

**Christ Consciousness,
Buddha Nature, Krishna
Consciousness, Wali Allah,
The Tao etc... is what you
become when you accept
full ownership of your mind
- all that you think,
therefore feel, say and do,
while being your own
source of Love. You become
the Way.**



OVERCOME SUFFERING

By Phil Golding

THE 5 STEP PROCESS

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. Here we are focusing on step 1 to 3.

1 & 2 are the Foundation Steps

Step 1: Unconditional Acceptance

Without Self-Acceptance, we 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 we 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, we must accept our fundamental worthiness as a human being. By unconditionally accepting ourselves as we are and caring for ourselves as best we can each day, we are then in a better position to face and overcome our 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 we can accept both sides of ourselves, we can then consciously heal our emotional pain and confusion with our own higher-awareness. With self-acceptance, the doorway to our true potential opens to us. Step 1 is connecting to our own internal source of love that is available to us always.

Step 2: Total Personal Responsibility

When we combine Acceptance with Personal Responsibility, we are in possession of the power over our own lives. In order to take charge of our lives, we must accept our Personal Responsibility to Love ourselves Unconditionally, knowing that achieving this goal is an ongoing process of learning. Facing ourselves and our challenges is much easier when choosing this approach. Through compassionate self-observation, we come to realise that our suffering is caused by what we believe, think and project onto the circumstances and conditions of our lives, not the circumstances and conditions themselves. To overcome our suffering, we must stop wasting our time thinking we are a victim and trying to control and change others in order to be happy. The key to our healing, inner-peace, happiness, and fulfilment is in our own hands. By living this new understanding as best we can each day, conflict and unhealthy dependency will be overcome, which naturally improves our relationships with those around us. The result is an increasing inner-harmony and self-empowerment. In the process of healing ourselves, we experience how the world responds to us more positively. Step 2 is accepting full authority over our own lives and trusting that we have the ability to do so. Step 2 is the path to Wisdom.

Step 3: Let Go & Tune In - Healing Step

Step 3 is putting Steps 1 and 2 into action in a way that enables us to confidently and skilfully take care of our own vulnerable human-selves – to become our own loving and compassionate forever parent, in other words. We achieve this by letting go of trying to control and punish other people or ourselves when emotional pain is triggered within us, knowing that self-rejection is the real cause of our pain. By accepting our Personal Responsibility to Love ourselves unconditionally, we focus inwards on the disempowering confusion that has conditioned our minds. With Unconditional Self-Acceptance, we learn to face, understand, heal and transform the negative self-talk and beliefs that create our emotional pain. We increasingly become the Aware parent of our own mind - the solution for our own lives. In the process we discover a limitless source of Love within our own self. As our hearts heal and open, we become our own best friend and our own sanctuary. As a result of creating this strong foundation of self-love, we naturally create and attract to us even more love and abundance.

THE CAUSE OF SUFFERING

The moment you are born, you are helpless and dependent—both physically and emotionally.

You depend on your parents/guardians/immediate environment to feel safe and to physically survive. You begin this life in a state of extreme vulnerability.

You are born with an innate need for Love/Connection. As a small child you want to be one with your parents/guardians to feel whole, connected, loved, to know that you are lovable.

If the love/safety connection, both physical and emotional, is lacking/sporadic/unpredictable, fear is the result.

As a small child your emotions dominate, due to being impacted by the experiences of the world around you, positively or negatively, with little to no understanding of the world with which to process these experiences.

That understanding is gained from the adults and older siblings who are in your ongoing proximity.

Your ability to understand your experiences and the way they impact you emotionally depend on the level of genuine Awareness of your parents/guardians.

The challenge with this is that, as parents, we are still learning how to be aware. In many ways, we are older children trying to raise younger children.

As adults, we all carry some level of trauma, whether that being from encountering obviously traumatic experiences in our formative years that we did not and do not know how to process. Another more unconscious and pervading trauma that we are not even aware of comes from daily interactions during childhood that lacked love/compassion that we came to regard as “normal”.

Therefore, confusion/suffering is caused by our lack of understanding of how to resolve our fear or experience of not feeling safe and loved.

THE NATURE OF MENTAL CONDITIONING

When we are born, our brain is mostly in place, but our synaptic pathways are only about 10% developed. Our synaptic pathways make up our memories and thinking habits - our ability to function in the world. By the time we are 7 years old, our brain is about 70% heavier, due mostly to the creation of new synaptic

pathways. This highlights how much conditioning we take in when so young and vulnerable. From the ages from 1 to 5, our brain is frantically wiring itself up according to our immediate environment in order to survive in that environment, both physically and emotionally.

