



QUADRINITY PROZESS

Results of the process

Joan Borysenko, Ph D.: "This Process changed my life. I consider it essential for anyone on a spiritual, healing path."

John Bradshaw: "The Hoffman Process is the most effective method I know for releasing your original pain and connecting deeply and joyously with your Soul. I recommend it without reservation."

Soulful and deep work that produces astonishing results, The Hoffman Quadrinity Process is based on the principle that the persistent negative behaviors, moods, and attitudes of adulthood have their roots in the experiences and conditioning of childhood. Until this conditioning is understood and resolved, it continues to undermine our adult lives. The Hoffman Process is designed to heal and transform these negative, self-defeating patterns and bring about a powerful realignment and integration of four fundamental dimensions of our being – intellect, emotions, body, and spirit.

Taken together we call this the Quadrinity. The Hoffman Quadrinity Process uses a unique combination of proven techniques, including guided visualization, journaling and cathartic work. During the intensive eight-day residential course you are led through a carefully structured sequence of powerful experiences that enable you to discover, isolate, and resolve negative conditioning and recover your natural self-confidence and self-esteem.

The Process provides a safe and supportive environment in which you can first confront and experience your childhood pain, resentment and anger, and then progress to fuller understanding, compassion and forgiveness.

Finally you arrive at a healing transformation and integration of body, mind and spirit. While conducted in a group, this is essentially an individual, inner journey that is accelerated and supported by the group energy.

Since it was first created by Robert Hoffman in 1967, more than 30,000 people have used the Hoffman Quadrinity Process to achieve new strength and inner peace. The benefits they report fall into three broad categories:

- 1) Emotional healing and freedom – freedom from lifelong negative moods, feelings and behavioral patterns; freedom to be more free, open, loving, joyful, centered, creative and spontaneous;
- 2) Compassion – the capacity to be present and loving in the face of suffering, such that healing is induced for self and others.
- 3) Spiritual Awakening – the ability to consistently connect with your inner wisdom and loving spiritual aspect; knowing from within that you are on your path of healing and contribution.

People coming to the Hoffman Quadrinity Process have a strong commitment to making positive and lasting changes in their lives and to accelerating their personal growth and development. The vast majority are professional men and women between the ages of 35 and 60. Their reasons for attending include issues of intimacy, relationship and family; career, creativity, and personal power; enthusiasm, energy and depression; spirituality, meaning of life and connection; compulsive or addictive behaviors; and removing unwanted limitations. Over the years, many professional therapists have participated in the Hoffman Quadrinity Process and subsequently have referred hundreds of their clients as an adjunct to therapy.

- The agony and the ecstasy
- Eight days to change your life
- One week to change your life
- The Retreat that changed my life
- The Reeducation of love
- Expertenmeinungen
- Results of the process