

SELF MASTERY CLINICAL REPORT.....PAT

11-3-05

“HOW DO I KNOW IF I’M GETTING BETTER?”

By noticing the DURATION, INTENSITY, and FREQUENCY of your emotional upset Meaning... When you do get upset, how intense is it? How often does it happen? And how long does it last?

If you will compare your answers with how you felt before you started your Self Mastery Sessions, you will see that you are experiencing rapid spiritual growth.

UPSET: Three areas of pain: Anxiety, Self Esteem, Success Reluctance

Before S/M Sessions

Duration---24-7-----

Intensity---10-----

Frequency---15xday-----

Date---03/09/05-----

Client- Patricia -----

Coach --HU-----

First I want to thank my coach, Hu Dalconzo for his patience, understanding and for being non judgmental. I have to acknowledge his mastery in being a Self Mastered Coach; I have taken many courses but none that have been as intense and soul searching as Self Mastery. I have to admit that I’m a very private and guarded person and yet I have been able to share my story without hesitation and shame, I think I have to credit this to my teacher. I am so very thankful to God to have let our paths cross and I look forward to my continual study into Patology. (when I grow up I want to be just like you).

When I first enrolled into HLC Self Mastery Course I was searching for some answers, I had just been in a relationship that was unfulfilling and toxic and yet I thought I was in love. This man was controlling and had all the signs of being abusive and he played me like I was a musical instrument. I have to admit that I learned a lot about myself and could see a lot of myself in him and I left the relationship looking for something that could shed some light on why I was not living the life I have dreamed about all of my life, I was sick and tired of being sick and tired and this seemed like the last straw that broke the camels back. Needless to say I signed up at HLC and that was the best thing I have ever done, for myself.

I was an emotional mess, I had floating anxiety all the time, negative self talk, low self-esteem and couldn’t seem to keep a job. I felt like a loser, very ashamed of not being able to keep a job and finding my niche.

Before S/M Sessions the duration was 24-7, it’s now 3-5 days, intensity was 10, it’s now 7.5 and frequency was 15x day, it’s now 5x a day. I am so proud and excited about the improvement and I have to tell you that I feel good about my progress. I must say that I have worked very hard during this process.

I have to admit that I never really allowed myself to feel, from day one it was emphasized that I must learn to feel my feelings. This has been one of the most challenging things that I have experienced and validation is just as difficult. I know that my success is a direct result of me learning how to feel my feelings, I'm not where I want to be but I have come a long way. I didn't know anything about Self Parenting and nurturing myself, I thought my parents took care of that, little did I know what I needed, to make me feel safe, sane and secure I have learned to give myself permission to do things, things as simple as saying no, it wasn't my fault, to tell the truth. I'm more aware of saying enough is enough, I'm more conscious of making excuses because I'm not perfect. I didn't know what boundaries were, I'm learning how to build healthy boundaries. There are so many things that I have become aware of, I didn't know anything about my ego, I thought ego meant that I was conceited, I realized that my ego was running my life, I catch it now, not all the time but I 'm more in tuned to it.

My SMA's have been crucial to my development, when I do them I know I am feeling my feelings, it's when I do my SMA's that a lot of resistance comes up for me, this is some scary stuff and it makes me want to retreat but I know what I resist will persist and I am committed to the process, I might put it down for a while but I am compelled to see it through. I have learned that I am responsible for my healing and I must study, practice and be committed if I want the process to work. I am learning to look fear right in it's face, there is nothing to fear but fear it self.

I have a better relationship with God, Self Mastery puts God first and that is very important to me, I didn't know that when I feel anxious or out of sorts emotionally that it was my Spirit letting me know that something was out of harmony, I'm more aware and in touch with my Spirit. Self Mastery Disiplinas create the life force energy that I need, to get me where I need to go. It's like keeping my mind on Spirit or praying without ceasing, there is a saying, I will give you perfect peace whose mind is stayed on me.

I have to say that the self negative talk has lessen, I know it's my ego and I get great joy when I catch it and tell it to get in the back of me, I don't stay in my head as much and it's a good feeling, it's not that I'm doing anything special, I just don't worry about things as much, I have forgiven the men in my life who have seemingly done me wrong, they were a lesson and a blessing to me, there are no accidents in life and I have realized that there really is no wrong and no right. I realized that every job that I have, has prepared me for today, I'm not a failure and God has something in store for me, I was born to serve humanity, and in my own way I am and in retrospect I have served, all of my life, in some way or another. My life gets better and better in spite of the things that seem to be not going well.

What is the difference between now and when I started Self Mastery, I am so excited about my life, I feel closer to Spirit then I ever had, I can't wait to give what I am learning to others. I know that what happen to me really happen and it's not my fault and anyone that had experienced what I experienced would have felt the same way, I am learning how to validate myself and I have hope. I am very thankful to God for being where I am right now. Peace and Blessings my beloved brother.

Namaste..... Pat