



# **Fundamental Reality of Self-Worth**

**By Phil Golding**

(Adapted from "Five Steps to Freedom" 2<sup>nd</sup> ed)

As human beings, we have the power to re-educate ourselves. We can learn new ways of thinking and undo old ways of thinking, but this is a skill that we must learn. Your mind is not going to give up its old habits just because you want it to. We are talking about your instinctual survival mind that is designed to do it's best to adapt to its environment from the moment it is born. This is a very tenacious and powerful part of the mind. Within five to seven years, your survival mind has regarded its immediate environment as 'normal' – the way the world is – and has geared itself up to operate within these norms. This becomes our basic foundational programming/conditioning. The survival mind thinks it has to hang on to these programs to survive, no matter how dysfunctional they are. We are starting to perpetuate these programs as early as two-years-old and continue to unthinkingly soak life up in this way right up to our teenage years. As teenagers we are trying to form our own identity, but we can't help but look at life through this unconscious lens.



However, now that you are an adult, you have access to the power of

awareness. You unconsciously used it all through your school days to learn how to read and write. Now you are going to consciously use this power of awareness to teach your mind how to Love itself, and in the process, you are going to discover how awareness is your ultimate power.

With the right approach and with persistence, we are able to access Love directly from a universal source from within our own self. With the power of our awareness, we have the ability to access this universal, internal Love, regardless of the trauma and negative conditioning we experienced in childhood, or at any other time. From an aware adult perspective, we can identify the confusions about love that have accumulated in our minds throughout our formative years, and re-parent them.

Armed with this self-awareness, we can literally heal our memories and reprogram our minds to be in tune with the natural laws of Love/Life, thus establishing within our minds a healthy self-esteem, even when we didn't receive that in childhood. This is a quest that has been given to human beings all through the ages, and now it's your turn. The baton has now been handed to you. It is a well-worn path that we now know and understand. Your confused ego perhaps thinks that Life has dealt you and bad hand, but in fact it has handed you a golden opportunity. You have the opportunity to consciously learn about the reality of Love – the 'Holy Grail', as the 'knights of the round table' story symbolised it. You will succeed, providing you don't give up and providing you stay on the path of self-awareness, or at least keep getting back on the path no matter how many times you fall off it.

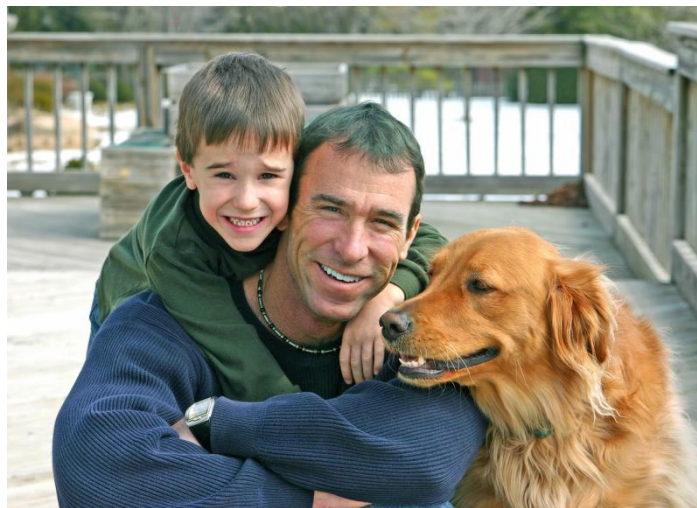
I have personally experienced doing just that, and so have countless others throughout the history of humanity, and particularly now in this day and age, now that this knowledge is so freely accessible. I have experienced, along with this rising tide of an awakening humanity, Love as a life-force that I can freely access at any time, regardless of how humanly imperfect I may be at any given moment and regardless of my circumstances and conditions.

So here is a fundamental truth that must be placed at the center of your consciousness in order to clear out all the confusions that have

become embedded within your mind that add up to self-rejection, and therefore suffering.

