



Exercise 5

Deep Mind Healing Process

This comprehensive exercise is for processing any issues, but especially significant issues that may be complex, difficult to shift and perhaps daunting to face. Sometimes psychological issues can seem insurmountable, causing us to lose hope of ever overcoming them. If you don't give up and patiently work through the challenge step-by-step, layer-by-layer and reach out for help when needed, you will break through. Your biggest enemy is thinking that your wounded mind is bigger and more powerful than you. At first, our old conditioning dominates your feelings and perpetuates your emotions. At first, your self-awareness/healing process may not appear to be making a difference, because it is not yet persistent enough and established enough to break through the old emotional cloud, but know that every way you are trying to consciously care for yourself is building momentum. If you don't settle for "this is as good as it gets" and keep persisting, the mind has to inevitably adjust to the new way of Self-Acceptance/Compassion/Love. As your old confused conditioning is being replaced by consistent thoughts and actions centered in Love and clarity, you will inevitably feel and experience the difference.

Always know that your greatest power is Love, with all its qualities, such as Acceptance and Compassion. This is the healing balm for the troubled mind. It doesn't matter if you don't feel it at first. It doesn't matter if you have never really experienced it. Keep reading, talking to those who have experience in this journey and keep trying to put what you learn into action and let that teach you more about your next step. The act of caring for yourself, even if you don't feel it, is still Love. It is making a difference and it is healing you.

Remember, Love is not outside you. You are in Universal Love all the time and Universal Love is in you. If that wasn't the case, you simply wouldn't exist, because it is the very thing that gives you life. The feeling of this "internal" Love may be fleeting at first, but it will grow as you heal and grow. Universal Love is never held back from you, because it literally *is the Life in you*, but it is a

passive force, a potential that you have to learn to activate by literally *being* Love through your thoughts and actions. Only your own mind’s confusion gets in the way of experiencing what is already yours. You must align and condition your mind to the frequency of Love/Oneness. All psychological/emotional pain is the result of not being consciously aware of and centered in the reality of the Love that you already are. Therefore, Love (often felt as worthiness – understanding the true nature of yourself), in one form or another, is the only thing that can heal the mind.

In this exercise, I have laid out a series of steps designed to help you with this healing process. As usual, It is best to *read the whole exercise to familiarise yourself with it before you begin*. There is no set time to complete this exercise. Even when completed, you can do it again on the same issue, using the power of the experience, insight and healing that you gained from the first attempt, to go even deeper with the next attempt. You can do that also with any of the individual steps of this exercise. Remember, there is no “are we there yet”. There is just ongoing healing and growing, which in turn brings greater peace, freedom, clarity and Love. Don’t short-change your awareness/potential by putting limits on yourself and your process of healing.

Also, feel free to keep reading the rest of the book. You can keep returning to this exercise whenever you are ready for more processing. Keep reviewing Steps 1, 2 and 3 while working through this exercise to keep strengthening your clarity. Utilise the 5 Step Process Summary on page 224 as well as the tables in the appendix that help you identify your emotions and work with them. This exercise is just a guide. Feel free to be spontaneous as you are working through it. Let your thoughts and feelings flow.

If you have a counsellor or mentor, let them know that you are going to explore your emotions and negative conditioning using a step-by-step process. Make arrangements to share this process with them so that they can support you. At any time you get overwhelmed while doing this exercise, it is helpful to let it go for a while and review Steps 1 and 2. This will help you gain more clarity and deepen your Self-Acceptance. The more you try to live this process, the more you will understand the depth of Steps 1 and 2. You won’t gain this awareness unless you are willing to just have a go. It’s not about getting it right, it’s about just getting on with it.

It may be useful to have a journal just for this exercise, to give you plenty of room to keep adding to it over time. Write down the number and heading when you do each part of the exercise to make it easier to find again in order to review and/or expand it. As I have pointed out, this exercise is a guide. Your process may unfold differently to these steps as you work with the flow or how your unique process unfolds, but this guide will help you identify if you have missed anything. It will help you keep on track and keep going deeper.

Note that in this exercise, the commentary to the instructions are in italics, to help you identify the actual instructions more easily. This differentiation will be particularly useful when doing this exercise multiple times.

