



## A Comprehensive

# 5 STEP PROCESS SUMMARY

### *The essential keys of the process*

1. Love is a universal force of Life. Life from this perspective can be regarded as Universal Consciousness, that encapsulates everything. Universal Consciousness can also be called Oneness. We feel this ultimate Oneness through our own consciousness in the form of Unconditional Love.
2. We all exist within this Life-Force of Oneness.
3. We can all access and channel this Oneness/Universal Love directly through our own consciousness.
4. Unconditional Love is also experienced via its qualities such as acceptance, compassion, empathy, kindness, etc.
5. Human consciousness therefore, is calibrated to Universal Consciousness/Love/Oneness.
6. When a thought is misaligned from this Oneness, that is at the center of our consciousness, we experience emotional pain and confusion. We are also creating some form of chaos/confusion in the world around us.
7. Our human consciousness also experiences this Oneness in the form of Awareness/mental clarity/wisdom.
8. The more our Conscious-Awareness is aligned to this Oneness/Universal Consciousness, the more connected we feel with ourselves, with others and also with nature.
9. Unconditional Love is a unifying force that creates healing and harmony within the human mind as well as within our relationships with each other and with our

relationships with all other forms of nature.

10. Oneness/Universal Love is an unlimited but passive force, that is activated within this world of our minds by our own Conscious-Awareness through our thoughts and actions.
11. The ability to represent/be Universal/Unconditional Love through our thoughts and actions is called wisdom.
12. We tend to grow up without being Aware of, or being able to act effectively from, our direct connection to Life/Oneness/Universal Love. This is due to the limitations and vulnerabilities of our human mind and consciousness and our survival needs from birth. It also greatly depends on the quality of our childhood environment and the parenting/mentoring that we received in our formative years.
13. To the extent that we grow up within an environment of conditional love, neglect and abuse, is the extent that we come to believe that we are unworthy of Love and think and act out of self-rejection.
14. To the extent that our consciousness is limited by our confused conditioning, is the extent that we are limited to only accessing conditional love from the human world. It is common therefore, to struggle to comprehend or even trust the reality of Unconditional Love.
15. One of the main reasons for suffering is thinking that Love is outside us and that we can only experience Love so long as someone else gives it to us. We therefore think that our worthiness depends on how others approve of us and treat us. This misbelief results in our fear-based attachments, aversions and resultant disempowerment.
16. Our ego, our potential for Awareness, that remains captured by confused conditioning, develops various, ultimately disempowering strategies to get love from the world. This is the cause of the endless melodrama of human relationships.
17. A foundational clarity that empowers our Conscious-Awareness, is to know that the only requirement for Love and Worthiness is to exist. We are in Life and therefore in Universal/Unconditional Love all the time.
18. The human world therefore, does not own our Love or our worth and does not define who or what we genuinely are in our real potential.
19. We awaken our potential of Awareness from within our consciousness by actively Accepting ourselves as we are. Because Acceptance is a quality of Unconditional Love, ongoing Self-Acceptance is able to break through the psychological barriers of self-rejection, enabling us to observe our mind's vulnerabilities and self-reflect.
20. This ongoing Self-Acceptance awakens our potential of, and connection to, Universal/Unconditional Love, and enables us to experience this power through our own thoughts and actions. This is the basis of **Step 1**.
21. **Step 1** states that you have a right to be human, that you cannot avoid being human, having been raised by a human world.
22. **Step 1** also states that you have the ability to be your own loving forever parent to your mind/human-self, via your power of Conscious-Awareness. As Conscious-Awareness, representing Universal Love, you can literally re-parent yourself and heal your painful

emotions.

23. By actively Accepting yourself and lovingly Caring for yourself, you as Conscious-Awareness are able to transcend your human mind to where you can act as an Aware consciousness on your mind, rather than be just limited to the mind and its confused conditioning.
24. Conscious-Awareness is the bridge between the dimension of Universal Consciousness/Love/Oneness and the dimension of your human-self.
25. When you are Accepting yourself as you are, you are then in a position to observe your various mind-states without your Awareness being so blocked by self-judgement/rejection. This is the basis of Mindfulness.
26. It is helpful to regard your vulnerable conditioned mind/human-self as your 'Inner Child' to help you understand and feel the vulnerability of your human-self and the importance of treating your mind/human-self compassionately.
27. Most of your social conditioning is set in place within your subconscious by the time you are ten years old, so regarding your vulnerable human mind-states as an inner-child is meaningful.
28. When you Accept yourself as you are, you are consciously acting on your mind with Universal Love, channelled through your own heart/Conscious-Awareness, rather than depending on love only from the unpredictable human world outside you.
29. In so doing, you embark on the process of replacing confused conditioning, that is misaligned from Universal Love, with conditioning that is aligned to Universal Love and therefore initiating healing and harmony within your mind.
30. By *Accepting full Responsibility* for your mind, for everything you think, feel, say and do, in the spirit of Self-Acceptance/Unconditional Love, is the basis of **Step 2**.
31. With **Step 2**, Personal Responsibility, you are further empowering yourself to access the potential of your Conscious-Awareness and aligning your Conscious-Awareness more powerfully with Universal Consciousness/Oneness.
32. Ego is your potential of consciousness that is limited to, and serving your limited mind's conditioning. Ego is transformed into Conscious-Awareness when you consistently face your fears and insecurities and actively care for your confused mind with Self-Acceptance and Personal Responsibility.
33. Strengthening and staying centered in your Conscious-Awareness, requires you to keep your vibration consistently high with reading, journaling, meditation/Mindfulness, Self-Awareness groups and finding an experienced mentor.
34. By keeping yourself strong in your Conscious-Awareness, you are able to stay steady in your higher vibration/Awareness when your mind/inner-child emotionally reacts. Rather than having the emotional reaction engulf your Awareness, you are more able to guide the emotional reaction into your compassionate Awareness to be processed.
35. **Step 2** states that when you think you are a victim, you are placing other people, places and things in charge of your happiness/peace of mind and wellbeing. You are therefore disempowering yourself.

