

# Illuminating the *Shadow*: Transmuting the Dark Side of the Psyche

## Chapter 9 – The ‘Higher-Self’ and the *Shadow*

### Introduction

For most people the soul and the higher-self (H-S) are vague concepts that would seem to have little direct meaning, or relevance to their daily life. This chapter will attempt to show that these twin aspects of the Self, can play a valuable and helpful role within the reality of any individual. For the majority of people the inner world messages from our H-S, soul and *shadow* are transmitted through dreams and when explored, our dream world can be a valuable resource. However, the communication from our H-S does not need to wait until sleep. When working with clients, I have been amazed at how insightful the H-S can be in providing awareness of particular issues and the steps required for their healing. This can take many forms such as bringing up memories of specific traumas as well as the process needed for their resolution. This chapter will explore these different elements and includes a number of exercises for both accessing the wisdom of the H-S as well as healing the negative *shadow*.

The role of the ‘higher-self’, as a fundamental component of the psyche, was first recorded by psychiatrist Dr Ralph Allison, who used hypnotherapeutic techniques to assist clients, suffering multiple personality disorders. In one of his regression sessions, he stumbled across an inner character who appeared to have a very different level of awareness, from the other sub-personalities he had previously encountered. This personality was cognisant of all of the other elements of the psyche and seemed to know what needed to be done to heal the wounded mental, emotional and psychologically damaged parts of the individual. Allison went on to discover a similar character in all of his clients. Unaware of the term the ‘higher-self’ he called this aspect the Inner Self Helper of ISH. In an online article in the Dissociation.com website, he describes the characteristics of the ISH as follows:

- “**A.** Prime Directive of the ISH is to keep patient alive until his/her Life Plan is completed and fulfilled. The ISH will prevent suicide in any way possible.
- B.** Has no date of origin; has always been present.
- C.** Can only agape love; is incapable of hatred.
- D.** Has awareness of, and belief in, "The Creator."
- E.** Is aware that the Celestial Intelligent Energy (CIE) put her in charge of teaching this person how to live and move forward properly.
- F.** Is able to work on the inside of the patient's mind, as co-therapist, while the human therapist works on the outside.
- G.** Knows all about history of patient and can predict short-term future.

**H.** Possesses no personal sense of gender identity, but will assume either gender the therapist is comfortable with.

**I.** Talks intellectually instead of emotionally, carefully chooses precise words, speaks in short concise sentences; prefers to answer questions; gives enigmatic instructions. ("Teach her humility today.")

**J.** Avoids using slang; does not have the capacity for put-downs or guilt-trips.

**K.** Is aware of patient's past lifetimes."

(Allison, 2014)

This clearly defined list encapsulates the qualities of the H-S, which was a term first brought to western attention through the writings of A.P Sinnett and Madame Blavatsky of the Theosophical Society. Blavatsky in her book *The Keys to Theosophy* (1889), citing Sinnett states:

‘The Spiritual realm would all the while be the proper habitat of the Soul, which would never entirely quit it; and that non-materializable portion of the Soul which abides permanently on the spiritual plane may fitly, perhaps, be spoken of as the HIGHER SELF.’ (Blavatsky, 1889:173-4)

The term H-S is also used by Dr Tom Zinser in his therapeutic work and collaboration with his spiritual guide Gerod. Of the higher-self Zinser states:

‘The more I learned about the higher-self over the months, the more its abilities and characteristics resembled those of the inner self helper. I don’t recall the moment, but at some point I realized that the inner self helper I knew from psychology and the higher-self I was investigating with Gerod were the same phenomenon.’ (Zinser, 2010:150)

### **The Higher Self**

Over the many years that I have been practising as a therapist the H-S has been central to my healing work. I have utilised many different techniques helping clients access this aspect of their psyche with profound results. Indeed, going one stage further, I believe that we all have the ability to access this phenomenal resource within us if we give it space to inform our lives.

This insight emerged when I first started to explore my own spiritual nature and the spiritual dimension in which we reside. From reading many different books, I had the perception that it was going to take me many years of inner work before I could communicate with my higher-wisdom. I read that enlightenment only came about through dedicated spiritual study. However, I was also aware, from a young age, that there was some aspect of inner guidance that I could readily access. This ‘intelligence’ informed me about significant elements that I needed to address or, when they arose, how to deal with specific problems. This seemed at odds with what I had studied. I eventually came to realise that if I believed that accessing this ‘higher-wisdom’ would take a lifetime, then indeed it would take that time. However, if I believed I could do this instantly then that would be the

case. In other words, we can all connect to a profound source of inner wisdom simply by intent, providing we apply a little effort to the process. The only limitation lies in our own minds.

