“Know Thyself.” Know Thine Three Selves

Understanding Our Psychic Structure for Health, Happiness, and Abundance

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We are Divided into Three

Are we made of three different selves? The idea that our personality may be split may sound a little surprising to us, especially since we have internalized the concept that we are rational entities, placed at the highest rank of the animal kingdom, whole and complete. Modern Western culture proclaims that we, as individuals, are independent, the sole owners of our senses and of our vital functions. "I think therefore I am" stated Renee Descartes (1637) heralding the principle that our rational mind, our ability to think, to analyze, and to command inductive reasoning was the unquestionable proof of our existence as independent, whole, separate, and unique individuals. Ordinary reality contributes to this sense of "completeness" and uniqueness of the self. I can think about and imagine anything I want; I can control my muscles and movements; I can walk or run; I can see, and taste anything I desire; I feel I am "one" individual in total control of my faculties. Thus, how is it that I am suggesting that each of us is not made of "one," but actually "three" selves?

Our Conscious Self or Middle Self and the Illusion of “I”

Let us examine the problem from a different point of view by objectively observing our behavior under "normal" circumstances. Under normal circumstances, I should say "ideal" circumstances, our rational mind commands and controls our response and reactions to external stimuli. Under circumstances that depart from the ideal we may become aware of the existence of other parts of the self and we may be forced to confront their conflicting interests.

Take a simple example from our daily lives. Imagine you are at work and you decide to go to the next office to ask one of your colleagues for a copy of a report. You communicate with him about the contents of the report, amicably exchange suggestions, and thank him for his support. The conversation is in the best interest of both, suggestions are welcome and carefully analyzed and considered. You listen attentively and your mind contributes with imagination and positive exchange. Oh yes, under this ideal scenario you feel whole and one and in command.

Our Unconscious Self or Lower Self

However, what happens if your colleague is not the friendly person mentioned above? How about if he responds with unkind words or flatly refuses to cooperate? Even more complicated in the corporate world, how about if he is your supervisor claiming authorship of the report when in fact its content is based on your ideas? Suddenly you may not be the calm, cooperative, logic, reasoning, listening person of the ideal case. You begin to experience feelings of anger and rage. The rational thoughts that you would experience in the ideal situation are now disrupted by conflicting feelings and ideas of revenge, suggesting that you should protest, complain to his immediate supervisor, even shout back at him. These feelings come from a different self, what modern psychology has termed the unconscious.

Let us get closer at this daily exchange in our lives. Within a few seconds, your conscious rational mind is sending you thoughts telling you to keep cool, to maintain your calm, and to respond in a "mature" and adult way by politely inviting your boss to reason and maybe even thanking your opponent. The thoughts from the conscious mind may also suggest that it is in your best interest to keep your job and to lose this battle. At the same time, your unconscious mind is inciting you to fight, to defend yourself, against such blatant injustice. Most of us are unaware of our inner conflicts.
between our various selves. In the process you may even show some physical reactions, such as increased heart rate, perspiration, and breath. Your unconscious mind has ordered the release of adrenaline. It is preparing you to fight! Your actual response to this incident will depend on your level of education (i.e., the level of training and control the conscious mind has over the unconscious mind), your history of your dealings with your supervisor and similar incidents since childhood, and the strength and force with which your unconscious mind attempts to express itself (i.e., the "personality" of your unconscious mind).

In this context, we are concerned with your inner conflict motivated by the external one with your supervisor. Who will win this conflict, your logical conscious being, or your irrational sentient being? In the best of circumstances, your negative feelings will be internally acknowledged by your conscious self, who will control their expression by modulating a mild, polite, yet firm, discussion. In the worst of circumstances, your unconscious self will overpower your conscious one and express itself forcefully by shouting, insulting, even hitting, your opponent. The latter situation is common. How many times you have regretted a very negative reaction you had during an incident? "This is so much unlike me; I wish I had not reacted that forcefully," you may think afterwards. This is the voice of your conscious self who lost complete control, and allowed the irrational unconscious self free rein in its emotional expression. Is this a case of split personalities? Modern psychology describes as pathological the rare cases of different personalities taking turns in overtaking the mind and body of an individual. Psychological theory has never offered a satisfactory explanation to this phenomenon. Your negative reaction to your supervisor might not exhibit the clinical etiology of a case of split personality, but the event certainly suggests a mild case of a different personality, or a different self, at times overpowering your conscious mind and controlling the reactions against your conscious will. Doesn't it seem more reasonable to conceive the unconscious as a separate self?

Our unconscious mind does not always express itself with negative emotions. I have a friend who is a CEO of a prominent consulting engineering company based in Seattle. She attributes her professional success in a traditionally male-dominated career to her strong personality and will. She works an average of sixty hours a week, rarely smiles, projects an image of authority and self-security, and directs her company with an iron fist. Once she told me that the only time she remembered losing control was when her husband, whom she loved very much, said he wanted a divorce. "I found myself crying and trembling, while at the same time telling him that I didn't care about him either. My speech expressed disregard, while a part of me was begging and showing love." Her conscious mind wanted to keep cool and express a “logical” reaction, while her unconscious mind managed to express the opposite, which manifested itself in her angry tears.