36. **Step 2** also states that when you Accept full Responsibility to take loving and compassionate care of your own mind, you are taking charge of your peace/happiness/wellbeing/life, including how you create your future.
37. Healing your mind requires you to identify but no longer reinforce misbeliefs that create suffering and instead place your focus on building new constructive, self-loving beliefs and actions guided by Steps 1 and 2.
38. Your mind will inevitably take in and be reconditioned by what your Consciousness-Awareness is *consistently* presenting to it, so don't give up.
39. Your mind is meant to support your Conscious-Awareness with constructive beliefs/habits/conditioning, to free up your Awareness to manage new experiences in the moment. Conscious-Awareness is meant to be the manager and the mind the servant of Conscious-Awareness.
40. Your human-self depends on you, as Conscious-Awareness, to lift it out of its confusion and suffering. Your human-self/mind, on its own level/dimension, cannot do that for itself. By living this process, you are becoming the Love and Wisdom that your human-self has always been looking for.
41. **Steps 1 and 2** are the foundational steps that teach you how to be your own loving forever parent/guardian to your human mind/inner-child.
42. It is essential to understand that Acceptance and Personal responsibility are fundamental, eternal principles/laws of consciousness that, if put into practice, empower your ability to evolve yourself. You continue to awaken, heal and grow when you keep returning to these principles ongoing in order to learn how to *be* them.
43. **Step 1: Acceptance**, is an essential quality of Unconditional Love/Oneness. It teaches you how to end your conflict with yourself and the world around you. Acceptance awakens your ability to observe things as they are and recognise that Life itself is your Master teacher.
44. **Step 2: Personal Responsibility**, sets you on the path of wisdom. Here you Accept that your mind belongs to you. You are also Accepting that as Conscious-Awareness, representing Universal Love, you have the potential and power to heal and transform your own mind.
45. Letting go of judging/rejecting yourself and others and focusing on having a compassionate healing relationship with your mind/human-self as your own loving forever parent/guardian, is the basis of **Step 3: Let Go and Tune In**.
46. You are able to access the depths of your mind by focusing on your emotions/feelings. Emotions/feelings reveal your thoughts/beliefs, both conscious and below your consciousness.
47. Emotions/Feelings are the frequency of your thoughts, revealing the quality of your thoughts to your Awareness. Learning to be open to and present with your emotions/feelings is the basis of Awareness/Mindfulness.
48. Your irrational thoughts and associated painful emotional reactions, are your inner-child reaching out to you, as Conscious-Awareness, for help. Your inner-child does not

need 'fixing'. Instead, your inner-child needs to be embraced by your Love and for you to be your own mentor/parent.

49. Healing your mind is greatly enhanced by learning to be present with your vulnerabilities/emotions/feelings, with your Heart/Awareness open and centered in your deep, slow, mindful breathing. You can then embrace yourself as your own forever loving parent, who is reaching into every memory of when you felt frightened, lost and alone.
50. Mental confusion/misbeliefs keep painful emotional energy trapped within your traumatic memories.
51. When trapped emotional reactions are triggered in the present moment, your mind is thrown back in time to when you felt vulnerable and powerless, which can distort your present perceptions and behaviour, often dramatically.
52. Using your Conscious-Awareness, centered in the present moment, you can observe how your mind becomes lost in your memories and confused conditioning, by paying attention to how your thoughts feel – Mindfulness.
53. Unconditional Self-Acceptance, deep slow breathing, mindfulness/meditation/staying focused in the now and journaling are tools to use to help you access the depths of your mind with your Conscious-Awareness.
54. By using these tools, as well as your imagination and also guidance when needed from an experienced mentor/therapist, you can rewrite your painful memories as a process of reprogramming your mind and building a loving relationship with your mind/human-self/inner-child.
55. Therefore, your mind, with its memories and conditioning, is completely within the power of your Conscious-Awareness.
56. Painful, traumatic memories can be difficult to work with at first, so a step-by-step desensitising process is needed to enable you to strengthen your clarity and realise the limitless power that you have over your memories.
57. Higher states of consciousness can be accessed naturally and spontaneously while engaged in this deep, mind healing process, that helps to broaden/deepen your consciousness. For example, this heightened state of consciousness enables you to take in multiple perspectives at the same time, such as experiencing being your inner-child, while you are being cared for by you, as Conscious-Awareness.
58. It is important to not have expectations of what your healing process should be like. It is normal to have many different layers to work through. Accept and focus on what is in front of you and within you now. Know that your every attempt to care for yourself/your mind is making a difference.
59. At first, your emotions will be controlled by your old conditioning and will make it seem like you are not getting anywhere. If you have faith in the process and keep acting lovingly towards yourself and follow the process as best you can and as consistently as you can, breakthroughs will be inevitable.
60. The more you learn and the more you try to put that learning into action, the more

