

**A HU NOTE:**

With David's permission I am sharing with you his first clinical measurements of the improvements he has made since he began his David-ology studies.

**DAVID'S CASE HISTORY:**

David is in his mid 40's, married for 25+ years, and he has college age children. He is a tenured college professor with a Ph.D. in Communication with an undergraduate degree in psychology. He has been studying meta-physics, religions and holistic subjects for over 10-years and he has been teaching yoga for several years.

**DAVID \_\_\_\_\_ SEPTEMBER 14, 2003**

**DAVID'S DURATION, INTENSITY AND FREQUENCY SMA**

After 16-hours of session (he was in Europe for almost three months)

**INTRODUCTION**

During my last session with Hu Dalconzo, we focused upon the changes that have taken place in my life since March of this year. I think Hu sensed that it was time for me to look back and reflect. Truthfully, last Monday I was feeling as though I was stalled or on a plateau. I had been struggling against my Ego-Self and had even awoken from sleep several times during the week with thoughts that were demeaning. I think my Ego-Self knows that its days are numbered—and sooner rather than the day that I leave the planet because I have been particularly plagued by doubts and indecisions about whether or not I was moving forward. I realize that the desire for change is in and of itself nothing more than self-hatred—or a lack of self-acceptance of whom I am. My Ego-Self is always telling me that I'm not good enough and that my efforts are pitiful and pointless. Fortunately, Hu had me fill out a simple form that noted the duration, frequency and intensity of some of my bigger challenges. Without my being aware of what he was doing, he again began asking for this same information. To my surprise, I had documented proof that I had changed more than I had thought since last March. This SMA is a celebration of the work that I have done for the past few months. As Hu has asked, I will reflect upon my successes in managing my anger; reflect upon a special success using the HLC self-mastery techniques (how I allowed myself to communicate with my wife from a place of honesty instead of anger in a recent situation of great difficulty) and to document how I shared my success with three other people.

**BUT FIRST, THIS WORD**

I was surprised when Hu told me that we had met only 16 times because, quite honestly, I have spent at least a couple hundred other hours writing SMAs, listening to audio tapes, doing Spiritual exercises and reading books. It actually seemed to me as though I had spent most of this time with Hu—but actually, by his documentation; we have had only sixteen formal sessions. I say documented because in a very real way I have spent each of these hours with Hu. I'm not sure how each of us would describe our relationship; but, to me, it would be a hybrid of coach-athlete, Guru-disciple, counselor-client and deep friendship all rolled up into one. So, even though I may have only spent a little more than 16 hours with Hu over the phone, I've spent a lot of time with Hu. And the reverse is also true; Hu has spent a lot of time with me. During this time, Hu has never held

himself up to me as anything more than a friend who is helping me to learn more about who I really am. He has never been concerned about titles and hierarchy nor demanded that I show him any deference or special respect. Instead, Hu lets his actions and his powerful Devine Self him. When we visit he focuses upon, what he calls, "*Davidology*." And, to my embarrassment, he seems utterly fascinated by it.

I say embarrassment because I've never had a friend, counselor, or loved one who seemed so totally focused upon my personal development. All my life, I have been following a number of Ego created programs designed to shift my attention and energies towards others and pleasing them. My Ego-Self did this to protect me from experiencing any further the twin feelings that define my Dharma: feelings of abandonment and those nagging voices that continually say that I'm not Good Enough! Because my Ego-Self has been in control of my life for so long, I cannot really ever remember a time where I felt unconditional love and acceptance of myself. In the past, my love for myself was always conditional. It was based upon how good I perceived I was behaving, personal accomplishments and achievements.

As if this were not enough, I also had a heavy layer of fundamental Protestant guilt to color my experience of whom I thought I was. I thought I was an aware person and grounded in reality. And, if you had asked me if I "loved myself" I would have replied that I did. But now I know the truth. Looking back I realize that my self-love was based upon a rather perverse sort of love that was based in negative coaching. My Ego-Self was always telling me that I had better try harder and get my act together because God was going to "throw me in the fry daddy" if I didn't "get with it." Truthfully, no matter how hard I would try, I never behaved good enough, achieved enough or had a personal accomplishment that was amazing enough to give even a little relief from all the negative self-talk—much less offer me the love and acceptance I so deeply craved.

More importantly, what never ever occurred to me was this simple fact: If I say that I love myself but have at least one-thousand conditions and exceptions, I do not LOVE MYSELF AT ALL! In the past I would say I had at least a thousand conditions that determined how I loved and felt about myself. Naturally, in my immediate past, I now realize that I have been unable to love others unconditionally because I had neither loved myself unconditionally or nor felt unconditionally loved and accepted for who I was. Of course, my Ego-Self tells me that I'll never be loved and that I'll never come near to loving another person. My Ego-Self is full of exceptions. But I now know one thing that I didn't know in March. My Ego-Self is full of crap <smile> and that my Divine-Self already loves others and me unconditionally. The trick is to create a place where my Divine-Self can emerge.

Hu's love for me has created a safe place, or safe enough place, within me so that my Ego-Self has been able to relax its grip for a moment or so. When this happens, my Divine Self has been so eager to step forward and offer me its love and wisdom and a happier way of life. My divine self is letting me know the real truth about me—that I'm not who I thought I was, that I am a spiritual being having a physical experience and that my Divine Self (who is already perfect and complete) is who I really am.

I intellectually knew all of this from reading a zillion new age and metaphysical books but it was only a collection of facts that I had amassed over the years. Now, I find that I am able to emotionalize this knowledge. As I do, I find that my intellectual knowledge is gaining a completeness that was missing. My knowledge is turning into wisdom. I am learning the truth and I am finding myself less willing to live with or tolerate the lies previously advanced by my Ego-self. These small but wonderful gains gave me the wisdom to handle a problem that has been recurrent in my marriage.

