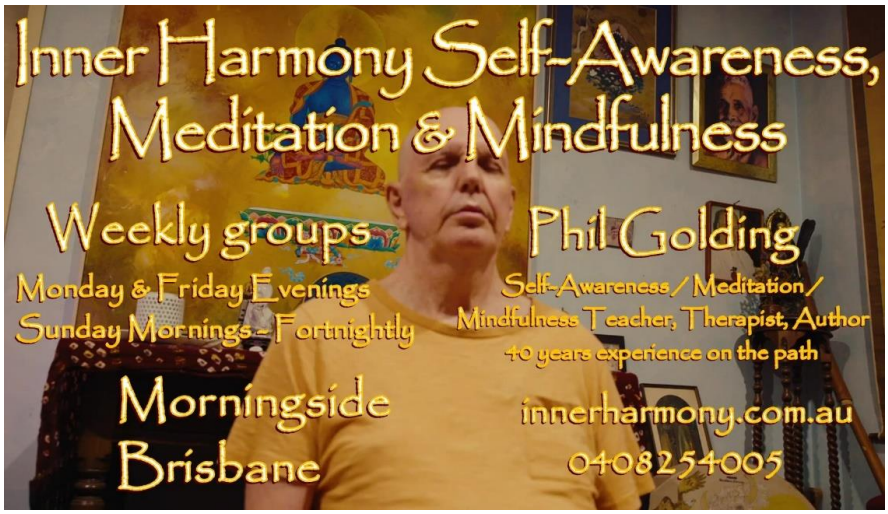




Inner Harmony Counselling & Therapy

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SPECIALISATIONS

- *Trauma, PTSD, Stress, Anxiety, Depression.*
- *Transpersonal/Spiritual Counselling and guidance.*
- *Personal Development Support Groups - Meditation/ Mindfulness, Awareness, Empowerment.*

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KEYS TO AWARENESS

How to access / initiate your own potential of Awareness

Understanding the power of informed frameworks

1. 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.
2. 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.
3. 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.
4. 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.

5. 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.

The fundamental transformational power of:

Unconditional Acceptance

and

Total Personal Responsibility

1. **The fundamental nature of these principles (Unconditional / Total)** is what gives them ultimate power, and reveals your real potential.
2. Of course, there is nothing fundament 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.
3. **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.
4. 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.
5. 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.

6. 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.
7. 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.

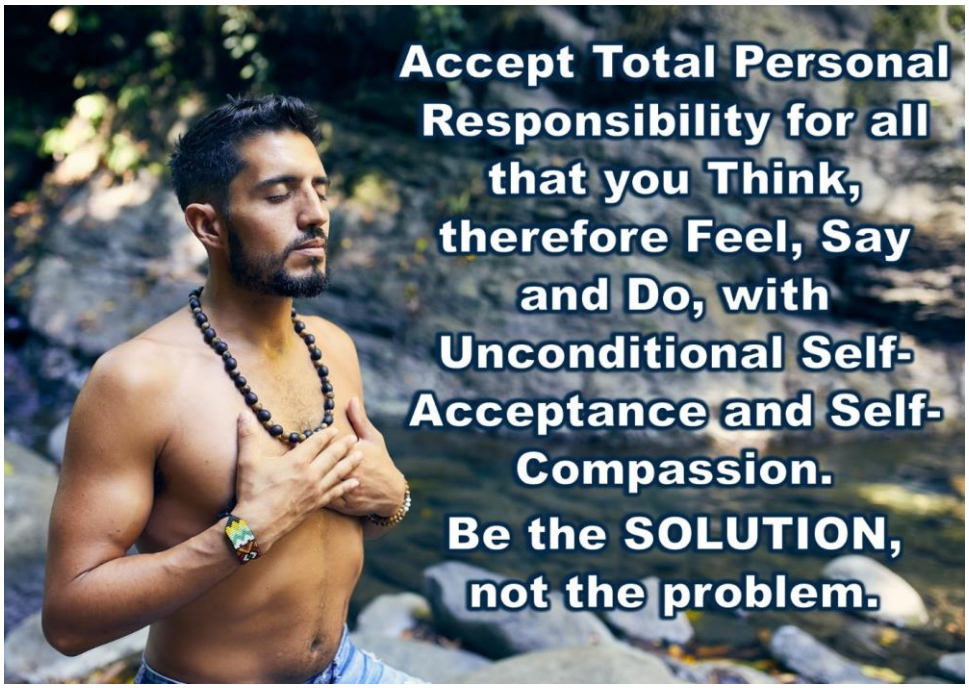
The wider reality of Unconditional Acceptance

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.
2. **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.
3. **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."
4. **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.
5. 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.
6. **Unconditional Acceptance is the path to Unconditional/Universal Love**

The ultimate power of Total Personal Responsibility

1. "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.
2. 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.
3. You cannot master your own mind while you are making others responsible for it.

