



Important Insights for Relationships and Personal Growth

Here are a series of insights about what works to create healthy and harmonious relationships. Think about them, contemplate them, talk them over with others. Observe healthy and harmonious relationships and do your own research to test out the validity of these insights. They are from my own hard-won personal experience and extensive research.

1. At the heart of a relationship is the unconditional acceptance of one another. Here our acceptance of the other is creating a sanctuary for them, where they can feel free to be themselves. Acceptance facilitates true intimacy.
2. Acceptance is an essential quality of Unconditional Love. Acceptance opens the door to the heart. It is one half of the foundation of our relationship with others, but most importantly, our relationship with ourselves.
3. To accept ourselves is to accept our humanness. In other words, to truly know you are worthy of your own love no matter how you look, what mistakes you have made, what educational level you have, no matter what others have said about you or how they have treated you and so on. Your worthiness is

unconditional. This is also the sort of love we extend to the other.

4. Your worthiness is linked to your very existence. You exist, therefore you are worthy. Your worthiness does not depend on how the world sees you. How others see you, even your parents, is more often about their confusions about their own worthiness. For example, they may have said, "I will be proud of you when you achieve this." or "The way you are has let us down and shamed the family."
5. To accept our own vulnerabilities, fears and insecurities is essential. In other words, it is essential to not judge ourselves for being human.
6. Our fears and insecurities more often than not point to confusions in our own conditioning that cause us to suffer.
7. It is important to understand that we did not condition ourselves throughout our childhood. Infact, we did our best to get by within the environment that we grew up in. However, now that we are adults, we are our own environment. We can learn to love and care for ourselves in the way we needed to be cared for when we were children. This goes a long way to healing our fears and insecurities.
8. We are learning to not be, or indulge, our fears or insecurities. We are taking responsibility for them and healing them, for the sake of our own peace and happiness. This is the foundation of healthy personal responsibility. "I know I messed up, but I'm learning from the experience." Acceptance make healing, growing and maturing possible.
9. The honeymoon period of a relationship is so good because of this mutual unconditional acceptance.
10. The honeymoon period of a relationship does not last when personal responsibility, the other half of the relationship foundation, is not strong enough.
11. It is unrealistic to think that we finally have Love when we meet our prospective partner. They are thinking the same about us. If you don't love yourself first, where

are you going to find the love to give to your partner, and vice versa? This points to why relationships break down. We are expecting the other to be our fundamental foundation of love, when this foundation is actually built on our accepting and compassionate relationship with ourself.

12. When we make our partner our love-foundation, we struggle to accept their humanness. We need them to satisfy our expectations in order to feel secure, and we feel threatened when these expectations are not met. We trap each other in expectations that are rooted in our own fears and insecurities.
13. A relationship is built on mutual acceptance, personal responsibility, respect, freedom and compassion, which facilitates Love.
14. Trying to control our partner is a symptom of our fears and insecurities, and will inevitably damage our relationship.
15. As adults, we are personally responsible for what we feel, think and do. No one makes us feel, think or act. We are now having our own conditioning/unconscious beliefs/mindsets/traumas triggered by others. Our mind is ours to heal. Being triggered reveals to us where we need to heal. We have right to be human, but we also have the power to heal.
16. What we do potentially have full power over, is our own minds, to the degree that we heal, learn and grow. As adults, our minds, along with all our memories, conditioning and character, belong to ourself, and is within the power and potential of our own awareness. It is our responsibility to learn how to be aware and care for our own mind. This is not a mystery. We know how to do this now.
17. We need to feel free to be ourselves in a relationship, and so does our partner. We can communicate our needs to our partner and talk it over, while also learning about their needs. It can take time, and sometimes some help, to find common ground in some issues.
18. If we don't know how to make ourselves happy, how

are we going to make another person happy?

19. Are you expecting your partner to be your parent by holding him/her responsible for your emotional wellbeing?
20. Often what are thought to be adult needs are really leftover childhood neediness.
21. Neediness is mostly about controlling others in order to avoid facing the pain of our childhood fears and insecurities, which never leads to any real resolution of that pain.
22. In this state of neediness, we are draining the Love out of the relationship rather than filling it up.
23. We all have various degrees of neediness left within us.
24. We all need to parent ourselves to some extent. This is what the 5-Step Process is for.
25. Actively caring for our own humanness is a great example for our children.
26. To justify ourselves as being victims means that we must regard ourselves as powerless children.
27. Adults have the power of conscious-awareness and therefore have the ability to take command of their own minds. Parents have the role of representing awareness to their children. We are teaching our children how to care for and be compassionately responsible for their own minds by the way we are caring for our own minds, or humanness, in other words. If we don't know how to care for our own humanness, then what example are we giving our children?
28. Conscious-awareness gives us adults the power to process emotional reactions, as well as our fears and insecurities, and instead of reacting, we can choose to consciously respond appropriately. Acceptance and personal responsibility activates conscious-awareness - the ability to self-reflect and see a bigger picture.
29. As adults we don't have to be perfect, but we do need to accept responsibility for our own lives if we hope to

have harmony in our relationships.

