



**PUTTING THE  
FIVE STEP PROCESS  
TO WORK**

**By Phil Golding**



What is laid out in these steps is a workable strategy for personal change. Those in my field of psychology know such a strategy works for two main reasons: Firstly, we live in a wonderful age where we can gain access to all the information that human beings have stored down through the ages. There have been scores of great philosophers and sages in every culture, all through time. What they have written can now be studied and compared in what is called a meta-analysis. What has been discovered is that their writings and teachings all correlate in fundamental ways. It is like there is a set of ‘natural laws’ or physics that apply not only to the material world, but also to human consciousness. This physics of consciousness reveals how we can use our Conscious-Awareness to heal, harmonise, and evolve our human minds. This has been termed “perennial wisdom”, which simply means wisdom that endures. When you apply these laws to your life in a consistent way, any imbalance in the mind begins to heal. Increased personal calm, balance and empowerment is inevitable, with greater happiness, fulfilment, and more harmonious relationships with others, the result.

The second reason that we know it works is that enough of us have applied these laws of consciousness to our own lives and have experienced the benefits directly. We still value orthodox scientific research. In addition though, we see ourselves as the experiment. We first apply these principles of personal change to ourselves, because if we can't put this to work in our own lives, how can we expect others to do the same, and how can we possibly know what it is really like. In the field of transpersonal psychology, we try to be less the out-of-touch expert and more the living example.

I personally had a difficult childhood for various reasons, which led to me falling into chronic depression, complicated with PTSD, which I eventually traced back to starting around the age of eleven. My depression further complicated my life by restricting my ability to make wise decisions on my own behalf, or I avoided making decisions altogether. I was stuck and afraid to take a risk in life. The result was poor relationships and a career that did not reflect my true potential. At the age of 24 I hit my rock bottom, which forced me to seek help.

Even though I soon learned to function well, whenever I took on a new challenge, my chronic depression would be triggered once again. Finally, after eight years of personal growth work, that helped me in many other areas of my life, I decided to spend some dedicated time focusing on my depression and nothing else. Using all that I had learned, I surprised myself by finally breaking the back of my depression in just a few weeks. The final key for me was a deep, fundamental level of self-acceptance, which is the basis of Step 1 of the 5-Step Process.

I have experienced many challenges and painful emotions at times since then, that would have normally triggered a bout of depression, but I now know what to do about it. Depression can no longer take a hold of me. You could now say that I am immune to this chronic disorder. I could have overcome my depression a lot sooner if I knew at 24 what I know now, but this was not the case. Besides, my experience has been my greatest teacher where becoming a psychotherapist and self-awareness teacher/coach is concerned. It has helped me learn that every problem can be turned into an opportunity. I now have the opportunity to help others find their way back to happiness and fulfillment.

A side benefit to my personal growth work was that as I continued to connect to myself, my natural interest in psychology began to grow. Before I knew it was to be my career I was well versed in the subject. My own higher consciousness knew this was my calling well before the rest of me did. I was always interested in getting to the fundamentals of how personal growth works. I explored many different teachings, philosophies, self-awareness paths, ancient and modern, and from the foundation of my own experience of delving into my own mind, I could recognise a common set of principles, or laws of consciousness, that are the key physics to transforming the mind. Once I understood that, I could see these foundational laws everywhere I looked where people and communities were functioning in

harmony together. When I came to define these key laws for myself, the Five Step Process was the result.



## Step 1

### ACCEPTANCE

After recognizing that there is a problem, acceptance is the first step in taking action to do something about it. Even though this first step of acceptance is applied on many levels, where most psychological problems are concerned, self-acceptance is an essential starting point.

**Self-Acceptance:** The opposite of self-acceptance is self-rejection, and self-rejection, often buried deep within our unconscious mind, more than anything else, blocks us in our efforts to overcome emotional problems and the negative mental patterns that keep the emotional problems on a repetitive loop. There is a strong tendency in our society to feel ashamed when we cannot psychologically function according to the “norms” of our society. Everybody suffers emotional crises from time to time, but when this crisis becomes prolonged for one reason or another, there is a perception that we have failed and are unworthy because of it. We cannot control another's misguided perceptions, but we can certainly do something about our own.

