

THE THREE MASKS

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Mask self- the person we think we ought to be, the persona.

The defense. Created by the Vows in each of the chakras that divert energy out of the body into a false self or ego self. Is reactive in response to others impact on us.

Love = submission/dependency EIS/TP,

Power = Aggression Control CL/KA,

Serenity = Dissociation/withdrawal CI/KA.

When we chose to leave heaven and come to earth and leave the blissful unconsciousness of being part of the land (Garden of Eden) as an animal we ate of the tree of knowledge of good and evil. We became aware of being both good and evil. We are only half evolved. Evolved enough to separate from god and the earth and create our own reality but not evolved enough to be able to trust in the process. Our inability to be fully in either makes us massively imperfect as beings. So what we do with all our power is create a completely fabricated self that is a distortion of our real self but outside of god since it is actually just in our minds. The only false created aspect of us that is has nothing to do with our life purpose and actually drains all of the evolutionary life force from our bodies. Once enough energy is being used to create the false ego ideal self, we stop evolving.

Evolution must be a conscious choice to be where we actually are. Any self-rejection stops our evolution. Evolutionarily we are no longer able to be fully true to our animal nature of the lower self. But we are also not mature enough spiritually to fully be true to our higher self-calling to transcendence. This leaves us feeling imperfect at every level. The mask is created by the mind that is given free and the creative power in our lives. Energy does not care if it chooses good or evil.

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3 Selves

- LOVE, POWER, SERENITY
- The 3 major divine attributes.
- In a healthy person these three are in harmony alternating in perfect harmony.
- They complement and strengthen each other
- Well-rounded way of letting the life current flow easily in all situations.

3 Masks

- MASK OF LOVE, POWER, SERENITY
- Defended, distorted personality.
- In defense they mutually exclude one another.
- One of the attributes is chosen to remedy all life's situations.

When we chose them

- CHOSEN IN CHILDHOOD
- Children all encounter, disappointment, helplessness, rejection, both real and imagined.
- These feelings create insecurity and lack of self-confidence which they will attempt to find a solution for.
- choose the one that goes with their profile and try to make it fit in every situation.
- When it doesn't work it just hardens the resolve to make it work out of fear.

Idealized Self

- An idealized self-image will:
- Always be ruthlessly unselfish so to gain love,
- be always selfish so to gain power,
- be ruthlessly indifferent and aloof from all human emotions so as not to be disturbed.
- This creates a huge conflict in and rip in the soul,
- Whatever it does is wrong, induces guilt, shame, inadequacy,
- Frustration and contempt for the real self which is seen as imperfection

Perfectionism

- Your mask is your attempt at being perfect but with it you can't
- accept yourself and others,
- accept life in its reality,
- Incapable of coping with it and resolving its problems and your own problems as well.
- It causes you to forgo the experience of living in the true sense.

MASK OF LOVE - SUBMISSIVENESS

- Poor me/Emotional Intelligence specialist/People Pleaser/ Team Player:
- '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.
- They give loving behavior to get loved
- They use fake weakness as a weapon and means to finally win and master life

Mask of Love

- Being loving is a sign of: goodness, holiness, unselfishness, understanding, forgiveness, union, communication, brotherhood, and sacrifice
- is a rigid one sided solution to life's problems.
- Huge pride in martyrdom hides the fundamental selfishness and egocentricity.
- They sacrifice unselfishly and feel saintly but expect to be saved and protected by a loving protector.
- "Proud" of their modesty they never claim knowledge, accomplishment, and strength.

Behind the Love Mask

- Have double guilt, feels guilt about his real faults imperfections and strength, and also has the guilt about pretending to be more loving than he is.
- Under the love mask is anger, fury, shame, self-contempt, and self-hate
- great shame of not being all loving and doing the opposite of what is their highest ideal, they don't love themselves.
- They believe they may be the last of the really good people on the planet

Balanced Love

- . Love will cease being self-centered and your capacity for love will combine power and serenity.
- You will communicate and reach out in love and still be truly independent.
- Your self-respect and love comes from an organic source not from you idealized behavior.
- When the soul is felt fully the love mask is destroyed and real love, the love of the imperfection in all people allows the integration of love, power and serenity

MASK OF POWER - AGGRESSIVENESS

- Enforcer/Charismatic Leader, Rule Keeper/Knowledgeable Achiever.
- Power and independence from others will solve everything.
- Child believes must become strong and invulnerable to be safe, independent and emotionless,
- When emotions emerge the child feels deeply ashamed
- Feeling, emotions and needs are seen as weakness
- Love and goodness are also weakness
- Warmth, affection, communication and unselfishness of the submissive type are despicable acts. They will never surrender.

Power Mask

- The artificial cultivation of toughness is no more real than helpless softness of the submissive,
- Power type is just as hypercritical calling others weak and needy when they too need human warmth and affection
- Without these they suffer the greatest pain of the human condition, isolation.

Idealized Power Self

- The idealized self-projects a godlike omnipotent quality where they need nothing
- Fully self-sufficient, unlike normal human being which they are not.
- Driven by a huge pride it is often hard to detect the lie as they will have powerful rationalization for their deep contempt and criticism of others
- This leaves real love impossible

CL and KA

- . CL they end up not caring if those who they are with are good or bad as long as they are loyal and protect them from seeming fallible or wrong.
- KA end up with people who are functional and support the perfection but not connected beyond social grace, or they go it alone

Balanced Power

- . Power is not the defiance, ambition, compulsion, haste, superiority or control of others but mastery of the self and your difficulties without proving anything to anyone.
- When you gain mastery by healthy power you do it for the sake of growth not control
- The feelings of love and serenity that have no utility become the path home for power person

MASK OF SERENITY - WITHDRAWAL

- Thinker/ Creative Idealist- Rule Keeper/Knowledgeable Achiever
- After trying to love/surrender and be powerful/aggression first life the higher thinking person sees the folly in each and chooses the mask of Serenity
- Underneath the withdrawal or false serenity, the soul is still torn in half but the person is no longer aware of it

Serenity

- In Thinker the state of dissociation is natural and choose the mask of Serenity as the primary way to solve all of life problems,
- Failure and Fear can drive all the profile to this
- Poor me to escape their feelings,
- Enforcers to escape their controlling and aggressive tendencies
- Rule keepers to be above all imperfection,
- People pleasers to deal with the conflict in themselves between submission and cruelty.

Idealized Serenity

- . Idealized self builds a strong façade of false serenity,
- Only as long as life's circumstances permit, this person is convinced of having attained true serenity.
- Of course no human being is ever in this idealized state of serenity, it just pride and false detachment
- Too proud to admit that such an exalted human being can be touched by such human weakness
- Try to rise above it all but when they don't they are just as self-contemptuous, guilty and frustrated with life

Serenity in Balance

- . Serenity in the healthy way will not cause you to hide from emotions, experience, life and your own conflicts;
- Love and power in their original divine forms will give you a healthy detachment when the lower self-qualities are accepted.
- True serenity is not avoiding experience and emotions that has the courage to go through them and find what is behind them.