

Chat transcript:

## Developing 360° Vision webinar with Stella Horgan

Wednesday 3 June 2020

*This webinar expands on this gratitude we opened up, as we take stock of how we've been impacted in the last few months, and open an inquiry around where we are out of balance. It's easy to focus on the negative side of Covid19, but what might be the gifts, blessings, benefits and even opportunities of this time?*

...hoffman...



...hoffman...

Developing 360° Vision

Finding the gifts and balance in times of Covid19

with Supervising Hoffman Facilitator Stella Horgan

### Some of the gifts that people shared:

- The gift that my intellect could relax.
- The gift of discovering nature all around my house
- Missing my mum who is in the UK, but I started teaching her Pilates on Zoom so we can spend time together :)
- My Creativity is more free flowing.
- Found new places to walk that feel safe - woods, a common and a nature reserve
- A gift of offering my workshops to the public online, in English and Arabic weekly!
- I am able to better understand my daughters needs
- While my mum's been in a nursing home, I've been able to show my vulnerability to my dad and he has shown his back - I've seen a totally different side of him
- I cannot afford to run my car at the moment, so have rediscovered cycling. I find it not just a means to get around, but a kind of meditation and brings me closer to nature. The exercise and connecting to a naturally powered form of transport has been amazing
- Learning to settle and wait for the terrors to dissipate each day, because they do, and then starting something positive when they have.
- I have learned skills I hadn't had before.
- I have recently left a long-term relationship but I have had more free time, quad checks every morning have helped me have more self compassion and let go of resentment, so that's a blessing!
- I have learnt birdsong
- I have learnt I am more resourceful than I expected with such little money.
- I have been reading and learning more about racism
- I realise I need to re-evaluate my priorities for AC (after Covid) as I am enjoying life without many previous busy activities.
- Deciding that it's okay to pull in favours from others.....
- It's given me time to reconnect with the Hoffman process
- Increased clarity on need for self care - aaaah!
- Thrown back on inner resources
- Googling the two oldest ingredients in my fridge - sauteed cucumber is great!
- Being glad to have the time to help an old friend who is developing dementia and is not taking care of herself.
- I have learned how to lead a team remotely.
- Bonding closer with my daughter through home schooling.
- Started to teach yoga by zoom and time to enhance my skills through online courses since I am not working.
- Spending more time outdoors and in nature.
- My home is really my Sanctuary

- Being able to do Zoom things in the UK (like this!) and professional training even though I normally can't as live in France
- I got lost in self pity when I had my travel plans cancelled, but my intellect is learning to keep in the moment instead of spiralling out into obsessive planning or escaping into daydreams. I am getting a lot more done without all this going on in my th
- My sister overseas has started a family quiz night on zoom. Feel more connected them and our mother has worked out how to join us all on zoom. It makes her so happy to have a family evening.
- New ways to have fun.
- Board games online
- I ended up without a roof over my head and nowhere to go but the biggest spiritual gift for me was to surrender and trust fully - and then the magic happened: had to go to France but have now been spending 2 months in a huge house with a garden
- Using meditations and being in nature to calm my intellect and fear and to find other ways to find peace and quiet. Choosing what information to absorb and when to respond to different whatsApp group chats and using meditations
- Time to reflect and observe in the moment and manage better
- Deepened my practices to stay balanced.
- I've had to learn to show my vulnerability and have found when I do the roof doesn't fall in
- Absolved my guilt regarding frequency of visits: I'm precluded from travel.
- Time to play the piano
- Accepting it's okay to not feel okay at the moment
- To develop compassion for myself
- I don't need to be constantly on the move. its ok to be still
- Had a cry when I have felt like it.
- This has shown me that the high ideals and expectations of my intellect were starving my emotional self of love and fulfilling relationships
- The slower pace of life is helping me to stay calm and still and bring me back to my spiritual self when I am triggered and fall into the old patterns of anger, judgement and vindictiveness towards my husband.
- A daily challenge to try and be kinder
- Time to do things just for fun
- I can't be late for anything anymore - it's great!
- I'm managing to selfparent now more than ever
- It's helped me to be real, not pretend x
- I have discovered that solitude is not the same as loneliness which has given me the time to explore the emotional surges that this time has brought up. In doing so my emotional child that bottles things up feels stronger, more mature and less scared
- Haven't had to pretend to be anything other than myself
- Dad is serving up now patterns for me to work with daily!
- I have shared more of me with others so connected more deeply and also shifted some shame
- I have been visualising what my future brings. Give me clarity of what I want and need to get there
- Being still has rid my anxiety
- Finding new ways to speak my truth
- It's ok not to be feeling my best, I can still get a lot done.
- I have appreciated my resilience, and that not being social all the time means I have more time to check in with myself genuinely and get more connected to how nature benefits me. Plus space
- I've reached out to friends who are normally busy because they travel a lot and we've had a brilliant connection.
- I can see I'm more supported and loved than I realised.