My H-S, your H-S is a fundamental aspect of our being that has complete oversight to our lives and all of the facets that make us who and what we are. It has direct communication with the spiritual realm and therefore has access to all of the wisdom of the universe. Additionally, it can draw upon the power of ‘the Creator’, to clear any blockages that may be residing within. It knows the blueprint of our life and, if we engage with it, can steer us towards the fulfilment of our life-plan. What it will not do is interfere with our free-will, or the free-will of any aspect of our being, such as our sub-personalities. As already stated, the free-will gift we all enjoy is sacrosanct and your H-S cannot and will not override any decisions you have made. In this sense, it is limited by ‘cosmic law’, although in all other areas its powers would appear to be limitless.

### **Exercise 01**

Theme: *Connecting to Your H-S... first steps.*

Duration: *5 minutes*

1. Sit quietly, take a few deep breaths and close your eyes; then imagine an aspect of your being that has unlimited power that is overseeing your life. You might like to perceive this as your God part.
2. Ask your H-S to begin to communicate its messages to you, either through feelings, images, words or sensations. What do you experience?
3. Bring yourself back to full waking consciousness, open your eyes and write down your experiences.

In this chapter, we will look at other exercises that you can do to help you connect to this aspect of higher inner wisdom and support. For now, it is enough to have a sense that this part exists and that it can be readily accessed by requesting its help and assistance.

### **The Higher Self, the Soul and the Spirit**

When reading books on these topics you will come across terminology that is nuanced in slightly different ways. The terms soul and spirit can sometimes seem interchangeable. Many years ago, to iron out these confusions, I asked for clarification from my own inner guidance on the terms spirit, soul and the H-S and the following definitions emerged. I later confirmed these with a number of other mediumistic colleagues. These definitions might slightly differ from other writings you have accessed but they are given here to clarify the terminology being used:

#### **1. The Spirit:**

Your spirit defines your primary life-force energy that has within it a seed of God consciousness. It is infused with the sum total of all of your experiences, both from within physical incarnation as well as its sojourn in the spiritual realms, in the periods between

lives. The accumulation of these experiences leads to wisdom. All spirits contain an inbuilt programme that awakens a desire to go on evolving until they reach a level being whereby they can re-join the Creator, thus bringing with them their unique understanding and adding to this infinite level of consciousness. Spirits do this through the accumulation of experiences and the process of distilled wisdom and understanding in the utilisation of their free-will gift. The higher spiritual planes are far removed from what is experienced here on the Earth.

## 2. **The Soul:**

Your soul is the aspect of your spirit that is put down into the physical body to provide its life force energy for this present, or any, incarnation. One might imagine it like a pie chart, where the circle of the chart represents your spirit and a 10-15% segment being the part that enters into physical life. Effectively, with most individuals, the majority of their spirit continues to reside in the spiritual realm during the course of their incarnation, providing the access into spiritual sources of knowledge and understanding. For a healthy fulfilled life, the soul needs to be properly anchored within the body. However, it can sometimes be partly disconnected or dissociated, which can lead to psychological issues and problems. The soul also retains all of the memories of a particular life and feeds these back into the database of the spirit at the end of an incarnation.

## 3. **The Higher Self:**

The H-S acts as a bridge between the spirit, soul and conscious mind. It is always present, monitoring what is happening to you and will do everything in its power to protect your life against ‘accidents’ or life threatening situations that are not part of your karma. It will not interfere with your free-will and accepts that you have the choice on whether to access this part of your being or not. It therefore needs to be specifically engaged in the healing process for its wisdom to be tapped. Additionally, it will not override any sub-personality aspect of your psyche, as these also have free-will. Nevertheless, it will allow you to identify them and connect to them. Once these parts are open to receiving the help and healing from the H-S then it will then step in to effect the necessary changes. It can also remove any psychic intrusions from within your energy field.

### **Representations of the Higher-Self**

When working with clients, assistance from the H-S can be elicited by simply requesting its help and support in the therapeutic process. This approach is also applicable when working on one’s own. For example, you could inwardly say ‘I request the insight of my H-S to help me understand my anger.’ Or, ‘I request the support of my H-S to help me heal my inner fears.’ The key element here is to recognise that the H-S will not take away or change the outer experience, if that is part of your learning process or, if there is some aspect of spiritual growth that needs to be understood and

integrated. The best way therefore in approaching the H-S is to keep requesting insight and help to resolve what is causing the problem.

Normally the H-S is perceived as either a wise being, or a source of pure light, like the light of the sun. In practice, it is happy to present itself, in any guise that you choose. Within Alcoholics Anonymous (AA), it is referred to as a 'higher power' and that higher power can be conceptualised in the way that makes sense to you. The primary aspect to be remembered is that this is **your** H-S and it has the specific task of assisting you through your life. It should be your first point of call to any other level of spiritual support.

