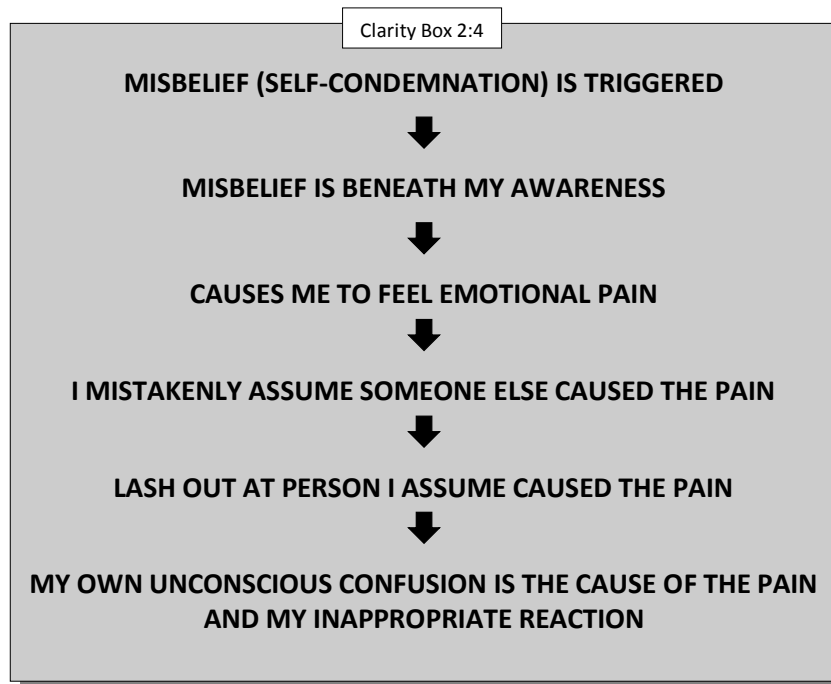


The Foundation of Self-Worth

By Phil Golding

(extract from “Real Healing, Real Awakening”)

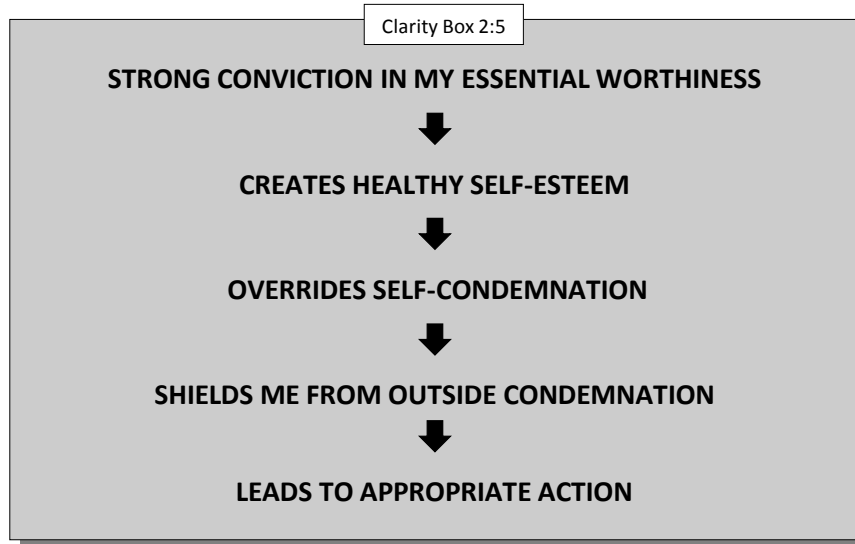
As adults, we often think that the words and actions of others are causing our emotional pain, as it did in childhood. This is not the case however. To be an adult means we have the capacity to be self-responsible—to take command of our own thoughts and emotions, whereas a child only has limited access to this ability. Unlike children, adults are predominantly at the mercy of their own ingrained conditioning. As adults, it is our own self-condemnation emerging out of our negative conditioning that makes us vulnerable to the judgments of others. From this position of vulnerability and confusion, our survival instincts may then be inclined to judge and attack as a form of defence, oblivious of the fact that the perceived danger may be an imaginary one. The words or actions of another person may be perfectly innocent. Even if the other acted unkindly, we tend to react in a way that makes the situation worse.



What is really driving our pain is our own mind telling us we are unworthy of Love. As children, we were dependent on getting love/acceptance/approval from other people in order to feel loved. When we didn't get it, we felt abandoned. As an adult, when we react, our unconscious childhood belief that we have not measured up enough to get love has been triggered. We may only feel this as anger toward the other person, but underneath this anger is the wounded and confused child within us believing he/she is unworthy of Love. When we blindly react, without knowing it, we

are attacking our own self with our own misbelief.

In comparison, when we have a healthy self-esteem, we can shield ourself from the unfair judgments of others, as well as our own negative self-talk. This inner-strength is created by choosing to accept and believe we are worthy even when we make human mistakes.



