

# THERE'S NO MAGIC FORMULA

The "There's-No-Magic-Formula" graphic is an abbreviated summary of HLC's field tested, clinical proven exercise that are explained throughout Hu Dalconzo's *Self-mastery... A Journey Home To Your SELF* book.

The title, "There's-No-Magic-Formula," means Self-mastery takes WORK, not magic. Self-mastery is 99% perspiration and only 1% inspiration because it takes "right effort" to study, practice and emotionalize HLC's clinically proven healing exercises.

The words around the circumference of the "circle" below are title summaries of HLC's clinically tested healing exercises and clinical measuring system.

The "circle" text itself is a summary statement of what a person needs to do to heal permanently because nothing will change in a person's life until he or she accepts that what happened really happened.

## There's No Magic Formula

Self-mastery is spelled... WORK!

### Self-mastery Exercises

**See**      O.riginal B.elief M.ethod      **Study**  
(OBM) means that there is an  
*Original Belief* that is at the "root" cause  
of why you feel and think the way you feel and  
think! Until you can See and Feel the original  
reasons why you Act In or Out about "so-called" trivial  
issues, you'll keep re-creating them in an unconscious  
attempt to heal them. To help you create permanent behavior  
change, your Self-mastery Coach will help you to internalize  
and emotionalize your *Original Beliefs* by helping you to find  
**Feel** exactly... Who, What, When, Where, Why, and How as well as the  
Mood Level that you were experiencing and the Inter-dependency  
and Inter-relationships that you were involved in during the time  
you didn't FEEL emotionally, physically and/or sexually Safe, Sane  
and Secure to such a degree that the trauma caused your mind to  
defend you by creating an ego defense such as denial,  
repression, disassociation, projectional transference,  
minimizing and/or conversion to help you survive! When your  
Self-Mastery Coach helps you to See and Feel all of the  
above criteria, you'll be FREE from the unconscious  
triggers that make you feel as if you are as helpless  
and powerless as you actually were when you  
**Heal**      experienced your original trauma.      **Emotionalize**

**Practice**

**Internalize**

### Duration/Intensity/Frequency

The Proof Is In The Clinical Measuring...