We are like a priceless one-of-a-kind car that has broken down. It would not make sense to regard this car as not worth fixing or that the car is wrong or stupid for breaking down. When this priceless car breaks down, it is then a matter of objectively and carefully taking it apart in order to correct the problem. It is useful to approach not only our body, but also our mind in the same way. Human beings are highly complex and at times delicate machines that need constant care and attention. The more primal level of our mind is a bit like a computer program that runs the machine. This program is our conditioning, our unconscious mind-habits that are often thrown together along the journey of our formative years in ways that do not always work that well. As a result, we easily get out of tune. Being human means we are going to break down once in a while. This is simply a fact of life.

Self-rejection can severely hamper our ability to look at this fact of life objectively. As a result, we may not make the needed effort to find the type of care that is appropriate for us. We must accept our right to be human, along with our genuine need to reach out for help when it is required. If needing to do some work on our own minds diminishes our worth, than that is part of the confusion in our minds that we need to have a good look at. Our worthiness should be seen as something that is beyond question. If our mind thinks otherwise, than we simply have some reprogramming to do. It is the programming in our mind that is the problem, not our worthiness.

All through your life, from being an infant, a young child, a teenager, and a young and growing adult, you have only ever done the best you could within the environment you grew up in and the awareness you had available to you at the time. No matter how many mistakes you made, no matter how often you were hurt and how often you hurt others, you were doing the best you could. Being able to heal, learn and grow requires you to look squarely at these experiences and see them as opportunities for self-reflection and insight. This is only possible if you are accepting your right to be human. It is not possible if you are rejecting yourself.

**Acceptance of our “Higher Awareness”:** In my almost 40 years of being on my path of personal development, and then helping others with theirs, it has become clear to me that we are more than just complex machines. There is a more intangible or mysterious quality to the human being which I, and many other researches in this field, call Consciousness. To put it simply; consciousness enables a human being to observe him or herself - to be self-conscious in other words, in ways that animals are not. In other words, we can observe ourselves from a higher perspective than our habit-bound primal mind, which is where all the problems develop.

Consciousness is where we access our highest potential. To try to define the two sides of our human nature, you could say that we have a lower survival mind and a higher growth Consciousness.

**Lower Survival Mind:** This level of the mind is where we find our fight-or-flight instincts, as well as our unconscious childhood conditioning. This limited level of mind could be said to respond and operate from FEAR. It is often called our “survival consciousness” due to always being in the position of struggling to survive against the elements of the world. When our lower survival mind is controlling our lives, we allow our decisions to be based on what we fear. As a result, we tend to build protective walls around ourselves and see the world in a negative light, which may often be far from reality. Because we regard our fear-based thoughts as “true”, we don't question them and therefore live in the restricted boundaries of these limited perceptions. For example: We may have a fear of being criticized and in order to protect ourselves from feeling this fear, we isolate ourselves and become a “prisoner” to this fear, or we lash out at others or try to dominate them, or we become overly attached to people in the hope that their love will compensate for our lack of love for ourselves. Ultimately, our fear and suffering

is caused by self-rejection, even though, due to not being aware of our own self-rejection, we are assuming the world around us is the cause of our suffering. However, self-rejection causes us to respond to life's challenges in self-defeating ways.

We survive, but we certainly don't live in the full sense of the word. This level of the mind, left to its own devices, is like a child left to fend for itself without a loving parent to take care of it, which is often where the problem starts. However, as adults, we are now the parent of our own mind, but don't know how to reach out to our own mind and our mind doesn't know there is a higher dimension to itself. Not surprisingly, when this limited habitual thinking controls our mind, our life tends to be plagued with sadness, conflict and disappointment. Frequent poor health and fatigue is often a further consequence. Our potential of consciousness is trapped within, and controlled by, our survival mind and its conditioning. Consciousness is limited to being ego, serving our conditioned lower mind in an unconscious way.

**Higher Growth Consciousness:** This could be said to respond and operate from LOVE. Acceptance is a quality of Unconditional Love. When we do our best to accept ourselves as we are, ongoing, it becomes easier to look squarely at ourselves in a constructive way. This ability to observe ourselves with acceptance, opens our heart and wakes up the potential of genuine awareness from within the power of our consciousness. When we can connect to our Conscious-Awareness, qualities such as compassion, wisdom, courage, insight, joy, serenity, and genuine intimacy can be experienced. This is the wise, loving parent within us who is able to look after the child that is our lower survival mind.

