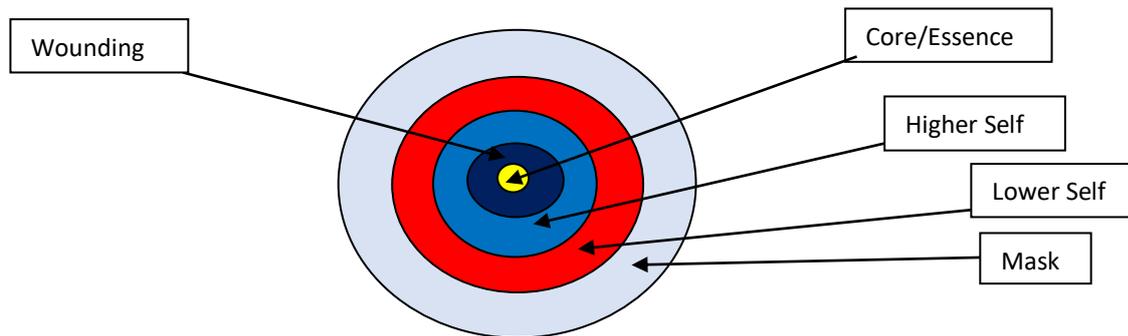


Soul Essence

Fact Sheet – The Lower Self



Lower self is between the mask and the higher self.

Our lower self is the centre where we create our negative feelings towards ourselves and others. The lower self defends our wounding from our parents, teachers, and other care givers, when we display feelings and emotions which are disapproved of like anger, rage, and sexuality.

If we behave in ways our parents dislike and we are rejected, we will suppress our emotions and feelings. Over time these feelings get so suppressed they are pushed into our shadow subconscious; we then start to feel numb. We then start to not feel our feelings as they are judged to be bad.

This can be extremely painful for the child; they then may want to hurt others coming from their lower selves. By not feeling our painful feelings, and staying in the numbness, we become indifferent to other people's pain, this creates a separateness. It is the lower self's intention to remain separate, creating the I am right you are wrong state. People hurt others because they are aware or conscious of the pain inside them.

The feelings, emotions, or parts of themselves that were rejected by their parents or care givers, they now feel is evil or bad, so they try to hide them, the pain is unbearable, so we attach pleasure to these feelings to try and make it more bearable. This is often called "negative pleasure". An example is where a parent has promised to go and watch the child's play at school, however they forget for whatever reason, they then are late collecting their child. The child then punishes the parent by withdrawing from them.

Negative pleasure causes people to hurt others or manipulate them. By hurting others, we protect ourselves from our wounding, pain, and numbness of our feelings.

This is how cruelty starts, first we numb our feelings to ourselves, second, we numb our feelings to others, and third we become cruel to others.

The lower self is whatever is in us obstructing our truth.

By releasing our negative feelings, we can connect to our core again and begin to feel loved again.

Three qualities of the lower self.

1. **Pride.** Looking down on others, I am better than others, I have the right to my specialness, I rise above all human faults, I am perfect. All of these lead to separateness with others. We put ourselves up high to avoid the pain of the worthlessness of our self-esteem. The more we elaborate ourselves above others the more our pride acts as a defence over feeling our worthlessness. In order to survive we have to be special.
2. **Self Will.** I must get what I want, when I want it, me, me, me. If we do not get what we want we become angry and hurt others. Impatience, demanding, forcing, and tension are emotions with self-will. We want to get our own way and control others. I will come if you do this that or the other. When we demand we think we have the right to have our own way.

The separated ego believe it is the only important thing in existence. If I give this up I cease to exist. The combination of self-will and pride cause the third quality.

3. Fear. When you are a child in fear, you are not getting protection from your parents. Fear trust no one, self or universe. If I am not special, I cannot get my own way, or I cannot control what happens, then something terrible will happen. The fear supports and results from the attitude of the lower self, pride, and self-will.

These lower self, qualities want us to stay separated, they thrive on the denial of being vulnerable, our self-satisfaction, and dishonesty. The lower self is: - destructive, egocentric, selfish, distrusting, controlling, compulsive, gossipy, critical, revengeful, bitter, resentful, and full of hate. Keeping emotions suppressed uses a lot of energy.

If we are able to release these we have more energy and feel connection to the universe and our core

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