



Creating Conscious Relationships

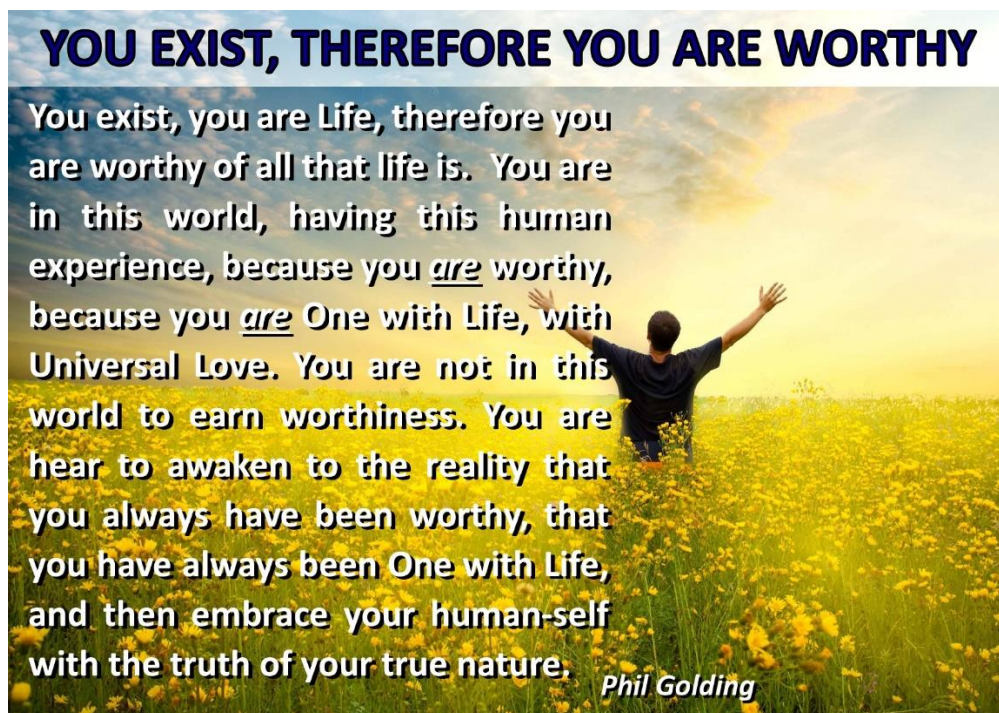
By Phil Golding

Love = I honour your freedom to be who you want to be, how you want to be, when you want to be, always.

1. At the heart of a loving and harmonious relationship is the unconditional acceptance of one another. Here our acceptance of the other is creating a sanctuary for them, where they can feel safe and free to be themselves. Acceptance enables openness and vulnerability and facilitates true intimacy.
2. ***Unconditional Acceptance is an essential quality of Unconditional Love.*** Unconditional Acceptance of yourself, of all others, and of life itself, opens the door to the heart and your higher Awareness. Unconditional Acceptance is an essential foundational principle that enables you to create and maintain a conscious relationship with yourself, which then gives you the ability to create and maintain a healthy relationship with others.
3. ***Unconditional Acceptance is a foundation principle of Mindfulness.*** You are learning to accept and work with what is, rather than project fear-based mind-states onto the moment, or onto one another, distorting the reality of that moment.
4. ***Unconditional Acceptance open the door to truly connecting with others,*** an essential, innate

human need.

