



**We can't control how
others love us, but
we can take charge
of how we love and
care for ourselves.**

KEYS TO AWARENESS

*How to access / initiate your own potential of
Awareness*

By Phil Golding

innerharmony.com.au

1. Understanding the power of informed frameworks

- Such frameworks offer a new and empowered perspective from which your Awareness can more clearly see yourself and life through. This new perspective then facilitates the opportunity for Awareness to increasingly work more deeply with the mind and therefore gain more healing, insight and experience.
- This is what this framework is offering. It is designed to take you to a new level of Awareness. This new level of Awareness will, in turn, enable you to know how to keep healing and growing.

- These new levels of integration, in turn, prepare you to be able to move forward into even more powerful frameworks that your evolving Awareness can then grasp and work with. Knowledge is always evolving. No human being has it all.
- However, there are fundamental principles/physics of consciousness that are consistent through all the levels of awakening and integration, although they can be presented using different language, terminology and symbols etc. in different paths and cultures. Our understanding and practice of these principles is what continues to grow/evolve.
- A deep understanding of these foundational principles will help you to better understand and practice all legitimate paths that you may wish to personally explore, that enable healing, harmony and genuine Awareness.

2. The fundamental transformational power of:

Unconditional Acceptance and Total Personal Responsibility

- The fundamental nature of these principles (Unconditional / Total) is what gives them ultimate power, and reveals your real potential.
- Of course, there is nothing fundamental about being human – we are always a work in progress. Therefore, when it comes to learning how to **BE** these principles, it is always about having a go and learning from the experience. This is acceptance in action – accepting that you are human. There are no shoulds and shouldn'ts to impose on yourself. It is an ongoing journey of learning to be totally responsible for accepting yourself unconditionally for the benefit of your human-self, and from there, transform your own mind to a state of healed harmony and clarity.
- Unconditional Self-Acceptance is the opposite to self-judgement – all the ways we have learned to put ourselves down and impose unrealistic standards on ourselves, therefore undermining our worth and resilience. Committing to Unconditional Self-Acceptance brings light to our fears and insecurities that undermine our relationships with others and our ability to positively manage our lives in this world. By committing to accepting yourself unconditionally, you increasingly become your own power of Unconditional Love that your human-mind consciousness has always been looking for. Committing to Unconditional Self-Acceptance brings light to our fear of not being loved, our existential fear of being separate and alone, and enables us to build our own foundation of responsible self-love that is the key to peace and resilience.
- Within the embrace of Unconditional Acceptance, there is the Total Personal Responsibility for your own mind – all that you think, therefore feel, say and do. We all start out as vulnerable, powerless children, shaped by our family

of origin and environment, unfortunately often resulting in deep conditioning that includes much confusion and trauma. However, regardless of the experiences of our formative years, we are all adults now, and therefore now the parent of our own human-self. As an adult, the circumstances, conditions and the people around you don't cause your suffering. Your suffering is now caused by the ways your mind projects meaning onto and reacts to the world in self-limiting ways. Again, a deep understanding of this reality takes time, but is ultimately empowering, because in order to take command of your life, it is a matter of taking command of your own mind, which is with you all the time. This simplifies the process greatly. You learn to stop wasting your time being in conflict with the world around you. You instead learn to consciously and positively manage your life in a way that is solution focused and beneficial to all concerned. The key here is having faith in the process and never giving up. Success is then inevitable.

- Therefore, leave these Principles in their absoluteness and see them as your ultimate teacher, who informs your process ongoing. If you keep doing this, you will come to experience that Life *is these Principles*, and it is actually facilitating the evolution of your Awareness.
- Never giving up means having faith in these Principles. Once I came to understand the nature of these Principles, I have never seen them contradicted. In other words, where there is healing, harmony, connection, justice, integrity on any level of society – these Principles are being significantly lived. Where there is suffering, dishonesty and injustice etc, these principles will be lacking. Please make a point of observing the world around you from this perspective and see for yourself.
- Finally, it is essential to understand that when you get on with living Unconditional Acceptance and Total Personal Responsibility the best you can each day, it will certainly confront your ego, and challenge you as you face yourself, but you will not lose anything other than confusion and the suffering this confusion causes you. Who you truly are will be increasingly revealed to you. These principles will only increasingly set you free. They will help you realise your complete authority over you own worth and your own life.