4. 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.
5. 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.
6. 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.
7. **Total Personal Responsibility is the path to Wisdom.**



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

1. 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.
2. 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.
3. 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

1. 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.
2. 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.

3. 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.
4. 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

1. 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.
2. **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.

3. 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.
4. 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 you 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.
5. 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.
6. 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.
7. 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 life, 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.
8. 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

1. 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.
2. 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.
3. 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 is 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 loose our way.
4. 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 or your new programing, perhaps replacing something that didn't work so well.
5. 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.
6. 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.
7. 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.

8. 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

1. 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.
2. 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.
3. 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.



REPROGRAMING YOUR MIND

Multi-Dimensional Framework of Human Consciousness

3rd Dimension: Human body/mind consciousness – physical/emotional/mental.

Innate instincts, survival needs, fight-or-flight etc. Physical body is impermanent. Human mind experience becomes a permanent part of Akashic records: The ***Akashic*** Records are often described as a spiritual archive containing the energetic record of every soul's thoughts, actions, and experiences, including its time in the physical world while being human. 3D consciousness identifies as being a physical body with a mind that is separate, vulnerable and fear-based, competing for survival.

3D consciousness is too dense to comprehend interconnectedness – Oneness, that is experienced with 4D to 5D consciousness.

4th Dimension: Conscious-Awareness – Soul / Transcendental Awareness / Atman etc.

Also the Ego, while not aware of itself as Conscious-Awareness and is still identifying as human body/mind consciousness.

1. Ego is the potential of Awareness, which has the ability to transcend the body/mind consciousness, but ego is what it is because it is captured by the human-body/mind-consciousness and its confused, limited conditioning.
2. The limitations of human conditioning is that we believe we are separate physical beings pitted against one another in a game of survival, rather than working together with the motivation of goodwill and cooperation.
3. Ego is trying to be the manager of the mind and therefore of your life, but due to being so identified with the human-body/mind-consciousness, it is only as functional as your human conditioning is functional.
4. Therefore, depending on the quality of the conditioning, ego can be highly functioning or very self-destructive or anything in-between.
5. Because ego becomes so deeply identified with the body/mind's conditioning, it often falls into defending this conditioning, even when it is clearly irrational, thinking that to do so is defending one's worthiness.
6. As a result, this defensiveness makes it difficult for the ego to face its own body/mind consciousness objectively, making genuine self-reflection shallow and ineffective.
7. Ego therefore, become blocked by its own self-judgements, driven by years of accumulated fears and insecurities that it cannot see beyond.
8. To try to identify the cause of one's suffering, ego tends to look outside oneself, blaming other people or the circumstances and conditions one is experiencing, with little awareness that one's suffering is caused by what one thinks and believes and how one acts out such thinking and beliefs.
9. Here, the ego is being psychologically stuck in the position of a powerless child. A child genuinely has little power over their lives and is dependent on the functionality of their parents and immediate environment in order to gain agency/Awareness/empowerment as they grow. If their parents lack agency, the child will most likely grow up also lacking agency, therefore not know one's own potential of Awareness.

Conscious-Awareness

1. **Conscious-Awareness** is able to transcend the human body/mind consciousness to become the observer, capable of directly acting on the human body/mind consciousness and ultimately mastering it for the purpose of freeing the human-self from suffering while also gaining true clarity about the nature of life itself – the interconnectedness of all there is - Oneness.
2. Ego begins awakening into Conscious-Awareness due to the realisation that one is the predominant cause of one's own suffering, therefore we begin to try to face ourselves and work on ourselves.
3. Intuition also plays a major part in our awakening. Our intuition indicates the degree of experience or maturity our Soul has accumulated while living out lives in this world. Intuition enables us to recognise/feel a truth – it just feels right, which gives us faith in that truth, while someone with less intuition is still grasping at the quick fix due to not being able to "feel" a higher knowing.
4. Once awake enough, Conscious-Awareness increasingly aligns itself to its 5D Consciousness and thus increasingly accesses its full potential of Love/Wisdom/Power in this world.
5. Conscious-Awareness increasingly becomes the enlightened parent / guardian / mentor / manager / sanctuary of our human body/mind consciousness.
6. Through persistent inner-work, Conscious-Awareness gains Increasing ability to affectively and sustainably serve humanity – another ongoing path of evolvement and the natural motivation of Conscious-Awareness.
7. As Conscious-Awareness increasingly evolves into being the Higher-Self, it is increasingly embracing / aligning / absorbing the body/mind consciousness into itself. Enlightenment can be described as a fully integrated 5D Higher-Self Consciousness operating directly through the human body while in this world – a human body that can also be mastered and transformed by the 5D Consciousness.

