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METHOD®

## Life Mastery Training Program Negative Pleasure Vows of the Profiles (Fear No Evil)

### THE MASK/EGO (DEFENSIVE PROFILE) IDEALIZED SELF

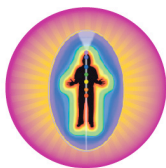
Children all encounter disappointment, helplessness, and rejection, both real and imagined. These feelings create insecurity and lack of self-confidence, which they will attempt to find a solution for. They will naturally choose a solution that goes with their profile and they then try to make it fit in every situation. Of course when it doesn't work, it triggers more fear and insecurity and hardens the resolve to make their solution that worked for some problems work for all problems. It becomes an idealized self that is disappointed and rejects the imperfect self, both real and imagined. To create this ideal self, all the feelings that go against it are denied.

An idealized self-image may simultaneously demand a person on one hand to always be ruthlessly unselfish, so to gain love, and on the other hand, to be always selfish so to gain power. In addition one also has to be ruthlessly indifferent and aloof from all human emotions so as not to be disturbed or involved emotionally. This creates a huge conflict and rip in the soul, for whatever it does is wrong, inducing guilt, shame, inadequacy frustration and contempt for the true self. By choosing one single ideal way, they create a false self that is supposed to be good and perfect.

It is false to think that the weak person is harmless and hurts others less than the domineering and aggressive person. All pseudo-solutions (defense and mask) bring untold pain to the self, as well as to others. By withdrawing, you reject others and withhold from them the love you want to give them and they want to give you. By submitting you do not love, but merely expect to be loved. You do not see that others too have their vulnerabilities and weaknesses and needs. You reject all of that part of their human nature, and thus hurt them. By the aggressive solution, you push people away and openly hurt them with false superiority. In all instances, you hurt others and thus inflict further hurt upon yourself. The hurt you inflict cannot help but bring consequences, and thus the pseudo-solutions intended to eliminate the original pain, only bring you more pain.

The perfectionism of perfect Love, Power or Serenity is so deeply ingrained in you and in your idealized self image it makes it impossible for you to accept yourself and others, to accept life in its reality, and you are therefore incapable of coping with life and resolving life's problems and your own problems as well. It causes you to forgo the experience of living in the true sense.

In your profile your lower self has all of what is listed below under each heading. You naturally reject and deny most if not all of these as they were rejected as evil by your parents, friends and acquaintances. But the truth is when you look at your negative pleasures you will see that all of these are alive and well. They are simply justified and rationalized by your ego. **TO COME INTO THE TRUE CURRENT OF "POWER, LOVE AND SERENITY" YOU WILL NEED TO ACCEPT THESE SHADOW QUALITIES ONE AT A TIME TO FREE YOURSELF FROM YOUR SELF MADE PRISON.**



### **MASK OF POWER – AGGRESSIVENESS: Enforcer defense, Rule Keeper defense**

This person believes that power and independence from others will solve everything. The growing child believes that the only way it can be safe is by becoming so strong and invulnerable, so independent and emotionless, that nothing and no one can touch them. They cut off connection to their emotions, and when their feelings emerge the child feels deeply ashamed. They consider their feelings, emotions and needs as weaknesses, actual or imagined. Love and goodness are also seen as weakness. Warmth, affection, communication and unselfishness of the submissive type are despicable acts of surrender. They will never surrender!

ENFORCER: Liar, Self Will, Selfish, Self Righteous, Irrational, Cheater, Fighter, Narcissistic, Angry, Rageful, Seductive, Controlling, Walking Chaos, Psychopathic, Vain, Proud, Neurotic, Ruthless, Overbearing, Egoistical, Demonic, Broken, Chronic Disability, Life Sucking Vampire, Serial Killer, Bi-Polar, Insane, Addicted, Depressed, Irresponsible, Obsessed, Violent, Hypocrite, Egotistical, Victim to victimize, Sadistic, Self Righteous, Megalomaniac, Shape shifter, Envy, Hostile

### **NEGATIVE PLEASURES:**

- Ruthlessly don't trust anyone who can't be controlled or in authority
- Rationalizes that people are generally bad, and trust and love are tempered by lack of trust
- Must be special
- Feel inadequate and broken within but know I am better than others
- Feeling betrayed alone and isolated
- I have to get my way
- Using any means to get other(s) to comply with my will
- Using seduction to get compliance
- Using bullying to get compliance
- I enjoy giving retribution to those who deserve it
- Dominate conversations verbally and cut off stupid people mid-sentence
- Intimate only with those I control
- Any dependence on other(s) means insecurity
- I keep secrets and will never tell the whole truth
- I lie for others' own good
- You can trust me but I don't trust myself
- I am right and you are wrong
- I am broken

RULE KEEPER: Narcissistic, Proud, Ruthless about perfection, Selfish, Demanding, Withholding, Dismissive, Aloof, Hypocrite, Cruel, Rejecting, Passionless, Critical, Abandoning, Self Abusive, Judgmental, Know-it-all, Pigheaded, Hardnosed, Self Important, Egotistical, Coldblooded, Needless, Emotionless, Better Than, More Spiritual Than