At that age, we have little capacity to think/process consciously. As a result, that information is mostly going directly into our subconscious/unconscious mind, regardless of how useful/irrational/problematic that information is. As this new human-being, we are normalizing this information into our newly forming identity - our perceptions of ourselves and the world around us, which we come to assume represents the rest of the world.

By the time we are 12 years old, it could be said that most of our social conditioning, that we take for granted as the truth, is embedded into our minds. We are also deeply identified with this conditioning and will tend to defend it, regardless of how irrational this conditioning may be.

We then project this conditioning onto the world around us in the way we perceive that world and ourselves through the lens of our conditioning, which tends to obscure our ability to see the world around us as it is.

We are therefore all walking around in our own unique realities, which maybe in conflict with other people's realities, and more importantly, in conflict with "actual reality", hence our suffering.

As a result, we become the creator of our own suffering, due to the way we have been programmed, our identity with that program and the ways we try to impose that program onto the world around us.

To make matters worse, when things don't work for us, we try even harder with the same tools that we have in our limited programming, due to not being able to gain a new perspective on our problem, hence all the suffering that humanity experiences.

We also end up being in conflict with ourselves. As a small child, when we don't receive the love/connection that we need, we are so powerless and vulnerable, we unconsciously conclude that we are unlovable/defective, resulting in learned helplessness and or shame, for example. When we grow older, when people try to love us, we don't believe we are worthy of this love, or we can be afraid to being loved due to our fear of being vulnerable, particularly if we received significant abuse as a child. When we don't live up to some internalized standard, we judge ourselves as unworthy, stupid, ugly etc.

As human beings, we impose suffering on ourselves with our own self-rejection, and we impose suffering on others as a result of judging/controlling/punishing others etc. as a process of trying to avoid our fears. All suffering could be seen as a product of self-rejection - fearing/believing that we are unworthy of love, and then blaming others for how this often unconscious self-rejection makes us feel, thinking that the world around us made us feel that way because our own self-rejection has become so unconscious.

Your suffering could be seen as a measure of how worthy of love you believe you are.

But this does not solve the problem of feeling separate and believing love is something that is outside us - ie: I can't receive love until someone else gives me love.

Therefore, being able to responsibly love yourself is a key to resolving suffering, pointing to Love as an innate potential that we all have within ourselves that we can give to ourselves at any time.

This is the foundation of Awareness, which is why Unconditional Acceptance is so important - this eternal principle is the doorway to learning how to **be** Love.

Therefore, being born helpless and vulnerable causes us to lose consciousness of this innate potential of Love as a core of our own being.

As parents/guardians, we need to represent the full potential of Awareness to our children, teaching

them how to be Awareness, who are learning how to take loving care of their human self. In this way, our children will grow up with conditioning that is in line with their potential of Awareness, therefore not in conflict with oneself or the world around them.

But, of course, we as adults/parents still carry confusion and psychological woundedness. We are still children in many ways. We therefore need to learn how to forgive ourselves for being human and take over the job of healing/mentoring/awakening ourselves whenever the opportunity to have this realization arises.

THE PATH TO OVERCOME SUFFERING

Throughout the ages, in various cultures around the world, teachers have emerged who have formulated pathways out of suffering. In my field of Transpersonal Psychology (a study of human consciousness as an evolving journey from suffering to enlightenment), I have studied many of these teachers and the paths they teach and the way's that they have been an example of what they teach. These studies have also been enriched by my experience of overcoming chronic depression and PTSD, which helped me to identify what factors in these pathways that enable them to work.

When I boiled it all down and distilled out the essential ingredients, this is what I found. (See my handout for my previous "Keys to Awareness" presentation for Inner Wellbeing." This awakening was nearly 30 years ago. These principles have stood firm all this time.