The H-S can be perceived as sitting within the core of your being or alternatively above you, where it can be accessed through the crown of your head. In Vedic tradition, the crown chakric point is known as the Sahasrara chakra and is symbolised as a thousand-petaled lotus. The light of the H-S can be drawn through the lotus into the body and thence to infuse the rest of your chakric system. When working with clients I will often get them to work with the sun as a symbol of the H-S, drawing on the light, to clear and cleanse any blockages or elements that are impeding the healing process. To start the process of connecting with the H-S I normally take my clients through a simple relaxation or self-awareness exercise, which runs as follows.

#### **Exercise 02**

Theme: *Relaxation and Body Consciousness Exercise*

Duration: *5-10 minutes*

1. Sit in a chair with a straight back, close your eyes and focus initially on your breathing, by observing your inward and outward breaths making them slightly deeper, and slower.
2. Next, bring your attention down to your toes and feet and consciously relax them. In the process feel the link to the ground and the Earth through your feet.
3. Move up to your legs, slightly tensing the muscles and then relax them.
4. Become aware of your back and spine. Sense that there is a smooth flow of 'energy' along your back and spine and relax any tension there.
5. Become aware of your breathing again and with every outward breath feel that you are accessing a deeper level of your being.
6. Become aware of your fingers and hands and feel that these are relaxed.
7. Become aware of your arms and shoulders and consciously relax the muscles especially letting go any tension in your shoulders.
8. Become aware of your neck, jaw and face and then let your attention come to rest at a point between and slightly above your eyes. You might like to imagine that you are looking inwardly at this brow point.
9. From there send a thought of healing and balance to the whole of your physical body.

10. Then imagine that there is a light within your heart area that represents your inner core self. Connect to this light in your mind and imagine that its luminance is radiating through every cell of your physical body and then extending out around you so that you are surrounded in a halo of its light.
11. Finally, slowly bring yourself back to full waking consciousness and reaffirm your link through your feet to the ground.

Once the process of the above exercise has been mastered then the next step of linking to your H-S can be carried out, which can be done as follows:

### **Exercise 03**

Theme: *Accessing your Higher Self (H-S)*

Duration: *5-10 minutes*

1. Close your eyes and then carry out the Body Awareness Exercise (Exercise 02 p. )
2. Imagine that your H-S is above you and there is a golden beam of light coming down from your H-S and linking to the core soul light within you.
3. Ask your H-S to oversee the following exercise.
4. Imagine that you are stood in a beautiful scene in nature. This scene can be any place that you know or imagine.
5. Perceive yourself as barefooted and become conscious of the ground beneath your feet. What sensations do you experience?
6. Look around your scene to see what you are aware of, such as any trees, flowers or distant views.
7. Listen out for any sounds that you can hear, such as the hum of bees or bird song.
8. When you have surveyed your scene, become conscious of the sun shining in the sky, and turn and face the sun feeling its warmth on your body.
9. Feel the rays of the sun healing your body and filling it with light.
10. Request the sun to send you a representation of your H-S that you can easily link to. This might just be the sun itself or you might become aware of a being of light, animal, or symbol. See this representation coming down from the sun and standing with you.
11. Connect to that aspect and sense its presence linking to and over-lighting your body. What do you experience? Does it communicate anything specifically to you?
12. Thank your H-S and acknowledge that some aspect of it is always with you and that this part can communicate with you when you reach out to it.
13. Slowly bring yourself back to full waking consciousness by counting down from 10.

The above exercise, if practised correctly, will allow you to begin to connect directly with the power of your H-S. It does take a little patience and effort but the rewards when carried out can be immense. Your link to your H-S is the single most important step on your journey towards wholeness. Once this link is in place then you can begin the process of tackling any negative *shadow* elements of your psyche.

### **The Higher-Self and the Safe Space**

Once you have mastered the link to your H-S then you will be in a position to tackle any specific issues and problems that may be besetting your life. When I first explored my inner world with the support of my H-S and guides, I was encouraged to create an inner safe space within natural surroundings. This was very easy to do and I chose to imagine a beautiful circular temple, within an open area surrounded by woodland. My inner temple contains a fountain, colours and beautiful columns and is a place of sanctuary and inner holiness, which I enter whenever I wish to access the higher dimensional aspects of my being. I also use the temple to explore my *shadow* self, whether this is my negative or positive *shadow*. With a little practice, you can imagine yourself within your inner safe space even with your eyes open. It is as though the mind and consciousness can be in two places, or states of reality, at the same time.

