



Three Spheres of Consciousness

in relation to
Child, Adult Ego, and Soul Selves

Three Spheres of Consciousness

- Individual Self Sphere
- Universal Self Sphere
- Cosmic / God Sphere

Individual Self Sphere

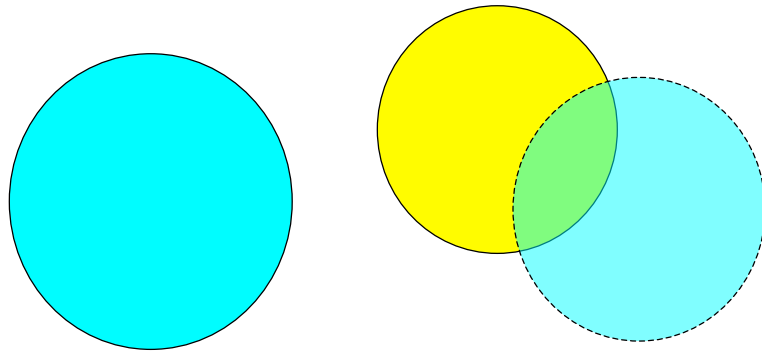


Individual Self Sphere

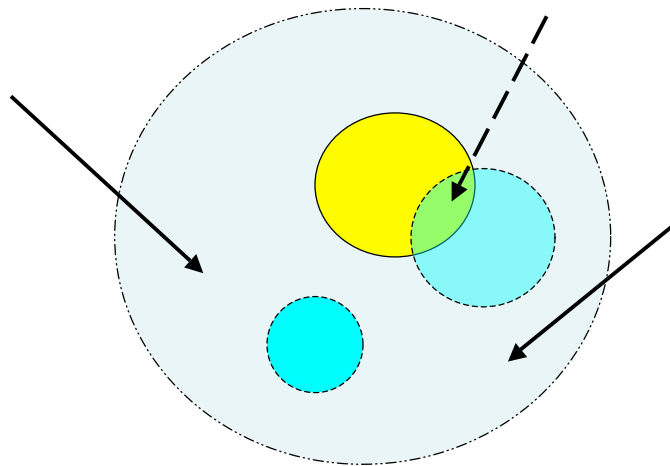
- Least developed perception
- Child consciousness = 'mine!'
- Sees 'Here and now' as the only reality
- Personality-based
- Over-identification with personal needs
- Tends to think in terms of 'all or nothing', 'mine or yours', 'win or lose' dualities featuring 'OR'
- Nicknames: 100/100, ISS, Dualistic thinking

Individual Self Sphere

↓ ↓
Universal Self Sphere



Universal Self Sphere



Universal Self Sphere

- More able to see other points of view
- Adult AND Child consciousness, 'ours'
- Accepts limits of human perception
- Humanity-based
- Considers that there may be a larger reality that cannot be fully known yet may be experienced occasionally
- Willing to consider thinking in terms of 'mine and yours', 'win/win', featuring 'AND'
- Nicknames: 50/50, USS, Unitive Thinking

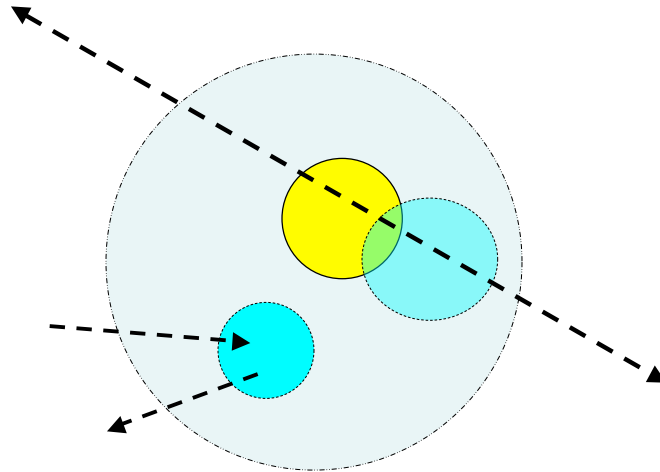
Individual Self Sphere / ISS

- Least developed perception
- Child consciousness = 'mine!'
- Reality = 'Here and now'
- Focus = personal need
- All or Nothing
Life or Death
- OR = Not 'one'
= Dualistic thinking