3. The wider reality of Unconditional Acceptance

1. **Unconditional Acceptance of Your-Self.** This is your relationship with yourself, which is the foundation of your life. The quality of your relationship with yourself directly reflects your relationships with others and your relationship with the world around you.
Unconditional Self-Acceptance means that you are worthy of Love always, without conditions, and you are that ultimate source of Love for yourself, and Love is your ultimate potential as Awareness.

2. **Unconditional Acceptance of each other.** This is how to create loving relationships and communities. “I Love you” means “I honour your total freedom to be who you want to be.”
3. **Unconditional Acceptance of Life as it is.** As you heal and grow, you will begin to experience and realise that Life and you are the same consciousness. You will realise that Life is actually facilitating your healing and growing with what it brings into your life, pleasant or challenging. Life is happening for you, not to you. This is where you learn about “Conscious Creating” and “Synchronicity” etc.
 - Your understanding of the fundamental power of Unconditional Acceptance will naturally evolve as you continue to practice it, due to the absolute nature of this Principle.
 - **Unconditional Acceptance is the path to Unconditional/Universal Love**

4. The ultimate power of Total Personal Responsibility

- “Your mind is 100% the cause of your suffering.” This statement is ultimately confronting to the ego, due to growing up to identify with a lot of confusion about how life works. In reality, this realisation simplifies and empowers your process of healing and growing.
- Understand that your ego mind may find it somewhat radical / unrealistic to approach these principles in this fundamental way. This is because we have been so normalised into not accepting ourselves unconditionally. Also, we don’t know our real potential for self-mastery, so we end up holding the world around us responsible for what we think, therefore feel, say and do and therefore give our power away to the circumstances and conditions around us.
- You cannot master your own mind while you are making others responsible for it.
- Step 2: Total Personal Responsibility, is actually affirming your potential to master your mind. It reveals your ability to increasingly set yourself free of suffering, while also learning to live in this world with Love, Clarity and Empowerment in a way that is of benefit to all beings – an authentic path of continual awakening, healing and growing.
- You are being totally responsible for your mind in the spirit of Unconditional Self-Acceptance. You are accepting that you are human on a journey of learning and growing. You are learning to open your Heart/Awareness to yourself and being your own compassionate, responsible parent – a genuinely enlightened parent.
- There are no shoulds or shouldn’ts to impose on yourself in this process. It’s about having a go and learning from each experience. If your life is not working for you, it is not because these Principles are inadequate, it is

