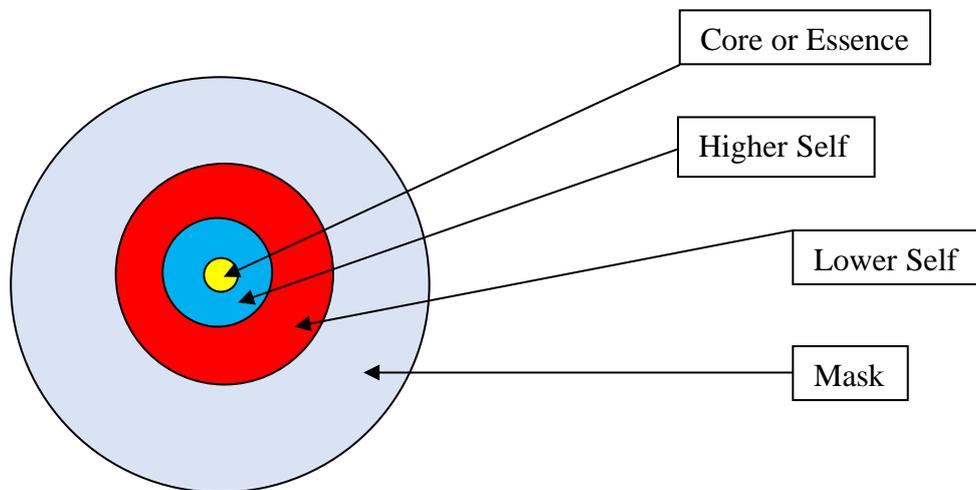


# *Soul Essence*

## *Fact Sheet – The Higher Self*



As children there are many qualities of the higher self, abused or hurt by parents. Children are free with their love and it cannot always be accepted by the parents due to their upbringing and life they led. These parents hide their love and reject others love. This is sometimes called the “Golden Shadow”. Lower self is also put into hiding and rejected by parents, then we form a mask or our personality. The more work we do on our lower selves the more the higher self can shine through and our true essence show.

Rejection as children is our wounding, our natural love goes into hiding and is pushed down inside and starts to go numb.

The higher self is who we really are, the individual spec of the divine that is in each of us. It is an open spontaneous vulnerable person, with a positive will to love, to be in truth, and serve the best in life. Aspects of our personality, which are already open and flowing with love, truth, and beauty, these are in all of us, and we need to express them in our own unique way. The higher self’s nature is to be in integrity and not be judgemental or create rejection.

The higher self is never moralistic or perfect. It is always available for our guidance and often come in our dreams. You always know when you are expressing your higher self, as it is effortless. It is an inner teacher and healer, always sending messages to help us wake up and remember who we really are. We just have to listen and not ignore those gut feelings and our intuition.

The energy of the Higher self is always pleasurable, and we feel invigorated. You feel at peace, and you draw people, who are also expressing Higher self energy to you.

The higher self pleasure can be experienced by being present and being in the now.

Being in love, lifts you out of the delusion of separateness, gives the soul a forte of unity. Meaning a selfish person will become less selfish and a lazy person less lazy.

Things we can do to connect to our higher self: -

- Dancing helps us to be present with music and our body.
- Meditation or anything creative which brings you into the present with inspiration.

Things which prevent us from connect to our higher self: -

- The 6 core wounds, abandonment, rejection, intimacy, vulnerability, responsibility, and burden.
- Present trauma
- Anxiety and depression.

Our wounds can be healed, and these are often the deep cause of anxiety, depression, and panic attacks. We heal these wounds by acceptance and validation of our essence. When we allow our defence to drop we allow ourselves to open and connect to our core.

We complain more in our lower self, the distorted beliefs, and images from childhood, which have caused a core wound to our inner child and essence.

By meditating and doing creative activities we can reconnect to our higher self and feel happy and create a more confident life for ourselves.

Email me ([rosemary@soul-essence.com](mailto:rosemary@soul-essence.com)) if you would like to join our fortnightly Tuesday evening online meditation group at 7:30pm.

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