30. In order to learn new ways of being and relating and to grow, we must accept our humanness. Being judged when we were children was one of the main causes of our problems. Judging ourselves keeps the pain going.
31. Genuine needs are revealed through conscious processing of our human emotions. This then gives us access to insight – the guidance from our higher feelings and awareness.
32. To create healthy boundaries, it helps to regard our conscious-awareness as a private and sacred sanctuary for our own mind and body, where we live and care for our humanness, which is the foundation of our lives.
33. Having this perspective helps us to discern what is most appropriate to allow into our inner-sanctum.
34. By making positive choices for ourselves based on what *feels* right in terms of self-acceptance/love and personal responsibility, we can be confident that our choices will serve our highest long-term good, as well as the highest good of others, even if they don't understand that at the time.
35. A healthy relationship is not possible where condemnation, blame, verbal abuse, harmful manipulation or violence exists.
36. Forgiveness does *not* mean destructive behaviour can continue, whether it is your own behaviour or another's.
37. It is wise to put any relationship on hold until the abuser fully faces up to his/her abuse and seeks help to correct the confusion that is carried in his/her mind. It is essential to understand that it can take months or years to accept, face up to and heal such destructive confusion.
38. When we set such a boundary, the person in the relationship who is being abusive may temporarily change to keep us happy, but if they haven't really faced themselves and accepted full responsibility for their fears and insecurities, this change won't last. Real

change takes a solid long-term commitment.

39. Vengeance (hateful punishment) on the part of the aggrieved is also abuse.
40. We get into trouble where boundaries are concerned because we don't speak up when something in the relationship does not *feel* right.
41. When children's feelings, individuality and personal space (within the bounds of active loving guidance) are not considered or respected by their carers, there is often difficulty implementing healthy personal boundaries when they become adults.
42. As an adult, your order of care priority is: 1. Yourself, in order to have what it takes to give to the relationship. 2. Your partner, in order to create a loving sanctuary for each other and the right environment for the children. 3. Your children, so they can grow to be themselves and thus realize their potential. 4. Work, extended family, friends etc. to support you in taking care of your essential needs and responsibilities.
43. The secret to Unconditional Love lies in our own conscious intent to accept and care for our own vulnerable humanness. This is where we learn about true Love.
44. When we give ourselves Unconditional Love, we will then have it to freely give to others.
45. You are responsible for your own worthiness, not your partner. Your partner is not our parent. You must now be your own conscious loving and responsible forever parent.
46. We are adults. We must learn to emotionally stand on our own two feet.
47. Children need adults to care for them. Adults need to care for themselves.
48. My adult conscious-awareness responds appropriately for the good of all. My wounded inner-child reacts out of fear and confusion, fight or flight, in other words.

This is how we can tell the difference between when we are responding with our mature adult awareness, or our human vulnerabilities that are most often left over childhood issues.

49. To heal and grow, we must compassionately accept our human vulnerabilities and commit to doing what it takes to look after them. This is what we needed as a child and what we need at any time. We are finishing unfinished business with the power of our own adult awareness.
50. Learning to take care of our human vulnerabilities (often called our inner-child) is an ongoing process of learning. There is no standard we are supposed to reach. Everyone's journey is different, because we are all unique. What is easy for one person may be hard for another. The important thing is to make learning and growing the foundation of your life.
51. When we make learning and growing the foundation of our lives, our problems and human vulnerabilities become opportunities to grow in wisdom and maturity – leading to increased harmony and happiness.
52. When we grow, it gives our relationship a chance to grow.
53. Conscious-awareness is about being tuned into emotions and Feelings. Emotions and Feeling reveal the reality of our thoughts and beliefs—our old negative programming or our higher wisdom.
54. Our negative emotional reactions are caused by our own fears and insecurities.
55. Our emotional reactions are a call to our conscious-awareness to care for our vulnerable humanness.
56. We do not know the minds of others, not even that of our loved ones. We therefore must learn to communicate, such as asking open questions and then truly listen, rather than assume and accuse.
57. Self-condemnation or condemnation of others is rarely justified. The picture is always more complex than we first assume.

58. It is not what others do or say to us, it is how we take it in or relate to it and how we respond to it that makes the difference.

59. Have faith in your ability to learn and grow. Put the Five Step Process, or a healing and awareness process like it, at the center of your life and live it. You will then be able to create the life that you want, while continuing to heal and grow in wisdom and maturity.