Exercise

1. Getting Focused: Spend some time writing about the issue that you want to focus on. Start by describing the situation so as to get in touch with it. Make it as detailed as you are comfortable with. Leave a few pages spare so you can add to it as you go and as memories surface. Don’t restrict yourself by trying to be too tidy, precise or appropriate. Just get it out on the page in any way it comes, even if it’s coming straight from your inner-child’s raw emotions. It doesn’t have to be

rational or orderly. Random dot points will do the job. It is the raw material of your mind that you are putting on the table to process.

Most importantly, don't forget to be centered in your slow, open breath while accepting your right to be human in order to be compassionately present with yourself. You are caring for and honouring your inner-child/human self by providing the space in your heart for your human vulnerabilities to be heard.

2. Connect to Feelings/Emotions: Pay attention to what you are feeling about the situation, the people involved and about yourself. Sometimes our mind is suppressing the emotion and it gets stuck in the body. Observe how these emotions feel in your body. Often we feel emotions in our body before we even know it is emotional energy causing that particular sensation. Do your best to name and describe your emotions/feelings in your journal. Don't try to be politically correct. Let your human emotions speak freely, without you judging them.

Again, leave a few pages for additional entries. If it's a past deep trauma, for example, emotions usually surface in layers, such as fear, then shame/guilt/confusion then anger etc. Sometimes the anger comes first, trying to protect the vulnerabilities underneath. So know that there are always layers of vulnerability underneath anger and pride. Don't think you have to tackle all your emotions at once. You can process one layer at a time, which helps clear space for the next.

2a. Working with Blocks: If you experience any blocks that prevent you from freely accessing and expressing your thoughts and emotions in your journal, turn your attention to the block and explore that instead. By blocks I mean thoughts or fears that tell you that you shouldn't feel and say those things. For example; you may have been forced to keep silent about family abuse and about your real feelings for fear of being rejected and punished, or because you were manipulated into feeling responsible/guilty for the feelings of others at the expense of your own wellbeing. Write about whatever is blocking you. What does it say? How does it make you feel? Who silenced you? Spend some time writing about your relationships with the people involved and how you were not able to freely express yourself and be heard without fear, judgement, or guilt.

If your privacy around journaling was violated in the past, spend time working with those memories. Go to yourself in those memories and be the understanding, loving parent/guardian that you needed then. Acknowledge the pain/shame/anger that you felt. Let your past-self know that you are in charge now and you love/accept yourself unconditionally. Make a pact with yourself to not let anyone take this sacred connection with yourself away from you. Remember, your unconditional acceptance of yourself is your greatest power. You have a right to be human and have a right to your own process of learning and growing.

It may help to have your journal online, protected by a password and on a cloud server where you can access it anywhere. Give the file a disguised name if you need to and hide it in a folder with another disguised name. The important thing here is to not let violations of your privacy in the past, or even in the present, put you in chains. Keep working with this issue to find a way to break free and claim your power to do what it takes to heal your mind and change your circumstances if you need to.

2b. Getting Unstuck: Reread “Opening the Door to Love and Healing” in Step 1 on page 30, to remind yourself that you are not wrong just because you are human. Reviewing Step 2 may also be

useful.

If you don't feel anything in particular, that's okay too. Don't think that you have to have some big emotional release. If you feel that there is something there, then stay open to it. It will work its way through in whatever way it is meant to. Remember, you are not trying to force or fix your vulnerable human-self, you are learning to *be* with yourself with acceptance and patience. The more you give yourself permission to focus on the issue and explore it in this way, the more your mind will open up to you.

Return to part 2: 'Connect to Feeling' when you feel you have more to work with.

3. Connecting with My Past Self: Pay attention to how vulnerable and confused you were at the time of this difficulty, particularly if they are childhood memories, but also at any age.

As children, we are naturally powerless and dependent. We have little ability to take real charge of our lives. Feeling abandoned in any way is usually very frightening for us. It is easy to forget how vulnerable and helpless we were as a child. Often, when we look back at our childhood, we do so from an unrealistic adult perspective. Let go of being the rational adult and remember what it was like to be that powerless, confused and dependent child, or adolescent.

Even in adulthood, we often feel very vulnerable and powerless. We can only deal with a situation with what we knew at the time. It is important that we don't judge ourselves for past inadequacies, confusion or mistakes. Now we have an opportunity to open up the past in order to and learn what we can about it. We can see it as an opportunity to provide ourselves with the acceptance/Love that we needed then. Learning how to accept ourselves, so that we can compassionately care for ourselves, is the most important thing. This is how to heal the past and turn it to our advantage. Remember, your mind is timeless. Every moment of your human experience, that is stuck in pain and confusion is still waiting for your Love, even though your mind does not know at first that the Love will be coming from you, engaging with it from a higher dimension.

