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Psychotherapy for the 21st Century Harold Bloomfield speaks openly about the benefits and effects of the Process



Quadrinity graduate Harold Bloomfield, MD, an eminent Yale-trained psychiatrist, has introduced meditation, holistic health and family peacemaking to millions of people through his best-selling books, frequent appearances on TV talk shows and through popular articles in national news and other magazines and newspapers. His many books including TM, How to Survive the Loss of a Love, How to Heal Depression, Love Secrets for a Lasting Relationship, Lifemates, and The Power of 5 have sold more than six million copies and have been translated into 24 languages.

LN (Light News): It's been two years since you did the Hoffman Quadrinity Process (HQP). What has it meant for you?

HB: On a personal level the HQP was the therapy I'd always longed for, but had never found before. Despite all the books I'd written, decades of work on myself, and profound spiritual experiences, I found myself in my mid-40's feeling as if my mother was finally going to win and I was going to die of shame, humiliation, and depression. I was caught on the deepest levels of what I now recognize as the Negative Love Syndrome. I'd done so much work on it, but it all had returned with a roar and bared fangs. I came to the HQP in the grip of this horrific darkness and the Process saved my life. I also came with what I now can see was my arrogance as a widely known psychiatrist, therapist and author. But the Process turned out to be such a safe place to just be "Harold," that I was able to truly leave all my other identities at the door.

LN: How has your life been since the HQP?

HB: I am accomplishing much more in every area of my life, and doing it with elegance and ease because that is how my Spiritual Self does it. My life has been turned inside out and right side up to what I know is eternally true: I am a spiritual being in the human condition. I now have so much more understanding and compassion for my humanness that love wells up inside for me and spontaneously reaches out and connects to others.

LN: And what impact has the Process had on your therapeutic practice?

HB: My wife Sirah, who has also done the Process, is a gifted therapist and we are in practice together. We have always been highly successful. We view ourselves as a stop-over point on people's paths. Just the other day we were joking that we are referring our practice away to the HQP - it is the next stop for so many people. The results of the Process are so *staggeringly powerful*, how can we not refer them? As we refer, our work is growing - we are busier than ever delivering support and help to more and more people.

LN: It sounds like the path of contribution in the world for both you and Sirah has opened even more since the Process.

HB: Yes definitely. For what troubles so many of us, namely the Negative Love Syndrome, *the Quadrinity Process is the psychotherapy of the 21st century*. We want what is right for people so it's natural for us to tell them about the Process. They return with tools for future growth and we can work with them on things that they could not even approach before the Process.

LN: What are your impressions of the HQP as a mind-body healing modality?

HB: It appears that different people experience pain in different ways. For some, pain is more physical. For others, it is more emotional. I've sent both to the HQP with strong results, so I know the healing is powerful on both levels. Depression always seems to improve dramatically or it clears up altogether. We've also seen big improvements with anxiety, remorse,

guilt, chronic pain and even paralysis from polio. One person had his skin condition clear up even though that was not the reason for the referral. Healing itself remains a mystery, but the HQP clearly induces it.

LN: What do you see in the future for the Process?

HB: We have to spread the Process more broadly - it's our responsibility to do so. *It's like having discovered an important vaccine.* How can we not share it with anyone who might be helped?

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