- I've done some behaviour stretches/speaking up on the quad check ins. Telling me it's okay to be me..
- I learnt to slow down and eat the elephant one slice at a time....
- I have finally kicked pain killers for my neck and back pains and have been meditating and moving more in my body which has bought me much better clarity.
- I've enjoyed many of the smaller positives of lockdown that I don't want to go back to how life was before...
- Openness about weaknesses and vulnerability has opened new connections to new and to old friends
- Time to nurture myself, - cooking at home , connect with nature, exercise
- Forgiving myself when I am not the mother I think I am supposed to be. That opens my heart and makes me more forgiving with my boys (when they are not what I think they are supposed to be)
- My teddy bears had a picnic and I chilled for the afternoon.
- Staying home has enabled me to create a great connection with some lovely neighbours.
- Time to work on patterns and move them on a bit.
- Reaching out to others has strengthened my relationships at work and at home
- Finding out I won't die if I am the centre of attention
- Having awareness to shift from ruminating and getting stuck to being present and grateful for all the important things in my life - such a joy and a release...
- I have got up early and walked in nature with my puppy before the morning Quad checks!
- Having time to actually practice my Pilates and yoga, rather than only having time to teach!
- I finally set up kickboxing classes!
- Exercising the muscle of the brain!
- The gift has been softness (e.g. no more High Intensity Intervals) as in slow, long walks
- I haven't worn shoes for a while!
- Everyone is living in my natural state of dragged through a hedge backwards.
- Daily yoga with Adriene! Sleeping longer with lovely strange dreams!
- Realising I can just workout at home using on demand online workouts. Also realising how much contact you share with objects and machines in the gym that could spread or pick up germs.
- Connecting with my breath is what it has given me
- Not able to go out more than 200 meters to breathe, after being a Marathon runner! The gift for my body was resting hehehe
- Yoga every day feel very resilient
- Relaxed from running to drop off and pick up at school
- Learning to swim in a cold lake. Resets the vagus nerve and has been a great natural anti-depressant
- Time to sleep properly.
- Teaching yoga classes by zoom
- Got much-needed rest initially. Doing more Qi Gong than usual - almost every day.
- Giving me a sense of connection to my body and spirit.
- Because we couldn't use the car parks I have found lovely new paths in the woods.
- Less pressure on what to wear - can be more comfortable at home and not bothering with make up
- 5 days a week of pilates and yoga with Mel - fabulous. It has done me the world of good and allowed me to breathe... deeply breathe when I needed to...
- Hearing the messages from the knot in my stomach.
- Time for proper breakfast, lunch and dinner less gorging on snacks
- I found another gift the gift of indulging in yummy meals I have created on a daily basis with creativity