**No one owns your love. All that you need to do to qualify for this Unconditional Universal Love is to exist! That's it! You qualify!**

This is the reality, for you, and for every human being. This is the basis of our common equality. We are born from this Love, we are born into this Love, we live within this Love, and we die back into this Love. We cannot be outside this Love. Love is Life itself. For many of us, at first, this can seem a radical way of looking at love, but it's that radical shift in awareness that is needed to turn our life around.



When we are given the right Love and skilful mentoring throughout our childhood, we actually grow up naturally having the ability to genuinely Love ourselves in a healthy, responsible way, independent of anyone else. We have learned to accept ourselves as we are, even when we get caught up in our humanness and make mistakes. In fact, this fundamental self-acceptance gives us the ability to learn and grow from our mistakes. This is the healthy self-esteem that is created by loving and positive childhood conditioning. We have learned to love ourselves unconditionally to a high degree and therefore we are *in Love* much of the time! In other words, we are within the embrace of our own, innate, internal Universal Love. This capacity for a healthy self-esteem points to

the fact that love can be accessed internally and not only from somewhere outside ourselves. Growing up in such a positive environment activates our own ability to love ourselves without really thinking much about it. This is how we are conditioned. This then influences how we habitually view ourselves and the world around us. You could say that we have learned to plug our hearts directly into Life itself without even knowing it, and the ultimate power that Life gives us is Love. You could also say that we are plugged effectively into Life through our open heart/consciousness and we open our heart/consciousness and keep it open through our own self-love. I would also say that this is the potential of every human being on this planet, which includes you. So many of us don't feel this Love because our own mind's confusion closes our hearts with self-rejection and restricts this connection to Life itself, resulting in suffering. When we do get used to keeping our hearts open to ourselves, this self-love becomes the solid foundation that we stand on as we create ourselves in the world.

I am not trying to preach to you here. What I am doing is offering you a scientific perspective on the reality of love as a Universal Life-Force. I am offering you a very powerful hypothesis. Sincerely live the experiment and experience it for yourself.

We can love and heal ourselves because there is something about our human consciousness that enables us to get above our vulnerable, wounded human minds. Instead of being controlled by our blindly conditioned minds, we can consciously and constructively take charge of our minds and therefore our lives.

In reality, relationships succeed, and personal fulfilment is achieved, not only because other people love us, but especially because we possess a healthy form of self-love. This is our essential psychological foundation. This healthy self-love provides us with an inner-peace and openness that makes forming loving and healthy relationships with others a natural outcome. Fear and condemnation forces, controls, and attacks. Love and acceptance encourages, inspires and supports. Which of these mind-states would you prefer to live in? Which would you prefer to create, for yourself and for others? The laws of Love become very clear when it comes to observing how we treat ourselves. We have a direct feedback

loop between our awareness and our own mind.

### **SELF-ACCEPTANCE IS RESPONSIBLE SELF-CARE**

As hard as it may at first seem, changing our conditioning is most definitely achievable, but it must be approached in the right way. This self-change must come in the form of ongoing self-care – a persistent, conscious, loving and caring relationship with our own humanness. We are creating a new, accepting, caring environment of self-awareness and self-love for our inner-child (vulnerable human-self) to grow up in, no matter what physical age you are now.



Be aware that we are not changing ourselves to please others or to just conform. We are learning to make positive and empowered decisions on our own behalf – decisions that lead to self-respect and self-sustainability.

One way of looking at this human self of ours is to recognise it as a most amazing, sensitive, powerful, one-of-a-kind creature, a bit like the horse we depended on in the past. Unlike the horse though, or the car we drive today, we can't trade this one in. This human-self, along with its mind, is our vehicle, and our home, for our whole life. It does not make sense to regard our human-selves as not worth looking after. When this priceless self is not running as it should, it is then a matter of objectively and carefully examining it in order to correct the problem. Also, it would be only logical to want to give this most precious self ongoing care and attention. For various reasons, however, we human beings tend to resist taking care of ourselves, as though we shouldn't need it, as though someone else should be magically doing it for us. We think such maintenance is an imposition on our lifestyle, or a sign of failure,

particularly when it comes to caring for our own minds. It is little wonder we end up breaking down. We are still unconsciously operating from a child's mindset, expecting others to make it right for us.

