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**EXPLORATIONS #147**  
**SELF INTEGRATION**

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MONITOR: We welcome you as Monitor. We are pleased to progress through these series of lessons to the point of summarizing possibilities involved in Self Integration.

## Soul Reclaims Personality

The Soul projects the personality (*into the lower planes of earth—ed.*) and then must reclaim it (*because the personality is in the illusion of being isolated from Soul and hence fearful—ed.*). In order for the personality to be in a claimable state, it must evolve, moving through diverse experiences, gaining qualities which the Soul finds nourishing, and expressing the energy of the Soul as Illumination of the lower planes of beings who comprise the Planetary Being.

### Regaining unity in the polarized lower planes

The personality must undergo all of the varied conditions and stresses produced by polarized consciousness. The original unity of the Soul is thus placed into extreme conditions, and there the Soul gains experience and discernment which otherwise it could not obtain.

## Central Role of High Self

### Optimizes developmental opportunities

In those conditions, the personality is guided by a High Self who seeks to optimize developmental opportunities for each aspect, or Self, of the personality. For example, in one physical embodiment, the High Self may construct conditions that best motivate the Male Self to achieve spiritual maturation. In another embodiment, the High Self may focus on the needs of the Female Self, who may be required to accept her use of power in the name of Love. In another embodiment, the High Self may stimulate the Mental Judge Self to emerge from hiding and, through actions of subversion, reveal its existence to the Outer Self. In yet another embodiment, the High Self may deliberately force the Astral Judge Self out of its shell of fear into open expression through one of the arts.

These examples reveal the central position of the High Self. It plays a coordinating role or, if you wish, it acts in a manner similar to the conductor of a symphony orchestra.

## 5 Stages of Personality Growth

At all times, the High Self senses the fundamental needs of each of the other Selves. It structures priorities for personality development, and as the personality faces its challenges and individual Selves grow, they progress through five fundamental stages of personality growth.

The first stage involves the engagement and amplification of individual Selves.

The second stage focuses on stimulation of interaction among the Selves.

The third stage stimulates the achievement of harmony among the Selves.

The fourth stage leads to the achievement of Soul Illumination among the harmonious Selves.

The fifth stage requires the demonstration of graduated degrees of spiritual mastery by the harmonious elements of the personality through living or embodying the purposes of the Soul.

## **Release of Personality and Selves**

### **Soul uses the personality for clear expression**

In this way, the High Self guides the personality toward fruition, when the Soul may utilize the personality as a clear, reliable, focused instrument to accomplish its purposes. The Soul thereby achieves its purposes and, at some point, no longer has need of the personality.

### **The Selves are released for new paths of service and evolution**

Are the elements of the personality discarded? No. They are released. They have received the benefit of accelerated growth and moved upwards on the evolutionary scale to achieve states of relative independence. When the personality is dissolved as a *binding* force, the High Self releases the elements of the personality into their own continued paths of service and evolution. Thus Life, in its many forms, evolves in a coordinated plan.

## **Evolutionary Contributions**

The elements of the personality, when they are released from it, act to benefit the evolution of the Planetary Being. The Planetary Being evolves as the capacities of its component beings evolve.

### **Outer, Male and Female Selves benefit the Planetary Being**

Basic Selves (Outer, Male and Female Selves) are directly tied to the evolution of the Planetary Being of Earth. Their evolution directly assists in *its* evolution. Their vibratory attainments directly contribute to the vibratory attainment of the planet.

### Judge Selves assist the evolution of the Planetary Being and beyond

In the case of Judge Selves (Mental and Astral Selves), their vibratory attainments first assist the Planetary Being of Earth, and then at a future time, they will be returned to their home planet of Maldek where they may complete their evolutionary contribution by reconstructing their home planet and aiding in its evolution.

### Body Selves assist evolution of other Life forms

Body Selves will be directed to another planet in another solar system, where they will assume a supervisory role in assisting other Life forms in their evolution. They will contribute to the planet to which they are assigned.

### High Selves return to the Sun and continue to evolve

High Selves, who are Solar Angels, will return to their home in the Sun, Sol. What they have gained from their generous service in Earth will directly apply to the evolution of their species in the Sun. They play a central role in the development of synthesis of Love and wisdom.

## Synthesis of Love and Wisdom

### Solar Logos and the Planets of the solar system

As you, the Outer Self, explore the qualities and capabilities of your High Self, you may learn much about how your own High Self demonstrates the synthesis of Love and wisdom. The contribution of this Solar Logos, who evolves through the Sun at the core and the planets at the periphery, is demonstrated in the synthesis. Therefore, each of the planets offers different conditions which may be considered variations of the central theme of achieving the synthesis of Love and wisdom.

