



Useful Insights to Grow Your Self-Awareness

By Phil Golding

1. We don't truly know if we have genuinely learned something until we have attempted to put it into action.
2. Our ego's pride often gets upset and falls into self-rejection, blame, or denial when things don't live up to our expectations. This makes our path of personal growth unnecessarily hard.
3. When we accept that our life is a journey of continual learning, growth and awakening, we can then work harmoniously with what comes our way, rather than be in conflict with it.
4. Therefore, there is no failure, there is only an experience to learn more from. In this way, we can make the past work for us.
5. You can only manage your life in the now. You cannot act yesterday or tomorrow.
6. Whether it is emotional healing, or achieving your goals, skilfully managing what you are experiencing in every moment will determine your success.
7. Worry, regret and resentment are a complete waste of time. Not only that, they are the destroyer of a positive future. Worry is taking all the fear and confusion that your human-self has accumulated from the past and then creating an imaginary future with it. In reality, the ego knows nothing about the possibilities of the future. The ego is the unhappy author of its own drama.
8. Worry, regret and resentment is the mind trying to control the past or the future, rather than face our fears and insecurities in the moment. These self-defeating ways of thinking have much to do with having our self-worth attached to people and things outside ourselves. This is fear-based controlling. It is a major source of stress and anxiety, it is utterly futile. It's like trying to run down the road by running on a treadmill. We just burn up energy getting nowhere. Here the mind is confusing thinking with doing. We can only act now, including facing our vulnerabilities, so we can process them and heal them, so we can take charge of our own self-worth. This is what Step 3: Let Go and Tune In, of the 5 Step Process, is all about.
9. Misplaced guilt occurs when we are not accepting our right to be human, or when we get

caught in boundary confusion. When we act in a way that conflicts with our values, guilt is an emotion that reveals this conflict to our awareness. This is healthy and useful so long as we use our awareness to compassionately contemplate that action and look into why we went down that path. It is important to forgive our humanness while doing what we can to learn from our mistake by taking better care of ourselves while learning to stand firm in our convictions, even when this displeases someone. Often we allow ourselves to be manipulated to feel guilty about the inappropriate reactions of another when our own actions were appropriate. This is boundary confusion. We are not actually hurting the other person. It is their own confusion that is causing their suffering. Boundary confusion tends to become part of our conditioning through our childhood when we are repeatedly made to feel responsible for an adult's inappropriate behaviour and/or emotional reactions. The child is expected to be the adult's parent. This confusion around boundaries is then carried into adulthood.

10. If your character has strong feeling traits, leading you to want to naturally serve and help people, this trait can be manipulated by misguided people. As a feeling person, it is essential to learn how to care for yourself and your values. This is not being selfish, this is being self-responsible and self-sustainable. It helps to see your humanness as your own child - your forever child, and you are your inner-child's forever parent. This loving and compassionate relationship with yourself is your foundation of self-worth and resilience. If it is not right for your own children, then it is not right for your inner-child and therefore not right for you. You are not hurting others by appropriately caring for yourself. Putting yourself first in this way is essential for your wellbeing and balance. Otherwise, we are unconsciously teaching people how to use us, neglect us and take us for granted. We are the ones who are creating these negative dynamics. It is essential to trust what you know is right, even if someone is placing demands on you that you know are inappropriate. Again, you are not hurting the other by setting appropriate boundaries. They are hurting themselves with their own confusion and they must learn their lessons. They can't do this if you are propping them up, and when they get around to learning that lesson is not your responsibility.
11. An essential factor in learning from the past is learning how to honour yourself and care for yourself now. You are learning to build an internal foundation of self-worth.
12. Accepting the past does not mean accepting unacceptable behaviour. We can still say no to someone we have forgiven.
13. You can still hold people accountable for their actions if you can, but be very aware that seeking justice is not necessarily going to bring you healing and a bright future. In fact, those who are already taking full ownership of their mental/emotional wellbeing are more resilient when it comes to fighting for justice, because they are not so emotionally dependent on outcomes. They are not defeated by defeats.
14. Carrying hate and resentment within your mind is self-destructive and keeps you dependent on, and vulnerable to, those you have resentment towards.

15. If you are a strong FEELING type, your path of balance is learning to responsibly Love yourself. You become your own source of Love without needing to take from others or expecting it from others. Only then can you give sustainably without neglecting yourself.
16. If you are a strong WILL type, then you need to learn to Love others, to put others first, to be a source of empowerment for others through acceptance and compassion. Putting yourself first is easy for you, and the temptation is to take power from others. Your path is to patiently teach people how to be empowered themselves, and to understand that you need thinkers and feelers in your life. They will teach you how to see and understand the world more deeply and connect genuinely with others. As the WILL type, there is a tendency to sum situations and people up too quickly, thinking that you have already got it figured out, and then wonder why it is so hard for people to get on with you. Be humble enough to learn from thinkers and feelers.
17. If you are a strong THINKING type, like me, then you must learn to think from the perspective of Unconditional Love - acceptance, compassion, kindness. Look for what is right and what works that creates healing, harmony and cooperation in the world. Promote that in yourself and in the world in all that you think and do for yourself and others. See the problems, understand the problems, but become a patient and compassionate creator of solutions. If you follow this path, you will come to understand how life works and that Life knows what it is doing. Be a student of Life and serve Love.
18. The WILL personal breaks through barriers, inspires and leads the way. THINKERS step back and see the big picture and how it all fits together. The Thinker plans the way. The FEELER is intouch with all those around them and helps them to understand their feelings and needs. The Feeler makes sure no one gets left behind. We all come together, Will people, Thinkers and Feelers comes together make up the right balance in a team that achieves goals that are inspired, far-sighted and for the highest good of all.
19. A difficult past can become a benefit rather than be a burden because, when faced with acceptance, it can enable us to grow stronger and more mature.
20. The inner-work of sorting out our own human confusion, by paying attention to and taking compassionate responsibility for what we are feeling, enables us to have the clarity to see the reality of what is in front of us.
21. Our future depends on how we take care of today, everyday.
22. Unrealistic expectations placed on children to get things right first time can have a deep negative impact on the rest of their lives. Suffering under the pressure of such unrealistic expectations means fear and shame quickly invades the experience of learning, and trying new things soon becomes a source of anxiety. In reality, one of the most joyful and satisfying experiences a child can have is the freedom and encouragement to explore new things and learn by trial and error. If the parental guidance is appropriate, what children will remember the most is the excitement of the achievement and the experience of not giving up until they reach their goal. The child grows up confident in his/her natural