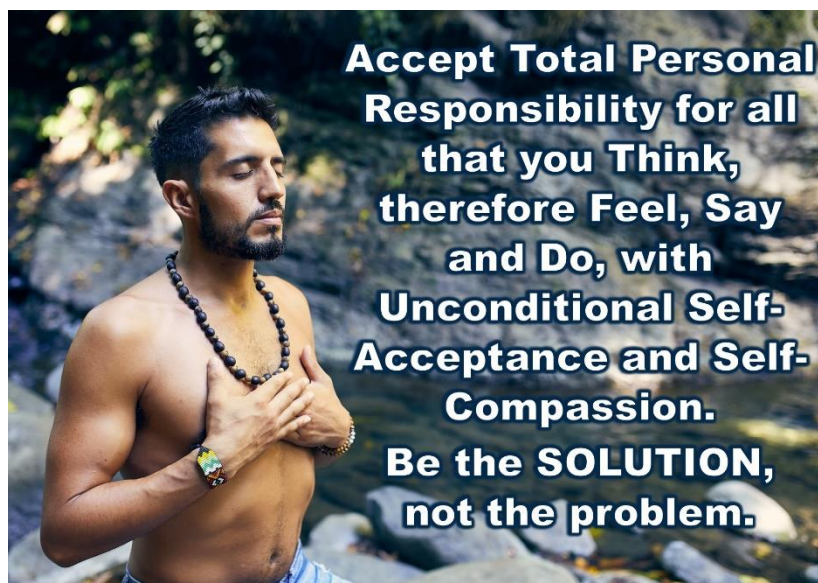
5. ***Unconditional Acceptance is the key to your ultimate potential of being an independent source of Unconditional Love.*** This is the power that enables you to love yourself without the need to take from anyone else. This is what empowers all healthy relationships on all levels.
6. ***Unconditional Acceptance resolves the dilemma of fear-based attachment*** – the cause of suffering in all relationships.
7. To accept yourself is to accept your humanness. In other words, to truly know you are worthy of your own love no matter how you look, what mistakes you have made, what educational level you have, no matter what others have said about you or how they have treated you and so on. Your worthiness is unconditional. This is also the sort of Love you needed as a child and what you need to extend to others to create conscious relationships.
8. Your worthiness is linked to your very existence. You exist, therefore you are worthy. You are an essential, inseparable part of Life/Universal Consciousness/Oneness. Your worthiness does not depend on how the world sees you. How others see you, even your parents, is more often about their confusions about their own worthiness. For example, they may have said, "I will be proud of you when you achieve this or that or conform to this or that etc."



9. When parent's love for a child is too conditional, such as expecting their child to be like them, rather than honouring their child for who they are and helping them to explore their authentic self, the child tends to grow up placing the need to be loved over their need to be their authentic self. This is an important reason we end up losing ourselves in relationships and compromising our needs and values - I need you to be my foundational love, rather than knowing how to be that for myself.
10. In our quest for Wellbeing and Awareness, we step up to the challenge of completing the journey

of discovering who our authentic self is. **Unconditional Self-Acceptance** is essential for finding our way in this ultimate quest.

11. ***It is essential to accept your own vulnerabilities, fears and insecurities.*** In other words, it is essential to not judge yourself for being human. Unconditional Self-Acceptance makes it possible to face your humanness and take responsibility for parenting your humanness without shame. You have a right to be human. We came into this world to be just that. Judging yourself shuts down your Heart/Awareness.
12. Relationships, good or bad, provide an essential mirror to see yourself more clearly, whether that be your fears and insecurities, or your true potential.
13. Your fears and insecurities point to confusions in your own conditioning that cause you to suffer.
14. It is important to understand that you did not condition yourself throughout your childhood. In fact, you did your best to get by within the environment that you grew up in. However, now that you are an adult with the power of Awareness, you are now your own parent and your own essential environment. You can learn to love and care for yourself in the ways you needed to be loved and cared for when you were a child, adolescent and young adult. This is the path to healing your fears and insecurities.
15. You are learning to compassionately face your own fears and insecurities. You are taking responsibility for them in order to heal them, for the sake of your own peace and happiness. This is the foundation of healthy personal responsibility. "I know I messed up, but I'm learning from the experience." Acceptance facilitates healing, growing and maturing.
16. The honeymoon period of a relationship is so good because of this mutual unconditional acceptance.
17. The honeymoon period of a relationship does not last when ***Personal Responsibility for all that you think, therefore feel, say and do***, the other essential foundational principle of awareness, is not a strong enough foundation of the relationship.