From the perspective of our Conscious-Awareness, we can see the world in a positive but realistic light and we feel attractive to others and comfortable to be around. We are able to feel our fears, process them and push through them rather than allow them to control us. This side of our consciousness allows us to grow and evolve. It also facilitates good health and vitality.

We all experience both these sides of our being in varying degrees. This is not right or wrong, it is simply the experience of being human. We can learn to accept, be there for, and care for our confused, fear-based human-self like a loving parent would care for their child. We can learn how to be more aware of our higher growth consciousness (the parent self) and operate at this higher capacity as a matter of routine, and particularly when we most need to, by practising/living a self-care process such as this Five Step Process.

## **The Challenge of Self-Acceptance**

Where self-acceptance is concerned, if we have strong self-worth and self-rejection issues, then we find it hard to accept that we have a side to ourselves that is so beautiful and powerful. Nevertheless,

it has been my long and repeated experience, that if you consciously make a solid commitment, and a consistent effort, to accept your human-self (lower survival self) and take care of it on a daily basis, like one would lovingly care for a child, then you, as Conscious-Awareness, will naturally continue to grow in your ability heal and manage your mind. It is not about getting it right all the time. It is more about having a go on a daily basis and learning each day from the experience. That is what acceptance is. What we are doing is giving ourselves the Unconditional Love that we didn't get in our formative years, or at any other time. This is how we reprogram our survival mind so that it takes its proper place as the constructive supporting foundation for our Conscious-Awareness, and not something that is continually undermining us.

Therefore, being human also means we have this higher growth consciousness available to us, and we can literally become Conscious-Awareness, which enables us to overcome all difficulties, if we give it a chance. Learning how to be our Conscious-Awareness is a well-worn path that has been mapped out for us by those who have gone before us. It is no longer a mystery, but it still requires your never-give-up commitment to yourself and your life to learn how to be this wonderful potential that you have within you.



## **Step 2**

### **PERSONAL RESPONSIBILITY**

For many of us, we have learned that being disciplined and responsible means oppressing ourselves with rigid and unrealistic standards that we can't possibly live up to. Step 1's principle of Acceptance frees us from these old worn-out perceptions and transforms Personal Responsibility into an act of loving, patient, and persistent caring for ourselves. After all, isn't this the sort of care we truly needed as children? Of course none of us had perfect parents and none of us are perfect parents. As adults, there is still parenting work left to do on ourselves as part of our ongoing life journey. This is a fact of life from which no one can escape. Step 2 is about accepting that every moment in life is

presenting us with an opportunity to try to take full responsibility to learn how to accept and therefore love ourselves Unconditionally and put into practice what we are learning as best we can. This commitment to self-responsibility brings healing, awareness, empowerment and balance into our lives, because we are taking control of our lives instead of giving our power away to the circumstances and conditions of life that will always be there to challenge us. At the same time we are awakening our real potential to live the life that we want.

Step 2 gives us the opportunity to re-examine our attitudes and our tendency to blame and reject others and/or ourselves when we experience emotional pain. Emotional pain is not wrong. It is our mind trying to tell us something vitally important. In reality, emotional pain is our vulnerable lower mind calling out to our Conscious-Awareness for help. As Conscious-Awareness, we need to pause, take a deep breath and look at what this emotional pain is trying to tell us. When we look at emotional pain at a deeper level, with self-acceptance and self-compassion, we can become aware of the confusions that are embedded within our conditioning that are causing us to react to life's challenges in self-defeating ways. While we blame the world for our suffering, we will not be motivated to look at our mind and realise that our own confusions are the problem. If we keep blaming the world for our suffering, we will not learn to be in charge of our own life. So learning how to be open to and listen to our emotional pain and vulnerability is essential for self-awareness, healing and growth. It is also essential for self-empowerment.

It is important to have an understanding of the nature of human emotion in order to know how to care for our vulnerable human minds. Painful emotions can be challenging to face, however, if we don't accept our right to be human. Therefore, it is important to learn to see emotional pain as not a problem, but an opportunity to uncover self-defeating conditioning and beliefs and replace them with more empowering approaches to life.

**Trapped Emotion:** This is old emotional pain that has become trapped within our body/mind's memory system. Much of this trapped emotional energy is left over from our childhood, when we did not always have the ability or opportunity to resolve situations that were psychologically damaging to us. As a result, we became confused and took on beliefs about ourselves and the world that are not true.

