

Integration

Over the next week, make a commitment to nourish all four aspects of yourself. A Quadrinity Check-in daily is one of the best ways to support your post-Process integration. As you know, it's as simple as tuning in to each aspect:

- What are my physical sensations? _____
- What am I thinking? _____
- What am I feeling? _____
- Message from my Spiritual Self _____
- Message from my Spirit Guide _____

Once you've checked-in with your Quadrinity, take action. For example, if your emotions feel up and down, ask your Emotional Self what it needs. It may simply be to place your hands on your heart and breathe, or to check in with a Hoffman friend and connect. If you're holding tension in your body, ask your Body what it wants. Perhaps it would like a massage or a short break during the day to take a stride walk. Your Quadrinity will let you know specifically what it needs and wants, if you just ask. Asking, and responding, is an act of self love.

Every time you listen to yourself and then take action, you are building resilience and self-trust.

When you have 14 minutes, listen to **The Gift of Loving-Kindness Meditation** by Emma Seppälä, Ph.D., author of "The Happiness Track:

- <https://www.youtube.com/watch?v=auS1HtAz6Bs>

"Clearly recognizing what is happening inside us, and regarding what we see with an open, kind and loving heart, is what I call Radical Acceptance. If we are holding back from any part of our experience, if our heart shuts out any part of who we are and what we feel, we are fueling the fears and feelings of separation that sustain the trance of unworthiness. Radical Acceptance directly dismantles the very foundations of this trance."

~Tara Brach, Radical Acceptance: Embracing Your Life with the Heart of a Buddha