18. It is unrealistic to think that we finally have Love when we meet our prospective partner. They are thinking the same about us. If you don't love yourself first, where are you going to find the love to give to your partner, and vice versa? This points to why relationships break down. We are expecting the other to be our fundamental foundation of love, when this foundation is actually built on our accepting and compassionate relationship with ourselves.
19. When we make our partner our love-foundation, we struggle to accept their humanness. We need them to satisfy our expectations in order to feel secure, and we feel threatened when these expectations are not met. We trap each other in expectations that are rooted in our own fears and insecurities.
20. Therefore, our love is conditional, and our expectations of our partner feel threatened by their humanness – we can't help being human, even if we are trying to learn, heal and grow. We must learn to be "authentic" in our intimate relationships.
21. Being authentic is akin to being real. We are trying to find our genuine authentic character, values and potential, but we are always on the journey of self-discovery, while in the process learning to be the loving and wise parent of our confused and vulnerable human-self. Therefore, authenticity is accepting ourselves enough to be real in the moment about where we are on that journey and the reality of our fears, vulnerabilities and confusions in that moment.
22. A conscious relationship is built on mutual acceptance, personal responsibility, respect, freedom and compassion. This is true Love.
23. A conscious relationship accepts that we are human and makes space for our mutual humanness, giving each other time and space to process, learn and grow. We make it safe for our partner to be authentic / real / vulnerable.
24. ***Being safe to be vulnerable is a key to intimacy on all levels of a relationship.***
25. Holding space for one another is learning to not react to each other's momentary emotional reactions. We do this by learning to compassionately, with acceptance, own our own reactions and see them as an opportunity to be the loving parent to our vulnerable human-self / Inner-Child.
26. When we are committed to this important level of personal responsibility, when we do fall into emotionally reacting, we are more likely to quickly be aware of our reaction and process it efficiently, and share this with our partner, which helps to facilitate intimacy rather than threaten it.
27. With our growing self-awareness, we can have more understanding, compassion and patience with our partner's humanness.
28. Trying to control your partner is a symptom of trying to avoid facing your fears and insecurities, and will inevitably damage your relationship.
29. ***The foundation of Trust in a relationship is found in you being committed to facing your own fears and insecurities and to care for yourself in all circumstances.*** This gives you the growing discernment to observe how capable the other is of conducting a functional relationship. Trusting

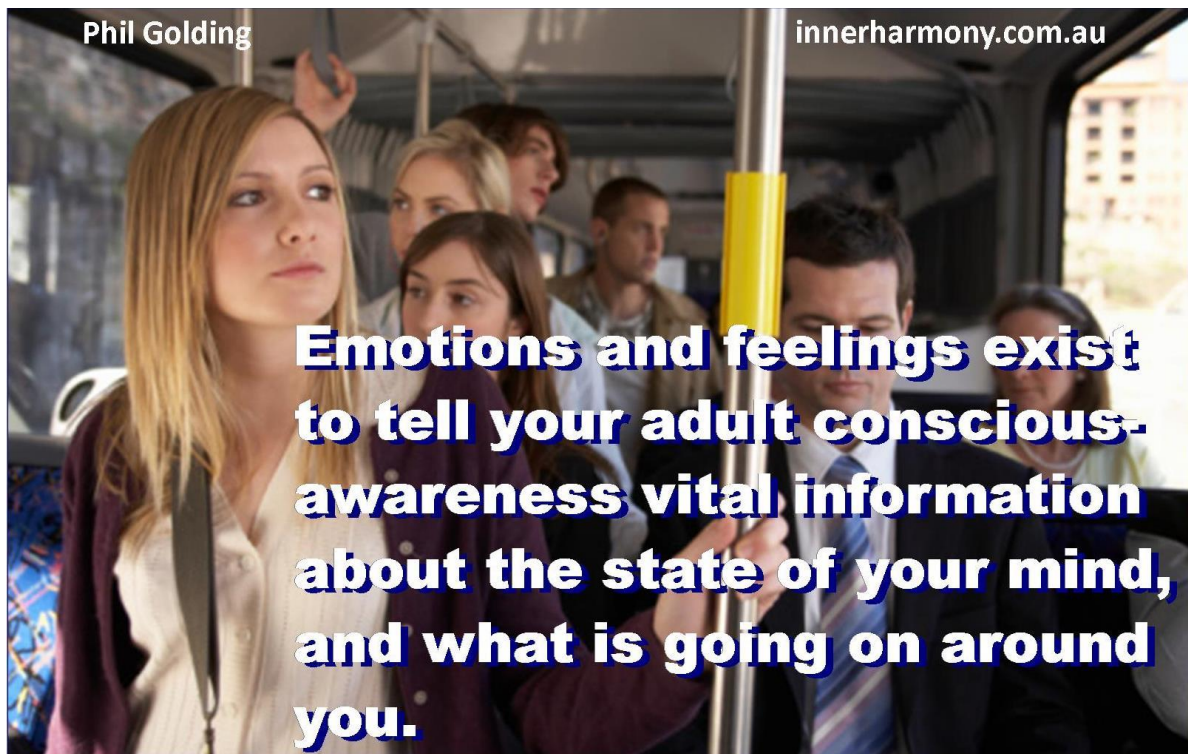
others is often confused with expecting the other to not be human. Trust in others is a factor of their genuine ability to responsibly accept themselves and care for themselves – this is the foundation of integrity. This is what makes a relationship functional.