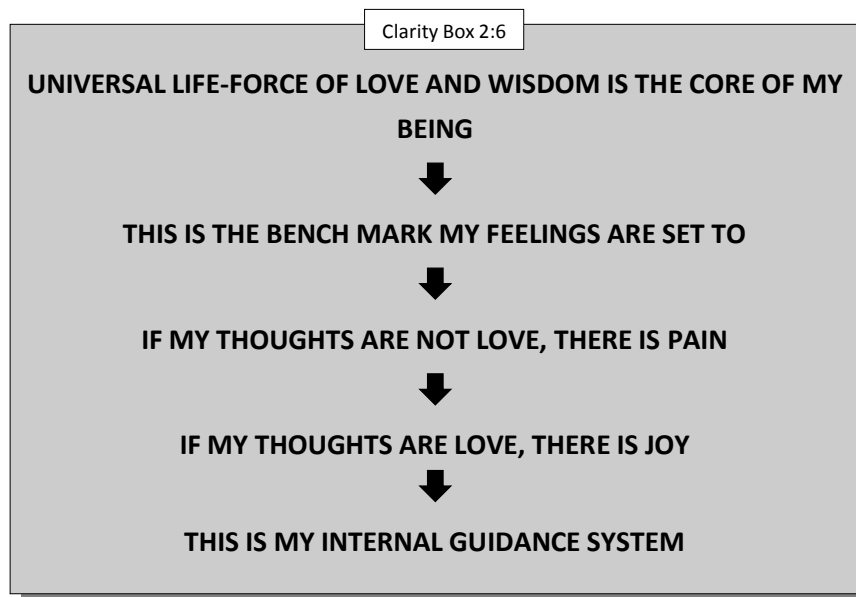
This is the crux of Unconditional Love where our own mind's foundation of self-esteem is concerned. Our worthiness must be regarded as absolute, because it is! In order to heal the confusion that has taken over our mind, our belief in our fundamental worthiness must become an unshakable conviction. Our worthiness is *not* in the hands of other human beings, regardless of what anyone has, or may think, say or do. Not even our parents have authority over our worthiness. The only qualification we need for this fundamental worthiness is to **exist**. **That's it!** As adults, despite what our ingrained confusion may tell us, we have the ultimate authority over our own self-esteem. Other human beings have the power over our worthiness only when we give it to them, and we only do that when we are confused about the truth of ourself. Unconditional Love is UNCONDITIONAL. There are no shades of grey. The only doubts that exist are to be found in our own human confusion. We are all on a journey toward a full conscious-awareness of this essential fact.

It is worth repeating that other human beings do not own our Love any more than they can own the light that shines on us from the sun, or the air that we breathe. Love is the Universal Life-Force that is the core of our being. Love is Life itself. That is why it is unconditional. It has nothing to do with the human mind. It is a universal, all encompassing life-force that is everything. Nothing can take that away from us. We can never be outside Life and therefore we can never be outside Love. All that is happening is that we are getting caught in our own confusion, which, through the power of our own conscious-awareness, we can undo to reveal the Love that we are always in. This is not some hocus-pocus mystical belief. This is a scientific fact that is at the core of real healing and awakening. It is a fact that can be repeatedly put to the test and repeatedly proven, which it has been all through the ages of human history. I am also suggesting that this is the driving force behind

our human desire to evolve.

Of course, undoing the confusion that besieges our mind is the challenge. Despite being caught in this confusion, we have the capacity of consciousness that gives us the power of reasoning to know what *feels* right, and to trust that feeling. Understanding the nature of emotions and feelings is, therefore, vital to developing conscious-awareness. This Universal Life-Force of Unconditional Love *is* our Higher-Self. It is the bench mark that our feelings are set to.

If our thoughts are out of alignment with Unconditional Love, we feel pain in the form of negative human emotion. If our thoughts are in tune with Unconditional Love, we feel joy, the Unconditional Love that is our Higher-Self.



Considering how simple and beautiful this internal guidance system is, it is amazing how we manage to get so confused. But we do, due to our vulnerability as a child and the confusion this experience sets up in our mind.

Self-condemnation cuts us off from Love because it closes our heart off from our own self, and ultimately our Higher-Self. If it wasn't for self-condemnation, the acute vulnerabilities we feel in adulthood would not be there in the first place. Without this prior self-condemnation, the unfair judgment of another would have little impact. We would simply know that the person speaking harshly to us is perhaps having a bad day and is obviously confused. We would know that we don't deserve to be spoken to that way, no matter what mistake we may have made. We would decide for ourselves who we are and what we are worth and that would be in accordance to the truth that we are one with the Universal Life-Force, Unconditional Love in other words. This is what it means to know yourself as a "child of God". As a result, we would easily let the other's confusion go.

My ultimate worthiness is beyond question, no matter how human I am; no matter what other people may think, say, or do.