Your inner sanctuary can be any place that you wish it to be, whether you create this in a normal waking state or through mediation. Whilst mine is a circular Greek style temple, yours could be a church, synagogue or mosque. Some individuals, preferring a link with nature, have worked with a stone circle, or simply a clearing in a forest, whilst others, coming from a more secular perspective, have created a house, or a castle. What is important is that it reflects your inner requirements. If you have created your safe space using the rational and logical part of your mind I would recommend that you ask your H-S to modify this imagined space to suite your particular needs. Over a period, both my temple and its surroundings changed and developed as I grew in understanding, awareness and confidence.

If you are not good at imagining or seeing things with your inner eyes, you can create such a sanctuary by first drawing it on a piece of paper. You might then like to place the sanctuary in one of your favourite places in nature, or indeed in any such place, by visiting that site and taking photos of it. There are endless different possibilities here but the significant part is that you establish a place in which you can feel safe and secure. Once the sanctuary has been created you are then in a position to explore different aspects of you positive and negative *shadow*. The following exercise shows how this can be done.

#### **Exercise 04**

Theme: *Creating an inner world sanctuary*

Duration: *5-10 minutes*

1. Close your eyes and then carry out the Body Awareness Exercise (Exercise 02 p. )

2. Connect to your H-S and imagine that you are stepping into a scene in nature. This can either be an imaginary place or somewhere you know.
3. Ask your H-S to help you create an inner world sanctuary for exploring your *shadow* self and allow whatever elements you need to come forward in your mind.
4. When your sanctuary has been completed enter into it and then ask your H-S to help you ground and establish it in the most suitable form for you.
5. Thank your H-S and bring yourself back to full waking reality making sure that you feel grounded through your feet into the earth.

### **The Higher Self and the *Shadow***

Once you have created your inner sanctuary you can embark on the process of illuminating your positive or negative *shadow*. Remember your positive *shadow* contains all of those elements to which you aspire. For example, if you are studying for an exam, your positive *shadow* holds the final realisation of this aspiration. You can help manifest this future state by seeing in your mind's eye, or imagination, this goal being achieved. If the exam is for a university degree, you can imagine or visualise yourself on stage receiving your award. The trick of this process is to keep affirming this potential reality. Whatever you can dream of, you can become. Some people continually set themselves specific targets to which they aspire but all you really need to do is to keep perceiving or seeing yourself achieving your maximum potential in a happy fulfilled way.

Your negative *shadow* contains all the elements that get in the way of the fulfilment of your aspiration. You may discover one or several *shadow* characters that prevent, or even seem deliberately to block this realisation. Your H-S knows what they are and can help you become aware of them. In practice, we all have specific character traits, stemming either from our current life or from previous lives that undermine us. They manifest in different ways. For example, we may be successful in business but not so good in relationships, or gifted linguistically but hopeless at maths and so on. The activity on page (?) in chapter 1 of assessing how you perceive your positive and negative qualities gives some idea of this process.

The steps to achieve our goals are really quite simple for on the one hand we need to keep holding to the thought of the goals realisation and on the other to keep asking our H-S to bring to the surface any element that gets in the way. Even if there are two dozen factors or mountains that need to be climbed or resolved, this can be accomplished.

#### **Activity**

Accomplishment of One's Goals and Aspirations

Step – 1 Write down on a piece of paper the goal you wish to achieve.

Step – 2 Imagine, visualise or see yourself achieving that goal.

Step – 3 Connect to your H-S and request help in achieving your ambition.

Step – 4 Request your H-S highlight for you any part of your being that is getting in the way of the goal's realisation and then to request help to tackle each element in turn.

### Higher- Self and the Negative *Shadow*

Having set the goal, the next task is to tackle any character or sub-personality within your psyche that might impede the realisation your aim. Achieving our ambitions often requires dedicated hard work and effort and this needs to be part of the process. However, there might also be some fear, or rejected aspect of the self, that continually undermines your goal's fulfilment. These negative elements need to be flushed out, balanced and healed. There are different ways of achieving this but one of the most effective is by working with the H-S in conjunction with your inner sanctuary.

The next exercise shows how this can be done.

#### **Exercise 05**

Theme: *Discovering your Shadow Elements*

Duration: 5-10 minutes

1. Close your eyes and then carry out the Body Awareness Exercise (Exercise 02 p. )
2. Imagine your inner world sanctuary and step into it.
3. In your imagination turn and face the sun as a symbol of your H-S and feel that you are drinking in its vitality and energy.
4. Request you H-S to help you face and deal with any aspect of yourself that is preventing you achieving the goal that you have set yourself.
5. Next turn with your back to the sun, seeing the *shadow* of your inner self, cast on the ground in front of you. You will now feel the warmth of the sun supporting you from behind – acknowledge that support and help.
6. Request that any *shadow* element that you need to address comes into view outside of your sanctuary. You might see this as an object, creature or sub-personality, or simply as a feeling of something being present.
7. Connect to the sun, as a symbol of your H-S and send light to whatever is there is your shadow, requesting your H-S help you heal and balance what emerges.
8. When complete thank your H-S and bring yourself back to full waking consciousness.