- 1. Unconditional Acceptance**
- and**
- 2. Total Personal Responsibility**

UNCONDITIONAL ACCEPTANCE - The path of being Love

This works on 3 levels:

1. **of Your-Self** - to heal your conflict with yourself and to realise that you are the foundational Love that your human-self is seeking. You accept your right to be human and also the circumstance and conditions that this is your journey in this life in order to face yourself and life with your Heart/Awareness open in the spirit of self-compassion. Here is a key to healing, clarity and resilience.
2. **of All Others** - learning to Love all others as you are learning to Love yourself. I Love you = I honour your freedom to be who you want to be, how you want to be, when you want to be. This teaches us to own our own fears with self-compassion while learning how to create conscious, accepting, compassionate, functional relationships where we are each free to keep learning and growing.
3. **of Life itself** - learning that everything is consciousness that manifests on many different levels/dimensions. The consciousness of yourself as an individual is not separate from the Universal Consciousness of Life - seeing the Universal Consciousness of Life being aligned to and facilitating the evolution of your own individual consciousness. Therefore, Life is happening *for* you, not to you. In other words, we are learning that life's conditions and circumstances are giving us opportunities to observe the ways we are causing our own suffering. We stop being a victim of Life and focus on being a student of Life.

TOTAL PERSONAL RESPONSIBILITY - the path of being Wisdom

Total Personal Responsibility of all that you think, therefore feel, say and do.

Wisdom is knowing how to be Love in all circumstances and conditions - learning how to be part of the solution for yourself and the world around you, and no longer part of the problem.

Total Personal Responsibility reveals to you the power of your Awareness - the real potential you have to master your human mind.

To **be** Awareness, Acceptance and Responsibility must always go together - they balance each other out. Personal Responsibility without Love can become harsh and unforgiving. Self-Love without Personal Responsibility can become self-indulgent. To truly Love yourself, you don't need to take from anyone.

These principles represent a fundamental "physics" of consciousness that enable the healing and harmonising of the mind. You can call it Buddha Nature or Christ Consciousness etc - the potential of your own Conscious-Awareness.

It is essential to have faith in the power and potential of your Awareness as something ultimate and to never give up on yourself. If these principles are not working for you, it is not because they don't work, it is because there is more for you to learn.

As an adult, your mind now belongs to you - no one else. It is your total responsibility to learn how to be the Aware parent of your mind - to fully embrace your human mind into you as Conscious-Awareness.

Suffering is caused by the way you perceive and react to the circumstances and conditions before you. Suffering is not caused by the circumstances and conditions themselves. In other words, your suffering is 100% caused by your own mind. This is hard for the ego to accept. But through acceptance and personal responsibility, you come to understand and experience the empowerment this realization gives you. To master life, you only need to master your mind, which is always within you're the potential of your Conscious-Awareness. The key to your life is always in your own hand.

Children are learning how to be responsible to the extent that they are able to gain access to their Awareness through maturity, which requires increasing brain development to give their potential of Awareness something to work through.

Dysfunctional conditioning is in conflict with and obscures genuine Awareness.

"Ego" is the potential of Awareness that is still submerged within, and identifying with, the human body/mind consciousness, and therefore subject to and limited by the functionality of your conditioning. As a result, ego struggles to transcend into the position of the Aware observer of the mind and therefore establish a new, more functional perspective. The saying - "you can't see the forest for the trees" is speaking about the dilemma that the limited ego is in. Instead of knowing how to get above and face one's own fears and confusions, the ego is instead deeply identified with these fears and confusions and tries to reinforce one's worth by justifying one's conditioning and blaming others. If the dysfunctional ego faces oneself, it usually results in self-judgement, resulting in shame and depression etc. Therefore the ego is trying to be the parent and manager of your body/mind consciousness, but is just the older child trying to parent younger child.

UNLOCKING YOUR POWER

OF UNCONDITIONAL ACCEPTANCE AND TOTAL PERSONAL RESPONSIBILITY

The fundamental nature of these principles (Unconditional/Total) can seem daunting and unreachable/unrealistic.

Acceptance is the key to knowing how to become the student on the path to become the “Light and the Way”.

You accept that you are human on the path of ongoing learning and growing. It is not about getting it right, it is about **having a go** of living these principles each day, whatever your starting point, and then through Unconditional Acceptance of your humanness in that moment, and the outcome of your experience, you learn what you can from that experience, which gives you a bit more to work with in your next attempt to live these principles.

It is important to understand how deeply ingrained in confusion your human body/mind consciousness is. This is fogging up your capacity for Awareness all the time. Practicing Unconditional Self-Acceptance keeps your heart open to yourself and enables you to keep safely facing yourself from a higher perspective of compassion and increasing clarity. You are therefore able keep learning how to be the Loving/Enlightened parent to yourself, without falling so much into self-judgement, which closes your Heart.

