

About the 3 Selves

The notion of our 3 selves has been around for hundreds of years and in most cultures. For the purposes of this journey I am going to call them: the **High Self** (Higher Power, Divinity), **Middle Self** (consciousness, mind), and the **Instinctual Self** (subconscious, unconscious, inner child).

For many years I researched the 3 selves from; the writings of Max Freedom Long, my profound experience with the practice of Ho'oponopono, as well as an amazing book called User Illusion by Tor Norretranders. Learning the distinctions of the 3 Selves or what I call job descriptions has allowed me to dissolve and change some big patterns in my life and free the energy held there. These distinctions helped me understand why some patterns seem to take forever to change, seem unmovable or caused me to feel like a failure in not being able to change them. The old ways of affirmations, positive thinking or the "just get over it kind of attitude" did not budge these repetitive "themed patterns". So I have compiled a list of distinctions, from many sources, that have helped me understand and change some big "stuff".

The biggest missing piece in all this is the importance of the Instinctual self commonly known as the subconscious. For 2,000 years we have been taught to dominate that part of ourselves that is messy, unpredictable and powerful; the subconscious. As humans we often respond to that which is perceived as uncontrollable as dangerous. The sad part about that approach is we inadvertently close the door to a vital aspect of our being, our ability to problem solve and think out of the box, as well as our vast reserves of knowledge and creativity. Plus the instinctual self plays a vital role in our ability to manifest and move upscale, and without its participation and cooperation our success will be hit or miss at best.

Each of the 3 Selves has a specific job to do that affects your success and ability in manifesting your dreams and desires.

Each of the 3 Selves makes a huge contribution in our spiritual evolution.

So if you know what has to be in place to get good results, your 3 selves will get to work on easier and more magical ways to achieve your outcomes and prayer. This clears the way to live from your "authentic self" and create a very fulfilling life.

When you know your strength and weaknesses along with these job descriptions, it is easier to get up, dust yourself off and have another go at manifesting your desires. It helps you see where you have erred in past attempts and it is simply an opportunity to tweak your approach. You will begin to trust yourself more, not judge yourself and understand there is a learning curve involved. You will find you are well on your way to your dreams coming true, and they are a whole lot closer than you think.

When so many things I believed could not be changed suddenly began to transform and heal, my life became more magical. Where I had been defeated, ease and wonder began to occur. Situations I had long given up the hope to change became possible and achievable. I felt many moments of inspiration and dreams and hopes from long ago resurfaced. I began to trust myself again and my sense of adventure returned. This happened because I explored these job descriptions and how to build relationship with the instinctual self, then the magic of allowing the High Self to do the healing rather than my willful one the middle self. It is so much easier and more fun. The pressures to conform to external norms and models, to do and think as we have done in the past distract us from our internal compasses and thus from thinking independently.

“There is an ancient tension between the living fire within and form forced on you by society. Conformity is the word when the individual gives priority to the external form over the internal fire. Finding satisfaction becomes increasingly improbable as an individual or culture allows conformity to quench our inherent fire.” User Illusion by Tor Norretranders

But inside is always there, and your instinctual self will speak if you learn to listen. Your instinctual self is also biased toward enjoyment and feeling good. Because of this inherent bias we respond to the beauty of the sunset, enjoy good food, love to love, and want freedom and integrity. The urge to understand what is important to us. Having DNA on your side is no small advantage in this contest between inner fire and conformity. When you honor your deepest urges it becomes stronger and stronger. It is the harbinger of someday flying free.

With that being said I would like to share these attributes and job descriptions with you now.....

I will begin by giving you a definition of a word used throughout the Philosopher’s Stone and in describing the 3 selves. **Mana**: life force, chi, ki, life energy, supernatural impersonal force or quality that resides in all forms of life, the power of the elemental forces of nature embodied in an object or person, “the stuff of which magic is formed”.

