



Rhys Thomas
INSTITUTE



THE *Rhys*
METHOD®

Lower Self / Higher Self Enlightenment Chart Exercise

Digging Deep

- Pick your top 12 lower-self qualities from the Lower Self Negative Pleasure work sheet mostly from your top 2 profiles. If your some of primary lower self qualities come from the profiles that you do not consider your highest you must be able to see how your primary profile blends with that secondary quality to express those traits.
- 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. The hand out is just a guideline, whichever ones you pick need to be personalized specifically for your energy and purpose in having it.
- The lower self quality is usually easier to pick out. Whatever you pick, put the word “Ruthlessly” ahead of it, say it out loud, then and go even deeper, darker and more isolating or punishing or controlling or more of a victim.
- Then feel that energy of that level of resistance to life and feel how that specific energy signature could be used for its highest possible purpose through you.
- Share with your partner or teacher, let them help you make the lower self worse, and the higher self even better
- Put these in your chart and see if they match with the vows/freedom statements and the archetype in that chakra.
- 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.**