### Symphony of being

The elements of spirit, mind, and the other bodies, can be interpreted as different keys, or as musical themes which stand alone, yet when combined, comprise a marvelous symphony of being.

### Universal influences on the personality

The personality developing in Earth is not limited to Earth experience but receives impulses from the other planets and from the Sun, or Solar Logos itself. Additional influences come from other star systems where Great Beings express throughout the galaxy and Universe. Universal forces impinge upon the personality and prepare it vibratorily, in all of its components, for further engagement and contributions.

## Expansion of Personal Awareness

### Gaining universal consciousness

Each of you is invited to expand your personal awareness. Each of you may follow different paths to accomplish this, yet each of you shares the opportunity to gain universal consciousness.

### You are an expression of Universal Life

Each of you represents Life essence, manifesting through Cosmic Identity, Monad, Soul, Personality, and Self. Each of these levels of form can work in harmonious synergy, when motivated by universal motives and forces, achieving Oneness of being and expressions of Love and wisdom.

We believe we have provided a perspective. Now we prefer to address specific questions or comments. Personal experiences are also welcome.

## Questions and Answers

### Ways of Contacting High Self

MARY: What is the best way for us to contact and address our High Selves?

#### 5 minutes of quiet mind

MONITOR: The method may vary somewhat depending upon the condition of the Outer Self and its personality. If the Outer Self is relatively stable, safe, and motivated to seek connection with the High Self, the simplest method involves learning to be quiet for a period of at least five minutes, asking mentally or verbally for the High Self to make its presence known, and then waiting to receive evidence of that presence.

#### High Self is more easily felt when in states of Love, wisdom and calm

The Outer Self most often can accept or tolerate the presence of the High Self, which is revealed in a state of Love, calm, serenity and wisdom. If the personality is filled with discord and the Outer Self is torn between conflicting desires and goals and subjected to cutting doubts and fears which interrupt its thoughts and plans, the Outer Self must exert a loud call requesting assistance from the High Self. The call needs to be loud in order for the Outer Self to project it above and beyond the noise level of Subconscious Selves. In other words, the Outer Self must exert a definite and, if possible, sustained impulse in order to achieve the contact it desires with the High Self.

#### Life challenges are an opportunity to go inward and remain quiet to contact the High Self

The High Self, for its part, has no difficulty hearing the call of the Outer Self, even in the midst of noisy discord. It hears the call, but its response to the Outer Self is often not noticed by the Outer Self, who is distracted by internal and

external discord. In those conditions, the Outer Self may be guided by the High Self to develop a period of quiet, where it may actually recognize the presence and response of the High Self. Such periods of quiet may come from the breakup of a relationship, the loss of a job, or the existence of physical illness. The Outer Self may sometimes think it is being punished, when the opposite is true. The High Self seeks the best way possible to encourage the Outer Self to be quiet for at least five minutes.

#### Challenges from the Mental Judge Self

Once an Outer Self gains awareness of the comforting presence of the High Self, it needs to be motivated to ask the High Self for guidance and assistance. At that point, many Outer Selves are distracted deliberately by Subconscious Selves. The Mental Judge Self, in particular, actively seeks to distract the Outer Self because the Mental Judge fears the loss of its control over the Outer Self.

In that situation, the Outer Self may spend considerable time being pushed this way and that, by what it regards as "external forces." From our perspective and from the perspective of the High Self, those forces are generated by the Mental Judge who remains hidden to the Outer Self. In that case, the High Self stimulates the Outer Self to discover the presence and manipulations of the Mental Judge. When that occurs, the Outer Self undergoes considerable shock, but if it persists, it realizes the value of the opportunity to establish friendship with the Mental Judge Self. If friendship is truly achieved, the Outer Self gains the assistance of the Mental Judge in establishing and maintaining contact with the High Self.

We believe we have summarized typical conditions facing the personality when the Outer Self seeks connection with the High Self.

### Characteristics of Integrated Personality

SHARRILL: Will we know when we are integrated, and how will we know?

#### Strength and Sensitivity motivated by Love

MONITOR: The Outer Self, who has established direct communication with its other Selves, will know if from that communication. The Outer Self who has not established direct communication, but who has achieved a state of integration, will know it from the quality of Life it perceives.

An integrated personality exhibits strength balanced with sensitivity, power motivated by Love, and precision in actions, thoughts, and words. Those characteristics mark an integrated personality, who has achieved considerable spiritual connection.

