

Congratulations & Welcome to Your Weekly Honks ♥

You are now entering an important period of transition. **Practice being present to yourself** and limit the distractions that could diminish your connection to yourself. If you have any questions about whether something is appropriate for you this week, check in with your Spiritual Self and Guide. In general:

- Practice listening daily to your Spiritual Self
- Nurture yourself with healthy food
- Get plenty of rest
- Reach out to your Hoffman buddies
- Avoid any behaviors and substances that you might normally use to numb yourself out (*alcohol, non-prescription drugs, the Internet, etc.*)

Ask your Spiritual Self and your Spirit Guide for a message on how best to navigate your first week following the Process:

Check out this YouTube music video for an inspiring song: One eskimO – Amazing (Live)

- <https://www.youtube.com/watch?v=Xm4Pu4CrTA8>

*“The only way to make sense out of change is to
plunge into it, move with it, and join the dance.”*
~Alan Watts