The most common dynamic here lies in the fact that, as children, we are spontaneously emotional. Emotions dominate the way our minds think. When children are happy they are overjoyed, and when they are sad it is the end of the world. Children are naturally emotional beings, which does not change until we are well into puberty and beyond, when our rational mind gets a grip, for better or for worse, on our emotions.

Unfortunately, evolving into adulthood means that we forget what it was like to be a child. We don't have patience for a child who cannot act like an adult no matter how hard they try. When children

are judged and rejected for being emotional and not being able to control their needs, it puts them in an impossible bind. They desperately need our love, but they can't stop being children without experiencing psychological damage. As children we certainly needed guidance, but this needed to come with unconditional love.

As children, this psychological damage comes in the form of believing we are fundamentally unworthy or wrong for simply being who we are, which cannot be true. As a result, we frequently experience anger, sadness, despair, shame, and in more extreme cases, disassociate from our feelings to survive. To survive, as children, we begin to create roles and behaviours to please others, and to hide our real feelings from those we want to please or those we are afraid of. This becomes our persona. The more we created this persona, the more we lost touch with that higher part of our consciousness. As adults, we still carry around these mistaken beliefs, such as we are unworthy for one reason or another. This inner psychological conflict still remains, trapping painful emotions within our memories and conditioning, which is frequently triggered by our everyday experiences in our present life. When this happens, there is an over-reaction coming from the trapped emotions - a reaction that simply does not match what is occurring in the moment. This dynamic within us could be said to be the root of all conflict in our lives. This is because it distorts the way we perceive the world and react to the world. These emotional reactions can be subtle and simply be a part of what is regarded as normal reactions, but they can also be severe and cause us to behave in irrational ways. Trapped emotions can be the result of significant trauma, causing the release of these emotions and associated memories to be very painful, frightening and re-traumatising. Post Traumatic Stress Disorder is an example of this.

Like the free emotion, trapped emotional reactions can also be pleasant. These over-reactions can lead to addictions for example, or falling in love inappropriately. Therefore, trapped emotional reactions tend to be disconcerting because they have a habit of over-riding our ability to think rationally in that moment. We lose touch with reality, in other words.

Where depression is concerned, when we are blocked from our major sources of fulfilment, this triggers our belief that we are unworthy. When we are suffering from depression, like many other serious emotional difficulties, we are barely aware of how deeply we are rejecting ourselves. It is a bit like when we were “naughty” as children and as a punishment our primary carers withheld their love from us as though we were unworthy of that love. As adults, we unconsciously impose this dynamic onto ourselves and it is this self-rejection that keeps us down. We all display this psychological dynamic in some way in our lives. To the degree this dynamic is active, is the degree that we cannot function the way we would like.

Usually we try to compensate for our lack of love for ourselves by demanding more love from others, which creates a whole set of problems in itself. We can end up being emotionally dependent on



someone while at the same time pushing them away for fear of not getting the love that we want. The real underlying issue though is our own relationship with ourselves.

It is this trapped emotional energy, and the associated confusions that have become embedded in our minds, that we are endeavouring to heal or “re-parent” through counselling and therapy, and putting to work our own self-awareness process. Therefore, every adult has a responsibility of care towards their own “emotional wounds”, and furthermore, my experience has shown me that every adult has the ability to give themselves this level of care. What we need is a bit of faith in ourselves, and helping us gain this faith is another role of counselling.



### **Step 3**

#### **LET GO & TUNE IN**

**Letting Go:** Step 3 is about putting steps 1 & 2 into action to identify and process our vulnerabilities/emotional pain on an ongoing basis. It is not until we really commit to seriously and persistently caring for ourselves in this way, do we gain the ability to access our deeply ingrained self-defeating thought patterns and associated emotions. Rather than blindly and unconsciously acting out these patterns, we begin to see them as if for the first time, even while we are still in their grip. Our heads are full of perceptions, beliefs and attitudes that are causing us to be out of step with life and out of tune with our own real potential. Even though these mindsets are clearly hurting us, it can be difficult to let them go because they are, at first, all we know. When we look squarely at these self-defeating thought patterns, some fall away quickly because we can easily see they don't make sense, and there are not many layers to them. Other self-defeating thought patterns can be more persistent. They may have originally formed to help us survive at a young age and we think we still need them for protection, when in reality they are holding us down.

