



Summary of the

The Five Step Process

for

Emotional Healing, Wisdom and Empowerment

By Phil Golding

This is a personal process that is used to directly work with your emotional pain and self-defeating thought patterns. It is designed to develop your self-awareness and your own compassionate relationship with yourself. This vital conscious connection to your own human self is the doorway to ongoing mental and emotional healing and development, which, in turn, leads to increased wellbeing, resilience, better choices in life, and more fulfilling relationships.

Step 1: Acceptance

Without self acceptance, we cannot heal, find inner-peace, or grow. We often suffer because of our experience of being judged by other people. It is our own lack of acceptance of ourselves, however, that makes us vulnerable to the judgement from others. We often mistakenly think others are judging us when, in fact, we are first judging ourselves. Every human being has fears and insecurities and gets confused. Every human being also has natural wisdom and a deep capacity to love. When we can accept both sides of ourselves, we can then consciously heal our emotional pain and confusion with our

own higher-awareness. With self-acceptance, the doorway to our true potential opens to us. The power of self-acceptance is in knowing that our worthiness is without question. We all make mistakes. We are all learning and growing. In order to feel free, happy, and fulfilled, we must accept our fundamental worthiness as a human being. By unconditionally accepting ourselves as we are and caring for ourselves as best we can each day, we are then in a better position to accept and positively work with any challenges that we may face in life. Step 1 is connecting to our own internal source of love that is available to us always.

Step 2: Personal Responsibility

When we combine acceptance with Personal Responsibility, self-rejection is replaced with compassionate caring for our own humanness. Personal Responsibility means that we are in charge of our own lives; that we have the independent ability to stand on our own feet. In order to take charge of our lives, we must accept our Personal Responsibility to Love ourselves Unconditionally, knowing that achieving this goal is an ongoing process of learning. Facing our issues is much easier when choosing this approach. We stop wasting our time trying to control and change others in order to heal, grow and be happy. The key to our healing, inner-peace, happiness, and fulfilment is in our own hands. By living this new understanding as best we can each day, conflict and unhealthy dependency can be overcome, which naturally improves our relationships with those around us. The result is an increasing inner-harmony and self-empowerment. Step 2 is accepting full authority over our own lives and knowing that we have that capability.

Step 3: Let Go & Tune In

The key to happiness and empowerment is being able to confidently and skilfully take care of our own vulnerable human-selves, particularly our human minds. We achieve this by letting go of trying to control and punish other people or ourselves when emotional pain is triggered within us, knowing that self-rejection is the real cause of our pain. By accepting the Personal Responsibility to Love ourselves unconditionally, we instead focus inwards on the disempowering confusion that has conditioned our minds. As we learn to correct these self-rejecting thought-patterns and compassionately care for our own vulnerabilities, we discover our own power of wisdom and healing. As a result of our persistent efforts, we are increasingly released from pain and confusion and in the process, we gain an increasing experience of command over our own lives. As our hearts heal and open, we naturally attract and create more love and abundance. Step 3 is taking care of our own minds by putting Steps 1 and 2 into action.

Step 4: Live in the Now

When we get in touch with and accept responsibility for our needs and emotions, we are increasingly able to achieve the clarity of mind to take wise action on our own behalf. Another benefit of letting go and tuning in is that we recognise the futility of worry, regret and resentment. By working these steps, we discover how to learn from the past and achieve our goals by positively accepting and working with the reality that is in front of us and within us now. We realise that making peace with the past and creating a positive future is determined by the way we take responsible care of ourselves every day, one day at a time. We realise that we have full authority and power over our own minds and therefore our lives. As a result of putting this understanding into action every day as best we can as we are learning and growing, our lives simplify, and our happiness and vitality increases. Self-empowerment and self-

mastery becomes a real experience in our lives. Step 4 is putting Steps 1, 2 and 3 into action on a daily basis. Step 4 is about knowing that the power to create the life that we want is contained within how we personally take care of each now moment.

Step 5: Live the Process

Step 5 is about committing to this new, empowered way of approaching life. The 5 Step Process becomes a healthy, sustainable and empowering lifestyle. By working these steps as an ongoing process, every problem becomes an opportunity to understand ourselves more, heal more deeply, gain more insight and grow stronger. As our skill in self-management increases, our faith and trust in ourselves increases. We grow in self-esteem and self-confidence. We attract and create healthier relationships and we better manage those relationships we have. Our ability for wise discernment continues to grow, enabling us to manage healthy personal boundaries in the face of life's challenges. By living this process as a way of life, we continue to evolve into our true potential. We soon have something to give back to the world, for we increasingly have love to spare. Life becomes truly meaningful and fulfilling. We are willing and able to embrace all that life contains. Step 5 is about knowing that we can benefit from every situation in life.



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