



## Quotes



## Quadrinity Check-In

**hoffman**  
*when you're serious about change*

**Quadrinity Check-In**

- The Quadrinity Check-In is often a great way to start your day. You can also do it in conjunction with visioning.
- Another beautiful way to acknowledge your Quadrinity is to light one candle for each aspect, acknowledging its importance in your life and thanking it for its being.

Close your eyes and use your breath to bring consciousness into your being. Allow yourself a few moments to feel grounded in your self. Call forth each aspect of your Quadrinity one by one in whatever order appeals to you.

**Body**

- Notice your Body's posture and any physical sensations, pains, or tensions, and your Body's energy level.
- Ask your Body what it needs and wants. Breathe and listen.

**Emotional Self**

- Notice how old your Emotional Self is today. Is it your age or younger? If you're not certain, ask how old it is.
- Ask your Emotional Self what it is feeling in this moment.
- Ask your Emotional Self what it needs and wants. Breathe and listen.

**Intellect**

- Notice the expression on your Intellect's face, its demeanor.
- Ask your Intellect what it is thinking in this moment.
- Ask your Intellect what it needs and wants. Breathe and listen.

**Spiritual Self**

- Call to mind some of the beautiful qualities of your Spiritual Self. Breathe into the presence of your Spirit.
- Ask your Spiritual Self for a message. You can make the request general or focused on a specific issue in your life.

**Spirit Guide**

- Feel the support and encouragement from your loving spiritual friend.
- Ask your Guide what message it has for you in this moment.

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## Free Online Workshop



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## Mentioned In The Video

- The Sweat Spot: <https://thesweatspotla.com>
- Sonia Choquette-Tully Website: <https://www.soniatully.com>