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INSTITUTE



THE *Rhys*  
METHOD®

## Lower Self / Higher Self Exercise

(Use handout: “Lower Self Qualities” list for each Profile)

- Pick your top 12 lower-self qualities from the Lower Self Negative Pleasure work sheet mostly from your top 2 profiles.
- Every lower-self trait is a shadow that has a higher-self quality that goes with it. The two together bring you a deep awareness of your real power and purpose. Name your personal energetic opposite and power that your lower-self trait expresses and write it next to the lower-self trait. Hint: The opposite of your lower self is not it's rational opposite; it is unique to you and is your highest quality that you have and are capable of exhibiting.
- Share with your partner.
- Get out your chart. Choose the lower-self quality / higher-self combinations that go in your 1st and 2nd chakra. Make sure it matches with your archetype and your vow and freedom statement.
- Once you have it, in large group, Say out loud to your group:  
"I regularly oscillate between \_\_\_\_\_ on my bad days and \_\_\_\_\_ on my best days or both chakras.

**\*\*\*\* Use this exercise each week in this way to identify your Lower Self Quality and Higher Self Quality on your Enlightenment Chart.**