Universal Self Sphere / USS

- More developed
- Humanity's consciousness = 'ours'
- Reality = complex
- Focus = group needs
- Some good days and some bad days
- AND = Unitive Thinking = Co-operative thinking

Cosmic / God Sphere



Cosmic / God Sphere

- Enlightenment
- [ALL consciousness](#)
- Transcends human reality and need for focus
- Known by sense of peace and safety

Universal Self

Sphere / USS

- More developed than ISS
- Humanity's consciousness = 'ours'
- Reality = complex
- Focus = group needs
- Some good days and some bad days
- AND = Co-operative thinking

Cosmic / God

Sphere

- Enlightenment
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The Three Selves

Higher Self, Lower Self, And Mask

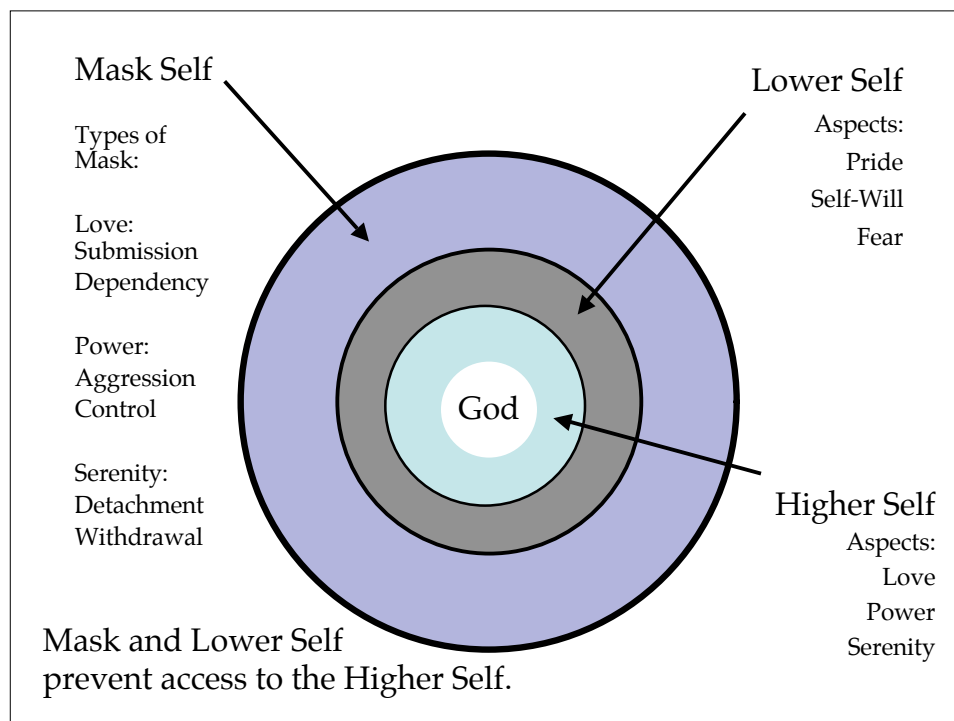
from chapter 6 of

The Undefended Self

By Susan Thesenga

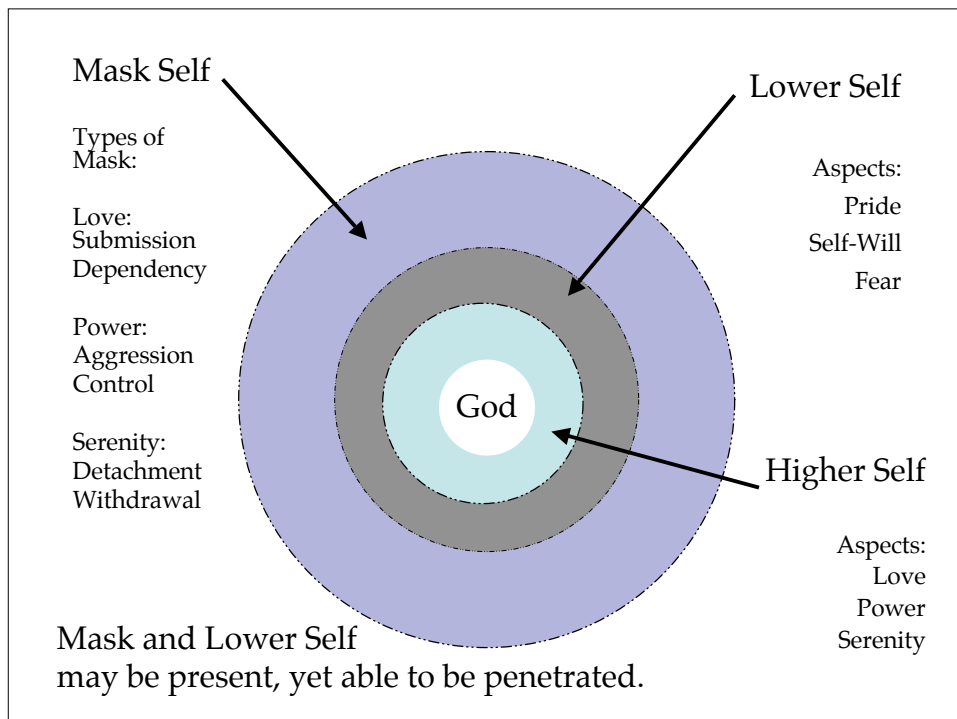