However, we are no longer a child who is powerless over his or her own life. As adults, we have the power to learn new ways and develop new choices. Life-skills need to be learned just like anything else, but we won't learn anything new if we are not prepared to let go of, or at least question, our old beliefs that keep us down. We primarily get lost when we blame the outside world for causing our emotional difficulties. That is what we must let go of. If we don't blame others, then we assume we must blame ourselves. To move forward we must re-examine steps 1 and 2 and recognize that there is no one to blame. We are not bad, we are just confused, and being confused is just a natural part of being human. But if we allow our confusion to rule our lives then we are not going to change for the better. Therefore, step 2 is about facing up to this confusion, taking it in hand and compassionately leading it back to reality.

When we are less inclined to judge others and ourselves for being confused, then we are more motivated to own our confusion and the emotional pain that comes with it and do something about it. Therefore, what we are mostly letting go of is our judgements that somebody is wrong or bad for being confused, for being human. For those of us suffering from depression for example, we need to particularly let go of our judgements of ourselves. If it is our life circumstances that have fallen apart, than at least we have ourselves, and if we are our own best friend, then we will make it through and build a new life. We are learning that the power of Love, of resilience, is sustained by our own Unconditional Self-Acceptance.

**Tuning In:** When we are judging and rejecting ourselves, we are in conflict with ourselves. We have become our own worst enemy. Little wonder we spend our lives running away from ourselves. We are in a constant state of tuning out. We tune out because we are still stuck in that impossible childhood bind. We think we have to live up to some crazy standard that says we are not allowed to be human while at the same time not being able to be anything else. In order to avoid feeling our own unconscious self-rejection, we phase out, and we do it in countless different ways, and in ways that have become so ingrained into our society that we call it normal behaviour. Smoking, drinking and taking drugs are just a few ways. There are also many natural human behaviours that are used in a distorted way to hide from ourselves, such as sex, power, status, eating and entertainment. When we are depressed, our self-rejection can be such that we can't find a way to escape from it, even when we try.

In the process of wanting to be free of issues like depression or anxiety, we don't realize that wanting to escape from it is part of the problem. We don't realize that we are just trying to escape from our own mind, which leaves us powerless to do something about it. We don't realize that our mind is calling out to our higher growth consciousness/Conscious-Awareness for help. If our own child calls out in pain, we don't run out the door. We turn around and compassionately attend to the problem our child

is having. The act of accepting our humanness and compassionately looking within activates the power and potential of our Conscious-Awareness to heal our wounded mind.

While we are rejecting ourselves for simply being human, we are always going to want to tune out from ourselves, and while we continue to tune out, we will never get beyond our self-defeating behaviour patterns. There are two main reasons for tuning into ourselves:

**1. Connecting to our Inner-Child.**

**2. Connecting to our Growth Consciousness.**

### **1. Connecting to our Inner Child**

One of the most effective ways of looking at emotional pain, particularly trapped emotions, is to see it as our own child-self stuck in a time-warp calling out for help. Being an adult means that this child (our own vulnerable conditioned mind) now belongs to us. We are responsible for our own self. After all, the pain is now coming from our own mind, which just gets stirred up by situations in the now. Being the only ones responsible for this pain now may not seem just, but everyone is in the same boat, even though not everyone accepts this fact, and those of us who don't are the ones who find happiness the most allusive.

Therefore, whenever we tune out, it is like we are abandoning our own self, which just perpetuates the emotional wounds that we carry around. By tuning in instead, it is like our child-self is finally being heard. By giving ourselves the time and space to feel with self-acceptance in mind, we can grow in acceptance of our human emotions and gain more awareness of the confused beliefs that are keeping them active.

When we are not heard as children, when people don't take time to connect to us for whatever reason, we literally feel like we don't exist. Now we can validate our own existence, which is the root of self-empowerment. Stepping into this new way of being can take some guidance. Here counselling is once again important, because we will run up against our self-rejection mindsets time and time again. This is not a bad thing though, because each time we do, it is an opportunity to see through the confusion and see ourselves in a better light. When we face our problems with self-acceptance, they become opportunities to heal and grow.

