

FEELING GOOD DEPENDS ON YOUR OWN THOUGHTS AND ACTIONS

Don't expect to always feel this Love. It is hard, at times, to get unstuck from the ego. The bubble of ego that blocks the mind from experiencing the Universal Life-Force of Love can still be strong, even as we are endeavouring to consciously awaken. At times the painful emotions continue on despite our best efforts.

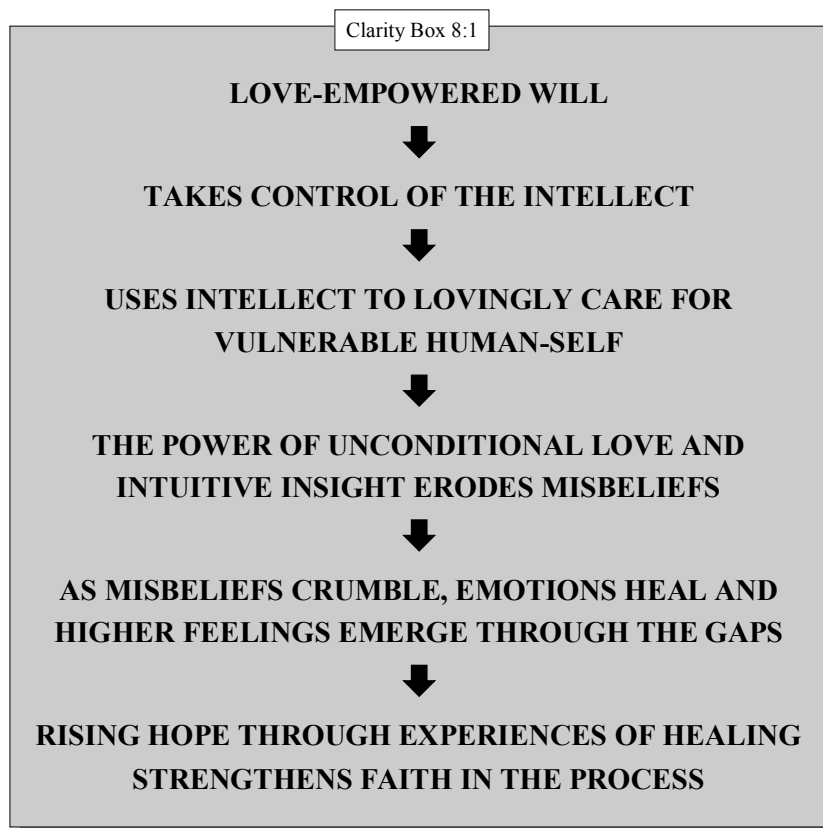
Trust that with your good intentions, good things are happening, even though you may not at first be aware of it. It has been my experience that the benefits of emotional healing can be delayed—they may be felt later in the day or the next day perhaps. If you are suffering deep depression or anxiety, for example, it may take longer, many weeks perhaps, due to the intensity of your negative conditioning. Trust that all sincere efforts make a real difference, even if feelings of comfort don't come straight away.

There is a sequence to the way we, as conscious-awareness, direct the mind toward healing, clarity and balance and how the process gathers momentum. See the clarity box on the following page and also Table 6 on page 298.

Because of our ego's desperate need to escape from painful emotions, we are afraid to give a mind-healing process a chance. We lack faith in ourself and we easily give up. This is why those of us who are suffering from chronic depression and anxiety, for example, so often conclude that we are not capable of healing and succumb to our fears, and at times, the belief that we are somehow mentally impaired. We just don't persist with the process long enough to experience the wall of misbelief crumble to reveal the light of day.

Live-in healing retreat centres that offer us the right type of nurturing and therapy would be helpful for working with such chronic conditions. Unfortunately the vast majority of our government subsidised mental health institutions are based on the drug therapy model that tries to stop emotions almost at all cost. The symptom is treated while the cause continues on largely untouched. Unfortunately orthodox psychiatry lacks faith in Love

and has little comprehension of consciousness. One is doomed to remain at the level of an unconscious and powerless ego.



Armed with the awareness that every human being is in possession of an all-powerful consciousness, the whole process of mind healing can be approached very differently. Even if a Soul is not ready to awaken out of ego, there is much that can be done to empower that person to believe in themselves and to experience their greater potential, even while still evolving on the ego level. It requires the right level of support and the awareness of the potential of human consciousness on the part of those giving the support.

We don't have to enter into a spiritual awakening journey in order to make great improvements to our life. The ego still has to grow and mature to great heights before the mind is ready for the Soul to directly take control of the personality, which at first can be very destabilizing. All personal growth, on any level, serves the Soul and the Higher-Self.

Once you learn to more skilfully master your mind, feelings can be used at will to powerful, positive effect when it comes to consciously creating the life that you want (ref. 49).


 *Unconditional Love is my mind's
Master teacher.*

Table 6: Sequence of Action for Healing

1. **ACTIVATING CONSCIOUS-AWARENESS:** Making the decision, or setting the intent in other words, to accept total responsibility to Love yourself unconditionally and acting on it, evokes your Higher-Self, your power to heal and grow. This aligns your conscious-awareness to your Higher-Self, the will of Supreme Consciousness, or God if you like. This is your ego awakening into conscious-awareness.
2. **ACTIVATING HIGHER INTELLIGENCE:** Your conscious-awareness sets about creating new self-loving programs, even as the old negative programs are still habitually running. You do this by persistently engaging your intellect in a process for healing, clarity and personal growth, such as with the 5-Step Process. Your conscious thinking then is serving your Higher-Self and comes under the greater intelligent power of intuitive insight. I call this “thinking with feeling”.
3. **CLEARING YOUR EMOTIONS AND GENERATING HIGHER FEELINGS:** As your misbeliefs are gradually dismantled by your awakening conscious-awareness, painful, trapped emotional energy is released, healed and no longer accumulated. Feelings that reflect the qualities of Unconditional Love that are being generated by your consistent loving actions toward yourself, slowly start emerging through the gaps in the crumbling misbeliefs.
4. **DEEPENING FAITH:** The inevitable, but at first fleeting, emergence of loving feelings gives you longed-for relief from the painful emotions and a new sense of hope arises. From this hope a growing faith in the process emerges, which in turn, strengthens and empowers conscious-awareness.