LESSON FIVE

SELF-PARENTING

Mastering the process of fulfilling your emotional dependency needs

Self-parenting is… heart work. Self-parenting exercises contained in this lesson and HLC’s Self-parenting Course will help you to focus your attention on the intuitive, emotional and feeling elements of your inner Self-mastery studies. The primary objectives of the Self-parenting exercises are to help you fulfill your emotional dependency needs that were not met during your childhood. Emotional dependency needs are the intimacy, nurturing, unconditional love and boundary protection that a person needs in order to feel safe, sane, and secure in the world.

Consciously fulfilling your emotional dependency needs will allow you to function in the world as an emotionally mature, highly functional adult. The Self-parenting exercises take the concept of Self-nurturing from an abstract, hard-to-understand theoretical concept and breaks it down piece by piece into a step-by-step, easy-to-understand, specific set of emotionally Self-nurturing exercises.

“As a child I needed a parent’s love, nurturing, and emotional maturity
To fulfill my emotional dependency needs. As an adult, I still seek to get my
Emotional dependency needs met, but now I must get my needs met from “within.”
I am a child who has gone from needing a parent’s love, to needing God’s love;
From wanting toys, to wanting inner peace and emotional maturity!”
UNKNOWN

Three things are striking about Self-Parenting exercises: (1) The speed with which you will feel better, (2) the depth of your emotional healing, and (3) how fast you reawaken your Self-mastery powers to see, feel and heal, so that you can take responsibility to Self-parent yourself.

HU NOTE: I’m often asked the question, “What’s the difference between Inner-Child work and Self-parenting work?”

Inner-child work is to Self-parenting what arithmetic is to algebra. Self-parenting takes inner-child work and integrates it with clinically proven, spiritually based exercises that break down Self-nurturing into a step-by-step, specific set of emotionally intimate Self-parenting exercises that will fulfill your emotional dependency needs that were not met when you were a child. I want you to clearly understand what this term, Inner Child, means. It is your childlike memories and programs that are emotionally anchored to a time when you only had the power, knowledge, and physical strength of a small child. Your inner child needs to learn to trust the “adult you” because you have adult powers now that he or she didn’t have. You need to make your inner child feel safe and secure by committing to practice these Self-parenting exercises until you do feel safe and secure in the world.
SELF-PARENTING POEM

As a Self-mastered adult...

If I don't learn how to fulfill my emotional dependency needs, then I'll never feel Safe, Sane, and Secure in the world; for I'll always have to look to others to tell me who I am.

If I don't expect emotional intimacy, I am saying that...“I’m Ok with your being emotionally distant from me,” And I’ll distance myself for fear of rejection.

If I don't demonstrate unconditional love for my Self, I am showing people that “I’m not worthy Of receiving love, nor your benefit of the doubt.”

If I don't demand respect, I'll give people permission to treat me disrespectfully;
For I teach people how to treat me by the way I treat myself.

If I don’t use my adult powers, I'll fall prey to my own “child-like” ego defenses;
And the walls I build will keep out the love I seek.

If I don’t maturely defend my boundaries with my adult powers, Then people will “Trespass” me just as they did when I was a powerless child!

If I don’t give my Self permission to be myself, then people will “mold me” into who they want me to be, Taking me further away from the light of my real Self and closer to the darkness of my “persona” (mask).

If I don’t learn to validate and release my feelings, then my feelings will create dis-ease within me;
For a dis-ease is a perfect creation: a negative feeling made manifest.

If I beat my Self up when I “act out” with “less-than-perfect” behavior, Then I am affirming that, “I AM my behavior” and not a child of God.

If I'm not willing to practice my Self-parenting skills until they become a part of my Consciousness, then when life “tests” me I’ll attempt to protect my Self Using Immature, childlike, ego-based methods.

If I don’t “respond with ability” to make my life emotionally, sexually, and physically Safe, Sane, and Secure, then I’ll live a life of “quiet desperation,” comfortable in my “Uncomfortable-ness” and fearful of life’s opportunities, Unable to fulfill my divine birthright,
A life worthy of a child of God.

HU~JI

SELF-PARENTING POEM SMA

Instructions: Answer these questions in first party, using “I” instead of “you.” Answer the questions in such a way that it demonstrates your understanding of this lesson, as well as your understanding of how you can use this knowledge to help you achieve Self-mastery.

1. Why is it true that if you don’t learn how to fulfill your Emotional Dependency Needs, you will never feel safe, sane and secure in the world?
2. If you don’t expect emotional intimacy, you will unconsciously distance yourself from people for fear of rejection. Why is that true?
3. Why is it true that if you don’t demonstrate unconditional love for your Self, you are showing people that “I’m not worthy of receiving love, nor your benefit of the doubt”?
4. If you don’t demand respect, you are giving people permission to treat you disrespectfully. Why is that true?
5. You negatively (and positively) teach people how to treat you by the way you consciously and unconsciously treat yourself. Describe one way that you negatively teach people how to treat you.
6. If you don’t use your adult powers you will use “child-like” ego defenses and you will unconsciously build walls that will keep out the love that you seek. Why is this statement true? How do you still do that?
7. Why do you need to learn to maturely protect your boundaries?
8. Why do you need to give yourself permission to be your true Self?
9. If you don’t learn to validate and release your feelings, then your feelings will create dis-ease within you. Why is this statement true?
10. Why dis-ease is a “perfect” creation?
11. Why do you beat yourself up when you “act out” with “less than perfect” behavior?
12. What will happen if you don’t learn new Self-parenting skills?
13. What does it mean to “live a life of quiet desperation”?
14. Surface seven answers to this sentence completion, “What I just learned about Self-parenting my Self is...”