To extend the horse analogy a little further, our Conscious-Awareness is like ourselves as the rider, the owner of the horse. We didn't train the horse. It was given to us already trained, just like we didn't bring ourselves up so much as being brought up by others. By the time we are adults, our conditioning is ours to reckon with. In the same way, it is like we are given this horse that somebody else trained, and often not very well. Not only that, we have not been given adequate training in horse riding. We are expected to just hop on and get on with it. It makes sense to get to know the horse, to learn how to re-train it and learn how to ride it, if we want to make the most of this experience. Like the owner and rider of the horse, we need to get to know our own minds and learn how to care for and manage our minds. It is no good complaining about this fact. It just is the way it is. Fortunately we have the ability to do this, and facing the challenge and committing to it gives us the opportunity to develop priceless, life-long skills. There is nothing to lose by accepting this commitment and everything to gain, such as real control over our own lives and future.

Comparing our minds to a computer is another good analogy. As a computer, our human potential seems to be unlimited. The limitations are in the programming. Even though we have been programmed by someone else, as an adult, our capacity for Conscious-Awareness gives us the ability to be the computer and the computer programmer, both at the same time.

Sometimes I hear people remark, "Isn't all this talk about self-love really just about being selfish. Surely we should concentrate on loving others."

I am not talking about selfishness, I am talking about self-responsibility. I am talking about taking adult responsibility for our own emotional wellbeing. I am talking about the importance of establishing a healthy self-esteem that flows from a sustainable internal source. This does not take from anyone or anything.



The goal of a healthy self-esteem has become misunderstood and regarded as an excuse for self-indulgence. It has become associated with, and appropriated by, the belief that the more we believe in ourselves, the more material things we should give ourselves, and the more privileges we deserve. The trouble here is that material things cannot sustain emotional fulfilment, but we have been led to believe that it can. This misbelief has been exploited by consumerism and has led to social degradation on many levels. To be “normal” now means being a successful consumer. The social consequences have been, for a start, a perpetuation of crime. “If I can’t get it, I’ll have to take it.” Another consequence is depression and anxiety on an epidemic scale. “I can’t have it, or I have lost it, therefore I have failed.” A third consequence is self-indulgence. “I have plenty of money, so that makes me more worthy than you, so I can have all that I want, and I have to keep having it because enough is never enough.”

We have invented the rat-race where academic education, work, and even self-worth is concerned. Fulfilment has become externalized to something outside us that we have to get, and you can throw relationships, sex, power, status/social image and so on, in there as well. The result of this approach to self-improvement and self-image/worth is a society of people who are continually running on empty, where real Love is concerned. When this is the case, we try to fill ourselves up by taking from others, or from the environment in destructive ways. This taking, this unhealthy dependency and endless materialism, loses touch with the important things in life. For instance, we think our children need more and more sophisticated toys or a bigger and better education rather than



the essential life-blood of Unconditional Love. As a result, we confuse our children so much that they become dependent on more and more material things without realizing that it is Unconditional Love that they are really longing for. In the process, they don't learn how to love themselves and instead stay dependent on other people, places and things. We have turned life into a commodity, and in the process we have become consumer junkies, but ultimately we are the ones being consumed by big profit corporations that have no real care about our wellbeing. Of course these soulless corporations are also the product of your collective emptiness and confusion.



When self-esteem is dependent on something external, it is always on very shaky ground. We become disconnected from the very core of our own greater self and existential emptiness is the inevitable result. A lack of responsible self-love leads to selfishness and self-indulgence, and also anxiety, depression, and anger.

It has been my long and repeated experience that if we consciously and consistently accept and take care of our vulnerable human-selves, like one should lovingly and responsibly care for a child, we then naturally open up to, and experience, higher states of consciousness. These higher states of consciousness include inner-peace, compassion, loving kindness, and creative motivation that is naturally geared to the wellbeing of the wider community. If we don't care for ourselves in this healthy, sustainable way, we risk living our lives being blindly driven to destruction by the endless neediness of a confused and empty inner-child. At the very least, our life will be a pale reflection of what it could be. So



choosing to be our own loving guardian, our own forever parent, is the best choice we can make for ourselves.

