



Holistic Learning Centers, Inc.

Advanced Training for Holistic Practitioners and Beings Seeking Empowerment

WHY HLC'S CLINICALLY TESTED SELF-HELP EXERCISES WORK

By Hu Dalconzo, the Founder of www.HolisticLearningCenter.com

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As the founder of Holistic Learning Centers, Inc. (HLC), I am often asked to explain the “who, what, how and why” about how our clinically tested self-help exercises work. This letter is a condensed summary of what it took a decade to accomplish.

HLC's educational staff has invested more than 13 years clinically testing, retesting and then retesting again, several hundred self-help exercises that were developed by dozens of nationally known self-help leaders, such as Louise Hay, Wayne Dyer, Marianne Williamson, Eckhart Tolle, Carolyn Myss, Deepak Chopra and Ram Dass (see Self-mastery book bibliography for the complete list).

<http://www.holisticlearningcenter.com/recommended.html>

Our students come from all walks of life and social economic backgrounds, but what they all have in common is that they have evolved to the point that they know that *“their beliefs create their reality.”*

HLC's spiritual life coach's have documented again and again that our 54 self-help exercises (along with there accompanying 250+ supportive assignments) decrease the duration, intensity and frequency of our students emotional upsets by 35% (on average) after only 15 hours of sessions (See 1. *Clinical Article* [written by two doctors who have experienced HLC exercises first hand] 2. *Technical Clinical Handout- How HLC Clinically Measures*) 3. *Sample Case Supervisor Reports* 4. *Sample-Checklist Customizing Students Curricula Reports*).

<http://www.holisticlearningcenter.com/download/clinicalarticle.pdf>

One of the many reasons why HLC's self-help exercises work is because they support our student's efforts to stay spiritually *conscious*, which helps them to *see, feel and heal* (correct) their psycho-spiritual issues by studying, practicing, and emotionalizing proven experiential exercises in a regimented and supervised manner. (See Self-mastery book page 16-19, Training Mantra).

HLC's clinically tested self-help exercises are defined as; *“a proven series of specific actions that brings about an expected end result... Self-mastery”* These exercises help our students to understand that they are a “perfect” child of God, who do not always display “perfect” behavior, which helps them to unconditionally love and accept themselves, “as is” and live in the Be-Here-Now.

Our clinically proven exercises are personalized, self-actualization *drills* that take the abstract concept of inner Self-mastery, which is a hard-to-understand theoretical concept, and break it down piece by piece into a step-by-step, easy-to-understand, specific set of emotional, psychological and spiritual Self-nurturing exercises that have consistently helped the holistically competent become more competent.

Another reason why HLC's self-help exercises work is because they help our students find the *original reason* (Belief) that is at the “root” cause of why they feel and think the way they feel and think. Often, it's these *original beliefs* that cause our students to mistakenly think that they are NOT a perfect child of God just the way they are.

HLC exercises have been documented to help our students see, feel and heal (correct) the *original reasons* why they still “act in” (or out) about “so-called” trivial issues. They also help our students recognize that if they don't *observe and correct* (See Observe and Correct SMA Assignment) their less than perfect behaviors (via Dis-creation Exercises- see p. 47-49 in the Self-mastery book), they will keep recreating the same situations in an *unconscious* attempt to “fix” them causing them to ask, *“Why is this happening to me... AGAIN?”*

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Another important discovery that our staff made, after completing over 25,000 hours of self-help sessions with hundreds of students, is that the average student only commits to doing 30 hours of inner self-help work. This was an important breakthrough because it taught us that we had to design our self-help curricula around a *limited time frame* of 30 classes.

This breakthrough helped us to understand why it was essential that our life coaches quickly determine our student's self-help objectives. This was a challenging endeavor because self-help goals are esoteric, and as such, hard to define. But, after thousands of field hours we co-created five exercises that accurately determine what our student's psycho-spiritual, emotional and social self-help objectives are quickly.

These preliminary, goal defining, self-help exercises help HLC's life coaches to clarify and define our student's specific self-help objectives. It takes our student's self-help objectives from the "invisible" to the "concrete." This allows our spiritual life coaches to systematically tailor each student's 30 session curricula with specific self-help exercises so that we can customize them from our inventory of 54 exercises, which helps each student achieve their inner Self-mastery objectives in the fastest way possible.

HLC's self-help exercises create *permanent behavior change* because our students are coached how to *emotionalize* their customized self-help exercises using three levels of *first party communication techniques* (see p- 19-20 in Self-mastery Book). **HLC's exercises are not magical, mysterious or mystical.** They work for the same logical reason why doing abdominal exercises work.... practice, practice and more practice.

Technically speaking, our life coaches are taught how to help our students uncover the; *who, what, when, where, why,* and *how,* and the *mood level* that they experienced, as well the *interdependency* and *interrelationships* that they experienced when they did not *feel* emotionally, physically and or sexually safe, sane and secure. This causes their ego mind to "attempt" to keep them "safe" by creating ego defenses such as denial, repression, disassociation, and minimizing *to help them survive.*

Our spiritual life coach's help our student's to *see* and *feel* all of the *above criteria*, because we know that the "*expected end result*" is that they will be *freed* (via dis-creation exercises) from their *unconscious triggers* that are making them feel helpless and powerless.

We have clinically measured this behavioral success pattern for 13 years and the results show a clear and consistent decrease in our student's duration, intensity and frequency of their emotional upsets that are anchored to their chronic, core emotional triggers. Once they are *conscious* of their triggers this *consciousness* allows them (at the very least) to walk around the "six foot hole" that has hampered their ability to manifest their self-help objectives.

After 13 years we KNOW that our self-help exercises work "Lawfully" (just like the Law of Gravity) for anybody who is willing to consistently do their customized self-help exercises, so our running joke is, "*How do you spell Self-mastery*" and the correct answer is, "*WORK!*"

In closing, HLC's clinically tested self-help exercises coach our student's "how to" co-create new Self-empowering behaviors, so they can achieve their self-help objectives. These empowering exercises are done on all areas of their lives until their negative beliefs are dis-created, their trapped life force energy is freed up and their repressed feelings are released. This revitalizes their Self-empowered dreams and optimistic visions. Their minds are now free to *create consciously* (See Conscious Creation Lesson #3 Self-mastery Book) because they are creating their daily lives with a *clean slate of mind* (see Tabula Rasa pg 33 Self-mastery book). This revitalization of our student's *God Force Energy* allows them to create the life that they have always dreamed of because they are operating at a mastery level in life that is... *omnipotent!*

Namaste`

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