What appears within the *shadow* part of your being can be very individual. Sometimes it is not clear and in these cases you can request your H-S for help to clarify what needs to be worked upon. Even if it appears as just a vague shape or outline, you can send it acknowledgement and a thought of light and healing. I have worked with many client's using this simple process; it has proven effective in clearing the blocks within the psyche that need to be addressed. Those cases that carry difficult or challenging aspects within the self, such as extreme fears or repressed elements can always be tackled

with the help of a therapist, who can then work with you in a supportive role. By requesting your H-S to bring only to your attention those aspects that you can readily resolve, will ensure that you will not be confronted by that which is outside of your current ability. This is a growing process and with practice and time, you can develop the necessary skill to deal with personal issues that are more complex. Once the process has been started the H-S will bring these shadow elements to your consciousness, through the characters in your dream world. These characters, when identified, can be worked with from the safety of your inner temple.

### **The Healing Process**

The first part of the healing process has begun as soon as the *shadow* element has been brought into the light of your consciousness. The instant it is perceived I would recommend that you send a thought of love, light, healing and balance to it, by channelling the energy from your H-S (the sun). Remember, there will tendency to be frightened of, or feel repugnance for, any sub-personality aspect of your negative *shadow* because these characters, or aspects of the self, were created by the psyche in response to a traumatic experience. The methods for working more directly with sub-personalities will be tackled fully in the next chapter. At this stage, all that it required is to be aware of the emotional content that they carry. They will always be stuck in time, locked into the trauma that brought them into being. The inner child terrified from being bitten by a dog, sits anxiously within the adult psyche, monitoring when any dogs come into view. It will provoke a sense fear as soon as a dog is spotted.

These characters have minds of their own. They need to be loved, helped and accepted back into the sanctuary of the self, free of their terror. By connecting to your H-S you can gain the insight that they need for their healing. The best way to do this is to keep working with them until they take on a form that appears to be whole and balanced. They can then be integrated within the self or released back into the H-S. This work can take two forms; the *shadow* that stems from fear and the *shadow* that stems from revulsion.

### **Fear Based Shadows**

The *shadow* parts that stem from fear will generally take on frightening forms. Remember that you are working this process through with your H-S and from within the safety of your inner sanctuary; therefore there is nothing to be frightened about. The fear stems from the past and not your present time reality. It may be that the sub-personality carries the memory of being abused as a child or being led away to be executed in a former life, where the fear would have some just validity. However, this is not what is happening within present time. You are working to bring all of these elements into 'now' time with the awareness of what is needed to heal and balance these inner characters.

These inner world characters can appear in two distinct forms. The first is the actual character that experienced the trauma, such as the child. The second is the emotional charge that is wrapped around the incident, which can also appear as a character. The latter, will often carry distorted images and appear as monsters or demons. Both of these parts can be tackled either together, or

independently, whatever seems appropriate. Sometimes the ‘demon’ is hiding or disguising the inner character. These overlays need to be dissolved away to reveal the true character within.

Once you have begun to discern the part that requires healing you can request your H-S to bring it to a size that you can readily tackle. Large imposing monsters can be reduced immediately, through the power of your mind, to something small and manageable. For example, on one of my inner journeys, I was confronted by a giant figure, dressed like Darth Vader, wielding his light-sabre, who was blocking my path. Such an image might appear terrifying but in connecting to my H-S I was told that I needed to just imagine him much smaller, which is what I did. He became toy sized, so I put him into my pocket and continued on my way! This process has worked very well with many clients, where large monsters have been reduced and tamed.

Once the monster has been reduced in size you can then request your H-S for further insight into what is needed for its full healing and redemption. I always remind the characters, however they appear, that they too have a source of ‘light’ (soul essence) within them and that they too can have the help and support from the H-S if they are willing. In most cases, they respond well to this approach and the H-S can then take over. Some parts, once they are sufficiently healed, will wish to re-join the H-S and you can imagine that you are lifting them into the sunlight. Others will want to be accepted back into your inner sanctuary, which you can then do by allowing them to be re-integrated within your soul essence.

The only other element that is important with *shadow* aspects is to ascertain whether these are part of your psyche or a separate being or entity. In other words, they might be a split off part of someone else’s psyche or soul essence. In the course of our current life and in previous lives we can sometimes pick up stragglers or hangers on that have hitched a ride. More often than not, these are just lost soul fragments, but occasionally they can hold some malign element. You can request your H-S to indicate whether these sub-personality characters are part of you or something that is separate from you. If separate from you, they need to be helped back to their own source, which you can do by requesting your H-S to connect to a healing guide to help them back to where they need to be. You might like to imagine an angel is coming to collect them.