We are our own parent, and we are learning to parent ourselves. One of the wonderful spin-offs of building this type of relationship with ourselves is that everything we learn that helps us to make a real connection with ourselves also works where connecting to our own partner and children are concerned, which is perfectly logical when you think about it. For many people, making a real heartfelt connection with themselves is one of the most special and profound events in their life. This in itself can be life-

changing. For those of us who suffer chronic depression, this can be the very key that turns off the depression for good.

## **2. Connecting to our Growth Consciousness - Conscious-Awareness**

In my experience, confusion sets in when, for whatever reason, we get out of touch with our higher growth-centered consciousness, or conscious-awareness. When we tune into ourselves in the spirit of compassionately accepting our humanness, we are learning to take care of our own mind. As we are doing this, and at first without even knowing it, we are also tuning into our Conscious-Awareness. This is because we are literally choosing to be the representative of Love to our own mind. Our Consciousness-Awareness is our potential of ultimate unconditional Love and we are learning to give this Love to ourselves. When we put in the effort and persistence, we start to really feel our inner-wisdom and power coming through, and sooner or later we find ourselves embraced by feelings of deep Unconditional Love that seem to come from nowhere. This can be part of that heartfelt connection that I just spoke about.

Despite what many people say, you don't have to be “special” to experience this inner source of Unconditional Love and have this experience as a normal part of your life. It is as easy as taking the time to lovingly care for yourself on a daily basis. Sometimes we can have a peak experience of this Unconditional Love, which can be life-changing. However, it is often assumed that this peak experience means we are fixed and we expect everything to change after this. If this is the case, we can become disappointed and disillusioned and lose faith. Also people can get themselves lost trying to chase more and more of this peak experience. This is one of the reasons cults gain the power that they do. Behind this confusion is the desire to be “rescued” by someone else. We are still thinking that our emotional pain is bad and we are still trying to escape from it, rather than accepting it and lovingly and sensibly taking care of it, which enables our self-love to become a steady, normal reality in our lives.

As we pay attention to the task of lovingly caring for ourselves, our connection with our higher consciousness grows and simply becomes a natural part of what we call common sense. Many people have this as a natural result of positive conditioning. The rest of us have to make the effort to learn it. We are reconditioning ourselves.



## **Build a Life-Long Strategy for Success**

Learning how to create the life that we want is not a six week course with a certificate at completion. This is our entire life we are talking about, and we are re-educating a mind that has been deeply conditioned for perhaps decades. The secret to success is to make this learning an open ended daily commitment. Our lower mind may find this a burden, and it can be challenging and require some hard work to have the discipline to stick with our strategy and push through the old habits, but if we persist, it gets easier. If we persist, we have those inevitable breakthroughs and we get to feel and experience that power that is within us. However, if we keep giving in to the old self-defeating habits, it might seem easier and more comfortable at first, but it gets harder and harder because our suffering just continues on.

1. **Reading.** We need to re-educate ourselves and continue to educate ourselves, so reading, listening to, watching self-awareness material on an ongoing basis is essential.

2. **Writing.** We want to become this new way, so writing is essential. Writing helps us to:

- ✓ Stay in touch with our vulnerabilities.
- ✓ Identify our old habits.
- ✓ Assimilate new learning.
- ✓ Construct new positive habits.
- ✓ Keep track of our progress.

Writing enables us to bring our mind into our Conscious-Awareness where we can parent it. It is your daily meeting place with yourself.

3. **Counselling.** This journey is not meant to be done on your own. A part of acceptance is accepting how powerful your mind is and how tenaciously it hangs onto its old habits. It thinks it is

doing you a favour by doing so, but survival is the only thing it knows. You don't want to just survive. You want to live and thrive. That is the domain of you as Conscious-Awareness. You need a counsellor, a mentor, a coach to keep pulling you out of your mind-fog. The counsellor's job is to teach you how to be your own counsellor, to empower you with knowledge and new positive habits, while helping you build a loving and compassionate relationship with your humanness.

**4. Self-Help/Awareness Groups.** Joining such groups and attending regularly is a way of meeting others who are on the path of success. We support one another and reinforce each other's growing knowledge and self-acceptance. We meet new positive life-long friends that represent the life that we want. We also give ourselves the opportunity to find great mentors.

If you make this strategy your new life-style for the rest of your life, you simply cannot lose, and I mean that very seriously. Transforming your life is not a mystery. It is a thoroughly worked out and practiced formula.