30. We don't just project our fears and insecurities onto our relationships. We also project what we are hoping the relationship is going to be for us and this also forms our often unconscious expectations. We become attached to this hope and ignore the red flags.
31. An essential aspect of self-care is being real with our partner when something does not sit right with us. How they react/respond to our communication/actions tells us about how healthy their relationship with themselves is and how functional they are in their relationship with others. When we are not being real/authentic, then we are not going to know who we are having a relationship with, and vice-versa. Instead, we end up having a relationship with our own imagination, which we then project onto our partner and then judge them for not living up to these unspoken expectations.
32. Invite, inspire, encourage and communicate without expectation. Be the example you want to follow without expecting your partner to follow you in that example. Accept your partner and let them be who they are. Only then can you be genuinely authentic in the relationship. Only then will you have the opportunity to really know your partner and know if the relationship is right for you, and for your partner to really know you.
33. When you enter into a relationship, you bring your fears and insecurities with you, which you may not be aware of. Your relationship is bound to trigger many of these fears and insecurities. Your fears and insecurities are not your partner's responsibility to fix. Nor is it your partner's responsibility to modify their behaviour so you can avoid facing your fears and insecurities, unless that behaviour is abusive, coercive, controlling.
34. When we project our fears and insecurities onto one another, we end up creating new traumas in one another. We can protect ourselves by learning how to responsibly care for our own human-self / Inner-Child and as a result of what we learn here, we learn discernment and appropriate boundaries derived from self-care/love. Such aware boundaries provide solutions rather than add to the problems, such as being angry and abusive to one another.
35. As an adult, you are personally responsible for what you think, feel, say and do. No one makes you feel, think or act. When you are reacting, you are having your own conditioning / unconscious beliefs / mindsets / traumas triggered by others, but they are not the cause. Your mind is yours to heal. It belongs to no one else but you. Being triggered reveals to you what, in your mind, you need to heal. You have the right to be human, but you also have the power and responsibility to heal.
36. ***What you have full power over is your own mind, to the degree that you are willing to heal, learn and grow. As an adult, your mind, along with all your memories, conditioning and character, belong to you, and are within the power and potential of your own Awareness.*** It is your responsibility to learn how to be aware and care for your own mind. This is no longer a mystery. We know how to do this.
37. You need to feel free to be yourself in a relationship, and so does your partner. You can

communicate your needs to your partner and talk it over, while also learning about their needs. It can take time, and sometimes some help, to find common ground in some issues.

38. If you don't know how to accept your own humanness unconditionally, you will not know how to truly accept your partner.
39. Are you expecting your partner to be your parent by holding him/her responsible for your fears and insecurities?
40. Often what are thought to be adult needs are really leftover unconscious childhood neediness that is projected onto our partner.
41. Neediness is mostly about controlling others in order to avoid facing the pain of our childhood fears and insecurities, which never leads to any real resolution of that pain.
42. In this state of neediness, we are draining the Love out of the relationship rather than filling it up.
43. We all have various degrees of neediness/trauma left within us.
44. We all need to parent ourselves to some extent. This is what the 5-Step Process is for. The 5 Step Process is: Acceptance, Responsibility, Let go and Tune In, Live in the Now and Live the Process as a Way of Life. (innerharmony.com.au)
45. Adults have the power/potential of Conscious-Awareness and therefore have the ability to take command of their own minds. Parents have the role of representing Awareness to their children. We are teaching our children how to care for and be compassionately responsible for their own minds by the ways we are caring for **our** own minds, or humanness, in other words. If we don't know how to care for our own humanness, then what example are we giving our children?
46. Of course, we are all human and we must accept this and forgive ourselves for being human. We are just older children raising younger children. However, as adults, we can learn, heal and grow.
47. Actively being the responsible, caring and compassionate parent for our own humanness is a great example for our children. We are teaching their Awareness how to accept and look after their own humanness.
48. Children are powerless and therefore at the mercy of the environment they grow up in.
49. To justify ourselves as being victims means that we must still regard ourselves as powerless children. Adults have power and agency. Adults have the capacity to learn and grow.
50. Conscious-Awareness gives you the power to process your fears and insecurities, and instead of reacting, you can learn to choose to consciously respond appropriately in that moment. Acceptance and Personal Responsibility activates Conscious-Awareness - the ability to self-reflect and see a bigger picture.
51. As adults we don't have to be perfect, but we do need to accept responsibility for our own minds/lives if we hope to have harmony in our relationships.