You can use this method to deal with known fears, such as agoraphobia. Once you have created your temple and carried out the *shadow* exercise you can ask your H-S to bring to you the part or parts that hold the specific fear. Once they appear, send them healing as already suggested and help them to be in touch with the H-S by making them aware of their own inner light. You can then ask them to reveal to you the source of the fear, which will relate to a specific event. You do not need to relive the event, simple to be aware of its origin. These parts are stuck in the past and locked into the trauma that brought them into being. When brought into present time, or just acknowledged, their energy can be released.

## Revulsion Based *Shadows*

From long experience working with many clients I have found reviled *shadow* sub-personalities are often more difficult or problematic for the individual to heal. The general immediate response is to reject what is being presented on the basis that this cannot be part of them and therefore has to be something separate. As already mentioned, we can occasionally pick up interlopers on our journey and these need to be sent back to their own H-S source. However, because something appears ugly and not a character that you can easily accept does not mean that it is not an aspect of your being.

Many years ago, when working with a client, she saw a hideous slug like character on a stage in front of her. When questioned this creature called itself 'sloth and envy'. The immediate response was that this could not be anything to do with her, but the creature assured her that it was and then proceeded to inform her of the many times that it operated through her life. This recognition was the start of her healing process.

We need to learn to love and accept all of the ugly parts of who and what we are, because they can then be redeemed. Whatever appears when carrying out the *shadow* exercise, always send it a thought of love, light, healing and balance. This is the first step that can then lead to its full redemption and integration within the psyche. In the greater scheme of things, all aspects of humanity are part of us, even the most debased and hideous. By loving and healing these corresponding parts, we also help to heal them for the collective.

For example, the media might wish us to demonise the Osama Bin Ladens or Jimmy Savilles of this world, but in doing so we only reinforce the rejection of the corresponding parts within our own being. If I reject my own internal terrorist or paedophile, who is going to carry that energy for me? For someone in life will pick up this quality and run with it. If, on the other hand, I can learn to love, understand, accept and integrate these parts within me, they no longer pose any threat. That is the personal challenge that faces humanity. By integrating and balancing our own negative *shadow* selves, we can actively help heal world situations.

Once the healing of the sub-personality has been completed, you can request your H-S to bring forward any other characters that hold similar energies. A person who has been abused as a child will often have several dozen such characters that need help. I have found working with many different abused clients, whether the abuse was sexual, physical, mental or emotional, that healing of their inner worlds can take considerable time. Each trauma will effectively generate its own sub-personality that ultimately needs to be acknowledged, healed and integrated. In a normal one-hour therapeutic session, depending upon the complexity, a client might deal with only two or three such inner characters, before needing to finish the session. Their energies need to be assimilated back within the psyche, which can take a number of days, sometimes bringing to the surface different emotional reactions. The key here is to be loving and gentle on oneself. To take each step in turn and to know that as these characters are healed, balanced and integrated within the self that you are furthering your own

evolution and sense of wellbeing and happiness. When you have tackled one or two characters in your own self-healing process, you can bring yourself back to full waking consciousness.

### **The Soul, Higher Self and the Body**

The next element that needs to be acknowledged and understood is the role of the soul or life-force essence, within our life. There are differences of opinion of when the soul enters the developing foetus. The twin studies mentioned on page (?), suggest this is at quite an early in the gestation period, whilst the channelled guidance from H-A, indicated that it was at conception (H-A, 1975:25). As soon as the connection is made, a two way process begins of both recording the life experiences as well as motivating the individual in their journey through life. According to Newton, souls incarnate with a basic script, or life plan, of which will have some details mapped out but also allows for free choices to be made (Newton, 2005:213). As soon as the spirit splits off part of itself, to create a soul, that soul is imbued with its individual free-will. Under cosmic law, the H-S cannot then step in to override that free-will element, except in extreme cases to protect the life of that individual. Just as our children, when grown to adulthood, make their own choices, so to do the split off parts of our spirit. Your spirit has effectively separated part of itself and sent the soul as a probe into the material world, to explore physical incarnation. Your soul has absolute free-will, within the terms of conditions that it has chosen to take on. In other words, the free-will is only limited by the original choices that you have made, such as whether to be born a woman or a man and the country and genetic background that is part of that specific journey.

The first task of the soul, when entering incarnation, is to take control of the body. In normal circumstances, this is an ongoing process right through to full adulthood, which might not be until the mid to late twenties. The soul will link with the mind and emotions to gain some measure of control over these elements. At the start of this journey, some of the memory banks of the soul are anaesthetised, so that there is generally no recollection of any past lives or the spiritual domain from which it has just left. There are two good reasons why this spiritual amnesia occurs. If it were not so, then the pull to return back to the spiritual realm could be overwhelming, particularly if the current life is full of challenges. Those that commit or attempt suicide can driven by this feeling. Secondly, a trauma or particular outcome of a previous life could seriously skew the present incarnation.

