



...hoffman...

# Let's Take The Elevator

with Supervising Hoffman Facilitator Jeremy Kynaston

**zoom**

Zoom ID: 870-7377-3654

Wednesday 17 June

7.30-9.00pm UK

Hoffman Institute UK  
Quay House  
River Road  
Arundel  
West Sussex  
BN18 9DF  
+44(0) 1903 88 99 90  
[www.hoffmaninstitute.co.uk](http://www.hoffmaninstitute.co.uk)

This workbook or parts thereof may not be reproduced in any form  
without written permission from Hoffman Institute UK.

© 2020 Hoffman Institute UK All rights reserved.

# 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 Jeremy Kynaston, and will focus on the Elevator tool.

The Elevator is a very helpful tool of awareness to have in your toolbox. It enables you to identify which particular patterns are having a negative impact on specific situations in, and areas of, your life. You'll then be able to take the necessary steps to transform the patterns, and thus your approach to the situations and areas. There'll also be some time for questions.

## 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)





## Elevator Question

Create the question you want answered and write it down.

The question is not meant to provide a 'yes' or 'no' response; it is crafted to help you to discover and uncover patterns.

The question should begin with *'What are the unidentified patterns ...'* or *'What patterns ...'*

Here are some examples:

- What are the unidentified patterns that stand in the way of achieving my vision?
- What are the unidentified patterns that keep me from creating a fulfilling, healthy, loving relationship?
- What are the unidentified patterns that keep me from fully being empowered in my work?
- What are the unidentified patterns that drive my inability to commit to \_\_\_\_\_?  
(*home, relationship, work, vision*)
- What are the unidentified patterns that limit my experience of my sensuality and sexuality?
- What patterns drive my anxiety when I talk to my boss?
- What are the unidentified patterns that keep me from hearing and trusting my Spiritual Self?
- What are the unidentified patterns that make it difficult for me to be intimate?
- What patterns drive me to continually look for what's negative in my spouse?
- What are the unidentified patterns that underlie my depression/anxiety?
- What are the unidentified patterns that drive \_\_\_\_\_?  
(*choose a major pattern, e.g. self-doubt, controlling, withdrawn*)?
- What are the unidentified patterns holding me back from \_\_\_\_\_?
- What patterns got triggered at lunch today with \_\_\_\_\_? (*name*)







## Example

### Question:

What are the unidentified patterns that stand in my way of achieving my vision?

### Scene:

I'm **sitting** on my front doorstep, 6 years old. I'm **locked out** of my house, and **no one is at home**. I'm **waiting** for my mum to get home. **I have to pee**. I can hear the neighborhood kids playing and laughing. I **wish I could play with them**, but **no one invites me**. I **feel left out**. When my mum gets home she **yells at me** because **I forgot my key**. Actually, she forgot to leave it for me. **I don't say that**. I just **feel grateful to go in the house**.

### Patterns:

- Sitting – *not taking action*
- Locked out – *do I lock myself out of my own success?*
- No one is home – *do I abandon myself?*
- Waiting – *not taking action, passive*
- I have to pee – *not listening or ignoring body signals*
- I wish I could play – *wishful thinking*
- No one invites me – *not taking action; waiting for others to take the lead*
- I feel left out – *feel like an outsider*
- Yells at me – *do I yell or beat up myself?*
- Forgot my key – *am I forgetful, or self-sabotaging?*
- I don't say that – *don't speak up for myself; take the blame*
- Feel grateful to go into the house – *settling for crumbs*



## Patterns

- Adopted directly from parent: Mother/Father/Surrogate
- Learned in Reaction or Rebellion to parent: M-R / F-R / S-R

Pattern	Parent	Postive Quality & New Way of Being
<i>Self-doubt (at work)</i>	M	<i>Confidence. White, luminous, sparkly energy. I approached my project with more energy, confidence, and excitement. I felt playful when sharing my ideas with my colleagues – we were laughing and having fun while brainstorming. Everyone was engaged and felt included in the process.</i>

## Recycling and Pre-cycling Instructions

### Step 1: Identify the Pattern and Scene

- Close your eyes. Take a breath and become present to your Spiritual Self.
- Bring to mind the pattern you are Recycling. Recall a recent situation where that pattern was active in you.
- Experience yourself in that scene in this moment. Let the scene play out and really get a sense of how this pattern is hurting you and how much you want to be free of it.
- Now tune in to what it's doing to your Body. Take on the posture of that pattern in this moment. Let yourself fully embody what it's like to have this pattern in you.
- As you are taking on the somatic shape of this pattern, now exaggerate it. Turn up the dial by 10%. Feel what this is like.
- Now place your hand on your Body where you feel the energy of this pattern most intensely. Keep your hand there. Take a deep breath.

### Step 2: De-Energise and Transform

- With the hand that's on your body, reach in and take out the pattern. Hold it in both hands. Notice the colour, shape and size.
- Start rubbing your hands together. Feel the energy and heat; the pattern is being transformed into something luminous. Pull your hands apart and look. What do you see, sense, feel, hear and smell? It may be simply luminous energy. This is a message or quality from your Spiritual Self.
- Gently place this luminosity into your Body, right where the energy of your pattern resided. Gently hold your hands there on that place. Allow the healing energy and luminosity to fill that space and begin to expand into you.
- As you take this luminous energy into your Body, notice how you feel. What are your sensations? Allow this energy to expand within you, filling you from head to toe and out to your fingertips. With each breath you are filled more and more until you are filled with the essence of your Spiritual Self.
- As you breathe, take on the posture of this way of being. Fully embody the presence and aliveness of your Spiritual Self.
- Turn up the volume 10%. Really take it on.
- What quality or qualities of being are you experiencing? This is you, your Spirit, your authenticity.

### Step 3: Experience

- Return to the original situation, with this new way of being. You are an embodiment of your Spiritual Self – authentic, alive and present. Experience yourself moving through the scene from this new way of being. Move through the scene and notice what it's like. What do you feel? How does it change the scene? Let it play out from this new way of being.

## Patterns

- Adopted directly from parent: Mother/Father/Surrogate
- Learned in Compensation or Rebellion to parent: M-R / F-R / S-R

Pattern		Postive Quality & New Way of Being



# Thank you!

Thank you for taking part in the webinar.

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 Jeremy for hosting this webinar.

You can now book one-to-one Hoffman coaching with Jeremy (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)

---

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

**By phone:** +44(0)1903 88 99 90

**By email:** [graduates@hoffmaninstitute.co.uk](mailto:graduates@hoffmaninstitute.co.uk)

**On Facebook:** Hoffman Process Graduates UK