Also, the mind is meant to create conditioning/habits, so we can remember how to do things. However, the mind is also designed to learn new things, but this requires persistence and increasing clarity. Teaching your mind new, more functional habits is like learning a craft, a new language, a new sport, studying for a qualification. It requires dedication. If you give the same dedication to healing and enlightening your mind, you *will* achieve your goals.

Understand though; never take your human mind for granted. There is always something to heal, something to learn, but with this ongoing healing and learning, your life will keep getting better and you will achieve a significant level of self-mastery that we give you self-confidence and resilience, and the tools to sustain your process of healing, growing and awakening.

HEALING YOUR MIND

If you are learning to be the enlightened parent of your mind, this means your human body/mind consciousness is your child. Your human body/mind consciousness - your “Inner-Child” - is your conditioning, including all of your memories that contain any unresolved experiences/trauma, and your identity as a vulnerable mortal creature running around in this chaotic world.

What does your “Inner-Child” want most from you? The same as any small child - Unconditional Acceptance/Love - to be seen, felt, understood, to be supported and mentored with Love - to be embraced everyday into your open heart of Conscious-Awareness. This is your learning path as the parent of your mind. Wherever you go, your Inner-Child goes with you, representing any unresolved memories conditioning from any age and from the consciousness/maturity/confusion that you were at that age.

In other words, there is no time in the mind. It is all there within you in the now. When you are emotionally triggered in the moment, an unresolved element/part of your mind has suddenly risen to the surface of your consciousness and taken over your ego/awareness. Suddenly you are a frightened/angry/shut down child in an adult body.

The challenge for you, as Awareness, is separating yourself from your Inner-Child and holding steady within yourself, as Awareness, in order to then enable your reacting mind to flow into you to be parented,

instead of you drowning in your reactive mind/Inner-Child.

By dedicating yourself, your life, to living/practicing Unconditional Self-Acceptance and Total Personal Responsibility is how you initiate your ego into Awareness. You do this with deliberate learning/study and facing and learning from your daily challenges - ongoing. You reach out to others for guidance and hang out with others who are practicing the way. You are responsible for the continual reinforcement that is required to embed the new way into your mind. If you place this process at the center of your life and dedicate yourself to it, you will inevitably succeed. That is how powerful you are, but you have to put that power into some sort of action everyday. If you forget and or lose your way, you get back on track as soon as you can and start again and again and again and never give up.

This is the power of Awareness. Awareness never runs out. The mind, no matter how conditioned it is, is a limited construct that will only continue with that program so long as you keep reinforcing it and don't consistently offer it something different.

But you have to accept the nature of your own individual path, the depth of your woundedness, the confusion of your own individual mind, which you may yet barely know. Your path is unique. There may be similarities to other people, but it might also look much different. What may be easy for one person, may have many more challenging layers to work through for another person. The principles of Acceptance and Responsibility remain fundamental and the same for everyone, but we have to work with them according to our own character, conditioning and circumstances.

Grasping at quick solutions as a process of trying to "get rid" of your problems is still motivated by fear and will only give you limited gains, if at all. This is treating your Inner-Child like a problem, a nuisance. You are reinforcing your lack of faith in your own potential and wasting your time.

Others can point the way and lead by example, but they can't do it for you. Your never-give-up dedication to putting these principles into practice through trial and error is what will enable you to succeed. Therefore, facing your fears/traumas/insecurities with informed consistent action is the key.

THE PROCESS OF HEALING YOUR MIND

Let's use the process for healing trauma/PTSD as an example. What you learn here will be useful in all other psychological issues.

The first thing you are up against when turning your Awareness inward to face fears, insecurities, trauma's etc, is the way the more primal fight-or-flight level/dimension of your mind tries to protect itself from this emotional pain/traumatic memories. This more instinctual protective dimension of your mind does not have the capacity to identify the confused or inadequate conditioning that is causing you to suffer. It only detects the emotional reactions caused by the mental confusion. It does not have the higher perspective to see your emotional pain as your Inner-Child, who needs your love, compassion and mentoring. It instead sees emotional pain as a fire-breathing dragon rampaging through your consciousness that needs to be avoided at all cost. This ongoing fight-or-flight reaction clearly becomes a problem, rather than something that is helpful, because your primal mind does not know how to switch the "self-protective" fear reaction off, and it has no awareness of higher dimensions of yourself. Also, your primal mind does not know the difference between a memory and present moment reality. It doesn't know how to process the traumatic event, so it just gets in the way. You need to accept this protective part of your mind and learn how to work with it in order to move past it.