52. In order to learn new ways of being and relating and to grow, we must accept our humanness. Being judged when we were children was one of the main causes of our problems. Judging ourselves keeps the pain going. ***Your negative self-talk is your responsibility to heal with a life-time commitment to Unconditional Self-Acceptance. That means never giving up on yourself by continuing to learn and grow.***
53. Genuine needs are revealed through conscious processing of your human emotions and underlying thoughts/beliefs/conditioning. This then gives you access to insight, which is the guidance from your higher feelings/Awareness/Higher-Self.



54. To create ***healthy boundaries***, it helps to regard your Conscious-Awareness - in other words, you being the Aware parent to yourself - as a private and sacred sanctuary for your own mind and body, where you lovingly and compassionately take care for your humanness, which is the foundation of your life. Being responsible for your own care in all circumstances informs you of how others need to treat you in order to have a healthy relationship with you.
55. Having this perspective helps you to discern what is most appropriate to allow into your life. This is how to discern where and how to set appropriate boundaries.
56. By making positive choices for yourself based on what *feels* right, in terms of self-acceptance/self-love and personal responsibility, you can be confident that your choices will serve your highest long-term good, as well as the highest good of others, even if they don't understand that at the time.
57. Of course, learning the right boundaries is an ongoing process of our personal growth.
58. A healthy or even functional relationship is not possible where judging, blame, verbal abuse,

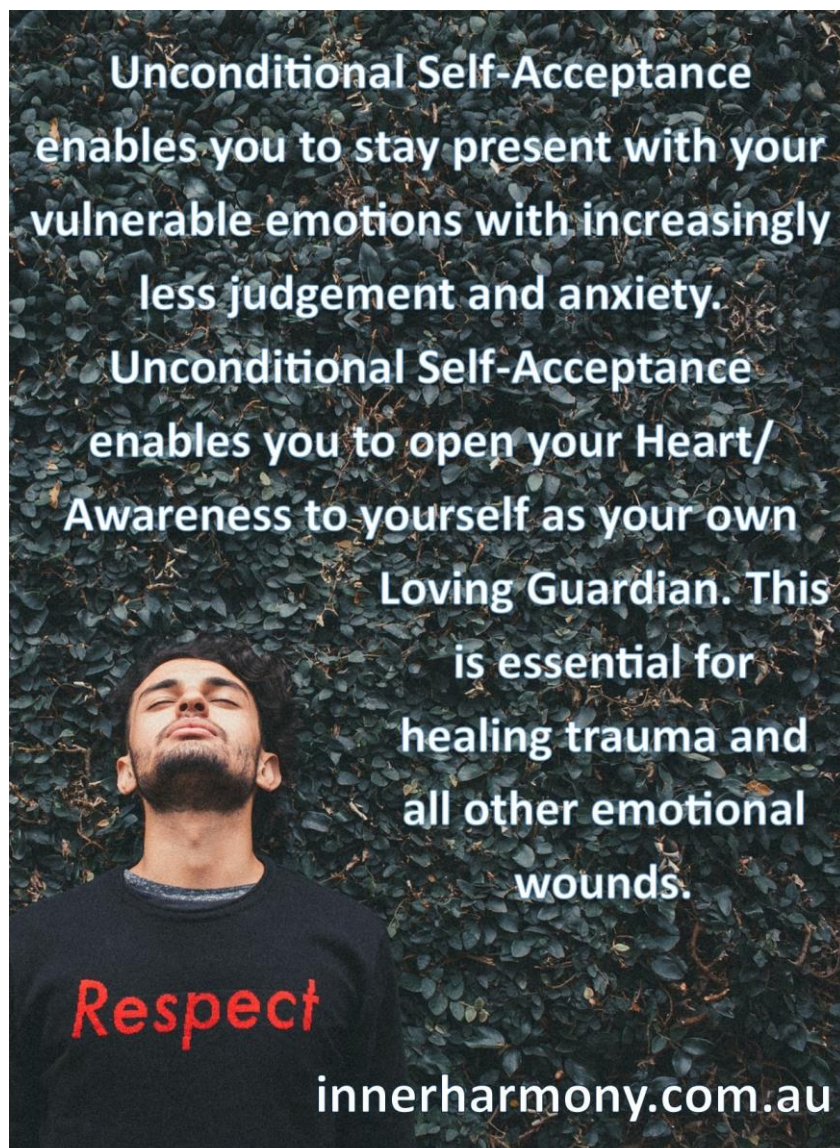
manipulation or violence exists.