experience you gain and the more you can heal and grow, with the power of your growing Awareness.

61. All the exercises in this book can be included as part of your **Step 3** processing.
62. It does not matter whether you are the victim of past abuse or whether you harmed others due to learned confusion or both. This mind healing process, along with your alignment to Universal Love, belongs to you. Life wants you to heal, learn and grow. No matter what your human journey has been, you are never outside Universal Love.
63. The point of action — healing, growing and creating — is always now. This is the basis of **Step 4**. This is a key to empowerment.
64. You cannot act on yesterday, such as with regret, or tomorrow, such as with worry. Trying to do so scatters and waists your energy, limits your Awareness and causes suffering such as stress and depression.
65. You can learn from your past using this process, which will enable you to act differently now, which in turn, will make a positive difference to tomorrow/your future.
66. There is no failure. There is only experience. Every experience is an opportunity to learn and grow.
67. Many of us have to learn how to learn, because we weren’t mentored constructively in our formative years, leading to unrealistic expectations that become disempowering.
68. A normal way to learn anything is by trial and error, repetition and persistence.
69. While working toward your goals, it is normal to come up against more layers of your own fears and insecurities. This means you need to Accept that you are human and return to **Step 3** to spend time caring for your mind by processing your confused mind-states. This clears the way to go further with your **Step 4** goals.
70. Therefore, achieving your goals and creating the life that you want, means you will continue to cycle between **Steps 3 and 4**. This is like balancing yin and yang, like being your own mother and father.
71. **Steps 1 and 2** inform and empower **Steps 3 and 4**. There is always something new to learn from these steps.
72. Being centered in Conscious-Awareness gives you the ability to be the far-sighted parent to your short-sighted, comfort seeking mind/inner-child.
73. As the far-sighted parent to your vulnerable/confused human-self/inner-child, you empower your ability to have the life that you want with the power of discipline. Your discipline however, must serve Self-Acceptance/Love for it to be constructive.
74. The discipline to achieve your goals is supported by research, planning and creating routines, using your journal. You then stay committed to, and keep track of, your goals using your journal. This includes caring for your vulnerabilities along the way.
75. Your goals are achieved by staying focused, one step at a time, on what you can do now, including caring for your mind. When you have done all you can for now, let it go. Worry does not create anything other than stress. Every now moment, one day at a

time, appropriately taken care of, leads you to your goal.

76. When you are staying focused on your goal, using your journal and Step 3 work, sometimes you may realise that your goal needs to be adjusted or changed altogether, because you are learning/growing/maturing as you journey toward your goal.
77. Peace of mind and joy/happiness depends on your ongoing loving relationship with yourself and you remaining consistently centered in your Conscious-Awareness. Real, sustainable peace and joy does not depend on your circumstances and conditions, or the relationships that you have.
78. Being centered in Conscious-Awareness and therefore being more consistently in a state of peace/inner-harmony, is the most powerful way to constructively manage and enhance your circumstances and conditions and also your relationships. The power to create the life that you want is in your hands.
79. The basis of **Step 5: Live the Process as a Way of Life**, is that learning to become Conscious-Awareness must be placed at the center of your life, so that every aspect of your life can benefit from the awakening of your potential.
80. Your conscious loving relationship with your human-self/mind, is the foundation of your life.
81. Learning to be Conscious-Awareness enables you to be adaptable, resilient, positive and consistent. It gives you the ability to see every problem as an opportunity to heal more, learn more and grow more.
82. No matter how many times you lose your way, no matter how many mistakes you make, Accept your right to be human and return to your process over and over again for the rest of your life. There is no "are we there yet". There is only now. Embrace what is now and work with it.
83. Every step in this direction is worth the effort, no matter what or where your starting point is.
84. The path to mastering your mind is not a mystery. Have faith in the process. Live the process. Never give up and you will have a life that is fulfilling and meaningful.