Another very important thing to remember. When you are facing your memories, your mind's conditioning, you are dealing with mental/emotional energy. It is not physical energy. It can only hurt you if you **believe/think** it can. When you change your beliefs/thinking, your experience changes

accordingly. Your mind creates its own suffering by the ways it thinks about things. Therefore, the keys to overcoming your suffering are held in the hands of you as Awareness.

Also remember, thoughts create emotions. Thought = Emotion. This is more the case for us adults, who have a mind full of ready-made programs. Young children have few programs so they are usually feeling first and then trying to figure out what that means. As adults, we think we already know what things mean. It could be said that you feel something first, then think something about that, which then determines how you continue to feel about it, but it is the thinking that is causing the ongoing emotional reaction that we are concerned about when it comes to healing and clarity.

There are 3 important tools of Awareness that you will be using:

- 1. Mindful breathing.**
- 2. Processing with Unconditional Self-Acceptance and Acceptance in general.**
- 3. Staying centered in the now moment. Remember that all your conditioning and all your memories are within your Conscious-Awareness now and therefore within your power. Your past experiences are there to learn from.**

What is known in psychology as *desensitisation* is a process of getting used to being present with your mind's traumatic memories from the higher perspective of Conscious-Awareness/Observing Self, to where you can disengage the fight-or-flight reaction and get on with the job constructively managing and processing that memory/conditioning. In time, your primal mind gets used to having an Aware parent taking care of the Inner-Child it is trying to protect, and as a result it starts to disengage.

When I'm working with clients who have suffered deep trauma, the first stage of the process of desensitisation is getting steady with just observing the traumatic memory with an increasingly degree of emotional detachment, by just staying on the edge of the memory, to reduce the intensity of the reaction to make the initial process more manageable. Here *deep, slow mindful breathing* is very important for disengaging the fight-or-flight reaction. When you go into a fear reaction, your body tightens up and your breath quickens, becomes shallow, or you stop breathing altogether. Deep slow breathing helps the body relax more, which helps to disengage the fight-or-flight reaction on that level, and enables you to stay more present in the moment - in order to observe the painful memory rather than be pulled into it.

In addition, emotional processing through Unconditional Self-Acceptance of whatever is being experienced is done during this stage, which leads to clarity/insight, deeper Self-Compassion and confidence in the process. Unconditional Self-Acceptance enables you to increasingly identify any self-defeating, self-attacking thoughts, negative self-talk in other words, that is causing you to feel overwhelmed when being confronted by a traumatic memory. Through your commitment to self-acceptance, you are becoming more Aware of the confused and self-defeating nature of these thoughts, which increasingly neutralises their impact on you. These problematic thoughts are what keeps the negative reactions on a loop. You are also learning how to accept and work with things within the memory that you have no control over, like the angry reactions of a parent that you were made to feel responsible for, resulting in misplaced guilt, or the shame of being sexually abused, thinking you did something to cause someone to do that to you, that it was somehow your fault.

While doing your best to process with the clarity that you have at your disposal at that time, you keep grounding yourself by paying attention to where you are now in the present moment, knowing that you are safe. Your mindful breathing helps you do that. You are safe in the now observing the past. You are no longer in the past, you are no longer powerless.

Therefore, you start this desensitisation process by learning about and practicing mindful breathing and total unconditional self-acceptance, and acceptance in general, while staying centered in the now. Then, while mindfully breathing and engaging in your best attempt at self-acceptance, you can start talking about the traumatic memory with an experienced listener, counsellor or therapist, or start writing the memory down in your journal, but only to take a few steps into that memory and then stop before you become too emotionally triggered. Re-center, if needed, into deep slow breathing and focus not so much on the memory, but ***now on how your mind is reacting to the memory.***

You are using these memories to reveal the disempowering thoughts arising from the memories, remembering that it is not the event that is the ongoing cause of your suffering, but what your mind is thinking about that event, and the meanings your mind places on that event that are undermining you. Is your mind getting lost in the memory, such as with a fear of dying, instead of being present in the here and now where you are safe? Are your thoughts self-judging? Are they giving credence to abusive things people used to say to you? You may observe your mind imposing unrealistic standards onto you, telling you that you do not have the right to make mistakes, to be human? Perhaps it is a memory of when you were a child being abused by a powerful adult. You may be feeling the fear and powerlessness you felt as that child. Here breathing deeply and slowly is very important, and seeing that this memory is within your consciousness NOW, and that this person cannot hurt you now, nor can this person further hurt the child you once were. Even though your more unconscious mind does not know this and reacts as though it is all happening again now, you, as Awareness, can get used to seeing it otherwise, and in the process, disengaging the mind's fight-or-flight reaction while observing the memory and processing the memory with Total Self-Acceptance and increasing clarity. You are learning to be the Love and Wisdom that your Inner-Child, Adolescent-Self or Younger Adult-Self needed back then, now.

