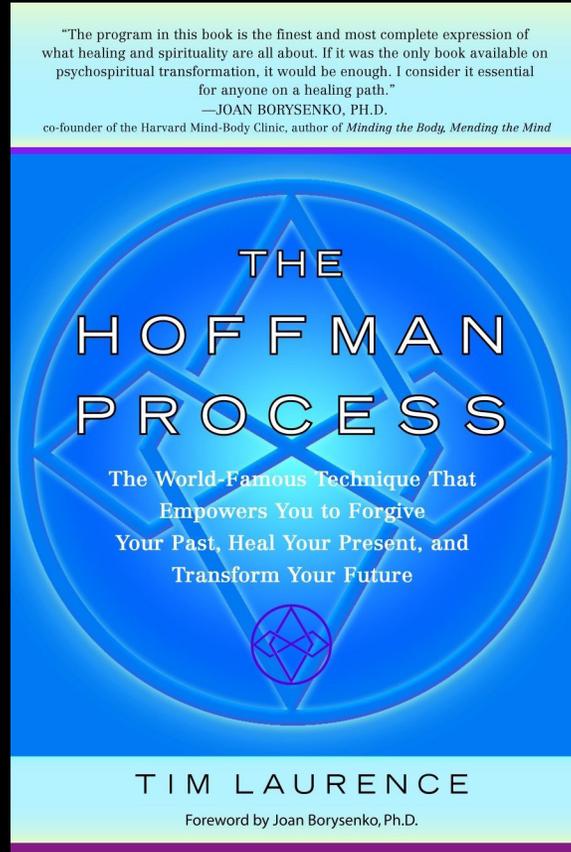


# Unness book summaries and balanced review - Tim Laurence *The Hoffman Process*

Who is this book for? Our view:



1. People with negative or damaging behaviours or addictions
2. Spiritual people
3. People who want to break through to another level of potential

Who is this book not for?

1. People who don't want to reflect on their life
2. People who are happy/on purpose
3. People who say God is the only way to find purpose.

## What does the book say? A quick summary (If you want a fuller summary please e-mail [info@uuness.com](mailto:info@uuness.com))

1. The author, Tim Laurence is making a brave attempt to summarise an eight day course. They also did scientific work which showed the course had a positive impact on depression, addiction, hostility and anxiety
2. The process also had a positive impact on spiritual experience, forgiveness and emotional “stubbornness”!
3. The book is based on the process developed by Bob Hoffman. Hoffman was a natural psychologist who earned a reputation for being able to manage “difficult” clients in California
4. “I do not know of any other process that is so dramatic or effective in terms of getting people clear of what stifles their creativity and success” says Michael Ray, Professor of Creativity and Innovation at Stanford
5. The basic principles used reconcile Freudian analysis which looks backwards with spiritual work which looks forward
6. The process has four essential stages – Awareness of the past, Expressing that awareness, Forgiving the past and then moving to New Behaviours
7. Essentially the process is about finding repeated damaging behaviour patterns, understanding them and moving on
8. These patterns are often quite deeply hidden and the Hoffman process ties it back to seeking love or approval in some way from childhood which wasn’t resolved
9. Awareness is about engaging the spiritual self, through special meditation and exercises to unearth these past patterns
10. Expression is about using ritual to release these behaviours – including dancing, releasing shame, vocalizing, writing a letter to yourself and others
11. Forgiveness is about engaging your parents as children and finding out why they raised you in the way they did and forgiving them of their shortcomings
12. New Behaviours are about taking Feedback, Creating a Life Mission Statement and having the discipline/creating the discipline to pursue it
13. A key tool is resolving the inner dialogue between intellect and emotion observing it and being balanced about it
14. The process also holds firm on observing your body as a guide to your spiritual self
15. In relation to purpose – the book encourages you to “choose your work” and change the relation you have with money to feel you have “enough”.

## Quotes from the book we liked

1. "If we are love deprived (by ourselves) we will act out. This can lead to chronic fatigue and burn out"
2. "One of Bob Hoffman's favourite questions was, How's your love life? What he meant by this was not if we were in love or getting enough sex, but whether we loved ourselves first"
3. "In order to truly change your life, you need to change how you see yourself from the inside. Then you have a base from which you can change how you feel about yourself"
4. "We are frightened of anger and forget that in many, so called primitive cultures, it is used to purify themselves and move on from the past. We brood, we pout, we imagine taking revenge, even more damaging we turn it in on ourselves. We beat ourselves up and follow a path of self-destruction"
5. "Ever since you learned to repress anger it has built up inside you. Buddha said that if you put an angry bull inside a barn, it will kick the doors down and harm himself. If you give him a big field he will discharge his anger without hurting himself or anyone, this is our challenge"
6. "There needs to be a bridge built between psychotherapy's view of the world and the spiritual perspective. Therapy says that you have to transcend the negative and cultivate positive emotions such as love and forgiveness. Critics say therapy is digging up old graves while looking for the positive is merely a spiritual by pass."

### Where the book is strong

- It's full of exercises for each stage (Aware, Express, Forgive and New Behaviours)
- The book is very logical and the process effortlessly flows to help you through the phases
- It's got many examples of the transformation or challenges real life people faced while going through the process. These examples really help bring the text to life and, in addition, they deeply help the comprehension of the text
- This process is a really deep dive into the psyche, it's not some sort of superficial process, promising results with three simple steps. It really takes the time to go deep into your psyche to find out what blocks you from your best potential
- It's really good at using anger as a method of identifying past patterns that are damaging and seeing that anger is just an emotion, not something to be suppressed or repressed
- It's very unique in that it bridges psychological principles regarding finding past hurts, with spiritual practice which allows you to get in touch with your spiritual self and look forward
- The scientific evidence that the process works is very strong but it's not formerly based on a scientific method, rather an intuitive one.

### Areas where it is weaker

- It's a very difficult thing to do to recreate an eight day residential course in a book that's self guided. While it's a valiant attempt, we were left with the feeling that it's like seeing a documentary about New York as opposed to being there
- From our point of view, the work on finding life purpose is short, it's one chapter and it basically says choose your work and change your relationship with money so you feel more abundant with what you have. From our point of view this is very light and won't allow you to find your true purpose
- Having said that, we suspect the author would say, well if you've cleared your past then you will naturally find yourself a new improved future and it encourages you to do a mission statement
- However, there are no exercises about finding points of "hidden flow" in your life, which is a huge omission
- There is also the question of discipline. We're not sure that everyone will be self-managing enough to get through all of the work and feel the benefit
- Many religious people would reject the text because it focusses on the self and self-love and doesn't invoke God.