

Pathwork Concepts -- Three Divine Rays in Three manifestations:
Higher Self, Lower Self, and Mask Versions

<p><u>Higher Self</u></p> <p>Original Ray of my Divine Nature</p> <p>My essence as a Divine spark</p> <p>The LIFE FORCE that draws me to my destiny and pulls me into union with God and LIFE</p>	<p><u>Lower Self</u></p> <p>Distorted Ray of my Divine Nature</p> <p>Developed to DEFEND my ego against life's inevitable pains: loss, rejection, invasion, abandonment -- learned from childhood, fed by duality and my choice to gain happiness, avoid pain, and achieve security by REMAINING SEPARATE from God and Life. The Negative Side of Duality</p>	<p><u>Mask Self</u></p> <p>Pretense of my Divine Nature</p> <p>Developed to "MAKE NICE" and cover over my "unacceptable" Lower Self Defenses. I attempt to appear how I want to appear (my Idealized Self Image). This is my strategy by which I try to be accepted by myself and others even though I "know" underneath I'm "awful."</p>
<p>POWER Ray</p> <p>In service to Whole Drawn to CREATE</p> <p>Traits: Courage, Strength, Confidence, Honesty, Ability to Manifest, Influential, Effective, Self-responsible, Giving, Self-esteem. This is Divine Masculine</p>	<p>SELF WILL</p> <p>Power in service to ego PROTECT ego via POWER</p> <p>Traits: Aggressive, Tough, Manipulative, Controlling, Workaholic, MY WAY, Rigid, Stubborn, Taking (vs. Giving), Compulsive, Sadistic. This is Distorted Masculine</p>	<p>POWER Mask</p> <p>Inauthentic power in order to appear powerful and creative Compensates for feeling powerless</p> <p>Traits: Mock Confidence, Workaholic to appear important, Controlling to appear powerful, Busy but ineffective</p>
<p>LOVE Ray</p> <p>In service to Whole Drawn to CONNECT</p> <p>Traits: Empathy, Compassion, receptivity, Trustworthiness, Full Presence, This is Divine Feminine</p>	<p>FEAR</p> <p>Fear to trust Love PROTECT ego via SEPARATION</p> <p>Traits: Submissive, Manipulative, Dependent, Helpless, Masochistic. True connection is avoided in favor of pseudo connection. This is Distorted Feminine.</p>	<p>LOVE Mask</p> <p>Inauthentic outer love in order to appear loving Compensates for feeling resentful, unloving, and disconnected</p> <p>Traits: Submissive, "Sucky," Pleasing, "Nice," Many outer friends but few inner intimate friends</p>
<p>SERENITY Ray</p> <p>In service to Whole Drawn to TRUTH</p> <p>Traits: Wisdom, Honesty, Security, Sense of Purpose, Clarity, Intuitive KNOWING, Faith, Ability to synthesize, Freedom, Individuality, Joy, Detachment, Hope</p>	<p>PRIDE</p> <p>Secure in Separateness PROTECT ego via SUPERIORITY</p> <p>Traits: Sense of Superiority, Self-Righteous, Judgmental, Negative Detachment, Intellectual "knowing," Withdrawing, Arrogant, Contemptuous, Indifferent, Denial of pain, Numbing of pain, coolness, Emotionally not available</p>	<p>SERENITY Mask</p> <p>Inauthentic serenity in order to appear secure and in truth Compensates for feeling insecure and inadequate</p> <p>Traits: Withdrawing, Intellectual coolness, Need to be RIGHT, Intellectual "knowing"</p>

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