59. Forgiveness does *not* mean destructive behaviour can continue, whether it is your own behaviour or another's.
60. It is wise to put any relationship on hold until the abuser fully faces up to his/her abuse and consistently seeks help to correct the confusion that is carried in his/her mind. It is essential to understand that it can take months or years to accept, face up to and heal such destructive confusion.
61. When you set such a boundary, the person in the relationship, who is being abusive, may temporarily change to keep you happy, but if they haven't really faced themselves and accepted full responsibility for their fears and insecurities, this change won't last. Real change takes a solid life-long commitment. When you maintain the appropriate boundary, the person's insincerity is inevitably exposed.
62. Vengeance (hateful punishment) on the part of the aggrieved is also abuse.
63. It is essential to speak up in the relationship when something does not *feel* right. In other words, being authentic is more important than the fear of not being loved. If you are hanging onto an abusive relationship, you are acting out confused conditioning and abusing/not loving yourself.
64. Not all relationships are meant to last. Often Life brings us together to learn something, and that learning may not be mutual. Also, you may love each other, but are not compatible in some other way, which you didn't realise until you had a chance to grow some more, which the temporary relationship gave you the opportunity to do.
65. We often don't know if a relationship can work until we do some real healing and awakening ourselves while refraining from controlling our partner. What is triggering us in the relationship is just what we need to heal.
66. However, there is a line between a relationship that is triggering but safe to heal and grow within and a relationship that is so abusive that to stay there is destructive, which may take some healing and growing to realise.
67. When children's feelings, individuality and personal space are not respected and nurtured by their carers, they often find it difficult implementing healthy personal boundaries when they become adults.
68. Our Inner-Child often unconsciously seeks out partners who have similar traits to our parents to continue to play out the futile need to convince the parent to love us, when they were/are too psychologically damaged to know how to love appropriately. Our Inner-Child plugs into our intimate partner the same way we plugged into our parents. Opening our heart and vulnerability to someone exposes such unmet needs and psychological dynamics.
69. To the unaware ego (the unconscious potential of Awareness), this dynamic often ends up in a co-dependent struggle of who can control who. To Awareness, this is an opportunity to open one's heart to oneself in order to heal and grow.

70. As an adult, your order of care priority is: 1. Yourself, in order to have what it takes to give to the relationship. 2. Your partner, in order to create a loving sanctuary for each other and the right environment for the children. 3. Your children, so they can grow to be themselves and thus realize their potential. 4. Extended family, friends, Work etc.
71. This order of priority helps when discerning appropriate boundaries.
72. When we have a strong feeling trait to our natural character, when growing up we often get lots of pats on the back for being good caring boys and girls who put others first. This often gets out of balance when we care for others to get much needed approval. In the process, we end up allowing ourselves to be used, compromised and disrespected by those we are close to. We enable other people's selfish, needy behaviour. We come to belief that we are responsible to other adult's emotions and don't think we have the right to be human. If they get mad, then we think we must be bad. We don't realise that we are abandoning our Inner-Child in a desperate attempt to get what we think is love, the same way we were emotionally abandoned as a child. Putting the care of ourselves first seems selfish, even though the people around us are doing just that. In reality, putting our care for ourselves first is bringing our life into balance. We are not prone to be selfish. The care we give to others, we must learn to give to our own Inner-Child. We will keep caring for others, but via more appropriate boundaries.
73. When setting an appropriate boundary that we know is right, because every time we connect to our heart and talk it through with a caring, aware mentor, it feels right, the person we are setting the boundary to may not like it. They may get angry and even try to put us down and manipulate us to try to undermine our resolve. It is essential to understand that you are not the cause of this person's suffering. They are causing their own suffering with their own fears / insecurities / confusion that they don't want to face. They want to keep controlling you instead.
74. In this situation, having faith in your knowing is essential, even if that knowing is not perfect. You have the right to make decision and to learn and grow from those decisions. There is no perfection. We just have to have a go and learn from each experience. This is the path of learning and growing.
75. What is also essential when setting such a boundary is that you are setting that boundary out of genuine self-love and not to punish/abuse the other. If it is for your highest good, it is also for the other's long-term highest good, even if they don't know that at the time.
76. If the boundary is right for you, you don't need to convince the other of that, because their confusion usually just makes trying to convince them futile. Therefore, avoid getting into arguments or thinking that you have to justify yourself. The boundary just is, because it is right – like the sun coming up in the morning just is. The sun doesn't need to justify itself. When you avoid arguing and just stay matter-of-fact while also avoiding attacking the other in any way, the boundary will be far more powerful and respected in the long-run. Let them have their reactions and their own experience of the boundary. You are accepting the other person's humanness while knowing that they must face the consequences of their behaviour, whether they accept that or not at the time. You are not harming them or manipulating them in any way by setting an appropriate boundary. You are responsibly caring for yourself, which is for everyone's highest good.