	Instinctual Self	Middle Self	High Self
Also known as	Inner Child, Subconscious, Nonconscious Self, Unconscious	Mind, Consciousness, Conscious Self	Divinity, Soul, Spirit, representative of "Universal God"
Job Description	To gather prayers and mana/energy to send to the high self so your dreams happen. All prayers must go thru Instinctual Self to reach High Self and God, runs your body, concerned with survival and shelter, all prayers must pass thru the Instinctual Self!!!!	Inner coach or guide, initiates forgiveness, in charge of correcting errors, sin or harm to others, guides and helps reeducate Instinctual Self, Forms the completed picture of prayer or healed state and then sends to Instinctual Self to gather mana/energy, the willful one,	Parental Self, receives prayers and manifests them, can assist in recalling old hurts, our immediate and personal savior, representative of the "Universal God", passes on prayers to higher beings, must be invoked, invited or petitioned to take action, ready to protect and help, always on call, needs to extract mana or energy to answer prayers and make changes, H.S. there to unite the 3 Selves, receives prayers and manifests, H.S. is our guardian angel, can render powerless any and all fears and never fails, prayer is cumulative and builds, when asked to retrain our Instinctual Self our spiritual growth can be swift and joyous, the Kingdom of Heaven is the High Self and its higher level of evolutionary progress.
Attributes	Has no discernment, literal, doorway to your genius and creativity, processes 11 million bits of info/second, can sense High Self, Child like, makes 99% of all your choices, the natural emotion of the Instinctual Self is love, mana and love sent to the High Self as a gift, can ask High Self for protection and guidance, impressed y acts of kindness,	Helps Instinctual Self let go of fixed burdens, initiating good deeds stimulates righting a wrong in Instinctual Self, determines if prayers are worthy of High Self, trains and educates Instinctual Self, the heart is the meeting place of the Instinctual Self and Middle Self, must build trust with the Instinctual Self, is only capable of processing 16 bits of info per second, by the time you are conscious of something it is already past, live from the healed state and give thanks	Intuition is a sudden knowing flashing in from High Self, High Self was once a Middle Self and Instinctual Self so has it hot-wired in on how to move upscale and unite easily, gets saddened if not invited in because it cannot interfere with free will, knows how to meet every problem, resides outside the physical body and has no way of manifesting mana or energy, has superior wisdom and power to guide us onto our path of happiness, is as close as our hands and feet, can see the right perspective, awaits to be fully recognized. In making a prayer we must exert faith and believe that what we have asked has been built already in the pattern world by the High Self.

When not aligned	Instinctual Self	Middle Self	High Self
Talents to develop	Can punish its man to do penance if harm has been caused to another, often has divergent views to the mind, tries to run the entire man, If instinctual self is not aligned with change it will block change from happening, without trust between the Middle Self and Instinctual Self inner starvation happens, no emotion no mana , no manifestation. No love, no mana, hate cuts off access to High Self, when security is threatened it sets off a whole train of explosive and depressive actions as other memories are triggered, one big cluster	Once trained can do things the Middle Self can't do, can be trained to gather mana/energy, will naturally love other selves, must be freed from a false feeling of a jealous vengeful God, love is power and worship, daily "reasoning" sessions may be required to transform hate and anger,	Headly, disconnects from instinctual self and High Self, numb, mind driven, locks up the whole works, terrified of surrendering to feelings and the raw power of instinctual self, desires to compartmentalize and figure everything out, wants to control
To do list to reconnect	Love, chant, meditate, breath, ask High Self to help	Coach, Guide, Tender teacher to Instinctual Self, knowing when to surrender to instinctual self can free up your inner genius	Loneliness, no manifestation, no inspiration
		Love, you are usually in the iron grip of the middle self, to love is to be able to trust enough to surrender is to live from your heart.	Take daily steps to invite H.S. in, enjoy its guidance, endless source of wisdom and guidance when invited to take its rightful place, desire drives us forward,
			Love. Petition High Self, invite in, Remember the H.S. was once an instinctual self and middle self so innately knows the way to unity.