When people are emotionally sick, it is always in one way or another that a mask self has been created. They have built a layer of unreality that has nothing to do with their real being; thus, they are not true to their real personality. Being true to oneself does not mean that you should give in to your lower self,
but that you should be aware of it.

Pgl 14, Higher Self, Lower Self, Mask



Underneath the layers of your lower self lives your higher self, your ultimate and absolute reality which you must eventually reach. And, to reach it, you must first face your lower self, your temporary reality, instead of covering it up, because that puts an even greater distance between you and Absolute Reality, or your own higher self.

Pgl 14, Higher Self, Lower Self, Mask



In order to face the lower self,
you must at all costs tear down
the pretenses of the mask self.

Pgl 14, Higher Self, Lower Self, Mask

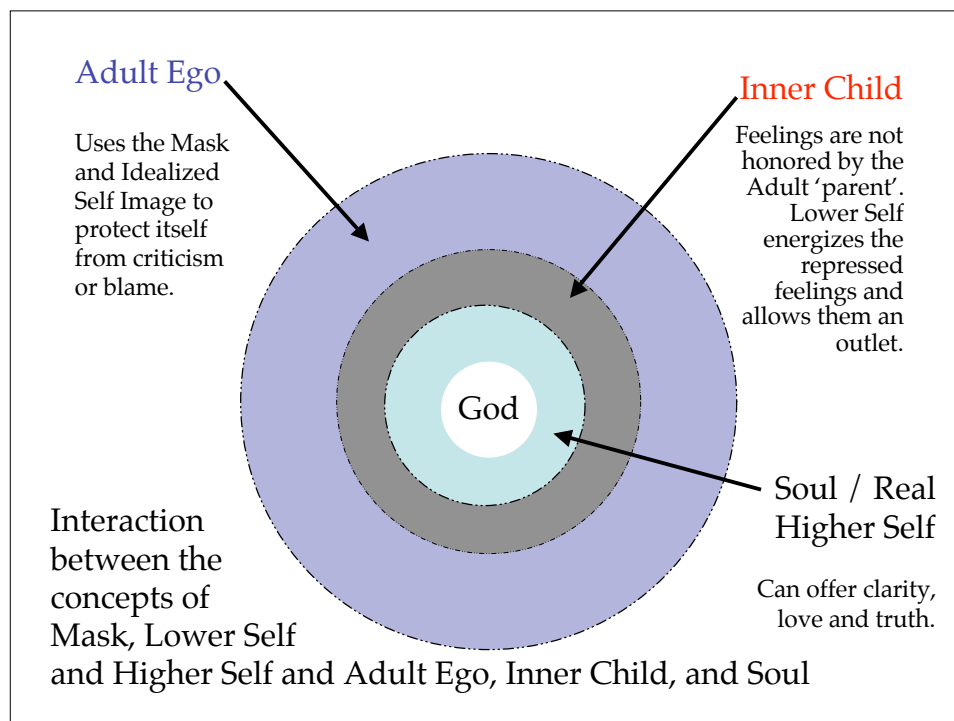
Types of Mask or Idealized Self Image (ISI)