### Daily engagement with the High Self for decision making

Their High Self is intimately involved in daily decision-making. It is able to guide the personality through its karmic challenges, converting them into opportunities for each Self to demonstrate what it has learned.

### Service to all Life and Spiritual Mastery

Such a personality will be quite busy in rendering service to all Life forms around it yet maintaining its own needs. Such a personality demonstrates what is commonly termed "spiritual mastery." It is often used as a conduit, or instrument, by Spirit Teachers and the Hierarchy itself.

You may know when you approach that state by the gradual addition of those qualities and traits. It is not a question of arriving at a single point on a line, but more a matter of receiving and sharing of blessings.

## Self Integration Techniques

DONNA Most of us have been working on Self Integration, which has been a slow and tedious process. Can you teach us how to become more efficient in accelerating our spiritual process?

### Daily consultation with the High Self

MONITOR: The single most valuable step for an Outer Self to take in achieving Self Integration involves daily consultation with the High Self. With such consultation, the High Self may point out those Subconscious Selves most needing aid and how best to aid them. The Outer Self can then play a crucial role in accelerating the learning process of the Subconscious Selves. In a nutshell, that represents the most valuable answer.

### Daily companionship with other subconscious selves

Other techniques may be used, which may include the Outer Self establishing daily companionship with at least one Inner Self, and the Outer Self listening and actively inviting messages from Inner Selves. These techniques demonstrate the Outer Self's willingness to participate and receive communication from Inner Selves.

### Being more sensitive and responsive to Inner Selves and higher consciousness

Most commonly, the Outer Self does not wish to be bothered by Inner Selves. It functions in a state of illusion and glamour, in which it believes it is a separate entity from all of Life. Feeling separate, it regards itself as vulnerable to powerful external forces. It does not wish to be bothered with other aspects of will and awareness in its own personality.

This attitude of denial and avoidance places the Outer Self on a collision course with karmic law. Through suffering, the Outer Self learns the grim lesson that it needs to be sensitive and responsive to the Inner Selves and higher consciousness, which is achieved through the cooperation of Inner Selves. Much suffering in the physical plane will be eased when significant numbers of Outer Selves begin to apply daily requests to their High Selves for assistance.

#### Avoid the illusion of self-reliance for survival

When trapped in illusion, the Outer Self easily believes that it must care for itself. Thus, it avoids dependence upon any other source of knowledge, awareness or wisdom. When an Outer Self is humbled by karmic circumstances to the point where it is willing to ask for help, it does not matter *whom* it asks in the realm of higher consciousness. The High Self will respond.

With awareness of the High Self, an Outer Self can more easily penetrate the confusions of glamour and illusion to achieve assistance and regular guidance. Left to its own resources, the Outer Self is overwhelmed by illusions and glammers. Only with the assistance of the High Self, can the Outer Self have hope of penetrating the fog of ignorance.

## Ways to Help Others Attain Self Integration

JULIE: Following that same line of thought, how can we, who are aware of the High Self, best help others in regard to Self Integration?

#### Set a good example of the fruit of Self Integration

MONITOR: First, by setting a positive example of an integrated personality.

#### Offer Counsel and help to others

Second, by offering counsel and options to those needing help.

#### Prayers and Invocations of Grace

Third, by prayer invoking the forces of higher consciousness and the Law of Grace to assist others who are not yet willing to listen inwardly.

#### The geometric effects of good examples

The power of example becomes impressive. In a world filled with negative examples, one person may turn perhaps three others, changing their paths through mere example. Those three may alter the paths of others, and thus the process spreads through the human population.

### Self Integration is humanity's future

At the present time, the world population is subjected to increasingly intense forces. Those forces manifest karmic conditions created by past actions of individuals and groups. Many of those conditions will reduce the physical population. That reduction will produce both a shock to survivors and a benefit. Those who survive will have been tested by fire and developed sufficient linkage with higher consciousness that they will be more receptive than the general population of today.

The seeds of Self Integration and other central skills are being sown throughout the world population in these times. The seeds will grow and spread. They will be there as nourishment for those who gain the right to redefine the physical world.

### Group Work for Self Integration

JULIE: I notice, for those who are working with Self Integration, that it is very difficult to do alone, at times. Would you comment on the value, if there is value, in group work, or working with a group?

