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The HuMan Handbook

A Guide Book For the Inner You

Based on the Life Coaching Training Method
that's changing the world "one soul at a time"
The HuMethod™

By Certified Life Coach Hu Dalconzo

USA \$14.95

Self-help/Philosophy

Namasté Consciousness

The author, Coach Hu Dalconzo, utilized his two decades of professional field experience to piece together life altering aphorisms that contain all the essential lessons of how to live a Self-mastered life.

This inspirational "handbook" simplifies esoteric concepts into an easy-to-read format, so that they can be treasured by the novice as well as the seasoned self-help sage.

The HuMan Handbook contains the essence of the core principles as taught in Coach Hu's extensive life coaching textbook titled Self-mastery... A Journey Home To Your Self!

"It doesn't matter where you are on your Self-mastery journey because The HuMan Handbook's transformational truisms are easily understood by everyone. This book was written to literally be a "hand-book" because it is small enough to fit in your pocket, so you can use it when you need to ground your Self into the Be-Here-Now."

Coach Deborah Giddings, CSLC

Are you willing to take action
and be part of the solution?

Coach Hu closes this empowering handbook with a "call to action" how we can all unite as One to help SAVE the... Humans™ by educating people why we need a **critical mass** of souls to create a global shift in consciousness.

We are all part of an "Inner Net" of the Namasté consciousness where we are all ONE in Spirit. Using the synergy created when we combine the Internet and our Inner Net we can quickly spread the word with passion and a sense of urgency on why we need to act now!

Get a FREE SAVE the... Humans e-Book by visiting
<http://www.holisticlearningcenter.com/global-transformations.html>



Excerpts from...

The HuMan Handbook

A Guide Book for the Inner You!

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Chapter 3

RELATIONSHIPS

Spiritual partners focus their attention on the subtle needs and desires of their partner. They are sensitive about their partner's feelings, history, and karmic challenges.

You don't see the world as it is, you see the world... *as you are*. What is going on in the inside manifests on the outside. Relationships *mirror* back to you how you are "playing" in the world.

Spiritual partners *do not* commit to having "perfect" behavior.
What they commit to is owning their
"imperfect" behavior *as quickly* as humanly possible.

Consciously awakened spiritual relationships are formed when partners come together to support each others' psycho-spiritual growth.

Consciously awakened spiritual relationships are the closest thing to *heaven* that you can experience on *earth*.

An excellent spiritual partnership statement to make is: "*I will take care of me for you, if you are willing to take care of you for me.*"

To give and receive love is a *primary human need*. When you receive an *affectionate touch* it penetrates your whole body. All your fears, no matter how deep, are erased by a single affectionate hug from someone who *loves you unconditionally*.

Chapter 4

Self-parenting, Boundaries & Forgiveness

FORGIVENESS... is a *self-protection mechanism*.

Forgiveness does not mean you are condoning what happened, only that you refuse to accept it as a toxic influence in your life.

Forgiveness sets the prisoner free, and the prisoner is you.

Not forgiving someone is like taking poison and hoping the other person dies.

Not forgiving someone drains your life force energy.

Not forgiving someone glues your pain to you.

Your opinion about what happened glues your painful past to you.

Your opinion, even if correct, is a *judgment* about what happened.

Forgiveness occurs when you are ready to release yourself from the past.

Your unresolved past is inhibiting you from realizing your divine potential. Healing happens the moment you no longer find value in rehearsing the pain and suffering that you have anchored to your past.

Chapter 6

Laws of Manifestation & Creation

The Law of Manifestation is... *Be, Do, Have*. Many people miss the essence of this Law, which is that you attract what you *are*, not what you *want*.

The first step of manifestation is to “Be” that which you want to experience. “Being” allows you to match your vibratory frequencies with what you want to attract.

Then you “Do” the mastery work that is required to “Be” that which you seek. Your deeds are your affirmations of action.

“Being” and “Doing” supply you with what you need to “Have” so you can get what you want.

Meditation will help you to plug into the organizational creative forces of the Universe. When you quiet your mind in meditation you can feel your cells align with your *creative intentions*. In this *God gap* between your thoughts you will receive *Intuitive messages*. These messages will show you how to achieve your intentions.

The Law of Creation is... *Thought, Word, and Deed*.

Thoughts exist as energy vibrations in your mind.

Words are verbal expressions of thought energy.

Deeds are *transformational* because nothing happens until you take *action*.

Prayer, affirmation, and meditation *alone* aren't enough. After you are done programmingⁱ and praying you must get off your knees, go out into the world, and “Do.”

Faith without *action* serves no useful purpose. Faith without action creates *confusion* and *delusion*. And there is nothing worse than *Self-delusion* for a consciously awakened soul.