77. The secret to Unconditional Love lies in our own conscious intent to accept and care for our own vulnerable humanness. This is where you learn about true Love. You are the foundational Love your human-self / Inner-Child needs.
78. When we give ourselves Unconditional Love, we will then have it to freely give to others, because your genuine Self-Love comes from an infinite, Universal Consciousness that does not run out.
79. You are responsible for your own worthiness, not your partner. Your partner is not your parent. You must now be your own conscious loving and responsible forever parent.
80. We are adults. We must learn to emotionally stand on our own two feet.
81. Children need adults to care for them. It is psychologically destructive for a child to feel responsible for the emotional needs of their parents. Adults need to care for themselves.
82. My adult Conscious-Awareness responds appropriately for the good of all. My wounded Inner-Child reacts out of fear and confusion, fight or flight, in other words. This is how we can tell the difference between when we are responding with our mature adult Awareness, or reacting from our human vulnerabilities that are most often left over childhood issues. Aware consciousness response rather than a compulsive fear-based emotional reaction.
83. To heal and grow, we must compassionately accept our human vulnerabilities and commit to doing what it takes to look after them. This is what we needed from our parents as a child and what we need at any time now from our own Conscious-Awareness. We are finishing the job that our parents started with the power of our own adult Awareness.
- 84. Learning to take care of our human vulnerabilities is an ongoing process of learning, healing and growing. There is no standard we are supposed to reach. Everyone's journey is different, because we are all unique. What is easy for one person may be hard for another. *The important thing is to make learning and growing the foundation of your life.***
- 85. *When we make learning and growing the foundation of our lives, our problems and human vulnerabilities become opportunities to grow in wisdom and maturity – leading to increased harmony and happiness.***
86. When we grow, it gives our relationship a chance to grow.
87. Emotions and Feelings are the resonating frequency of your thoughts. Emotions and Feelings reveal the reality of your thoughts and beliefs—your old negative programming or your higher wisdom. Conscious-awareness, being your observing-self, is about being tuned into your emotions and Feelings so that you can access the inner workings of your mind, or insights from your Higher-Awareness. It is conceptually useful to regards emotions as coming from your human fears, insecurities, vulnerabilities and Feelings coming from your Higher guiding Awareness.
88. Our negative emotional reactions are caused by our own fears/insecurities/confusions. The circumstance and conditions of our lives are not the cause of our suffering. The cause is in the ways we react to circumstance and conditions and project confusion onto the world around us.

89. Our emotional reactions are a call to our Conscious-Awareness to accept the responsibility to care for our vulnerable humanness.
90. We do not truly know the minds of others, not even that of our long-term loved ones. We therefore must learn to communicate, such as asking open questions and then truly listen, rather than assume and accuse.
91. Self-condemnation or condemnation of others is never justified. The picture is always more complex than we first assume.
92. It is not what others do or say to us, it is how we take it in or relate to it and how we respond to it that makes the difference.
93. Have faith in your ability to learn and grow. Put the Five Step Process, or a healing and Awareness process like it, at the center of your life and live it. This takes ongoing conscious commitment and the willingness to push through the resistance and inertia of your old conditioned mind. You will then be able to create the life that you want, while continuing to heal and grow in wisdom and maturity.



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