### Group work is the future of Self Integration

MONITOR: Self Integration is contradicted by most cultures and societies. Therefore, a single person who works to achieve Self Integration must learn to follow the inner path and achieve sufficient stability and capability to apply what they have gained in their external relationships. Historically, most persons had to gain these skills in isolation or in small schools. The time is at hand when these skills, and the awarenesses they require, are emerging through hundreds and thousands of persons scattered throughout the planet. These are the "seeds" to which we previously referred.

### All spiritual paths lead to the resolution of hidden conflicts

The sharing of Self Integration concepts and skills among a group offers a sub-society, a mini-culture which validates and offers constructive feedback which the individuals involved do not find in the dominant cultures and societies. Personal sharing by individuals, who pursue greater awareness and better relationships within their Selves, yields conditions for accelerated growth. The work is difficult, no matter which path is followed. Various spiritual paths, offered throughout history, all lead into this region where hidden conflicts must emerge and be resolved in order to achieve integration of the personality and Soul.

## Self Integration for Group Coherence

### Transformation of the Shadow aspect through Love

The Hierarchy's promotion of coherent group service will utilize the methodology of Self Integration among other methodologies. In order to achieve coherence, the forces of the Shadow side of the personality – that otherwise distort the evolution of group consciousness – may be identified and transformed with Love through Self Integration. It represents a practical tool which will demonstrate the achievement of human potential.

### In all endeavors, outcomes are better with Self Integration

Let us offer some examples. A psychic who is ignorant of the qualities, capabilities and fears of Inner Selves, will not function as capably as the psychic who possesses such knowledge and skills. A scientist who is ignorant of the powers of Subconscious Selves, who may exert influences over the outcome of experiments, will not function as capably as the scientist who possesses such knowledge and skills. An artist who seeks to express only the Outer Self, will not achieve the depth and power of expression as the artist who willingly invites the expression of Inner Selves. A farmer who does not understand how Subconscious Selves can influence with weather and the growth of plants, will not function as well as the farmer who does.

The practicalities of integrated personalities will demonstrate in terms of personal accomplishment and ability to work in coherent group service. Consider a group of individuals who have no awareness of Inner Selves. Superficially, the members of that group may be organized into a common purpose or a common activity, yet their production will not compare with the production of individuals who have achieved personality integration.

An unintegrated personality is typically dominated by issues of rigid control. Those issues cannot be adequately resolved, in our opinion, without meeting the needs of Subconscious Selves. An integrated personality demonstrates shared control among Selves, coordinated by the wisdom of the High Self. Such persons will gradually emerge as leaders in varied activities. They will prove able to resolve the stresses of extreme change, and their capability will convince others of the wisdom of seeking integration.

### 2012: A turning point in group coherence

The evolution of humanity has led to this point and will continue beyond it. Significant group coherence is now quite difficult to achieve in 1995, but by the year 2012 human beings will have substantially changed and become capable of achieving true group coherence.

### Forces of evolution will support this advancement

In time, social conditions will significantly alter to accommodate and support personality integration and Soul expression. At the present time, that image

seems far off, yet we assure you that the forces of evolution, who are intelligent and motivated by Love, intend to follow that path.

## **Self Integration Encourages Nonphysical Perception**

LOIS: In energy class, we have done an exercise to help us become aware of beings in etheric form who can assist us and have been with us, even without our awareness. That leads us to wonder how we can recognize nonphysical beings and utilize their assistance to help us gain Self Integration?

Outer Selves are not aware that they naturally perceive in the non-physical, etheric plane

MONITOR: A personality who has achieved even a moderate amount of integration, will be able to help the Outer Self meet nonphysical beings, befriend them, discern their purposes, and utilize their resources cooperatively. However, the Outer Self, who does not have the support of the High Self and Subconscious Selves, is at a distinct disadvantage.

In general terms, the Outer Self has not yet learned how to accept etheric form. It persists in translating etheric perception into what is called "physical" perception. Such an Outer Self is more likely to be frightened by any nonphysical beings it encounters. Even if those beings are spiritual beings offering Love and wisdom, it will not recognize them and react instead with fear, pushing them away and imagining them as demons or enemies.

Befriending a Judge Self eliminates fear of non-physical entities and perceptions

An Outer Self, who has not been able to befriend its Judge Selves, will be inclined to see enemies in every corner. It will not realize that it projects internal fears into the image of external enemies and thus will be quite closed to contact with nonphysical beings.

Consider the implications of such observations, in awareness that the Hierarchy is now stimulating the vibratory forces of the Planetary Being with the goal of moving all human beings into etheric perception and beyond physical perception. Those personalities, who befriend and support the needs of Judge Selves, will be able to accept the etheric domain. Most persons in the world at this time will be too frightened to accept etheric experiences with any degree of clarity. They will react superstitiously and, through unrealized fears, create monsters and vast dangers that do not in fact exist in the etheric domain, but only in their fears of Judge Selves.