Your emotional pain is an indication that your mind is confused about your actual safety, or your real worthiness, or it is not in the present moment, but is instead trying to control something that you actually have no control over. We take our mind so much for granted that we think we are our mind, but in reality, we are Awareness centered in this present moment with the power to learn, adapt and evolve, unlike the mind, which gets stuck in its programs, its conditioning, until we can reprogram it with a new level of clarity. Therefore, with self-acceptance, compassion and increasing clarity, you are giving yourself time to truly get to know your own mind, and the ways that it causes itself to suffer, due to the ways it has learnt to react to circumstances and conditions that are represented in these traumatic memories.

Don't expect to immediately know what to do with the emotionally triggering thoughts that you are observing. At first it is to get used to observing how this particular thought causes this particular emotional reaction. However, you can go a little further by exploring different perspectives. For example, what if you chose a different thought about that particular memory that you took a few steps into, a thought that is more accepting of yourself and self-validating. How does that new thought feel? Don't get too caught up with trying to process it all perfectly, or expecting your emotions to suddenly lift. Layer-by-layer, change will happen while you are staying focused on your process without getting caught up in expectations. Just let yourself get used to looking into your mind a little and processing a little and get used to knowing you are here now and not in the past. As Awareness, you are learning to be the loving guardian you needed then. You are learning to be the master craftsperson of your own mind.

So you are doing two things here. Firstly, you are getting used to the fact that memories are purely mind energy, like a movie, and that you are in the here and now and in no physical danger. Secondly, you are learning to observe how the situation causes you to think thoughts that undermine your fundamental worth or disempower you in some other way, which cause fear and pain on an emotional level. You are learning to separate the experience of the event from the way your mind reacts to the event, because a different mindset, or set of beliefs or conditioning in other words, would mean that your mind would

react very differently to the same event. This explains why different people can react or respond to the same traumatic event in very different ways, where some are traumatised and some are not, even though they are impacted by the same experience. You are learning that you don't have to be controlled by the confusions in your mind, or by the event itself, but instead be the one who is in control of the mind and therefore your experience of the event. You are learning that you can respond with a constructive awareness to a situation rather than blindly react from conditioning that is not flexible and adaptable enough to cope with the event.

So once you have done some useful processing of that piece of memory, you will feel more ready to step a bit further in, and then repeat the process. You are pushing the edge of the trauma in a manageable, step-by-step way. It will still feel uncomfortable, but you will feel more prepared.

During this desensitising process, you will come to realise that the memory is becoming a vehicle that is guiding you into the workings of your own mind, where you are learning to be the accepting, compassionate, patient and caring parent of your mind, helping your human-self to work through his or her confusions, which you can identify, because of the emotional pain that those confusions cause. You will be able to see and experience the emotional pain, not as some fire-breathing dragon that is rampaging through your mind, but instead see it and experience it as your confused and vulnerable human-self/Inner-Child reaching out to you, your Aware-self, for help.

With this process, you come to increasingly see how the traumatic event is triggering your mind to think self-attacking, self-defeating thoughts, that are the real cause of your emotional pain and fear now. With your ongoing practice of Unconditional Self-Acceptance, it becomes increasingly easier to identify these unhelpful thoughts, without identifying with them. You are therefore freeing yourself from these oppressive thoughts that are triggered by the traumatic event. You can see/hear/feel them, but increasingly no longer believe them. This also helps you to experience and understand how your Conscious-Awareness grasps a truth quicker than your conditioned mind, because you know it is the truth because it feels right, independently from your conditioned unthinking habit-bound mind, which still clings onto the old self-defeating thoughts/beliefs. Once you make that shift with your Awareness, with persistence, you can "recondition" your mind, because as Awareness, you now become the new and most influential environment for your mind. You are becoming your own wise and loving parent.