   3D ⟶ 4D ⟶ 5D
8. Conscious-Awareness literally becomes the new, increasingly ideal environment that the human body/mind consciousness is growing up into.
9. 4D Conscious-Awareness is a bridge between 3D and 5D consciousness.

5th Dimension: Higher-Self/Christ Consciousness/Buddha Nature etc.

1. Our full potential while in this world, enabling self-mastery and effective service to humanity. The solution to the problems of humanity. Love/Wisdom. Universal, interconnected consciousness that knows the Oneness of all Life. Beyond time and space. Aware of all possibilities that can be experienced in the world as a human being. Source of inner-guidance for Consciousness-Awareness. Enlightenment.



Dynamics of Reprograming – Step 3 Process Work

1. Make mindful breathing your default mode of breathing and link it to your Aware, ongoing connection with yourself.
2. Step 3 is where we need to do most of our reprograming, and learn not to ever take our human conditioning/confusion for granted. There is "no are we there yet."
3. Your 3D body/mind consciousness is bound to its conditioning and will keep acting it out, regardless of how destructive that conditioning is. It does evolve, but very slowly, and this evolvement is more tied to survival than transcendental Awareness.
4. Your mind will not change unless you, as Awareness, changes it. You *can* transform your mind, but you need to know how.
5. 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.
6. Our more primal mind operates more on long-term memory – hence our deeply imbedded conditioning that begins the moment we are born, and perhaps even prior to birth.
7. The mind is designed to hang onto its conditioning, whether that conditioning is useful or self-limiting. When we are young and at this more primal level of consciousness, we cannot assess the long-term consequences of this conditioning. We just take in what we repeatedly experience from our immediate environment. This more primal part of our mind can't tell the difference between a program that enables us to walk and a program that tells us that we should be ashamed of ourselves for not getting a task right. It would be problematic if we kept forgetting how to walk. In the same way, we are not going to forget to be ashamed of ourselves.
8. Most of our conditioning is well and truly imbedded by the time we are 12, and most of that is buried deeply in our unconscious mind. Therefore, much of our life is created by our "Inner-Child" with no thought of long-term consequences.
9. Having your unaware ego in the driver's seat means that, at any given moment, you can be controlled by a 5 year-old, a 10 year-old or 15 year-old etc., depending on how you are being triggered in that moment.

10. Your long-term memory / conditioning is ideally there to support you, as Awareness, who needs to be the one who is in the driver's seat. Your long-term memory therefore needs to be an informed and effective assistant that can effectively take care of routine tasks and decisions.
11. 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.
12. If you are psychologically suffering in some way, you can guarantee that you mind is confused about something, so learning to pay attention to your feelings is essential for Awareness. This is a key to Awareness and Mindfulness.
13. The foundation of suffering is always fear. What we most fear is not being Loved in all its various forms. It's the fear of being separate, torn away from our attachments, believing we are unworthy of Love. Ultimately there are only two fundamental feelings – LOVE and FEAR.
14. When observing your vulnerabilities and also learning to listen to your Heart, consider for clarity sake that emotions are coming from your vulnerable fear-based human-self and feelings are coming from your intuition and Higher-Self of Love and Light. So emotions are more about vulnerability and suffering, and feelings are about inner-guidance and feeling our potential in the form of inspiration.
15. By being able to stay tuned into your painful emotions / vulnerabilities enables you to become Aware of the thought-structures / programing that is driving the emotions.
16. Even if those thought structures are buried within your unconscious mind, you can still feel them.
17. In general, men are discouraged from acknowledging and admitting their vulnerabilities, leaving us, as men, somewhat emotionally illiterate. Showing our vulnerabilities is regarded as being week. Shutting down, avoidance and getting angry is often the result of emotional suppression. It is generally harder for men to admit their vulnerabilities and open their heart to themselves. When they finally do, it can take longer to understand what they are looking at. Woman however, are not immune from this.
18. On the other hand, men are more used to taking risks, so once they "get it", they can be quite courageous in their process.
19. In general, women are permitted to be vulnerable and feel, but not necessarily taught how to take responsibility for their emotions. Therefore, facing their emotions and understanding them tends to be easier, but when it comes to jumping off that cliff of letting go, we, as women, can still be wasting our time trying to bargain with Life. Of course, men are not immune from this either.
20. Through the process of tuning in to our vulnerabilities on an ongoing basis, we give ourselves the opportunity to get to know our conditioning, which is essential. The more you are familiar with your conditioning, the more that conditioning is within your Awareness. Journaling and talking it over with friends and mentors is a very important part of this process.
21. You must be Aware however; the more we see how we are shooting ourselves in the foot, the more the temptation of judge ourselves. So continuing to practice Step 1. Unconditional Self-Acceptance and the acceptance of the humanness of others is essential – we all have a right to be human.