The soul, or life-force energy, is most closely identified with the 'heart', although the 'ego' mind is generally the dominant part of the psyche. This latter aspect is another layer of the onion of the self. Often, the primary 'ego' can be at odds with the intentions of the soul plan, causing inner issues and conflicts. If, at end of life, the 'ego' self has completely dominated the 'soul' or 'heart' self, then individuals can find themselves becoming trapped or earthbound close to the physical plane. They effectively become stuck in the first stage of the 'near death' experience, when they realise they do not have a physical body but have not transited back to the spiritual realm. These lost souls, will often attach to other incarnate people and, as already mentioned, they can become

unwelcome guests within the residency of a particular physical body, especially if the tenant of that body has not assumed full executive control. It can be rather like the individual who owns a two-storey home, but chooses to live only on the upper floor, not bothering to close the doors and windows on the floor below them. This leaves the way open for all sorts of lost souls, or soul fragments, to wander in. Once these lost souls have taken up residency, they generally need the help of the owner's H-S to see them on their way.

Because of all of these factors, one of the important first stages is to get your H-S to assist in the process of anchoring your soul fully within your body. Ideally, its source of focus should be located somewhere within the middle of the chest, in the region of the heart. The following exercise will assist this process.

#### **Exercise 06**

Theme: *Anchoring the Soul, within the Self*

Duration: *5-10 minutes*

1. Close your eyes and then carry out the Body Awareness Exercise (Exercise 02 p. )
2. Connect to your H-S and request your H-S to help you fully anchor your soul essence within your physical body and then to see or imagine this light located within the middle of your chest area. If you perceive the light to be in any other part, such as the head, request you H-S to assist in re-locating it as indicated.
3. When you can sense, feel or imagine that your soul is centred within your heart area, imagine or affirm that you are bringing down a beam of light (sunlight) from your H-S and connecting it to the light within you. In this processes you are effectively re-linking two sources of light – your H-S and your soul essence.
4. When this linking process has been completed and your soul essence is located in the area of your heart, imagine you are bringing the light from your H-S, further down your body, through your legs and anchoring it into the earth, in a similar way to how a tree puts down its roots. In this case, your roots are roots of light not physical roots. You can then imagine you are drawing up energy from the earth into your being.
5. The next step is to imagine this light radiating out around you, creating a protective shield like the Earth's atmosphere.
6. Finally thank your H-S and any other guides and slowly bring yourself back too full waking consciousness.

#### **The Balance between the Higher-Self, the Soul and the Ego Mind**

For the majority of people the dynamic energies of the Soul and the H-S sit below the level of the conscious mind and they are not aware, except through dreams, of the impact these elements have

within their daily life. The process that Jung called ‘Individuation’ requires these elements be made conscious. In other words, we need to move them from our *shadow* self into the light of full awareness. When reviewing the lives of significant historical individuals it is clear that the connection to a personal ‘higher power’ was understood in past times. For example, the Ancient Greek philosopher Socrates had his ‘daemon’, which guided his actions. In Plato’s ‘*Apology*’ Socrates states:

“This is something which began for me in childhood: a sort of voice comes, and whenever it comes, it always turns me away from whatever I am about to do, but never turns me forward. This is what opposes my political activity, and its opposition seems to me altogether noble.”  
(Plato, 2014:31d)

Although Socrates alludes to it as his daemon, this inner voice can readily be identified with the H-S, as its connection and involvement with Socrates’ life would seem very similar to what we have already described. Joan of Arc had her ‘voices’, which communicated information, letting her know about key moments in her life and guiding her to take the actions she did. Amongst other notable ‘inner voice’ hearers we can include, Winston Churchill, Mahatma Ghandi, Anthony Hopkins and Zoe Wannamaker. The key component of this guidance is that it is informative, without being imposing, except in extreme circumstances.

A close friend of my mine refers to her H-S as her ‘angel’, which makes suggestions, in the form of inner promptings, on what would be most helpful, without wishing to take over. Only when there is something of prime importance to the life, do these whisperings feel like a prime command. Winston Churchill narrowly avoided being injured in a bomb explosion, when out one night in the blitz. When about to step into his usual seat in his chauffeur driven car, he unexpectedly stopped then went round and got into the seat on the opposite side of the car. On the way home, his vehicle was nearly turned over in by a bomb blast. Churchill joked afterwards that it must have been his counter balancing weight, which kept it from tipping. When asked by his wife Clementine why he made this particular seat choice he stated that his inner guidance had insisted that he sit in the other seat, which is what he did (Khatri, 2008:45).