Allow your emotions to express themselves just as they were back then. If it is a memory of yourself when you were eight-years-old, then write as that eight-year-old. This will help you get in touch with how it was for you then. As always, leave space for further entries.

4. Embracing My Inner-Child/Vulnerable Self: Always stay centered in your slow, open, mindful breath. If you need help to activate a greater depth of a memory, describe in your journal the broader scene in the particular memory you are working with, such as going and coming home from school, what your school or street looked like, what your house looked like from the outside and then inside etc. What was the situation/circumstance that your past self was in? Where are you likely to find yourself in the critical moment of vulnerability and pain in that memory? Observe your inner-child/human-self there.

Finding old photos of yourself and your family when you were a child is also a very effective way to open up memory doors.

While always staying centered in your mindful breath, imagine, as the aware adult that you are now, compassionately and lovingly (as best you can) enter that memory and be there for your past self as the friend/carer/loving guardian that you needed then.

Reviewing and working with Exercise 4 can be helpful here. Remember that your imagination and your memory system are closely linked. If you are imagining that you are there with

your past self, in a very real way, you are there and your feelings will come to validate that. Remember that, as Conscious-Awareness, you have full power over your memories. If you are confronted by someone who abused you in this memory and this is getting in the way of your connection with your past self, then go to part 6. “Taking Charge”, in this exercise to process this experience first.

Spend time as best you can patiently connecting with yourself in this memory, knowing that this connection will improve the more you engage your mind in this way. Go to your child-self and gently introduce yourself as your child’s new forever guardian/parent/friend. Gently and patiently speak to yourself in your imagination and in your journal and even out loud, which can have surprising power. Acknowledge to your inner-child/vulnerable self what he/she is experiencing and feeling. Take it slow. Take time to be with the feelings and emotions. Validate the painful emotions you feel from your past self: “No wonder you feel that way. I can feel your pain. I am here for you now.”

Being seen, heard and validated is so important for a child and our humanness at any age. It builds the foundations for self-worth. It is like we don’t exist in some way before that. You don’t need to do any great processing here. Being with yourself – letting the tears flow if they come and acknowledging your past pain/trauma, is very healing in itself.

No one can truly connect to your human self like you can, because your human self is literally inside yourself as Conscious-Awareness. You are the open door that channels Universal Love into your own human mind. You, as Conscious-Awareness, are in this Love all the time. No one else can reach us in this way, no matter how much they love us. This is your sacred relationship with yourself and Life/Love itself, which you are representing to your human self.

This is not about self-pity, which is about wanting the world to save us and thinking we are a powerless victim. Your child or vulnerable self was powerless then, but now you are activating the power of your Conscious-Awareness and taking control of your life. This is about becoming your own sanctuary. This is about linking into your natural connection to Universal Love, your greatest power/potential and giving this Love to your vulnerable self.

Reach out to your past self and gently take yourself by the hand. Connect to yourself with Love and understanding in a way that you needed then, depending on the age of your past self. Work up to holding yourself and being a loving sanctuary to yourself.

Remember, don’t have expectations of what this connection with your vulnerable self “should” be like and then be disappointed because it isn’t that. Work with what is in the moment and let your connection with your self evolve authentically over time. With patience and persistence, the quality of your relationship with your self will grow as your awareness gradually expands and your healing, step-by-step unfolds. Accept and work with what comes to you in the moment. Know that you are never unworthy within the embrace of Universal Love. You have simply been a human-being trying to get by the best you could. There is nothing more you could have done then. The focus point of healing and growing is always now.

In your journal, spend some time as the loving parent/guardian/friend writing letters to your inner-child/vulnerable-self. You can write back to yourself as your past self/child. You can also write to yourself as your wise higher guiding self. Get used to being tuned into yourself ongoing, on all levels. Wherever you go, you can be holding hands and communicating with your vulnerable self.

5. Creating your own inner-sanctum: While in your Mindful breath, use your imagination to spend time exploring how you would have cared for yourself in the memories that you have chosen to process.

