

# MEET THE SELVES: Higher Self • Lower Self • Mask Self • Ego

## Shame | Outer Layer of Mask | Not Real\*

Don't expose • Must hide "I'll be rejected"  
"I'm the only one" "I'll be so embarrassed, I'll die"

## Mask Self | Defense Strategies | Not Real\*

Does the dirty work of Lower Self • Furthers separation  
Uses 3 defenses against pain of not getting needs met:  
Aggression • Submission • Withdrawal (none work)  
The 3 defense strategies are masks: Power Mask (Attack)  
• Love Mask (Submit) • Serenity Mask (Avoid)  
Judges others to avoid feeling affected by them  
Signs of mask: Urgency • Secrecy • Denial • Projection  
Uses forcing current or collapses • Resigns to hopelessness

Blames • Is a victim • Gives away power • No boundaries  
Uses rationalizations • "Shoulds" • Excuses  
False guilt for getting pleasure from destruction, and for competing and maligning  
False pain: "Don't do this to me, life!"  
False conclusions: "It's not safe to love" • "If I'm perfect, I'll be loved."  
Impossibly high standards • Perfectionism

\* "Not Real" means this is a strategy, a manipulation of life, that is not energized by our life force.

## Little-L Lower Self | Young Split-Off Fragments | Real Self in Distortion | Untrue Self

"I Can't" • Tense • Scared • Anxious  
Has immature Emotional Reactions  
Holds unconscious mistaken beliefs • Unfelt pain  
Inner soul split is transferred onto parents  
Wants 100% perfect, exclusive love • Can't win  
Always wants its way • Feels frustrated, rejected  
Wrong conclusion: I'm not enough, I don't matter  
Attaches pleasure current to pain • Must recreate painful atmosphere/experiences to come alive

Caught in duality • "Me versus the other" • Life or death • No way out  
Feels: Pain • Helpless • Rage  
Blocks pain by freezing feelings • Becomes numb  
Pain creates resentment • Child fears punishment for hate  
Adult recreates childhood hurts • Reacts immaturely  
Vicious Circle: Rejection > Pain > Hate > Shame > Guilt > Self-Punishment > Self-Rejection...  
Transfers painful experiences onto others • Lives in a trance

## Big-L Lower Self | Real Self in Distortion | Untrue Self

"I Won't" • Cruel to self and others  
Highly charged • Harsh • Raw  
Faults: Self-Will • Pride • Fear  
Misuses will: "I'll hurt me, and I'll hurt you"  
Fears humiliation • Must rule  
Strategies to rule: Bully • Betray  
• Seduce/Reject • Hold back  
Stuck in blindness • Blocked • Numb  
Keeps secrets

Demands to get love • Gives to get  
Not willing to pay the price or make the effort  
Follows Path of Least Resistance  
Attaches pleasure to destructiveness  
Builds cases against others • Maligns  
• Judges others  
Negativity • Bad moods • Pessimistic  
Hidden No-Current says No to life  
Rigid • Inflexible • Stubborn

Withholds • Won't give or give in  
Rebellious • Resistant • Defiant  
Inner critic • Tyrant • Victimizer  
Negative Intention is to stay separate  
• Uses untruth to justify itself  
Uses materialism to avoid the work of self-knowing  
Uses half-truths to deceive • Creates confusion  
Is not in truth

## Unhealed Ego

Immature  
Lives in duality:  
Can't hold opposites  
"Me vs. the Other"  
"See me, I'm better than you, love me for it."  
Competes to be better than others  
Uses drugs, distractions to avoid, escape, try to transcend itself  
Demands to be master

## Higher Self | Real Self | True Self

God is in me • I am Light  
Divine spark • Inner Essence  
Never comes, never goes • Just is  
Trustworthy • Flows  
Nature • Life • Life force  
Courage • Wisdom • Love  
Abundant • Creative • Orderly  
Streams Yes-Current that creates  
In unity • "Me and the Other"  
Balances masculine & feminine  
Accepts imperfection  
Feels remorse for hurting others  
• Experiences real guilt  
Feels pain of blindness  
Allows Pain • Sadness • Grief

Holds opposites • Holds whole truth  
• Comfortable with paradox  
Compassion *and* self-responsibility  
Self-Autonomy *and* selflessness  
Humility *and* strength  
Emptiness *and* fulfillment  
Giving *and* receiving  
Guidance • Intuition • Inspiration  
Transparent • Authentic • Discerning  
Pleasure • Joy • Beauty • Humor  
In harmony • In balance • Flexible  
Willing to give, to be of service  
Present in the Now  
Enjoys the peace that surpasses all understanding

## Healed Ego

Mature  
Lives in duality:  
Can't hold opposites  
Prays to know the truth  
Sees and unwinds mistaken beliefs  
Connects Higher Self with split-off child  
Aligns with God's will  
Focuses • Commits  
Surrenders • Lets go  
Willing to pay the price and make the effort  
Desires to be servant  
Eventually dissolves