What you will also be doing during this stage is getting used to feeling your emotions while being comfortable and confident enough to let them flow through you, through your open, Aware Heart, knowing that they can't ultimately harm you. You will increasingly experience these painful emotions as natural, normal emotional releases, that may be what you felt at the time of the trauma, but possibly suppressed them, because it was not safe then to feel them, or you simply did not know how to accept them and process them at the time, because they were overwhelming then. It is like you can now hold your own human-self and comfort yourself while at the same time allowing the emotions to be appropriately released, like waves of energy, through your open heart. You will see and experience how these waves of emotional energy will peak, but then pass, because you are not adding fear to them, and not exacerbating them with negative thoughts. You will experience that they are not never-ending tidal waves that your fight-or-flight mind feared they were. The only thing that made them dangerous was your mind believing that they were.

You may find yourself crying, but know that it is important to allow yourself to do that, because now that self-judgment is removed, your tears are healing tears. Your emotions/feelings are doing what they are meant to do, to help your mind let go of tension and work through trauma, just like an upset child does in the arms of a Loving and aware parent. You are providing a sanctuary for you human-self to feel safe enough, to be vulnerable enough to let go into your own heart.

TAKING CHARGE OF THE TRAUMATIC MEMORIES

This self-nurturing and empowering process then gives you the confidence to engage the memory further, until you are able to work through the whole memory without becoming overwhelmed. You have now taken that memory into your Awareness where it no longer has any real power over you. Now you are in the position to go deeper with your healing process. Here you can become confident enough to get used to closing your eyes as you are reimagining the memory as you are talking about it, or in between moments of journaling. Here you can start taking a more dynamic control of the memory. It's like you can now walk around in the memory as an independent Awareness that has the power to start taking charge of that memory and not just observe it. Now you have the tools to work with and heal other memories.

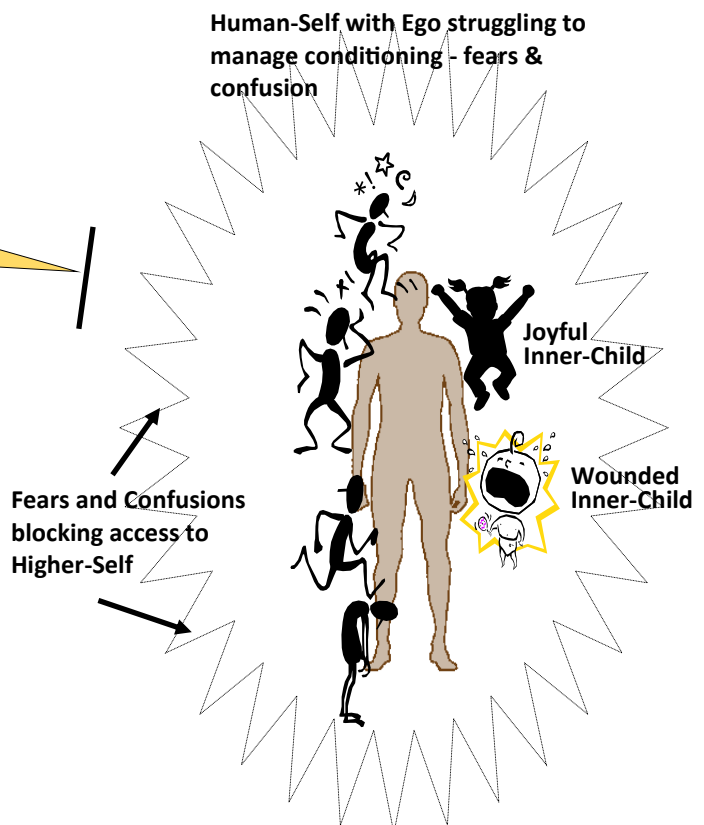


STAGES OF EGO AWAKENING INTO CONSCIOUS-AWARENESS

1.



