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# Disempower Your Dark Side

with Supervising Hoffman Facilitator Matthew Pruen

**zoom**

Zoom ID : 839-6254-7969

Wednesday 27 May

7.30-9.00pm UK

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# Welcome

## What's on offer

Thank you for signing up to our Hoffman webinar. This session is going to be led by Supervising Hoffman facilitator Matthew Pruen, and will focus on ways to disempower your Dark Side.



## What we ask of you

Our Zoom calls start at 7.30pm UK (you're welcome to log on from 7.15pm) and last until 9.00pm. Instructions will be given, but if you can, it's helpful to familiarise yourself in advance with how to mute/unmute your microphone, as there will be moments that require silence. For those taking part with video, it's also useful to know to switch from Speaker to Gallery view.

**As with all Hoffman events, we ask that you respect the confidentiality of other participants at all times and treat other one another with courtesy and respect.**

We will be recording an audio-only version of the webinar to share with other Hoffman grads who are unable to attend the live session. If you wish to remain anonymous, you are welcome to use the 'chat' function on Zoom to ask questions, rather than speak out loud. Your details won't be shared with others who are not taking part.

And one very important, non-technical bit - please make sure you have a notebook and pen!

## What next?

We hope that you will be inspired by this webinar to take part in similar events in future, as well as our daily Zoom Quad Check, which takes place every weekday at 8.00am. For details - as well as access to free visualisations, the Hoffman toolkit and more - visit: **[hoffmaninstitute.co.uk/post-process-website](https://hoffmaninstitute.co.uk/post-process-website)**





## Dark side drawing and messages

*Use this page to be creative, if you like.*



## Dark Side patterns

<b>LIES MY DARK SIDE TELLS ME</b>	<b>PATTERNS I GO INTO</b>



## Patterns to recycle

PATTERN	M/F/S	AUTHENTIC ALTERNATIVE & NEW WAY OF BEING

## Message from Spiritual Self

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## Quadrinity Check-In

### Body

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### Intellect

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### Emotional Self

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### Spiritual Self

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## When the Dark Side voice is heard

*In the future, work on fine-tuning your awareness so that you will be able to recognise the subtle maneuvering of the Dark Side. Then you will be able to immediately disempower it.*

Here are some practical things you can do:

### Dark Side Stomp

Take a long, slow, deep breath. Bring to mind the patterns you have identified. As you hold them in your mind, get a sense of how it feels in your Body to be carrying this energy inside of you.

Close your eyes and tune in to your Dark Side. Notice it holding those patterns and beliefs.

- What's it saying to you? Just listen.
- Where is it? On your left shoulder? Behind you?
- What does it look like?
- Feel how it depletes or distorts your life energy, how it keeps you stuck

### Dark Side drawing and release

Take five minutes to draw the face of your Dark Side on a large piece of paper. Take another five minutes to write its worst messages all around and all over the face of your Dark Side. Place the drawing in front of you.

Grab hold of your Dark Side and rip it out of you in one piece. Hold it out in front of you. Tell it, 'I now know what you do to me. I refuse to be controlled by you any longer. I know your voice. You are not me!'

Now, throw your Dark Side on the drawing (or on the floor) and give it a good pounding.

Just like in the Process, give yourself plenty of time to beat the paper with a strong heeled shoe. Put on some music to support you. Alternatively rip up the paper with your hands and destroy it piece by piece. Say strongly, out loud, 'I'm taking back my power! I'm alive. I will make mistakes. I claim my life! I say 'yes' to life!'

Keep stomping and pounding on it until it is smashed to pieces.

Take a deep breath. Your Guide comes in and sweeps away the remains of your Dark Side, and throws them into an incinerator. Take another deep, cleansing breath.

Connect to your Spiritual Self. Call to mind some of the beautiful, authentic qualities of your Spiritual Self and speak those qualities out loud. Place your hands on your heart and breathe into your magnificence. Write your qualities down and keep them visible to you.

## You can also choose to finish with a ritual like the one on your Process.

Gather up the pieces of the Dark Side and find a bin, fire pit or bowl that you can put them into. Walk up to the bin and throw your pieces of paper into it.

Say out loud:

- 'My Dark Side told me that I was... . '
- 'But I am not'.
- 'I am... (and say the authentic quality of your Spiritual Self)'.

You may hear us all saying 'Yes You Are.' Breathe in that validation.

Put your hands over your heart. Breathe into your own self-love and self-compassion.

You are human. You are Love, Loving and Loveable.

