



Dharmic Truths Belong To... *No One Soul*

Welcome Letter Written By The Founder of HLC, Master Coach Hu

The Dharmic Truths [Universal Laws] about how *Life works* have been passed down from one soul to another for millenniums, and what is contained in the *HuMethod™* Books, Exercises and SMA assignments certainly *did not* originate with me. It is part of a river that flowed through me from my Guru, teachers, parents, past incarnations, and my current life experiences. What I do is spiritually coach *what I most need to learn and heal one soul at a time starting with mine*. And that is why when ‘I Am’ grounded in Spirit what I share comes from the *collective Consciousness* that is within us all.

When ‘I Am’ consciously doing my dharmic work I can feel the presence of my Guru and spiritual teachers. Their contributions to my dharmic work and the development of the *HuMethod™* Healing Modality are... Warmly and Gratefully Acknowledged.

Most people incorrectly assume that the *HuMethod™* healing modality must have been named after me, the “founder” of HLC. But in fact we chose the *HuMethod™* title because the word “Hu” refers to the *divine* that exist within all *human* [God-man] *be-ings*. The *HuMethod™* materials are *spiritual signposts* that point to a place that cannot be found within the realm of thought. Mastering how to tap into these *Universal Powers* is why *HuMethod™* Certified Coaches are able to create the permanent behavioral changes needed for their clients to manifest their self-help goals as quickly as humanly possible.

The *HuMethod™* Exercises and SMAs are psycho-spiritual “aha!” moments that *summarize* various aspects about the *human* journey. Yet, there is a risk associated with assigning SMAs because they are instructional *nutshells*, which often times are summary notes taken from an entire book, and if taken *out of context*, can sound like some kind of religious “Commandment” handed down from mount high; instead of what they’re intended to be, which is a collection of *psycho-spiritual lessons* for you to process through your inner *Self* to stimulate your own individualized Self-reflections.

Although the *HuMethod™* Exercises stand on their own because they were developed from over 10,000 pages of research taken from 150 famous self-help authors, spiritual gurus, [etc.] they do reflect the particular metaphysical *Paradigm* from which I coach. That’s why I’d like to share with you one element of my *coaching paradigm*, namely my *Three Levels of Simultaneous Consciousness Model*.

Experiential Level– we incarnate to *experience* physical life, but are you *experiencing* your life *consciously* or *unconsciously*? If you are *unconsciously* experiencing your life then you are an “**ACTOR**” who is *identifying* who you are by the “roles” you are playing. These roles have labels such as mother, father, teacher, doctor, coach, victim, broken, addict or saint. This first *Level of Consciousness* is where the *Ego-intellect* is the administrator and experienter of your incarnation.

Metaphorically, the *Experiential Level* can be compared to a computer’s hardware, the *Wisdom Level* is the software and the *Transcendence Level* is the electricity that gives life to the computer, and without which your hardware and software could not function.

HLC’s Courses Transform Knowledge Into Empowerment

1509 Lakeside Drive So, Forked River, NJ, 08731 (888) 452-0878

www.HolisticLearningCenter.com • www.SpiritualLifeCoachingCertification.com

Wisdom Level– At this *Level of Consciousness* you *identify* yourself as a separate “Soul.” We label someone who has *mastered* this level a wizard, sage, guru, or saint. *But* if you are in the early stages of this *Level of Consciousness* then you are a student of life who is *consciously* using your *human* experiences to master the game of life so you can live your life as a... *Deliberate Conscious Creator*. You are S-PIE-ing how to “go beyond” your labels, mind, “his-story” and body identification. At this level you are learning via the *never ending* karmic process of *trial* and *error*. If you are *consciously* experiencing life at this level you are the “**DIRECTOR**” of your *HuMan* experience. This means that you can see *beyond your forms*, and as such you know that you are *not* your body, thoughts or *human* roles, but you do experience the *pain* and *pleasure* associated with them.

Transcendence Level– the *Transcendence Level* is where you *identify* your Self as a creative, Self-realized Be-ing of light and love who is *consciously aware* of... *the God that dwells within you as you*. At this level you are **WITNESSING** your *HuMan* life unfold from a space of *divine detachment*. When you are *consciously witnessing* your *HuMan* incarnate from this *Transcendence Level* then you are the “**PRODUCER**” of your life experiences. At this level you know that it does not matter what your *HuMan* incarnate is experiencing, whether that be *pleasure* or *pain*, because you know it is all “perfect.” At this level there is nothing to do or “fix.” At this level you are the **OBSERVER** of your *HuMan* incarnate, who you are *One* with, but who you know you *are not*. At this level you are fully integrated with the life force energy of the *Universe*.

It is important to understand that *all three Levels of Consciousness* are happening *simultaneously*, and what feels real to you is based on your *Point of Attention*. However, you will usually *identify* with only *one level* at a time, and *ignore* the others. Then, whatever level you are *identifying* with will create the window through which you *perceive*, and as such *believe reality* to be.

For example, imagine you are sitting at a table *talking to a friend*, you have a *headache* and there is *music playing* in the background. Your *Point of Attention* [your perspective], could be either... communicating with your friend, your headache or the music you are listening to. Based on where you are focusing your *Attention* will determine what feels more real to you, which is what your ego-intellect will label as *reality*. This explains why whatever you *believe* to be true is the *reality* that you will *experience*.

“The Three Planes of Reality gives you very different perspectives or realities...”

(1) the perspective from being a *physical incarnate*, (2) the perspective from seeing *karmic cause and effects*, and (3) the perspective from *Nothingness* [No-Things].

The perspective from being a *physical incarnate* – we all know all too well.

The perspective of a separate *Soul Level* is where you see everything as perfectly unfolding karmic law, as a pattern of cause and effect.

And from the Level Three perspective, the *Nothingness Level*,

[No-things no ego, body, etc. identifications]

where you experience *Be-ing One with pure Awareness, pure Consciousness.*”

Ram Dass

I invite you to use the *HuMethod*TM clinically proven healing modality’s exercises to help you *turn inward* toward the *Collective Consciousness* that... *dwells within you as you*. I invite you to come to that place where the entire *Universe* resides, a place where, if you and I are *consciously* in that place, then there is only **ONE** of us spiritually. This *divine space* is called the *Namasté Consciousness*, and it’s why when you *Remain Consciously Aware*... “*To See the God that Dwells within You and Me*” is the *Highest Attainment* we can achieve as *human incarnates*.

Namasté

Master Coach Hu

HLC’s Courses Transform Knowledge Into Empowerment

1509 Lakeside Drive So, Forked River, NJ, 08731 (888) 452-0878

www.HolisticLearningCenter.com • www.SpiritualLifeCoachingCertification.com