Why *The HuMan Handbook* was Recorded in 1ˢᵗ Party

A simple *Hu*Method™ technique that all HLC certification students and life coaching clients are taught is how to communicate in the 1st Party. New students and clients are required to form the Self-mastery habit of reading and speaking in 1ˢᵗ Party because it has been clinically proven to help create the *permanent behavioral changes* that they seek.

Reading or speaking in 1ˢᵗ Party means saying "I" or "me" instead of "you."
"I feel that...." "I believe that...." "That is affecting me by....."

When you read or use the word "you" in a communication, it usually means that you are philosophizing, conceptualizing, and/or theorizing (as I'm doing here), but this *does not* require you to change your behavior.

The ego can use conceptualizing in third person as a very subtle *ego defense*, especially with spiritually awakened people. It means that you understand the meta-knowledge intellectually, but you haven't internalized or emotionalized the new knowledge or wisdom.

This MP3 album was recorded in 1ˢᵗ Party, to help you to internalize and *emotionalize* the wisdom contained within this Self-empowering text. When you *emotionalize* these truisms your behavior will change and the imprint will be permanent.

The wisdom contained within this HuMan Handbook book needs to be *emotionalized*. That is because *permanent behavioral change* will only happen after you *emotionalize* these Self-mastery lessons until they become a part of your consciousness.

> **INTERNALIZE + EMOTIONALIZE = PERMANENT BEHAVIORAL CHANGE**
> **And first-party communication is the first action step to accomplish it.**

Emotionalizing is the "magic" ingredient of permanent behavioral change. Listening to this book in 1st Party makes these truisms about "you" as opposed to merely being a conceptual philosophy. Knowledge without action has no value. It is easy to understand why these truisms are important, but to commit, study, practice, internalize and emotionalize them is what is required of you, so that you can create the *permanent behavioral changes* that you seek.