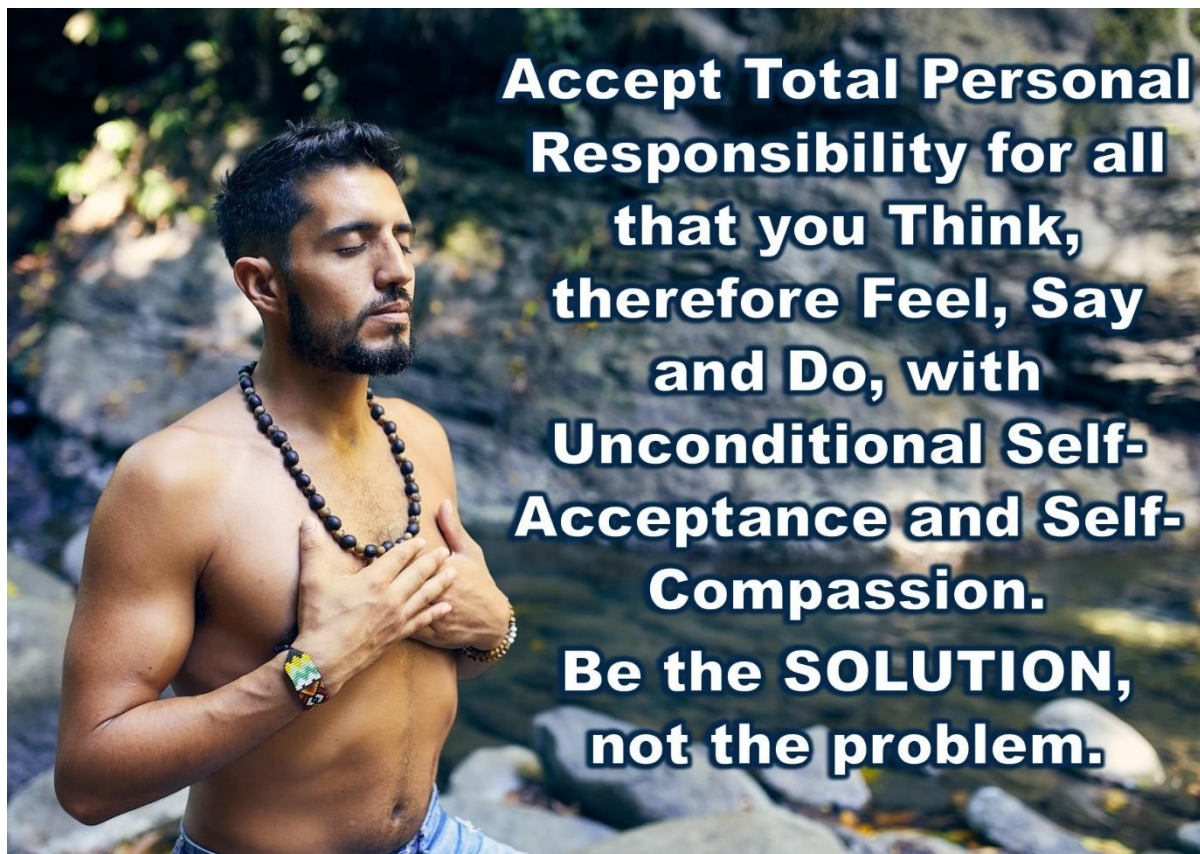
because you have more to learn, and the ultimate nature of these Principles means they will always be there, guiding you to the next level of Awareness. These Ultimate Principles will awaken you to the reality that you have total authority over your worth and your path.

- **Total Personal Responsibility is the path to Wisdom.**

5. What is Ego? What is Awareness?

- Awareness is a higher-dimension of your consciousness that is able to transcend and observe your human-mind-consciousness from a higher perspective. This gives you the powerful ability to self-reflect. Awareness is like the parent of the human mind. Awareness has the power to get into the driver's seat of the human-mind-consciousness and act on the mind, such as being able to reprogram it.
- Unconditional Self-Acceptance and Total Personal Responsibility represents the real potential of Awareness and gives Awareness an ultimately powerful perspective from which to observe the human-mind-consciousness from, and to then act on the human-mind-consciousness. ***These Principles represent the opposite of all that is within your mind that is causing you to be confused and to suffer.*** In simple terms, Awareness is your potential of Unconditional Love and Wisdom – the ability to live life with an “open heart” while maintaining your own integrity and wellbeing.
- In its full power, Awareness is above and unaffected by the human mind's conditioned confusions and suffering. The more you access and center yourself in this power of Conscious-Awareness, the more you are able to master your human-mind consciousness.
- **Unconditional Acceptance and Total Personal Responsibility is the pathway to realising/becoming your ultimate potential – your Buddha Nature / Christ Consciousness / Higher-Self etc.**
- Ego is the potential of Awareness, but it is captured by the human-mind-consciousness and its confused conditioning. Ego is trying to be the manager of the mind, but due to being so identified with the human-mind-consciousness, it is only as functional as your human conditioning is functional. We remain stuck in the “Matrix”, controlled by whatever quality of conditioning that we end up with, which determines our quality of life.
- Awakening is about awakening the ego into Awareness, enabling the ego to let go of its identity with the human-mind-consciousness and instead identify with Unconditional Acceptance and Total Personal Responsibility. In other words, by committing to live by these foundational Principles, you have embarked on the journey of initiating your ego into Awareness.
- The more you can empower and hold steady in your Awareness, the more you are able to lift your mind's fear-based reactions into your Awareness to be healed and reprogramed, instead of being engulfed by the mind's fear-based reactions.