Emotional distortions are addressed first, then Mental ones

Consider the paradox. Inner Selves are all quite familiar with the etheric plane. Only the Outer Self fails to realize that it perceives and acts etherically. It is trapped by illusion and glamour, and thus the Hierarchy places emphasis on the

clearing of glammers first and illusions second, that both Outer and Inner Selves may be freed sufficiently of their self-destructive fantasies and brought into voluntary alignment with the truths espoused by higher consciousness.

## Self Integration in Dreams

ELNA RAE: You told me when I went to Israel that I would have intense experiences and emotions due to the past lives there of my Male and Female Selves. I certainly did. When I returned, I found that I am still experiencing intense emotions in my dreams. My question is, can we work on Self Integration in our dreams, or are there ways prior to sleep time that we can lay a foundation to help us grow toward Self Integration?

Most dreams are communication from Inner Selves to the Outer Self

MONITOR: We appreciate your question. The Outer Self, who has no awareness of Inner Selves, may be easily puzzled by dreams because most dreams represent communication from Inner Selves to the Outer Self. Dreams are normally presented by the High Self to the Outer Self, yet are often representative of the experiences of Basic Selves and Judge Selves.

Request specific dreams of the High Self

The Outer Self, who is seeking Self Integration, may productively ask the High Self to present either what is for the highest good, or respond to a particular request made by the Outer Self. Both types of requests have value. The open-ended request gives the Outer Self opportunity for acceptance of whatever is presented in a dream.

Interpret the dream and then ask the High Self for its interpretation

The Outer Self benefits by seeking to interpret the dream first, then asking the High Self to interpret the dream.

In making a specific request for a dream, the Outer Self has already developed a specific focus of interest, perhaps revolving around a specific question, such as "Should I ask for a pay raise this month?" In that circumstance, the High Self is often motivated to present a specific response to the specific request. That situation reinforces the Outer Self's grasp of concepts and leads it more readily into contact with higher truths.

Lucid dreaming for dynamic questions and answers

If the Outer Self is capable of lucid dreaming, then in the dream itself, the Outer Self may ask the High Self for clarification, explanation or intervention.

Many dreams present the struggles of Inner Selves to face and transform themselves when challenged by karmic lessons.

Your dreams, Elna Rae, are of that nature. Your Inner Selves are continuing their process of facing the emotions, attitudes and reactions that they have created in past lives, and seeking to transform themselves. You, the Outer Self, may assist them considerably by gaining a state of lucidity in the dream, then asking the High Self to assist the Inner Self involved in that dream.

#### Dream work accelerates personality growth

While Self dream work is not a small task, it offers development of strategic skills that guide your personality into the gradual achievement of continuous consciousness. That achievement accelerates the growth of your Subconscious Selves because they receive assistance when they need it in their struggle to learn.

Have we addressed your question?

ELNA RAE: Yes, thank you very much.

## Experiential Exercise: Contacting Inner Selves

MONITOR: We suggest an experiential exercise for those who are interested. We ask that each person obtain a pad of construction paper, containing several different colors. Make a list of each of your seven major Selves. If you have sub-components of those major Selves, list them also.

### Contact by Color and requesting a message

One by one, ask each Self to select a paper sheet of a particular color. Once all of the sheets have been selected and you know which Self prefers which color, ask each Self what made it select that particular color and what message it wishes to give to you. Write down the messages of each Self.

If one or more Selves seem unwilling to communicate a message to you, return at a later time, take out their selected color of paper, and ask them again for their message to you. Faced with repetition, most Selves will respond.

This exercise will give you, the Outer Self, some substantive Self contact with minimal investment of time. Your contact with Inner Selves may then be pursued or not, depending on your choice.

## Concluding Remarks

We conclude our discussion of Self Integration by appreciating those of you who have worked diligently to gain the awareness and skills of Self Integration. We encourage you to continue your pursuit, developing the ability not only of integrating your own personality, but also the capability of assisting others in their integration.

Several of you present tonight have the capacity to become teachers of others, sharing what you have learned in the way that you feel is appropriate for you. We salute your efforts in that regard. For those who are willing, we invite all Inner Selves of those present to attend our seminars. We will hold the seminars in the etheric and astral planes. The Outer Selves may or may not have awareness of these seminars. We issue the invitation, and all are welcome to attend.