Remember that your mind/memories are within your consciousness. You have total power over them, even though your mind might still be getting used to that reality.

While staying centered in your deep, slow, mindful breath, be in this memory with your past self while doing your best to be your own loving, caring and wise parent, guide and mentor, which will of course continue to evolve as you heal and grow. This memory belongs to you. You are now in charge of this mind-space. If you are connecting to your child-self, spend time interacting with your child, exploring what your child would most like to experience with you, such as being held, being played with, fun activities, hobbies, pets and generally being looked after in a loving and kind way. Take your time and pay attention to how this feels. Let your feelings guide you. Your inner-child will communicate to you through your feelings/emotions and spontaneous visions, telling you if you are connecting, or if your child is afraid in some way. Get used to hanging out together, interacting and communicating.

Sometimes we feel that our own inner-child does not trust us. We come up against our own fear/defences against opening up to love, even from ourselves. Don't be discouraged by this. It is a good sign that you are getting close to your vulnerabilities.

In your journal, get in touch with the reasons why your child is afraid to let you in and acknowledge that to your child. "I know you are afraid to get close because people used to hurt you when you let them in. We are in a different world now. I truly love you and I am here to really care for you. No more hurt now, only love."

Being there for yourself in this way may be an ideal that you feel you haven't yet reached, but keep gently stepping up to it in your process and everyday life. Don't judge your humanness. Focus on learning and growing. Your mind will always be there for you to connect to with Love, even if you are not that balanced or confident yet. Every little bit makes a difference.

Keep exploring in your journal how you want to be there for your child. During your daily activities, stay tuned into your inner-child and keep confirming your commitment to be your inner-child's forever parent. Keep doing all you can to care for yourself and be kind to yourself on a daily basis. Let your loving consciousness slowly soak into your vulnerable wounded/defensive mind. If you persist, your mind will inevitably start letting go to you and your feelings and spontaneous imaginings will confirm this.

It is normal to lack confidence as the new parent at first, because we may have lacked the experience of being lovingly parented. We don't feel adequate, which can limit our imagination. Also, trying to love our self can trigger more painful memories of how we were abused and neglected, so it can take time to process each stage as new layers of memory surface. There is no hurry. Keep being there for yourself no matter what. Keep working toward letting go of there being some standard you have to meet. It's about having a go at lovingly being with your self and you can keep exploring what it is like to be your own loving parent as many times in this memory as you like.

Another way to connect to your inner-child is to find yourself a teddy bear or doll (to be your

inner-child) along with some bedtime stories and settle down in your bed and read to your inner-child. Pay attention to how that feels and explore those feelings in your journal at any time. Work towards staying compassionately open to those feelings, loving or painful and work towards holding your inner-child in your arms and your heart. You can also literally take yourself and your inner-child to the park and play on the swings and just do fun things that you wanted to do as a child. Let your inner-child draw and paint, accepting and appreciating whatever comes through, light or dark. Explore the meaning and feeling of these activities in your journal, validating the feelings of your inner-child/human-self.

Use your journal to explore what you want to say to yourself and the type of relationship and environment you would like to create for yourself in that memory. Pay attention to what feels nurturing, warm and loving and keep building on that and reinforcing it. At the same time, do your best to be there for any pain or fear that is triggered. Your inner-child/vulnerable self is no longer alone.

You are literally building new memories that represent your loving relationship with yourself. Remember, your mind is timeless. You can keep recreating/rewriting your memories and in the process create a whole new internal experience of love and care. Soon, when these old, painful memories are triggered by some event in your present life, the new loving memories will also be triggered, there for you to reinforce. These new memories, along with the clarity you gain about loving yourself and being in command of your worth, will inevitably take over and wash away the pain of the old memories. This is not denying or trying to run away from your original memories. However, you don't have to leave your mind trapped in these old painful memories either. Instead, they will just become experiences that teach you about the causes of suffering. Your mind belongs to you. Here you have the power to literally birth and bring up your own mind within your own Conscious-Awareness.

6. Taking Charge: This is your mind. This is your memory. You are the one in charge now. Sometimes though, there are those who you were once, or still are, afraid of in this memory. This old fear may be making it difficult for you to freely take care of yourself in this memory. As you are facing this person/people within your memory, remember to breathe deeply and slowly. Remember that you are watching a "mind-movie".