## Self-Compassion & Loving Kindness practice

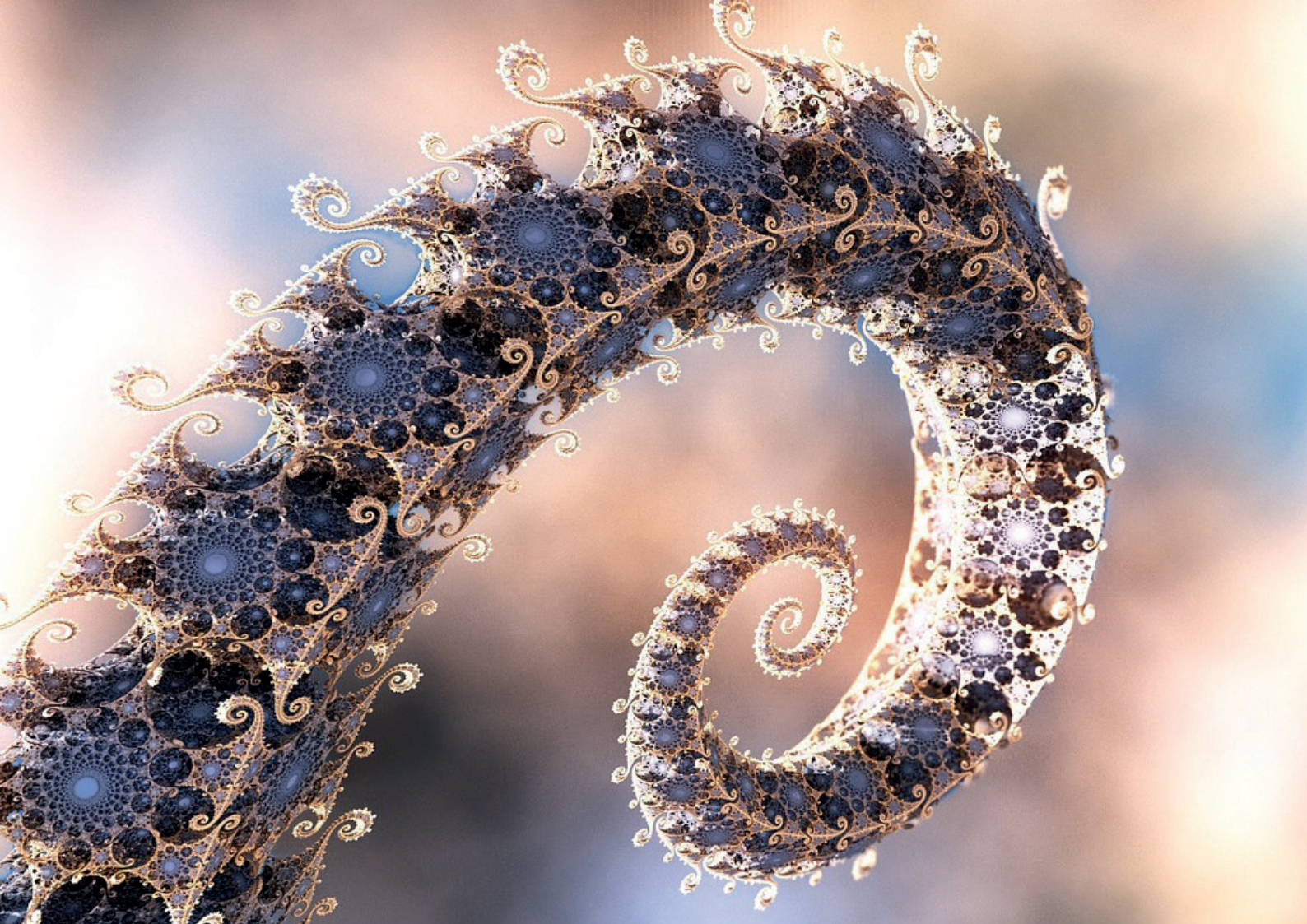
Place your hands over your heart and breathe deeply. You might feel your heartbeat under your palm. You may feel the warmth of your palm against your chest, or the presence of one hand against the other. Notice your sensations.

Now imagine breathing into and out of your heart center – as if your breath is coming into and going out of your heart. You may feel comforted by this. It may give you a sense of your own presence and/or tenderness toward yourself.

Softly say the following words out loud (modify as needed):

- This is a moment of suffering
- Suffering is part of life, and all human beings suffer
- May I be kind to myself in this moment
- May I give myself the compassion I need
- May I be peaceful
- May I accept myself as I am
- May my suffering and sorrow come to an end

Bring your attention back to your Body, tuning in to the sensations. Notice how your hand feels on your heart. Feel your heart beating. Take another deep breath. Open your eyes.



# Thank you!

Thank you for taking part in the webinar, and we look forward to welcoming you at future online workshops and events. Visit: [hoffmaninstitute.co.uk/post-process-website](https://hoffmaninstitute.co.uk/post-process-website) or remember to keep checking our newsletter for details.

We'd also like to thank Matthew for hosting this webinar.

You can now book one-to-one Hoffman coaching with Matthew (and with other members of the Hoffman UK facilitator team) via our website: [hoffmaninstitute.co.uk/book-hoffman-coaching](https://hoffmaninstitute.co.uk/book-hoffman-coaching)

if you have found value in this or any of our free Zoom sessions and feel moved to make a contribution to Hoffman's running costs, you can do this via PayPal directly into the account: [www.paypal.me/hoffmanuk](https://www.paypal.me/hoffmanuk)

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## We're working remotely, but you can still get in touch:

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