In my own life, this guidance comes through in a variety different ways. Sometimes I have intuitive feelings, sometimes I hear words within my head and sometimes I see clairvoyant images in my mind’s eye. The times that I am most in touch with my H-S is when working with clients; when sending healing to specific situations and when I am writing. The steps you can take to assist this level of connection can be found within my book *Develop Your Intuition and Psychic Powers* (Furlong, 2008).

When individuals first begin to connect to this profound part of their being there can be a tendency to want to relegate all ‘ego’ responsibility to this wiser part of the self. However, this can create its own set of problems. The ‘ego’ self through the body is locked in time and space, The H-S on the other hand, through its connection to the spiritual realm, is outside of the space-time continuum. Because of this, there can sometimes be misunderstanding or confusion when requesting

the H-S to take over the life for its guidance can be unrealistic or be misinterpreted. Additionally, it is very easy to project our 'ego' wishes onto the information that the H-S provides and thereby distort its guidance. The H-S has a tendency to see always the bigger picture – a whole forest, rather than the trees in the wood. Physical incarnation offers a unique opportunity explore both.

It is also important to realise why an individual might wish to relinquish to the H-S the decisions of their normal conscious self. This is usually because of life choices in the past that have appeared to go 'wrong'. Decisions that end up causing pain and suffering, can lead on to becoming fearful of one's judgement. When this occurs, there can be a tendency to want to hand over all responsibility to the H-S, often perceived in these cases as God. However, this is not balanced because the cause of indecision is fear based and not anchored in love.

Remember also that God, or the Creator, is not interested in running your life for you, for if He/She did, the whole of creation would be pointless. Our spirit has been given life and the gift of free-will to experience and grow for ourselves and that is what we need to do. We can draw upon the support and help of the Creator in that process, but we cannot hand over the task to the Almighty, for as hard as it may feel, the Divine will not comply.

In extreme cases, individuals can be so paralysed with fear that they will not make any decision without the sanction of the H-S. If one thinks about this issue from the perspective of considering child development, it would be as though the young adult refuses to make any choices without parental sanction. We know from experience that this is not a healthy state. With the exception of those suffering true mental incapacity, our children need to learn to take decisions for themselves, to accept self-responsibility for their choices. In the greater scheme of our life journey, there is no such thing as a wrong decision, for all decisions create experience from which we grow. Whilst in a physical body, we need to accept the limitations of our life and to work with it, without trying to get the H-S to take over the task for us. Ultimately, there has to be a balance, where all elements can work together in mutual co-operation. It is important that we affirm our link with the H-S, but we should not expect it to make our daily life choices. It will always inform us if we need to be aware if anything that is important or not part of our karmic journey.

The soul is most closely linked to the energies of the heart and this should be the primary point of balance within the psyche. This was perceived intuitively, or through higher guidance, in Ancient Egypt, where the heart was considered the most important organ of the body. In the Halls of Judgement at the end of a life the most significant question, posed to the soul, was whether they had been 'true of heart' throughout their life. Anchoring our point of balance within our heart is becoming one of the prime directives within the leading edge of spiritual thinking, as exemplified by the HeartMath Institute (HeartMath, 2014).

The following exercise will help with this balancing process.

### **Exercise 07**

Theme: *Balancing the link between the H-S, the Soul and the Ego Mind*

Duration: *5-10 minutes*

1. Close your eyes and then carry out the Body Awareness Exercise (Exercise 02 p. )
2. Link to your 'soul' centre by feeling the connection to your heart, then feel a link through to your H-S.
3. In your imagination move this vertical linking, to perceive your H-S stood on the right side of your body and your 'ego' mind on the left. This sometimes requires a little creative imagination and practice.
4. Sense the point of balance anchored within your heart centre and sense from this place that the other two elements of your psyche are linked into you in a balanced way. You can immediately tell whether this is so by imaging a pair of scales in front of you and seeing whether they are balanced or not.
5. If the scales do not appear balanced, request your soul essence to help you balance these two elements within your psyche.
6. Finally thank all of these elements for the part they play in your life and bring yourself back to full waking consciousness.

### **Summary**

In this chapter, we have looked at the potentially important role of the H-S within the drama of your life. This aspect sits within your positive *shadow*, until such times as you take the necessary steps to link to its wisdom. Once this has been achieved, the process of working with other elements of your *shadow*, such as the sub-personality parts of your psyche, can be facilitated. This ongoing process can continue through the whole of your life. Your soul essence also needs to be properly anchored within you, which can be achieved through the help of your H-S. Finally, there needs to be a working balance between these different elements of your being, where each plays a part within your life.

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