Love	Power	Serenity
Submission Dependency	Aggression Control	Detachment Withdrawal

Mask / Idealized Self Image (ISI)

*Image: A false conclusion or generalization
about life events*

- Both ISI and Mask try to look perfect
- Purpose is to avoid past hurts
- We live in our ideas (= mask) about the past
- The past overlays the reality of the present





Child, Adult Ego, and Soul Selves
from chapter 4 of
The Undefended Self
By Susan Thesenga

Individual Self
Sphere (ISS)

- Least developed perception
- Child consciousness = 'mine!'
- Reality = 'Here and now'
- Focus = personal need
- All or Nothing, Win or Lose, Life or Death
- OR = Not 'one'
= Dualistic thinking

Child
Consciousness

- Largely undifferentiated mind
- Spontaneous, Creative
- Living in the moment UTTERLY
- Automatic, instinctual responses to physical and emotional needs
- Impulses and actions originate from both Higher Self and Lower Self
- Makes generalizations from a limited perspective

Child Consciousness without Adult Ego:

“The child at birth does not yet possess an ego. Without the ego, it is possible to perceive the message from the real self quite clearly. But without the ego, the meaning of the message must be distorted. The child experiences the longing for utter perfection, utter power, and utter pleasure. But in the undeveloped ego, these desires are not only illusory, but selfish and destructive.”

Pgl 132, The Function of the Ego

Steps on the Spiritual Path Child Consciousness

Stage of Development	Mask Self	Lower Self	Higher Self	Stage of Evolution
Child Consciousness Re-educate inner child to become autonomous adult	Behaving in reaction to perceived expectations of parents and authority figures	No moral awareness Utterly selfish Undifferentiated Not self responsible	Spontaneous Creative Open, undefended child, able to feel and be vulnerable	Automatic Reflex Instinctual Unconsciousness

Universal Self Sphere (USS)

- More developed than ISS
- Humanity's consciousness = 'ours'
- Reality = complex
- Focus = group needs
- Some good days and some bad days
- AND = Unitive Thinking
= Co-operative thinking

Adult Ego

- Conscious choices
- Wise, loving parent and teacher
- Self reflective
- Able to bear frustration
- Works towards future goals
- Able to be responsible
- Orderly vs chaotic
- Autonomous, independent

The Purpose of the Adult Ego

The ego must know that it is only a servant to the greater being within. Its main function is to deliberately seek contact with the greater self. It must know its position. It must know that its strength, possibility, and function are to seek contact, to decide for it, to request the help from the greater self to establish contact permanently.

*Pgl 158, The Ego's Co-Operation with
or Obstruction of the Real Self*

Limitations of the Adult Ego

- Calculating, overly mental
- Narrow self interest; still focused upon 'me'
- Invested in outer appearances, materialistic
- Cannot generate pleasure, joy, creativity, or love; dependent upon child and soul levels
- Task is to understand and accept limitations so that they may be transcended
- If Ego is not developed, it cannot be released

Steps on the Spiritual Path Adult Ego

Stage of Development & Task	Mask Self	Lower Self	Higher Self	Stage of Evolution
Adult Ego Strengthen positive ego mind Align with spiritual self	Calculating Materialistic Overly mental Narrow self interest Outer appearances	Cannot generate pleasure, joy, creativity, love	Wise, loving parent and teacher Conscious choice Self reflection	Awareness Beginnings of Understanding

Cosmic/God Sphere

- Enlightenment
- ALL consciousness
- Transcends human reality and need for focus
- Known by sense of peace and safety

Soul/Transpersonal (Transition Phase)

- No boundaries
- Without limits in time or space
- Cannot die (was never 'born')
- Knowledge of past and present as well as future possibilities
- A letting go into involuntary processes and spontaneous feelings on higher levels of consciousness

Tasks within Soul/Transpersonal

- Still in duality; can mis-identify voices
- Capable of connecting with shadow side of spiritual entities
- Become responsible around access to greater spiritual powers
- Learn to allow involuntary processes and spontaneous feelings, with increasing awareness and discrimination
- Seek appropriate moments for surrender

Experience of Soul/Transpersonal

In the state of cosmic feeling you experience the immediacy of the presence of God within. This manifestation is then experienced as your eternal reality and state, as your true identity.