- By aligning your Awareness to these foundational Principles and doing your best to **be** these Principles ongoing, you are aligning your Consciousness to a higher Universal Consciousness that represents your ultimate potential of Awareness.



The Five Step Process

for

Healing, Wisdom and Empowerment

Unconditional Acceptance and Total Personal Responsibility are foundational / Permanent Principles of Consciousness

They work in unison like the two wings of the one bird. They are like Yin and Yang, feminine and masculine. They are the foundation of the Five Step Process.

Step 1. Unconditional Acceptance – of self, of others, of life

Committing yourself to Unconditional Self-Acceptance enables the safe and effective in-depth facing of yourself with compassion and clarity. Committing to face yourself with

Unconditional Self-Acceptance brings into Awareness thought habits, conscious and unconscious, that undermine your self-worth and cause suffering. Committing to facing yourself with Unconditional Self-Acceptance enables you to safely stay present with painful/traumatic emotions while compassionately knowing that those emotions are driven by conditioned confusion. You gain the conviction that you have a right to be human, and have a right to be learning and growing, without your human mistakes, or the negative actions of others, undermining your worth. Gaining the power to stay present with painful emotions/vulnerabilities enables your Awareness to perceive the confused thought-structures that are causing you the emotional pain, ***therefore identifying the confusion without being identified with it***. Rather, you remain identified with being a representative of Unconditional Self-Acceptance, or at least you can keep returning to this empowered Awareness and therefore continue to strengthen your alignment with it. Self-judgement, often unconscious, is ultimately what stops us from facing ourselves. Unconditional Self-Acceptance is the opposite of self-judgement. It enables you as Awareness to observe yourself from this empowered, compassionate, forgiving, loving perspective. Unconditional Love is the power that heals the mind.

Your subsequent healing and personal growth enables your ability to identify, promote and create conscious relationships, from the foundation of having an Aware, loving conscious relationship with yourself. You learn to let go of fear-based controlling – attachment/aversion - that inevitably causes dysfunction and conflict in relationships and learn effective compassionate communication and boundaries instead.

Your resultant growing awareness also enables a conscious connection with Life as a guiding force that is ultimately facilitating your healing and growing. You stop being in conflict with, and therefore a victim to, what is happening in your life, and instead recognise the opportunity for healing and growing in every circumstance, no matter how challenging.

Step 2: Total Personal Responsibility

This is the path of Wisdom – Intelligent/Aware Love in Action. This Step, in unison with Step 1, awakens and facilitates your ability to compassionately and effectively take full possession of your own mind and therefore your own life. It empowers you to transcend a victim mentality to where you can see how your own mind is the principle cause of your suffering, by the way old conditioning causes you to perceive circumstances and conditions and react to life's circumstances and conditions in self-defeating ways. This greater Awareness thus greatly simplifies and empowers your healing, awakening and growing process. You are able to increasingly identify what you can and can't control and therefore let go of what you can't control and focus on what you can control. What you potentially have full control over is your own mind. The more you learn how to master your mind, the more you are able to positively and effectively respond to the world around you. You come to realise that taking care of your own mind is the foundation of taking care of your life.

Through the power of Steps 1 and 2, healing, learning and growing is no longer about getting it right, but rather about having a go through an open-ended learning process and never giving up. The notion of failure is removed to where all life is seen as a daily

experience that provides opportunities to compassionately observe your own fears, insecurities, confusions, vulnerabilities more clearly and process them more effectively. You are awoken to the reality of Life as your ultimate teacher. This is a vital source of ongoing empowerment. Therefore, knowing that you can take full responsibility for everything you think, therefore feel, say and do, becomes a reality and an ongoing opportunity for healing, awakening and evolving. You become the master craftsperson of your own mind.