#### NEGATIVE PLEASURES:

- Being aloof and withholding and above it all
- Ruthlessly holding to the one true and “right” way, even if it hurts others
- Being frustrated at others incompetence and dismissing them
- Being ruthlessly self critical and never perfect
- Being ruthlessly critical of others
- Ruthlessly presenting a perfect spiritual or all knowing self
- Knowing better than others and being demanding
- Time is finite and applies to all situations
- Being practical is not letting feelings interfere with judgment
- I am the responsible one
- I am the strong one
- I am not selfish
- I push my body like a machine; I expect others to do the same
- Sex and love are separate
- Being compulsively neat to appear perfect
- I don’t need love to survive, I don’t need anything, I give love
- I am materialistic but appropriate to my station in life
- I am a woman who is not at the mercy of my feelings
- I save others from themselves

#### **MASK OF LOVE - SUBMISSIVENESS: Poor Me defense, People Pleaser defense**

‘If only I would be loved, everything would be alright.’ In trying to solve life’s problems with love they can hardly experience love at all. Choose to express themselves as weak, helpless, self-effacing, to gain love and protection, crawling to the point of selling their soul to receive approval, sympathy, help, and love (none of which is genuine). They want to be cared for emotionally, material goods and money mean little. Their lower-self uses fake weakness and over focuses on the needs of others as a weapon and means to finally win and master life and get others to do what they want.

POOR ME: Neurotic, Co-dependent, Needy, Demanding, Childlike, Helpless, Emotionally Excessive, Unstable, Powerless, Draining Vampire, Vulnerable, Selfish, Self Righteous, Narcissistic, Compulsive, Manipulative, Victim, Addict, Drama Addict, Pathetic, Blaming, Complaining, Pollyanna, Fearful, Irrational, Submissive, Meek, Defenseless, Self Absorbed

#### NEGATIVE PLEASURES:

- Self pity, self effacing talk that is not genuine, in order to be loved
- Ruthlessly controlling every emotional environment you are in
- Being a woman means feeling everything all the time, even the pain
- I am more evolved, spiritually and ethically than those who are aggressive



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- Others are heartless
- Feeling overwhelmed and helpless
- Being bitter and blaming others for how I feel
- Crying to avoid anger
- Talking to avoid feelings
- Feeling unloved
- Complaining about being over-tired, too emotional and not loved
- Demanding love from rule keepers but know they can't give it
- Being non-violent and undefended, will martyr myself when needed
- Raging against abusers and rapists

PEOPLE PLEASER: Resentful, Co-dependent, Resistant, Childlike, Spiteful, Victim, Self Hatred, Passive/Resistant, Angry, Self Flagellating, Self Sacrificing, Selfless, Brooding, Pleasureless, Stubborn, Obstinate, Submissive, Dense, Slow, Stuck Mentally, Masochistic, Martyr

#### NEGATIVE PLEASURES:

- Being polite and a good girl
- Ruthlessly giving more than others give and being resentful
- Caring more about others than they do
- Work hard before I get pleasure
- Being a Martyr
- Blame others for not having pleasure in life
- Being responsible for others' happiness
- Never standing out and letting others shine, but not me
- Good people care for others
- Give everything, submitting to be loved and seen as good
- Always tired of life
- Blame and complain about being overworked
- Silently brooding and being stuck
- Aggressive anger explosion then feeling guilty and shamed for it

#### **MASK OF SERENITY – WITHDRAWAL: Thinker defense and Rule Keeper Defense**

Though for the Thinker and Rule Keeper the state of dissociation is natural, in the serenity mask, they both see the folly of surrender and aggression and choose the mask of Serenity as the primary way to solve all of life problems. To choose the Serenity Mask is to choose to live in the upper chakras and fully dissociate from the reality of the Lower Self.

All of the profiles may find a false safe harbor in this domain when fear of being real and human gets too great in relationships and the world. This is called the Spiritual mask. Poor Me's to escape their feelings and be angelic, Enforcer's to escape their violent and aggressive tendencies and appear godlike and beyond reproach, Rule Keeper's to be above all imperfection, People Pleaser's to deal with the conflict in themselves between submission and cruelty, and Thinkers to avoid their constant anxiety and literally live in another world. Underneath the withdrawal or false serenity, the soul is still torn in half but the person is no longer aware of it.

THINKER: Fear, Neurotic, Fantasy, Rejecting, Phobic, Naïve Faith, Avoiding, Aloof, Dissociated, Schizoid, Terrorized, Scattered, Spaced out, Loveless, Hateful, Powerless, Lost, Abandoning, Delusional, Conspiracy, Anxious, Internally critical, Perverse, Passive

#### NEGATIVE PLEASURES:

- Ruthlessly not being present
- Living in my fantasy world where total inner serenity is true and the world is wrong
- Psychic skills and visions are more important than actions
- Look benignly at other human beings' good and bad qualities without being effected
- Being fragmented and having lots of different focuses that keep me from accomplishing anything
- Life is unsafe, people are unsafe, the world is unsafe - I must be detached
- I have rage and murderous thoughts that scare the hell out of me but I deny them
- I want retribution for all the past abuse I have taken but will not speak up or act
- Want to live in the spirit world, but I am chained in this limited material world
- Always being late or on your own time
- I am married to my ideas and creativity and need no one
- The world is not real and people are not either
- I am fearful and anxious for a million reasons but try not to feel any of them
- Never break my internal flow of thinking, even in relationships
- My ideas will save the world that is hopelessly lost