- More time to observe my body in a more contained space. I now have an official muffin top :-)
- I have moved from a lifetime of inactivity to becoming fit: I've found the exercise I WANT to do.
- Home-cooked meals - yummy!
- Being so grateful for the recent glorious weather and being outside in the sunshine.
- Enjoying the garden and gardening and looking forward to being able to walk again once my fractured ankle has healed properly.
- Meditations with Deepak Chopra have been sustaining
- The list is endless... fresh air, suntan, healthy food, sitting down and eating...
- Time to lie in the sun and really rest.
- Accept what is
- Bought a trampoline for our 6 year old and I LOVE it.
- We put on the music and dance and we have come up with great games.
- I regularly jump/dance instead of walking/running now
- Reminder that we are not in control
- Trust and surrender
- Being still and reflecting more, being part of the Hoffman community. This has allowed me to reconnect with my spiritual self which had somehow got left behind in the busyness of life
- Discovering water in the Woods. Swimming in them. Savouring the moment. here and Now. Not yesterday or tomorrow
- Greater awareness of who I am, finding inner calm.
- Letting go and compassion
- Getting in touch with my inner child
- Loving it when I feel I am connected to my SS when teaching and seeing my clients respond to that person.
- I am less on automatic as more time available
- My spiritual self dances through life – I have been dancing in the kitchen and garden like nobody is watching
- Spending time walking for miles and noticing the joy in our beautiful island.
- Kindness and compassion to others brings it back to me.
- SS equals spiritual self!
- Accepting to connect even more with my spiritual self
- More time and space to connect to spiritual self & just be at peace with myself & time to realise the needs of my spiritual self to thrive
- Noticing the benefit of daily meditation because I'm finding lockdown can trigger strong feelings and really seeing how meditation helps.
- Riding the waves of fear but coming back to my spiritual self again and again and again creating resilience and self belief
- Spiritual self has a clearer voice with the solitude and stillness. Supported with Quad checks, these webinars, lake swimming, tree climbing,
- Learning just to be with what I feel, without running from it
- Realising that 'stuff' doesn't matter
- The gift to listen to my spiritual self more often ,when i attend the quad checks.
- My keyword from the Process was Stillness - the slower pace of life we are living is so good for my spiritual self.
- The panic and babble is quiet and I have been listening to meditations to keep me still and in touch with my real self.
- Feeling at one with nature, in the Garden
- My spiritual self has been reminded again and again of our inter-connectdness - ubuntu - not least our Hoffman interconnectedness but the whole world over
- More connection to the spiritual self due to increased free time, leading to more trust of the self.
- The deep knowing that whatever is thrown at me, I will be able to handle it. Even the ultimate facing of mortality, I know that the spiritual self is able

- A deeper connection with my values resulting in taking the steps to create a lifestyle that works in harmony with my spiritual self
  - I asked my husband if he would do the HP couples workshop and he said yes. He didn't do the process, if it wasn't for C19 we would never be doing it :)
  - quad checks are wonderful! really helping to gauge the temperature and realising how withdrawn I am me to reconnect and stay connected
  - Quad checks get me up early every day, and anchors me for the day
  - Bringing back a daily quad check has reminded me of the existence of my Spiritual Self, something I have easily lost sight of.
  - Quad checks set me up in awareness for the rest of the day
  - Journaling brings me greater awareness, I think as I write.
  - Identifying transference takes away the emotional charge.
  - QCs have given me resilience, strength, focus, peace, a positive start to every day no matter what challenges me.
  - Quad checks are phenomenal for connection to this community. It gets me up in the morning so I don't hide.
  - Bashing gets rid of anger.
  - The morning quadchecks created a wonderful routine when routine seemed to be gone
- \*\*\*Mary Jo's three questions she asks herself each morning: What matters in life? On what do I depend? What am I invited to learn?
- The Wednesday Webinars are a great marker point for the week to reflect and feel connected to the community
  - The quad check allows me to visit places that I would override and is a wonderful reconnection with myself and everyone.
  - The sense of community is wonderful
  - I write Thank you notes to myself - allows for connection to now and reality, in positive AND negative emotional responses
  - The weekly Wednesday webinars have been good refreshers on tools and have been good to be regular
  - The webinars have been amazing in terms of reconnection with The Hoffman Process and other Hoffies.- it's been fantastic since I did my process 18 years ago!!
  - Having to be face to face for 2 months locked down, I definitely used Transference! grrrr lots of patterns showed up
  - Gratitudes and appreciations keep me in touch with the good around me and in me
  - Long walk and talks with remote friends gives me love in and love going out!
  - Reading books again - joining a virtual book club with my old school friends - so reconnecting and doing what I have always loved
  - After attending the dark side webinar, I identified a dark side attack, which resulted in it disappearing straight away. I then saw a much better way of dealing with the tricky work situation that had caused it
  - Sometimes feeling a sadness in the Quad Check is precisely the awareness that proves I also have a strong solid part
  - I realise that I am actually quite good at identifying the learning and growth opportunities in what is a very objectively challenging situation.
  - I see huge potential benefit for me from this webinar in the future
  - What a wonderful thing to practice finding the benefits

## Messages from Spiritual Self:

- I am not alone.
- Quiet reflection
- Being connected
- More self acceptance
- Connection with myself
- Choosing love instead of fear
- Nurturing myself in order to nurture others
- Time and Peace
- Learning more self-compassion
- Simplicity
- That I am worth it
- Choose to try to respond not to react
- Let my spiritual self take the lead
- Physical fitness, upon which my emotional self can thrive
- I am ALL ONE not ALONE
- Witnessing myself changing
- PERMISSION TO GET OFF THE MERRY GO ROUND
- Humility