for a quick re-visit: [http://hoffmaninstitute.org/sections/dates/locations\\_wss.html](http://hoffmaninstitute.org/sections/dates/locations_wss.html)

## Upcoming Process Courses

Hoffman's Process calendar is abundant with powerful, Light-filled offerings -- approximately 30 Process choices abound per year. Many courses fill to capacity; please **register** early!

**For a full listing of all Process courses, please see our [Calendar](#)**

**To register online, please go to: [hoffmaninstitute.org/register](http://hoffmaninstitute.org/register)  
or call us at 800/506-5253**

## Inspirational Quote

*If there is nothing new under the sun, at least the sun itself is always new,  
always re-creating itself out of its own inexhaustible fire.*

~Michael Sims

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The logo for Hoffman Institute, featuring the word "hoffman" in a bold, lowercase, sans-serif font. The letters are white and set against a solid blue rectangular background.