This is an important stage of enlightenment, which, according to Buddhist doctrine, is called “entering the stream” or Sotapanna. You are no longer part of the problems of humanity. You are instead increasingly becoming an important part of the solution for humanity and of course, yourself.

Steps 1 and 2 represent ultimate Universal Principles that will always be evolving your consciousness. For example, Unconditional Acceptance leads you into the ultimate power of Unconditional Love and from there, Oneness with yourself, each other and Life. Total Personal Responsibility leads you to the power of your real potential to master your mind in this life, as a representative of Love and Wisdom to your own humanness and also to the world, forged on an authentic path of open ended healing, awakening and growth. There are no longer problems to face, but opportunities to grow through, while humbly accepting and embracing, as your own forever aware parent, your own humanness in each moment. To Become the Way is to evolve from being part of the problem to being an essential part of the solution in your everyday life, whilst remaining grounded in your authentic process of becoming your real potential, ongoing.

Steps 3 and 4, informed and empowered by Steps 1 and 2

Step 3. Let Go and Tune In

Using Steps 1 and 2 to engage with ongoing in-depth inner-work. You learn to “let go” of judging yourself and others, recognising that judging (different from genuine discernment) blocks the process of healing, learning and growing, due to closing your Heart/Awareness down and rendering yourself a powerless victim, even if you may seek power over others. You learn to make compassionately tuning into yourself a default mode of being, where you increasingly become your own forever loving and wise parent, who is present and attentive to your human confusions and vulnerabilities that need healing, to boundaries that need setting in place to appropriately manage your life, and championing potentials that you are awakening to in the course of healing and growing.

In Step 3: Let Go and Tune In, you are learning to observe, stay present with and tune into your painful emotions from a higher enlightened parental perspective. Your painful emotions are the result of confused thought-patterns. Emotions are not the source of confusion. Embedded conditioning resulting in confused thought-patterns generate your painful emotions. Painful emotions are therefore the messenger pointing to the confusion that is the cause of your suffering. When you ignore your emotions, push them away, blame them on others, you remain ignorant to the cause of your suffering. Therefore, when you can effectively focus your Awareness on your painful emotions with the necessary

degree of compassionate detachment, your mental confusion is increasingly revealed to your Awareness. These thought patterns and emotions, when suppressed over time, can end up manifesting in the body, so body work is sometimes needed to free up this energy.

With your Heart/Awareness open to yourself, you are able to identify confusions and vulnerabilities via the resultant painful emotions. Tuning in in this way also enables you to listen to your Heart / Higher Guidance / Intuition via higher feelings such as love, joy, peace, motivation etc. Therefore, tuning into emotion/feeling is the most important focus in Step 3, and is an important foundation of Mindfulness.

You learn that every aspect of Life becomes a mirror to see your confused and wounded self more clearly through your emotional reactions. You also learn to identify your higher consciousness/higher guidance through your higher feelings – what feel right. Your ongoing compassionate tuning in to yourself enables you to heal and awaken yourself more deeply with the power of your own Love and evolving clarity. Emotional triggers become your opportunity to love, heal and empower yourself more. You learn about how your mind was conditioned/created and what it takes to re-create it, in-line with your growing potential. You become the master-craftsperson of your own mind.

As a part of working with Step 3. Let Go and Tune In, you gather together a tool kit that enables you to process your vulnerable/painful thoughts and emotions ongoing, such as journaling in various forms, reading, listening to audio and audio visual material, meditation in various forms, various forms of group work and one-to-one counselling and coaching, as well as appropriate body-focused work. Once again, a never-give-up persistence is the key.