Step 3, Let Go and Tune In, therefore, is where we really get to know our mind and learn how to be its forever loving parent. This is where we learn how to turn our lives around, so it is essential to give it total commitment and do all you can to learn how to be there for yourself for the rest of your life. If you do, you will become your own sanctuary, your own best friend, and build a profound foundation of self-worth and resilience that is totally within your control.



## **Step 4**

### **LIVE IN THE NOW**

One of the things we discover while we are learning to compassionately reconnect to ourselves, is how much time we devote to regretting the past and worrying about the future. Of course both activities are a complete waste of time. While we are caught up in this type of thinking, we are tuned out from the present moment, which is where we need to act. We are busy being lost in our fearful imagination,

living in a false world where we are all too often a powerless victim. This type of thinking keeps our wounds alive, keeps us stuck in our confusion and drains our energy.

The more we work the previous steps, the more we can see that the only space we can truly live in is in the present moment. Of course old wounds are still with us, so when we feel them in the now, we deal with them in the now. This is called learning from the past, which is the only thing we can truly do with the past, and it will keep hanging around until we do. We can also make plans and set goals for the future, but we cannot dictate the results. It would be a safe prediction though to say that our future won't be bright if we spend too much time worrying, regretting and rejecting ourselves.

Not living in the now is a product of not taking responsibility for our own lives – we still want someone else to fix it for us. This is just natural human confusion. As we learn to connect with ourselves and be in a state of *tuned-in* rather than *tuned-out*, we can act more on our own behalf in the present moment. As a natural result, we get more done, we have more peace and we experience more happiness. Our personal power and discipline naturally increases. Of course I am talking about genuine discipline – the sort of discipline that brings us freedom, not restriction. This sort of discipline serves the heart. It is self-accepting and self-compassionate.

The more we work these steps, the more we can act wisely in the moment, and the more access we have to our joy and creative intelligence. Our ability to find solutions to problems that once baffled us increases, and we become amazed at the choices that are available to us in life.

Therefore, Steps 1 and 2, Acceptance and Responsibility, inform you of how to put into practice Steps 3 and 4. Just as Acceptance and Personal Responsibility go together to make the foundation for all that we do, Steps 3 and 4 go together to enable us to create and live the life that we want - to do it in the right way - the way that works. The more you try to implement what you have learned and move forward, the more you will discover what you don't know. You will also encounter deeper, persistent confusions and vulnerabilities that you need to take care of. So its back to Step 3 to do some self-healing and nurturing. With the new insights that you gain from your Step 3 work, you can move forward even further into creating the life that you want with your Step 4 work. Therefore, your 4-part Strategy for Success involves both Steps 3 and 4 workings as a team, like yin and yang, mother and father.

So there is always your humanness to look after, and if you deny this, you will inevitably break down or sink down into old bad habits. You must care for your humanness throughout your life, while building the life that you want. This ensures balance and continual growth in awareness, life-skills and wisdom. Your conscious, loving relationship with your own human-self is the most important relationship you will ever have. You are with yourself 24/7. Everything in your life depends on the quality of your relationship with yourself. This is the foundation of your life.



## **Step 5**

### **LIVE THE PROCESS AS A WAY OF LIFE**

Step 5 is about recognizing and accepting that life is a journey of continual growth. When we accept this level of responsibility for our lives “the sky's the limit”. It is our stuck child-self that says we should be magically happy without actually making the effort to learn what it means to be happy. This confused part of our mind is still waiting for mum and dad to finish the job, but this is not going to happen, and there is grieving we all have to go through around this. Our current loved ones can't do the job for us either. It is too much for one human being to take on that job for another.

Because of our lack of faith and trust in ourselves, we also have trouble trusting others. We only tend to give self-improvement programs half an effort at the most, and then say, “see, I told you it wasn't going to work.” Step-5 urges us to confront this confused thinking and finally see that it is this type of thinking that robs us of the life that we want.

We are freer to get serious about facing our challenges and healing our minds when we can accept that it is okay to be human. Accepting your humanness also means accepting that you have naturally got what it takes to overcome your problems, even though you don't at first know how to access your inner potential. If you never give up, and refuse to see failure as defeat, but instead just another opportunity to grow, you will find the personal power to manage anything that life can throw at you. In fact, feeling such personal power becomes exciting, and personal growth becomes a natural way of life, and everything you encounter in life, and within yourself, simply becomes an opportunity to become more of who you really are.





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