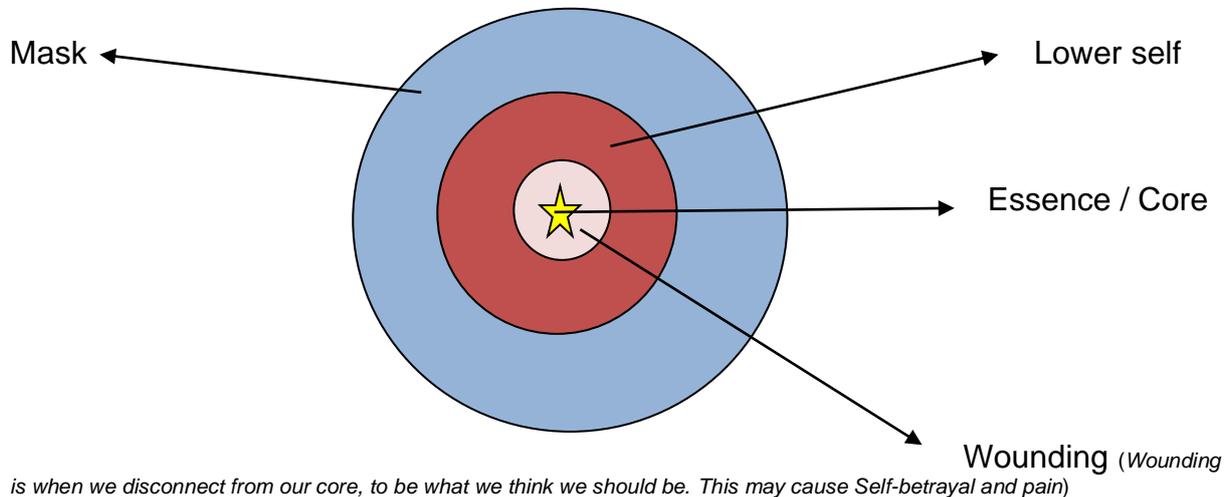


Soul Essence

Fact Sheet – The Mask



Our Essence. This is unique and infinitely connected to us. It feels really full but also empty, a stillness and movement. The reason it feels an indescribable place – beyond duality. It is a continued consciousness. Essence is a pulsating – contracting constant alive place.

Facets

Wisdom - Strength – Love

We are born with the above qualities; however, they are not cultivated in our lives.

Love

This gets rejected, and not given unconditionally.

As children we are not self aware, we therefore look to the outside world to tell us who we are. The reflection given back is what we believe we are.

Strength

A child becomes wilful, so it gets suppressed. This makes people passive, so they follow the leader i.e. the media, or they become very controlling.

Wisdom

Adults do not recognise the wisdom in their children. So, you disconnect from your knowing. Distortion can be ignorance or over learning.

As the essence becomes distorted you get an artificial flower/personality.

Self betrayal is keeping your essence in, not letting it show.

Lower self

Is like projectile vomiting, you project your feelings onto others. You therefore need to observe and feel what is the wounding to your essence. There will be a lot of charge and energy around some of your feelings.

Mask (2 functions)

- 1 To stop the lower self from functioning, showing itself so you fit in (outer conflict)
- 2 Tries to stop the awareness of the inner conflict.

Mask is a dead place, an attempt to survive. Avoiding the pain of our unmet needs.

Love Mask

Belief in order to survive I cannot show anger or power, I can only be loving.

Divine expression of love can become submission and dependency.

Aim of mask is to appear all loving and all generous, all giving in order to get acceptance love and approval. In order to be loved they comply with the demands of others. When love and approval are given, they feel secure and have a high self esteem

Character - Submissive, appeasing, self sacrificing, they try to get their needs met by meeting the needs of others. The underlying hope that one day they will be looked after and loved. These people often have a block in receiving help and love. They get very drained, go through a dependant / depression cycle. There is always failure because they are not connecting with their own selves.

Possibly come from large families, mother did not have time / ill. They became the one that looks after mum or siblings. They are forever giving, but there is anger that they don't receive any back. They cannot show anger because they are then not loving, this may lead to depression.

Power Mask

Belief in order to survive I cannot show weakness, vulnerability, or love.

Divine expression of strength is distorted in control or /and aggression.

Aim of mask is to appear independent, aggressive, competent, domineering. At all cost they have to hide their need for love, warmth, and compassion.

Family upbringing, their neediness is rejected. Told to get on with life, humiliated for being needy, showing tenderness, and vulnerability. As adults they do not want to feel their vulnerability in case they do not survive. Fear then comes in as an adult. Being strong means controlling others, if they are in control they feel their self esteem. They can be selfish, competitive, always fighting and trying to win. I am right and they are wrong, cannot admit defeat or mistakes. It is impossible to win all the time, when it does not happen they have self doubt, inadequacy. Mask is covering up the vulnerability. They are controlling of their body. As soon as they slip into self doubt, they get up to control more and do more.

Serenity Mask

Belief in order to survive, I cannot have strong feelings or passion.

Divine expression distorted into withdrawal.

Aim of mask is to appear serene and detached for life situations, and from their own inner problems. Have to be composed and perfect. In this there is a deadness they are always doing fine. Deny and pretend problems do not exist. Often in the family there is the happy family facade. When there is a crisis, know body acknowledges it, everything carries on as normal.

Child/adult feeling of not knowing what is real. Because of the loss of emotions with our feelings we do not know what is real. When they rise above problems they have self esteem, by creating the perfect life, house, partner, or image. Difficulty for them to feel emotions. They are always appropriate, may come aloof, false spiritual detachment.

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