22. Continuing to deepen our self-acceptance makes it easier to deepen our ability to take full responsibility for our fears and insecurities, knowing that our mind is 100% the cause for our suffering.
23. To change the unhelpful conditioning that has accumulated in our long-term memory, Awareness must become the "new way". So taking responsibility to learn the new way is essential, and to never take that for granted – the Master is always the student.
24. We were all conditioned in the first place by repeatedly being exposed to and experiencing the same things over of long period of time. Therefore, consistency, repetition, reinforcement, never giving up, no matter how many setbacks, is what absolutely will reprogram the mind. Even though the mind will hang onto its conditioning, it is also designed to be reprogramed, like learning a new sport, language or trade etc.
25. An added level of resistance to our Awareness reprograming our mind is the ways we are still deeply identifying with and defending certain layers of conditioning, which makes it hard to face and let go. There is also the fact that these programs are so "normalised" to us that we don't realise that they could be problematic. Reading and listening to self-awareness material and, in particular, attending self-awareness groups and opening up to and interacting with others is essential for gaining new perspectives.
26. Understand that your conditioned human-self is unlikely to be motivated to what it takes to awaken, learn and grow. It only knows its old programs and will always have many so-called more urgent and better things to do, or will just be unmotivated.
27. Being the responsible parent to yourself by initiating your will and pushing through this resistance is essential.
28. 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 at 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.
29. It does not matter how many times you forget. As soon as you remember, restart – again and again and again – never giving up.
30. Process and plan using your journal and diary is essential here. Writing is a first step action.
31. 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.
32. When facing trauma and strong addictions, getting help is essential. Don't underestimate the power of your mind, and the multilayered depth of conditioning and trauma. Also, your fight-or-flight instinct to protect your emotional vulnerability is a very blunt and short-term instrument. It is only meant to help you survive in the moment. If it takes over and gets into the driver's seat of your life, it can and will be very destructive. It has no clue about long-term consequences to it actions.

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.



HEALING YOUR MIND

2. 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.
3. 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, you Inner-Child goes with you, representing any unresolved memories conditioning from any age and from the consciousness/maturity/confusion that you were are at that age.
4. 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.
5. 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.
6. 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.

7. 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.
8. 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.
9. 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 principle 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.

When processing you are learning to do two very important things for your vulnerable self.

1. **Compassionately connect to your human emotions, which is being present, open and receptive to your vulnerable Inner-Child. You, as Awareness, are giving sanctuary to your vulnerable human-self.**
2. **Mentoring any confused thinking. This thinking has to change in order to free our vulnerable human-self from his or her suffering.**

1. 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.

2. 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 and therefore feels about things. Therefore, the keys to overcoming your suffering are held in the hands of you as Awareness.
3. 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 is fair to say that you feel something first, then think something about that – you place a meaning on what you feel, 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 4 important tools of Awareness that you will be using:

- **Mindful breathing to stay present and open.**
- **Processing with Unconditional Self-Acceptance and Acceptance in general.**
- **Taking Total Responsibility / Ownership of all that you think, therefore feel, say and do.**
- **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.**

4. 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.
5. 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.

6. 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 had 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.
7. 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.
8. 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***.
9. 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 don't 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 be the Love and Wisdom that your Inner-Child, Adolescent-Self or Younger Adult-Self needed back then, now.

10. 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.
11. 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 hear 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.
12. 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, adaptable, empowered and insightful enough to cope with the event.
13. 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.
14. 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.

15. 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.
16. 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, and they may have been so 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.
17. 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

1. 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 reimaging 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.

