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# Developing 360° Vision

Finding the gifts and balance in times of Covid19

*with Supervising Hoffman Facilitator Stella Horgan*

**zoom**

Zoom ID: 849-9462-5770

Wednesday 3 June

7.30-9.00pm UK

‘The eyes of the chameleon provide 360 degree vision, due to unique eye anatomy and an ability to transition between monocular and binocular vision ... Chameleons have a distinctive visual system that enables them to see their environment in almost 360 degrees (180 degrees horizontally and +/-90 degrees vertically)’



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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 Stella Horgan, and will focus on using our Hoffman tools to seek gifts and balance in times of Covid19.



## 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)**

## Introduction

The Hoffman Process enabled us to identify our negative patterns and vicious cycles, to see where we're vindictive or in transference, and how our Dark Side works.

We've felt compassion for our parents, and even experienced gratitude for what they could give us.

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?

We're generally not in the habit of hunting out the gifts of challenging situations. It's easy to get caught in the negative, to feel like a victim. In doing so, we ignore a whole storehouse of information that can help us make wise choices for life on the Right Road.

This webinar is an opportunity to survey and consolidate your experience during this time of lockdowns and homestays, to surface what you have learned and to strengthen your use of Hoffman tools.



Have your eagle eyes out for patterns during this webinar - note them and be sure to recycle after the webinar, so that your Spiritual Self can come forward as the leader of your Quadrinity.

## Write your headlines

Create two headlines that describe what has happened for you in the last few months.

Headline 1

Headline 2

## Look for the gifts

Pick the strongest of the two headlines you came up with - the one with the most charge.

As you work through each of your four aspects, ask: 'What are the gifts? What can I be grateful for?' Be prepared to be surprised!

Come up with a minimum of 3, preferably 10 or more benefits for aspect.

Write bullet points so you can do this quickly; don't write out the whole story.

### Intellect

### Emotional Self

### Body

### Spiritual Self



## Practice review

How has it benefitted me to use this tool during this time of Covid19? For those who've done Quad Checks and webinars, I recommend you focus initially on one of those. Now ask:

What has this practice given my Emotional Self?

How has this practice benefitted my Intellect?

What is the gift of this practice for my body?

What has this practice given my Spiritual Self?



## Any surprises? Realisations?

In 5 years time, if I asked you what the thing was that you took away from this period that allowed you to build more resilience into what you do, what would you say?

## After the webinar

- Put the **second headline** that you identified on page 3 through the same process of inquiry as you did your first. What are the gifts in this situation for each of your aspects? What can you be grateful for? Come up with a minimum of three, preferably ten or more answers for each aspect.
- You'll most likely have other 'headlines' that you could give the same treatment to - for example, issues with finance, family, social life, intimate relationships, vocation, creativity. **Find the gifts in your challenges.**
- Go back to the other **practices** you identified on page 5 and repeat the inquiry exercise from page 6 for each one. This will help to anchor the benefits of your practice.
- Now that you've named some of the gifts of this time, can you also identify **opportunities** that might emerge from this new, fresh perspective?

## Recommended reading

If you'd like to explore these ideas further, Viktor Frankl's book *Man's Search for Meaning* is inspirational, as is John Demartini's book *The Gratitude Effect*.

To close, here is a poignant, powerful piece from Andrew Harvey's book *Light the Flame*, an anonymous prayer found in Ravensbruck Concentration Camp, which speaks of finding the gift in a tremendous challenge.

*O Lord, remember not only  
the men and women of good will  
but also those of evil will.  
But remember not all the suffering  
they have inflicted upon us;  
Remember the fruits we have borne  
thanks to this suffering -  
our comradeship, our loyalty,  
our humility,  
our courage, our generosity,  
the greatness of heart  
which has grown out of all of this;  
and when they come  
to stand before you  
let these speak for them.*



# 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 Stella for hosting this webinar.

You can book one-to-one Hoffman coaching with Stella (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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