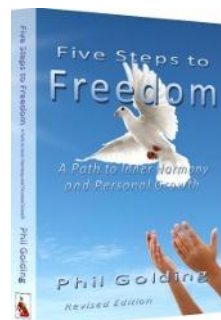




## THE 5 STEP PROCESS

### Synopsis



This is a personal process that is used to directly work with your emotional wounds, fears, insecurities and confusion. It is designed to develop your self-awareness and your own compassionate relationship with yourself. This vital conscious connection to your own human self is the doorway to ongoing mental and emotional healing and development, which, in turn, leads to ever increasing self-empowerment and self-mastery.

### Foundation Steps

#### Step 1: Acceptance

Without Self-Acceptance, you cannot heal, find inner-peace, or grow. We often suffer because of our experience of being judged by other people. It is our own lack of acceptance of ourselves however, that makes us vulnerable to the judgement from others. We often mistakenly think others are judging us when, in fact, we are judging ourselves. The power of self-acceptance is in knowing that you are in this world to experience being human. We all

make mistakes. We are all learning and growing. In order to feel free, happy and fulfilled, you must accept your fundamental worthiness as an evolving human being. By unconditionally accepting yourself as you are and caring for yourself as best you can each day, you are more able to face and overcome your mental confusion and emotional suffering. Every human being has fears and insecurities and gets confused. Every human being also has the potential for wisdom and a deep capacity to love. When you can accept both sides of yourself, you can then consciously heal your emotional pain and confusion with your own higher-Awareness. With self-acceptance, the doorway to your true potential opens to you. Step 1 connects you to your own internal source of love that is available to you always.

## **Step 2: Personal Responsibility**

When you combine Acceptance with Personal Responsibility, you are in possession of the power over your own life. In order to take charge of your life, you must accept your Personal Responsibility to Love yourself Unconditionally, knowing that achieving this goal is an ongoing process of learning and growing. Facing your challenges is much easier when choosing this approach. To overcome your suffering, you must stop wasting your time thinking you are a victim and trying to control and change others in order to be happy. The key to your healing, inner-peace, happiness and fulfilment is in your own hands. By living this new understanding as best you can each day, conflict and unhealthy dependency will be overcome, which naturally improves your relationships and also your ability to discern what is right for you. The result is an increasing inner-harmony and self-empowerment. In the process of healing yourself, you will experience how the world responds to you more positively. Step 2 is accepting full authority over your own life and trusting that you have the ability to do so. Step 2 is the path to Wisdom.

### **Healing Step**

## **Step 3: Let Go & Tune In**

Step 3 is putting Steps 1 and 2 into action in a way that enables you to confidently and skilfully take care of your own vulnerable human-self – to become your own loving and compassionate forever parent. You achieve this by letting go of judging other people, or yourself, when emotional pain is triggered within you, knowing that self-rejection is the real cause of your pain. By accepting your Personal Responsibility to Love yourself unconditionally, you can safely and effectively focus inwards on the disempowering confusion and trauma that has conditioned your mind. With self-acceptance, you will learn to face, understand and heal the self-rejecting thought-patterns that create your emotional pain. In the process, you will discover a limitless source of Love within your own self. As your awareness grows, you will become your own best friend and your own sanctuary. As a result of creating this strong foundation of self-love, you will naturally create and attract to

you even more love and abundance from the world around you.

### **Conscious Creating Step**

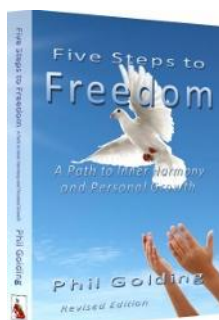
#### **Step 4: Live in the Now**

Step 4 is putting Steps 1 and 2 into action to consciously create the life that you want, on the strength of the healing, insights and awareness that you gain from working with Step 3. You will increasingly gain the power of discernment and wise decision making through the healing and clarity gained from working the process. You will gain the ability to learn from the past, which will empower you today. You will achieve your goals by positively accepting and working with the reality that is in front of you and within you in each now moment. You will learn that making peace with your past and creating a positive future is determined by the way you take responsible care of yourself every day, one day at a time. You will realise that you have full authority and power over your own mind and therefore your own life. As a result of putting this understanding into action every day as best you can as you are learning and growing, your life will simplify and your happiness and vitality will increase. By working Step 4, self-empowerment and self-mastery will become a real experience in your life.

### **Commitment Step**

#### **Step 5: Live the Process**

Step 5 is about committing to this new empowering way of living life. The 5 Step Process will become your healthy, sustainable and empowering lifestyle. By working these steps as an ongoing process, every problem becomes an opportunity to understand yourself more, heal more deeply, and grow stronger. As your skills in self-care and self-management increase, your faith and trust in yourself will also increase and you will continue to grow in self-esteem and self-confidence. With your increasing ability for wise discernment, you will attract and create healthier relationships and you will better manage those relationships you already have. Your growing foundation of ongoing self-care and self-management will enable you to have the wisdom and resilience to face, overcome and grow through any life experience and also be of benefit to others in the process. Life will become truly meaningful and fulfilling.



**FURTHER INFORMATION**

**Ph: 0408254005**

**Email: [info@innerharmony.com.au](mailto:info@innerharmony.com.au)**

<https://innerharmony.com.au/>

<https://innerharmony.com.au/real-healing-real-awakening-audio-podcast/>

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