It is vital to understand that Step 3: Let Go and Tune In, is teaching you, as Awareness, how to compassionately be present with your vulnerable human-self, that can manifest into your Conscious-Awareness from any age from unprocessed memories. You are literally going back in time within your mind to be there for your younger self in a way that you need then but did not receive. Understand that what a small child needs most from a parent is to be seen, felt, acknowledged, to feel safe and accepted. This is how we come to know that we are worthy. When a parent judges a child, they are projecting their own inadequacies onto the child. A child can't help being a child. A child needs appropriate mentoring, but always within the embrace of Unconditional Love/Acceptance. What our "inner-child" needs most from us is Unconditional Acceptance/Love. As Awareness, this is your ongoing commitment to your own vulnerable/wounded human-self. This is hard to do, because we have learned to treat ourselves the way we were treated. Unconditional Self-Acceptance and Total Personal Responsibility is showing us how to become the enlightened parent to ourselves.

Also vital is knowing that the power of Awareness is knowing that NOW is the only time that exists. **Awareness IS ALWAYS NOW** and all that is in your mind and available to your Awareness now. All your memories and conditioning, good and bad, are within the power of your Conscious-Awareness NOW. There is no time in the mind. Only the body ages. The mind records everything, which is within your consciousness now. That is why we suffer with PTSD. We don't yet have the tools in our ego/Awareness to deal with that past challenge. Our human mind thinks a traumatic memory, when stimulated, is actually

happening again NOW. Once awakened into being Conscious-Awareness, we can start parenting our vulnerable human-mind consciousness from any point in time...NOW. Furthermore, we can go to that painful memory as many times as we live, while learning more about how to lovingly parent ourselves in that memory. In the process, we are creating new, more loving memories for our human-self to live in.

To empower your ability to stay in the NOW and be present with your emotional reactions, being aware of your breath is very important. Breath is central to meditation / mindfulness / yoga. It is learning how to harness your energy flow in the moment. Every breath is NOW, so focusing on your breath helps to ground you into the present moment. It also helps if you deepen your breath and slow it down, which matches the state of being open and relaxed, which is also matching the state of Awareness, and is the opposite of the state of stress/anxiety etc, where our body tightens and our breath is shallow. Set your intention to make a deeper, slower breath your default breath and link it to being mindfully tuned into your human-self ongoing. This takes practice and lots of reminders, but when this become more of a habit, it is a powerful way to stay present and Aware of your emotional reactions and more able to work consciously with them.

Step 4. Live in the Now

This Step is about creating the life that you want through the power of discipline, system and order and persistence, while knowing how to follow intuition/higher-guidance. You learn that NOW is the only moment you can act, which also includes processing, healing, researching, planning, goal setting and keeping track of your goals.

System and order is vital for both Step 3 and 4, because you are up against your conditioned human mind that is ingrained habit that, in many ways, was not put together in a rational way. On the basic level of human consciousness, when the conditioning occurred, we did not know what was useful and what was not. When young, most of that conditioning is going straight into your unconscious mind. On that level of consciousness, we are like a programmed robot that is designed to hang onto and defend its programs, because it does not know any other way. It does not forget. It just acts or reacts from the same old programs.

The challenge with Awareness is being in the now, which means you, as Awareness, are operating through the short-term memory executive function of the brain, which enables you to learn new things and be adaptable and flexible. But it also means we easily forget what we are doing or the goals we have set. Our conditioned mind is always trying to reassert itself or is fogging up our Awareness. We forget, get confused and lose our way.

The mind, however, is also designed to learn new things. We can learn a new language, sport, dance etc. But that takes relentless persistence, learning, practice and discipline – hence the need for system and order. This is where the power of Total Personal Responsibility comes into effect. Write it down, plan it, research it, plan it some more, set goals, track your progress, adjust your goals etc - just like being at school. At school, it is you're Awareness who sits in the classroom learning. It is up to you to study and practice

what you learned in order to get it into long-term memory and so have this become part of your new programming, perhaps replacing something that didn't work so well.

This also applies with Step 3 work, as we set about increasing awareness of our trauma-based emotional reactions, exploring them in our journal etc and processing them on a regular basis, while creating more constructive programs.

You learn that successfully working toward these goals is always dependent on you taking full ownership of your own relationship with yourself in the moment, while being centred in your own self-awareness/self-healing process. You also learn that getting triggered, encountering blocks and setbacks, are a natural part of the creative process. This is your opportunity to learn and grow.