It is helpful to talk about the memory or memories with a trusted friend/mentor/counsellor, with all that you are learning here in mind. The more you talk about it, while practicing self-acceptance and self-care, the more your mind will get used to facing it.

With your open, mindful breath, allow the feelings of fear to flow through you. It is normal to feel this fear. Your mind is still getting used to knowing that this is just a memory. Acknowledge that and compassionately be with your vulnerable self and remind yourself that you have the power now and get used to telling yourself that. Give yourself time to get used to facing this memory, knowing that it can't hurt you now. Be patient with this desensitising process, but know that you have the power and trust that this power will prevail if you persist.

It is important to acknowledge and validate your past vulnerable self and what your past self is feeling and experiencing in that memory. "I know you had no control over your life at this time. You were so overwhelmed, so small, fragile and powerless. I can see and feel how you were terrorised and shamed and how you felt so helpless and hopeless. I am here with you now. You are

not alone. I have magic powers now. This is my world now. I am now in charge. We can stand together. Now, in this world, nothing can defeat us." In your imagination, you can have all the power that you want. You can even be a super hero.

Explore in your journal and your imagination what you want to say to that person/people. Take your time with this also. You may have a lot to say. Let your feelings flow with this – anger, shame, sadness, grief. Honour yourself by allowing yourself to feel and acknowledge your feelings/emotions. You are not being a victim here. You are giving your valid emotions/humanity the right to exist and a chance to heal within your own loving Conscious-Awareness. Spend as much time as you need to get used to speaking your truth to this person/people in your imagination and in your journal and with your friend/mentor/counsellor.

Explore what you would like to do to/with this person/people. Explore as many different scenarios as you like. Remember, you are protecting your inner-child/vulnerable human self. You are standing up for yourself in this way perhaps for the first time. Be okay with expressing anger with words and actions as you explore ways of dealing with the situation in the memory.

Anger is understandable and it is important to allow yourself to express it and release it as part of gaining/regaining your ability to stand up for yourself. If you find yourself being violent to this person in your imagination, that does not make you a bad person. It is a normal reaction to protect yourself. It is important to feel that you can protect yourself.

You are not hurting anyone by working it through in your imagination and your journal. It is also important to know that anger is part of a process that leads to knowing when we are being violated and then moving into Conscious-Awareness in order to constructively respond in an empowered/assertive way. So be mindful of how you manage your anger in your everyday life. It is a challenging energy to master, so don't be too hard on yourself if you get a bit irritable as your anger is surfacing and being released. Be mindful not to project your awakening anger onto your loved ones. Anger becomes destructive and disempowering only if we get stuck on it by thinking we are still a victim now. As you work through this memory, you are learning to redirect this power energy into the courage and determination to grow and evolve and to be in charge of your life. It is an important part of your potential.

Keep exploring different ways of taking over and rewriting the memory, where you are doing what it takes to protect your inner-child. Know that you are a representative of Universal Love. You are supported by infinite power. You are on a sacred mission to protect, rescue and give a new life to your inner-child, within your heart of Love and Compassion. You are your own super hero.

You can call in the police and put your abusers in jail. You can freeze them with your magic powers or just tell them to sit down and be quiet, while you go about taking charge. You can remove the abusers from the scene altogether. Change the environment to one that feels warm, safe and nurturing. Be your own parent/friend/guardian now. Explore how you can be with your inner-child and take over caring for your inner-child. Make it safe, loving, nurturing, gentle, positive, encouraging, playful and joyful.

You may need to come back to this memory a number of times as you get used to having the power. Remember that ultimately the goal is to care for your child/vulnerable self and take charge of your life with Love and empowerment.

If the people who caused you fear in this memory are still in your life in some way, it is only natural that it would be easier to confront them in your mind than in real life. When you use this

process to heal and take command of your memories, you will be gaining the healing/awareness/maturity/empowerment to know how to deal with them constructively and assertively in the now when you feel ready. This means dealing with the situation in a way that does not compromise or harm you. They don't own you anymore. They don't own your love or your worth. You don't have to explain yourself and justify yourself to them. You are not responsible for their feelings, other than not being abusive yourself. You are learning to put your love and care for yourself first and set boundaries based on what is right for you. You have a right to say no.

