

# Journey into Love

## *Ten Steps to Wholeness*

### **1 MOVING INTO AWARENESS**

The journey into love begins with understanding how we lost sight of our essence, our spirit, our source of love. In order to survive in childhood we took on a false self comprised of compulsive patterns which are not us, but define, control and limit us. Awareness that these patterns are not us, brings us hope that we can change.

### **2 COMMITTING TO CHANGE**

Our desire to change our self and our life arises from our dissatisfaction with what is, regardless of how successful and fulfilled our life appears to be. Hope that change is possible, along with recognition of the specifics of what's wrong with our life, moves us to commit to change. Commitment energizes the change process and enables it to flow.

### **3 ACKNOWLEDGING OUR ESSENCE**

Compulsive patterns disrupt our connection with our essence which is love. Re-experiencing and acknowledging that our spiritual essence is love reveals our patterns as separate from us and opens us to our inner wisdom. We can envision living from our truth. We are empowered to proceed from strength rather than weakness.

### **4 GETTING THE ANGER OUT**

To escape the hurt, fear and abandonment we felt as a child, we got angry. Suppressed and denied, that anger from our childhood surfaces today as resentment, depression, illness and violence. By focusing our anger's expression at the source of the pain, we move the parents of our childhood outside of us, establish clear boundaries, and claim our self.

### **5 FINDING FORGIVENESS AND COMPASSION**

Having released our anger, the path takes us into the reality of our parents' childhoods. Deep emotional understanding of their lives brings forgiveness, and compassion for the child that lives in each of them. In giving them unconditional love, we can finally experience compassionate forgiveness and love for our self.

### **6 ENDING THE BATTLE WITHIN**

Freed from negative attachment to our parents, we face the war within. The internal battle between child and intellect has stressed our body and obscured our essence. Expressing the grievances makes space for a truce, an agreement to work together in partnership and harmony, and create inner peace.

## **7 MOVING BEYOND BLAME**

Finally we see that blaming our self and others keeps us negatively attached to the past, and limits us to fantasizing a better future. We keep missing the moment. Moving beyond the compulsive blaming and desire for revenge restores our ability to live in the present with responsiveness and choice.

## **8 DISEMPOWERING THE DARK SIDE**

Our patterns fit together creating a powerful compulsive internal system that harnesses our energy and runs our life. This is our dark side. It robs us of consciousness, and separates us from our spirit. Through awareness, commitment and action, we can disempower our dark side, and free our being to live from our innate positivity.

## **9 RECLAIMING OUR JOY**

Our changes broaden our perspective, and new truths become visible. We can reclaim the childlike spontaneity, playfulness and joy which is us. We are able to perceive and validate the positive attitudes and skills learned from and nurtured by our parents. This restores balance to our lives.

## **10 ACHIEVING INTEGRATION**

The necessity of each of our four aspects—spirit, emotions, intellect and body—can now be recognized as essential for life. Our emotional child matures, and all aspects integrate as equal adult partners committed to collaboration and teamwork. We love our whole being the way we have always wanted to be loved, and, finally, can receive love from others and love unconditionally.