### **NOTICEABLE CHANGES & IMPROVEMENTS**

The things I have learned from HLC may have well saved my marriage; but, even if it did not or does not ultimately save my marriage, I know that I am making important progress towards self-transformation and have made some verifiable changes. I have been able to make a few small but important gains in our marriage. One, I'm discovering what some of my boundaries are and I am being more honest about them. Most important of all, no matter what Mary Ann does, I am trying to tell her that I love her. I could give a lot of examples but the point is this. We are both learning how to set personal boundaries in a way that is both loving and kind and we are both learning how to offer unconditional love, even when we are less than our best. It is nice that I have documented proof that I am becoming angry less often and it is wonderful that when I do become angry, the intensity is less and the duration is for a shorter period of time than when I first started in March.

All of these things are nice to note and I feel a certain amount of justifiable satisfaction knowing that my HLC efforts are reaping personal rewards—especially in the area of anger. But most of all, I am glad for the changes HLC it is making in a variety of other areas in my daily life. Not only am I glad to have a better handle on anger; I am glad that I understand the why behind how I react to others. I'm glad to understand the why behind the way others react to me. The world is making better sense to me now that I better understand that the truth of the Ego-self. I am glad that I am now noticing my own fear reactions as well as those by others. But more importantly, as I noted earlier, I am glad to know the truth of my existence—that I am not my personality but Divine!

### **SHARING WITH OTHERS ABOUT MY clinical IMPROVEMENTS**

One of my Ego-Self fears is that I must shield myself and keep secret the things I have been learning. I have remained mostly content to believe what I believe while hiding it from others. In the past this approach served me well. After all, most of what I learned was intellectually based. There seemed no good reason to rock the apple cart of my personal friends. Also, there has been the matter of keeping my mouth shut so that I wouldn't jeopardize my job and advancement in a rather fundamentalist Christian environment. Naturally, I felt an immediate anxiety when Hu asked me to share my successes with at least three other people. It literally took my breath away—but only momentarily.

When I thought about it, I knew that, deep down, I really wanted to share some of what I had been experiencing with others. It has been very meaningful to me and it is only natural that I'd want to tell others. I just wasn't sure how this was going to happen. I decided upon two things. First, I told the Divine that if he/she/it wanted me to share my experiences that I would need Spirit to bring the people to me and make it plain that I

should do so. Secondly, I decided that while it is important for me to use discernment and discretion in my sharing, it is more important that I share what I know with others who are in need or with those who truly are ready to attain the next step in their spiritual evolution. I short, I accepted the challenge.

### **THE DIVINE HELPED ME MEET THE CHALLENGE.**

I didn't know exactly who the divine would introduce me to or how I would know when to share; but, I had confidence that I would know when the time came. To my surprise, all my opportunities came the within hours of my session with Hu. **The first opportunity arrived with my afternoon class.** I teach a first year seminar on Family Communication. As part of the class we include information on how to be successful in life and college. I find the teachings of Holistic Learning Center to be very valuable information for both parts of this particular class. What I have learned applies equally to the study of families and success. Part of the afternoon class was devoted to discussing Steven Covey's Seven Habits of Highly Successful People--Being a Proactive Individual. It was here that I made my first introduction. I mentioned the importance of continuing our study and personal growth. I made mention of the fact that unless we make a conscious effort to change the habits of our life and focus upon our transformation that we would probably experience little growth as a human being. It was here that I told my class that "I continue to study and grow today. Even though I am much older than you, I continue to study with an organization that helps me learn more about myself and overcome my personal challenges." Tah Dah!

Later that afternoon, I met with my good friend Dr. Carolyn. We are writing outlines and sample chapters for a book on Family Communication. We have been meeting twice a week for two hours at a time, since school started, for the purpose of writing. Naturally, this is a wonderful opportunity to share what we know about families and growth. Monday afternoon I had an opportunity to share with her information about fantasy bonds, parental idealization, and enmeshment. She was very interested and wanted to know where I found out about these things. It was then that I told her that I was meeting regularly with a "coach who was helping me to learn about these things and how they might even impact my life." She was very interested and seemed to think it was great that I was doing some thing like this. I'm sure we will be talking further about this (it is so plain to me that there is a little lost girl roaming around in her unconscious terrain).

Later that evening, I met with my evening Yoga class. After class, one of the co-owners of the studio (who also happens to be a certified Hypnotherapist), along with a student who was a family counselor and myself were sitting around just visiting about life in general. Before long, our discussion shifted to talk about the "inner-child." I was able to tell them about some of the work you and I had done and I they were especially excited about the Spiritual and Self-Transforming aspect of the HLC approach. One of them said to me, "You seem so excited." I remarked back, "I am excited, and it has totally changed my life! This is one of the best things that has ever happened to me!" The thing was, both of them knew that I was sincere and really meant what I had said. Before long, both were asking how they could find HLC and I gave both of them the web address. One of them indicated that they wanted to contact you for help on launching a practice.

**IN CLOSING, THROUGH THIS SMA I HAVE LEARNED THAT**

- I have made significant changes in my life since beginning the work with HLC.
- The changes I made were natural and gradual and almost overlooked until I had the good fortune to reflect upon my changes,
- I am happiest when I speak the truth as best I know it without nuance or trying to be political in my reply,
- It is best to be true to yourself, even if a sacrifice is necessary,
- I will be true to what I am learning and share it with others when it will do well, but only if I perceive they are open and ready for what I have to share.