A lot will depend on what state of consciousness these people are in now. They may have had their own realisations, helping them be more aware and open to process with you now. However, they may still be lost in their defences and pride and still want to justify their past and present actions. There maybe someone who still tries to maintain coercive/intimidating control over you. Controlling you isn't about love, it's about the controlling person making you responsible for their fears and insecurities, instead of being their own parent. You may need help with effectively changing your present circumstances. Return to Step 2 for more guidance and clarity. Most importantly, you have a right to be free and happy.

Memories/imagination can take on a life of their own during this process and unfold in ways that reflect your new growing awareness and empowerment, confirming that a new reality is emerging. Abusers can even apologise in spontaneous imaginings. Their own woundedness may even be revealed to you to help you understand how they became so damaged. You can experience loving guides helping you, or your own Higher-Self being your guide. Through these processes, we come to experience how interconnected we all are and how Life takes advantage of these opportunities to connect to us and help us. Life is always on your side. It just needs you to also be on your side for you to come to know and be aligned to this power, because Life/Universal Consciousness can then work through you.

When you feel strong enough and in charge of this memory enough, return to sections 4 and 5 of this exercise.

7. If you have harmed others: As I pointed out on page 92, our destructive childhood conditioning and subsequent confusion can lead us to cause harm to others. This is also a part of being human and very few of us avoid harming others in some way. Facing our mistakes is an essential part of healing our minds and setting ourselves free from suffering.

It is important that you use this Step 3 process to help you compassionately understand how your powerless, vulnerable child/human-self became so confused that you thought you needed to cause others harm.

I still think about a boy that I bullied in junior high school. We had finished playing handball. He picked the ball up to kindly hand it to me, wanting to be part of the game. Instead of taking the ball and thanking him and inviting him to join us next time, which is what I wished I did, I pushed him down against a railing, as though he had no right to touch that ball. I never saw him again. Maybe that was the last straw for him and he went to another school. Perhaps my unkindness contributed to ongoing trauma, sadness and suffering in his life. I know that he was the subject of bullying from others at the time. Something in me at that moment wanted to have power over him to somehow fit in with my group, even though I was sometimes bullied myself. I can still get emotional when I think of him and wish I could have changed that moment for him. I can't remember his name and have no

way of finding him now. One day I do hope I meet him so I can make amends. In my memory rewriting, I have gone out of my way to befriend him and protect him and show him that he is worthy. Now this memory motivates me to be a better person.

In the process of rewriting your memories to care for/protect your inner-child, you can also be a loving mentor, showing your wounded child/adolescent-self or inexperienced adult-self, better ways of responding to the difficult situations that you faced. You can acknowledge those you harmed and explore how you can act kindly towards them as you reimagine your memories. You can become the hero, rather than the one who harms. You can explore this in as many ways as you want as your awareness grows, which will help you have more awareness of how to respond in better ways now. You can seek help from an experienced mentor who respects your confidentiality, to help you understand how to protect and care for yourself and others in your memory rewriting process and also now in your everyday life without doing harm to yourself and others.

Reviewing Step 1 and 2 and the passage: "What if you have caused other harm" on page 92 in Chapter 3 would be helpful.

8. Exploring relationships: Take each person involved in the memory and write down your feelings about each one. For each person, take your time exploring how you felt about them and what these people meant to you. What role did the person in question play in your life and your conditioning? What did you need from this person, or still do? What didn't you receive from this person? How did this person hurt you? Did you feel abandoned or controlled/manipulated? Are there people in your memory who were kind and loving toward you? How did this feel? Were you able to receive their love at the time, or were you too afraid to open up, because of your woundedness? If the situation is more recent, does this person remind you of someone from your past? What are the similarities? Remember to let your emotions and thoughts speak freely. How was your self-worth affected through these relationships? How did they shape the way you learned to love or not love yourself?

9. Gathering insights: During this time of your life, what important human needs were left unresolved/unfulfilled? Explore this in your journal.

For example, our human-self never stops needing love and connection until we have this. Our human-self never stops needing to feel seen and heard until we are. Having these needs met during our childhood is essential for our development and self-worth/esteem/confidence. We learn how to respect, honour and care for ourselves physically, mentally/emotionally and spiritually through our relationships with significant others during our formative years. We are learning how to be Conscious-Awareness for ourselves by how they care for us. If we don't get these needs met, we can end up still unconsciously searching for this fulfilment from others in disempowering, self-defeating ways, in the form of controlling and fear-based attachments/dependencies. We unconsciously learn to neglect and abandon ourselves because that is what we experienced from those who were meant to care for us.