Higher-Self / Buddha-Nature / Christ-Consciousness. Your highest potential to Master your human-self—accessed via your Open Heart / Conscious-Awareness

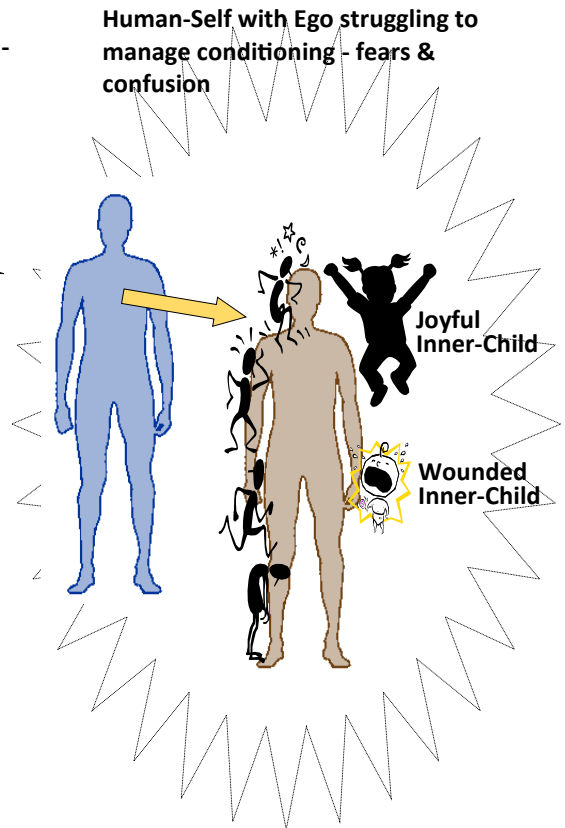


2.



Ego awakening into Conscious-Awareness, via dedication to Acceptance and Responsibility. Awareness learning to care for Human-Self but still frequently overwhelmed, often falling back into ego

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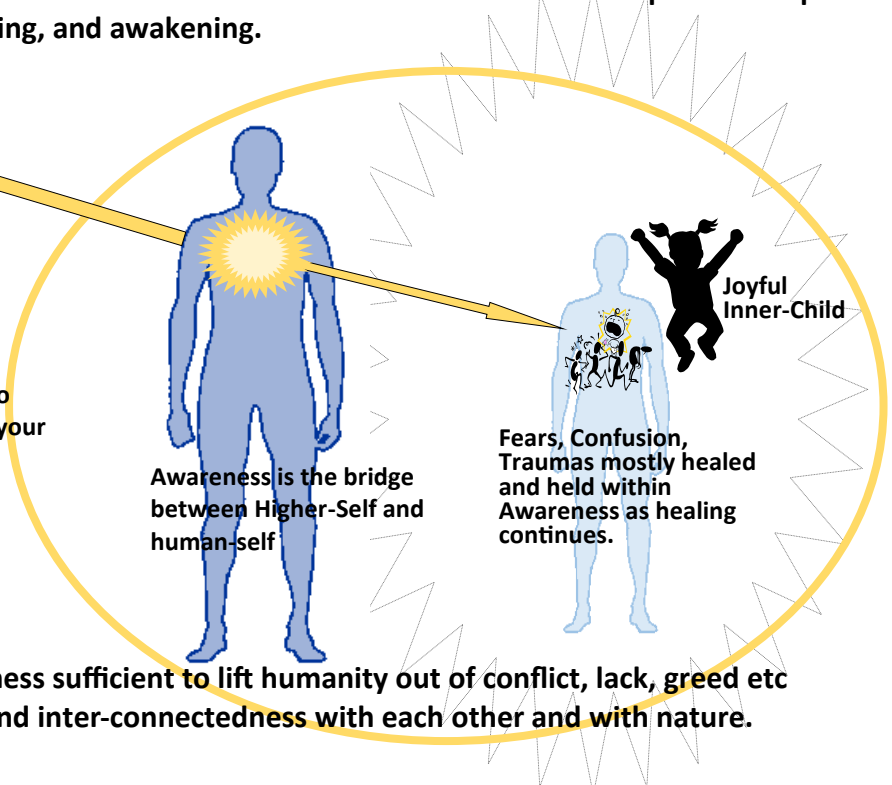


3.



Conscious –Awareness, via dedication to Acceptance and Responsibility, now is loving guardian/parent of human-self. Awareness achieves compassionate observation while embracing human-self within Heart of Awareness while flowing in Higher-Self Consciousness. Awareness remains on open-ended path of healing, learning, and awakening.

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This level of Conscious-Awareness sufficient to lift humanity out of conflict, lack, greed etc and into increasing harmony and inter-connectedness with each other and with nature.

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Truly letting go means you have realised that you are everything already. There is nothing outside you. You are Oneness, therefore Universal Love. It is then to lift your humanness into this reality, for you are all that your human-self needs. It is then that your ego begins to die into its true nature, pure Conscious-Awareness - Life itself!



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