Self-mastery requires *effort* and *action*. Effort and action are God's spiritual fitness programs that make you fit enough to... *Master the Game of Life*.

You were made in the image of God. God is a creator. Therefore you are a creator.

Chapter 7

Ego, Paradox and More...

Your ego is the esoteric skin of your soul on the earth plane.

If you are ego driven you will identify yourself as your mind thoughts.

If you identify your Self as the roles you play, or the thoughts you think, your ego is your master.

Your ego will try to protect you *even from* what happened *decades ago*.

The ego will create *delusions* to keep you safe from what it *perceives* to be harmful.

The ego, at its worst, treats life and people as an *enemy*.

If you treat the world as an enemy, the world becomes a *hostile place* where you will attract many “so-called” enemies into your life.

Identification of your Self as your ego thoughts gives more power to them.

Observing your ego thoughts from a witness perspective withdraws power from them.

Your ego mind is a twenty-four-seven radio station that never goes off the air.

The ego's radio station is called M.E.N.- Mind Entertainment Network
It produces an endless series of thought programs in an attempt to camouflage "what is" "as is" even when "what is" is what you need to heal.

Your ego functions within a system of polarized opposites called dualistic thinking. The ego can't distinguish the paradoxical illusion created by the dualism of the physical plane.

Paradoxical truths scare people because they collide with their old programming, which wants life to always be safe and predictable.

Chapter 8

Law of Detachment

Law of Allowing is *detached involvement*. Detached involvement allows you to release those you love to live their own lives and to make their own mistakes.

Allowing means to *detach* and *allow* people to experience what they are co-creating, as opposed to merely *tolerating* their less than perfect behavior.

An attitude of *allowing* comes from a knowing-ness that we are all One.

An attitude of allowing is *defenselessness* in action.

Non-resistance *does not* mean... *doing nothing*.

The wisdom underlying martial arts is to not resist the opponent's force, but instead to *yield to overcome*.

The ego needs a *rigid plan* of what it must do next. The ego is *attached* to how life must unfold. Rigid plans lack flexibility. They inhibit the *infinite possibilities* that are needed to manifest your intentions.

The moment you *relinquish your attachment to the end result*, while simultaneously combining *detached involvement* with a one-pointed focus on your goals, that's when your desires will materialize with effortless ease.

Detaching is a lifelong process... of making peace with the fact that you are exactly where you are supposed to be, doing exactly what you are supposed to be doing for your highest spiritual good, even if it doesn't feel good because in a perfectly evolving universe... it cannot be any other way.

Chapter 9

Spiritual Distinction

There are three core spiritual distinctions that when mastered will accelerate your spiritual transformation... *to be in the world, but not be of this world*.

- ☉ The distinction between how your Spirit *feels* as opposed to how your ego mind *feels*.
- ☉ The distinction between "*thinking*" thoughts about your "*feelings*," vs. actually feeling and *releasing* your *feelings*.
- ☉ The distinction between the... *Being* and the *being's behavior*.

You *are* a Spirit *who has* a mind and a body. You have thoughts, but you are not your thoughts. You have feelings, but you are not your feelings. You have human identities (roles) such as woman, man, mother and doctor, but you are not the roles you play. You display behaviors, but you are not your good or bad behaviors.

You are a spiritual being having a human experience.

Chapter 10

Transformation

Trans-form-ation means “to go beyond form” to a level of conscious understanding that the real you exists beyond the physical form of your human body.

The Human School has a beautiful system of balance
created between the mind and the heart.
Your intellectual mind is the instrument of your separateness.
Your heart is your vehicle of unity.
This *transformational process* creates a very profound polarity or struggle.
What we end up with is a *creative tension*, where our egos
are trying to preserve our separateness, and our Spirit is trying
to merge into the unity of all things where we are all ONE.

Our lives are *transformed* not through becoming *divine*, but through the realization that ALL of our experiences have served the purpose of awakening us to our *divine nature*.

There have been no unnecessary experiences on your path to *transformation*. You cannot deny any element of your personal history, for each experience has played a vital role in your awakening of your... *TRUE SELF*.

The greatest understanding you can have is... *No one will ever completely understand you, but you!* But that statement is suspect because unless you have done enough deep psycho-spiritual introspection, with emotional courage and honesty, you will not be able to *distinguish the difference* between who you are, an adult of God, from the roles you play and thoughts your ego-mind thinks.

Remember, life is a persistent teacher. Life will keep repeating your transformational lessons until you learn them. That is why it is important for you to stay green and growing and not ripe and rotting just like Michelangelo... “*Ancora Imparo!*”



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