Are you still searching for someone else to meet these needs in ways that are disempowering or may cause conflict? Reflect on the relationship between these past situations and what is going on in your life now. Have old patterns been repeating themselves? Have you been attracting people into your life who are similar to your past experiences? Are you expecting from your partner what your

parents didn't give you, instead of accepting responsibility for your own wellbeing? Can you recall/observe yourself engaging in self-defeating behaviours because of your past conditioning? Explore this in your journal. Remember to accept your right to be human. You are not wrong for being human.

An essential part of healing and growing is becoming aware of how we keep defeating ourselves. This can be uncomfortable to face, but there was nothing else you could do at the time due to your conditioning and understandable lack of awareness, even if it was yesterday. See these challenging insights as an opportunity to learn more about self-loving, constructive and harmonious ways of caring for yourself and then put that into practice as best you can and keep learning as you go. You are your forever parent now. Expecting others to take responsibility for your inner-child is like expecting them to be your parent. As adults, this now creates confusion and conflict and disempowers us. Understand that your foundation of Love, healing and self-worth is now built and maintained by your loving relationship with yourself.

You have a right to be learning by trial and error. That is how we all learn. Welcome to your place in the human journey. The secret is to stop judging yourself (self-acceptance/compassion), so your mistakes are turned into learning opportunities that benefit you. When this new awareness becomes strong enough, you can do something different now and then learn more from that experience. In the process, you will be creating a better future for yourself.

10. Taking ownership and creating a better future: Open your awareness to how you may have been giving your power away throughout your adulthood by falling into victim thinking. It is very important to be very honest with yourself without judging yourself. Accept full responsibility for your humanness. In other words, let go of any thought that other people should be taking responsibility for your mind/emotional security now as an adult.

This is essential for putting yourself in the empowered position of being able to learn and grow through your difficulties, to be able to be there for your own vulnerable humanness. Don't be concerned if you don't understand at first how to achieve this. It will come to you as you continue to work with this exercise, read and work through this book and seek counselling from your mentor. Reaching out for help is also being self-responsible. The important thing is being willing to take full ownership/care of your mind while forgiving yourself for your humanness.

Explore in your journal any changes that you can make in how you care for yourself that will enable you to break out of negative patterns that still limit you. Write down and explore any insights that come to you. Remember, your awareness and life-skills will continue to evolve as you keep learning and growing.

In addition to this, make a list of people you admire for their good qualities – people who feel good to be around because they validate you, support you, who are honest and straight with you, who are kind, compassionate and reliable. Make a point of observing them, getting to know them and asking them about their life-learning experiences and insights. Also pay attention to the friendships/relationships that you have currently. Do they reflect your highest good? Are their qualities matching who you want to be or are they holding you back?

This is different to someone reaching out to you for help in the process of wanting to help themselves. This is an opportunity for you to give back what you have gained and reinforce it in

yourself in the process. In contrast, I am talking about people who are unwilling to be personally responsible. Consider that you don't have to hang onto relationships/friendships that don't reflect the future you want to create for yourself.

11. Creating your new world: Together with your inner-child, continue to create a new loving/caring imaginary world of your own that you can link to other memories that you come to process. This new world can be anything you like and you can fill it with a loving community. Exploring within your memories and imagination in this way will help you connect to who you are, to your own unique personality, your own preferences and values. You can continue to evolve your inner-sanctum and reinforce it as time goes on.

Observe how well your everyday life reflects your inner-sanctum. What can you do to make better choices for yourself that honours who you want to be. In your journal and imagination, continue to explore how best to protect and care for yourself. Set positive intentions and goals and keep track of your experiences of making them happen and learn as you go, about yourself and how to care for yourself. Step 4, in the next chapter will help guide you here.

You can also find and create actual sanctuaries for yourself in your everyday world where you can nurture yourself such as a favourite place in nature or creating your own sacred space at home or finding a nurturing self-help group to be a part of etc. Also, make being tuned into your vulnerable human-self throughout your day, by learning Mindfulness, become your normal way of being. Ultimately, you are becoming your own sanctuary. Wherever you go, hold your inner-child/vulnerable humanness by the hand. Be your own forever parent and your own best friend. Every vulnerability that you feel is an opportunity to be with your past self, who is needing your love and care now.