abilities and creative power. Disappointments are taken in one's stride without a sense of reduced self-worth. Give yourself the right and the time to learn things by trail and error, no matter how long it takes.

23. Everything takes time to learn, no matter how academically clever we are and no matter how naturally adept we may be at something.
24. Being skilful at caring for your mind is the foundation for all your happiness and wellbeing.
25. Discipline in the form of persistence, determination and structure is essential for facing life's challenges and creating the life that you want.
26. Discipline brings with it freedom to be who you want to be, but only if this discipline is aligned to self-acceptance/compassion/love, the greater principles of your higher-consciousness.
27. Unfortunately, for many people, the word discipline brings up bad memories of being dominated by unskilful parents or other authority figures.
28. When discipline is rightly employed, our Conscious-Awareness develops a great strength of will that serves our highest good.
29. Setting up and persisting with daily routines such as reading, journaling and meditating, as a process of caring for our human-selves, develops an ability to stay above the old confusions and creates new life-sustaining habits.
30. Turning our life around can be hard at first, but as our life-sustaining habits become stronger and begin to overtake our old negative habits, life gets increasingly easier, so never give up. If it is not working, you need to learn more about how to work it, and/or you are not working it persistently enough.
31. Discipline is much easier when you divide your time up into small chunks. Life is lived in small moments, which go together to make a bigger moment like a day or a week.
32. Conserve your energy by focusing on NOW. Every small effort is taking you forward. Only giving up or beating yourself up is taking you nowhere or backwards.
33. Aware Consciousness is the knowing that no matter what comes and goes in the turbulent mind, Consciousness can remain still and tranquil, ready to act. This is the art of Mindfulness.
34. Acceptance, especially self-acceptance, enables us to observe ourselves without being so pulled into self-judgement/rejection. Self-judgement/rejection is mostly a result of childhood conditioning and is mostly buried deep within our unconscious. This is the root of human confusion and suffering. Unconditional self-acceptance is the antidote to self-rejection. Self-acceptance opens our heart, which is another term for opening our Conscious-Awareness. Self-acceptance enables us to self-reflect, to compassionately observe ourselves, which is essential for learning and growing and healing our minds. This

is the heart of Mindfulness.

35. Acceptance is a quality of Unconditional Love. Unconditional Love is the ultimate force for healing the mind and human relationships, including our relationship with ourselves.
36. Unconditional Love is how our human/Soul consciousness perceives and experiences the Oneness of Life, which is often called Universal Consciousness/Love. Our Conscious-Awareness, awakened through the power of acceptance, has the power to represent Universal Love to our own humanness and to the world around us. This is the path of enlightenment that is available to us all. This is the real source and power of Love and Wisdom. This is the Holy Grail of awareness.
37. Joy flows naturally from the heart of Conscious-Awareness, even in the midst of a difficult challenge. We are in the world but our self-worth is not dependent on the world. Our self-worth has its foundation in Universal Consciousness/Love. As we evolve through the practice of Mindfulness, we are increasingly able to inflow into the world rather than still need to take from the world.
38. Consciousness is like a higher will. It is at a higher vibration, or dimension, than the mind. Consciousness-Awareness is the connecting bridge between Universal Consciousness and our human mind consciousness. In order for it to be a powerful force in our lives, Consciousness-Awareness must be activated with acceptance, otherwise consciousness remains mere ego, captured and controlled by our lower minds conditioning. If we want to evolve, we must actively exercise our higher Love-motivated power of choice and consciously parent our human-selves ongoing.
39. If we don't face our fears and insecurities, we don't access the power that enables us to transform our lives. Every fear and insecurity contains trapped aspects of our potential. By learning to be compassionately tuned in and receptive to our vulnerabilities and emotional pain through the practice of Mindfulness, we are able to parent our own minds, learn and grow, and in the process, free, activate and become our hidden potential. This is how we evolve. This is an essential part of enlightenment.
40. The path of enlightenment consists of 3 essential factors. **1. Self-Realisation** - awakening to the knowing that you are not your human mind or body, you are Conscious-Awareness. This is the true nature of yourself, where you can access your ultimate potential. This becomes our new growing identity. **2. Integration** - as Conscious-Awareness, we become the forever loving, compassionate parent to our human mind and body. We get on with accepting full responsibility for our mind (all that we think, feel, say and do) and body and lift and integrate our human-self into ourselves as Conscious-Awareness, which in turn, evolves our Conscious-Awareness in terms of enlightenment. **3. Service** - as we evolve as Conscious-Awareness, we naturally want to help others, which becomes a new path of learning, even as we are still integrating our humanness. We increasingly feel our Oneness with all there is. My enlightenment is no longer separate from your enlightenment.
41. Those who are humble and wise (which is a deep, quiet inner-strength born from self-

acceptance), know Unconditional Love as their foundation in life.