When vulnerabilities and challenges inevitably arise in the course of stepping further out into life and further into your power, your potential, you learn to stop and spend quality time going inward to once again engage in Step 3 work to process those experiences, leading to further healing and clarity. This, in turn, further informs and empowers the Step 4 creative process. Half way toward your goal, your Awareness process may reveal to you a better way, which you learned by being willing to have a go and learn from the experience. You accept being human while learning and growing, becoming more of who you are.

Steps 3 and 4, therefore, facilitate ongoing and sustainable healing and growing cycles, supported and continually empowered by a deepening understanding of Steps 1 and 2. You are therefore gaining the power to create the life that you really want, according to the higher knowing of your Heart and the guidance of Life itself.

Step 5. Live the Process as a Way of Life

You learn that, as an Awakening Awareness, you are now the parent and now increasingly the predominant conditioning environment for your own mind/body and therefore life. In other words, your human-mind consciousness is increasingly existing within the embrace of your own self-care and mentoring – the new sanctuary and home for you human-self.

You also recognize that the journey of healing, learning and growing does not end. There is no "are we there yet". To be in command of your life means being increasingly in command of your own mind, ongoing. Therefore, to be able to successfully create a life that is truly fulfilling and meaningful, you must place your healing/awakening process at the centre of your life, where it can continue to heal, awaken, empower and sustain you.

This again requires discipline, to enable you to push through the resistance of your old conditioning, with the help of Step 3. When discipline serves the Heart, it inevitably sets you free to be who you want to be, according to your higher Awareness.

Step 5 therefore is putting your Awareness process at the centre of your life for the rest of your life in order to have the life that you want.

Reprogramming your mind

- Your mind will not change unless you, as Awareness, changes it. You *can* transform your mind, but you need to know how.
- Awareness operates through short-term memory because it needs to be in the now, flexible and adaptable. Awareness is the power we have to rewrite the programs in our mind. However, because, as Awareness, we are operating through short-term memory, we easily forget what we are doing and lose focus.
- Our more primal mind operates more on long-term memory – hence our deeply imbedded conditioning. The mind is designed to hang onto its conditioning, whether that conditioning is useful or self-limiting. Your long-term memory is there to support you, as Awareness, who is in the driver’s seat. Long-term memory takes care of routine activities while Awareness deals with what is new and random, plus Awareness ensures that long-term memory is in the right alignment by paying attention to how you feel in the moment. Therefore, you need to program your mind to help you, rather than hinder you.
- To change the unhelpful conditioning that has accumulated in our long-term memory, Awareness must become the “new way”, and consistently reinforce this new way into the long-term memory mind. Consistency, repetition, reinforcement, never giving up, no matter how many setbacks, is what absolutely will reprogram the mind.
- Make mindful breathing your default mode of breathing and link it to your Awareness ongoing connection with yourself.
- Processing tools help you to consistently stay on track. This takes conscious commitment, like a parent ensuring that their child takes on good habits, even if the child resists as first. Your child / your conditioned mind, is not going to engage in these good habits until you train it to. To train the mind, you must consciously and deliberately lock these new good habits into your daily life, even when your human-mind-consciousness does not feel like it. As Awareness, you are the guardian of your future, by what you do now.
- It does not matter how many times you forget. As soon as you remember, restart – again and again and again – never giving up.
- Process and plan using your journal, with help from mentors and group work.
- Set yourself reminders on your phone, your calendar, the dashboard of your car, the mirror in your bathroom etc. You create your future, the life that you want, by what you do today and every day.

Your Awareness Tool Kit:

- DAILY: Meditation – Relaxation, Concentration, Contemplation, Mindfulness etc.
- DAILY: Reading – Self-Awareness Material etc.
- DAILY: Podcasts – Self-Awareness Podcast Channels.
- DAILY: Journaling – Emotional Processing, Goal Setting, Goal Tracking.
- FREQUENTLY: Groups – Self-Awareness, Self-Help, Motivational etc.
- FREQUENTLY: Counselling / Therapy / Coaching / Find Mentors.