Pgl 200, The Cosmic Feeling

Steps on the Spiritual Path Human Relationships (Transition)

Stage of Development & Task	Mask Self	Lower Self	Higher Self	Stage of Evolution
Human Relationships Integrate oneself with others	Patterns of dependency Blame and projection of own issues onto others	Manipulative and dishonest relationships, based on ego, specialness, and self-importance (me vs the other)	Relationships where individuals are autonomous and mutually loving (me & the other)	Awareness Understanding

Steps on the Spiritual Path Soul Transpersonal

Stage of Development & Task	Mask Self	Lower Self	Higher Self	Stage of Evolution
Soul Transpersonal	No more mask	Negative soul directions	Positive soul directions	Understanding
Heal personal and collective soul; surrender to God		Intent to separate	Intent to unify Personal soul gifts and desire to serve	Knowing

Cosmic / God Sphere

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Unitive Consciousness

- State of cosmic consciousness
- State of grace
- No self / no not-self
- Good and true without duality or opposition

Experience of Unitive Consciousness

In the unified plane of consciousness, there are no opposites. There is only good, only right, only life. The good that exists on the unified plane of consciousness combines both aspects so that the opposites no longer conflict with one another.

Pgl 143, Unity and Duality

Steps on the Spiritual Path Unitive

Stage of Development & Task	Mask Self	Lower Self	Higher Self	Stage of Evolution
Unitive BE IN GOD	No more mask	No more separating impulses No more lower self	Creative presence; love and truth BEING HERE NOW	Clear knowledge on all levels

Three Levels of Reality

- What you think exists

A temporary level of reality that must absolutely be untangled

- What actually exists

Not a static condition; this is where our spiritual path begins

- What could exist

The ultimate truth of the real self, the aim of life itself. A state of utter relief and liberation, of being energized and light

Pgl 162, Three Levels of Reality for Inner Guidance

A Meditation for Three Voices

Child, Adult Ego, and Soul / Transition

Set a higher self intention for the process, calling upon the Real Self / Higher Self. The energy and intention of the Real Self / Higher Self holds and supports all three throughout this process. A symbol such as a lit candle may be useful.

- Allow each voice to speak in turn. Having different seating positions or props can help delineate the different frequencies
- Hear the misconceptions and the real needs of all three
- Allow each voice to hear its limitations and need for the others
- Allow for the inner wisdom within each voice to emerge
- Allow a dialogue between all three voices to begin the process of re-orientation and re-education of the destructive or limited aspects

Pgl 182, The Process of Meditation

Exercise from The Undefended Self

1. Consider an area of difficulty in your current life.
 - For five days, focus your daily review on this area, noting any disharmonies that appear in each day.
 - Using a sheet of paper, describe the disharmonious event on the left-hand side, and describe the negative or disharmonious reactions to this event -- the negative thoughts or feelings -- on the right-hand side.
2. After five days, review what you have written. Ask to hear the voice of the inner child in relation to this area of difficulty.
 - Write down, draw, or simply experience the thoughts and feelings of the child. Allow yourself free expression without judgment.

Exercise from The Undefended Self

3. Bring the positive adult ego into dialogue with the inner child, as a good parent -- caring yet objective, and even confronting with love when necessary.
 - Write out the dialogue. Make sure to listen carefully to your child. Only when the adult ego can listen with total openness and compassion can the child feel free to speak.
4. Still focusing upon the original disharmony, invoke the positive soul level -- the higher self -- and ask for its guidance, direction and blessing for the child and/or the adult ego.
 - Engage in a three-way dialogue, writing down what each has to say about the issue of your disharmony.



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