**The Lower Self Untapped Abilities**

Thus, we see that during most wakeful times we are aware of our conscious self or middle self, and that under special circumstances we can perceive the presence of our unconscious self or lower self. We know that the middle self is endowed with inductive and deductive reasoning powers, with the gift of speech, and with the power of will. Its mission is to take care of the body, to earn, to make decisions and choices in life, and most importantly to guide and to counsel the low self in its path of evolution. The middle self has very little memory and must rely on the lower self for the storage, management, and recalling of memories. The lower self in its turn is the lesser evolved of...
the three selves, it has excellent memory abilities, it is the seat of all of the emotions, but has very little reasoning abilities. For this, the lower self must rely on the thinking abilities of the middle self. The lower self is in charge of managing the autonomic functions of the body and metabolism, to process the information from the sensory organs, and to offer the data to the analysis of the middle self.

The lower self has the ability to manufacture mana energy (life vital force, chi, or prana, depending on the tradition) from the food we eat and the air we breathe. Mana constitutes the power or energy required for the vital functions of the body, but also it is needed by the middle self to exercise its will and to perform its reasoning and thinking tasks. The lower self is also very impressionable and highly susceptible of suggestion. The lower self also has some very interesting latent abilities, such as the ability to sense intuitively by means other than the use of the sensory organs, the ability to project its psychic body to distant places without leaving the physical body. Hence, the lower self may project thin threads of its psychic invisible body and attach them to external objects or individuals with whom we make visual contact. These threads may carry mana used by the lower self to send information to, or to collect it from, the external object. This information is offered to the middle self in the form of feelings or intuitive hunches. The lower self also has untapped healing powers most of us never use. More details about the development of the lower self psychic abilities can be found in the book *The Three Spirits* by Serrano (2011).

**Our Higher Self: The Superior Consciousness**

There is increasing evidence that humans are endowed with a third self, the Higher Self, the most evolved one. Throughout the history of religions and cultures, this entity has received many names, such as the Guardian Angel, the Superconscious, the Master Within. The ancient Hawaiian Kahunas called it the *aumakua*, which means "the utterly trustworthy parental spirit." The Higher Self has a superior form of thinking. While the middle self uses reasoning and inductive thinking, and the lower self uses emotion, memory and feeling, the Higher Self uses a higher form of thinking that includes both reasoning, emotion and memory, but has access to universal knowledge. The closest term we can use to describe this form of knowledge may be called "realization." Realization is a form of knowledge that transcends reasoning and emotion. The rare instances in our lives when we feel particularly inspired to create something, are those in which our Higher Selves have reached us and given us a way of knowing that reasoning or emotion cannot overcome.

Just as the middle and lower selves are always available to us, the Higher Self presence is permanent throughout our lives. Its presence is felt at particularly receptive times of our awareness. This receptivity only occurs when the other selves, the middle and the lower selves, are quiet. This may happen during sleep, although not all dreams are expressions of our Higher Self. It may occur after prayer, if we allow ourselves to be immersed in silence. It may occur during meditation, if we have learned to practice this delicate art. The higher self may offer its opinion as a feeling or a "hunch." It is through intuition that we receive much information from the higher self. The important point to remember is that our Higher Self is a different self who has been entrusted the mission of guiding us. It is a wise and highly experienced consciousness level willing to give us free advice, if we only learn to listen and trust it.

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The Key to Happiness: Working in Harmony with the Three Selves

Here we have an opportunity to find a simple meaning to life. It invites us to get to know the structure of our inner selves, to work in harmony with each of them, to clean our negative fixations and negative emotions, and to accomplish our goals through a coordinated team work amongst the three selves. From this perspective, much of the suffering in our lives is the result of a lack of harmony amongst ourselves. There is increasing medical evidence that many chronic mental and physical diseases are the result of long-term negative emotions. These emotions are the result of past events improperly rationalized; they are trapped in our lower self with enormous amounts of mana energy. Left untreated, they resurface each time an external event triggers a related memory. We become like robots of our lower self who discharges its fear, or anger, or anxiety with the trapped mana energy. Likewise, a life without an understanding of our Higher Self is one of wandering without purpose and meaning.

We are made of three separate entities working together with the same body as a vehicle. The lower self is our animal part. Its emotions must be tamed and controlled. Its selfish immaturity must change to cooperation. Unless we make progress in this direction, unless we transmute our anger, aggression, and selfishness into love and tolerance, our lives will continue to be a roller coaster of chaos and pain.

The middle self or conscious self has been assigned to guide and counsel the lower self. The mission of the middle self is to help the lower self evolve. The middle self must also give up its dogmatic beliefs about others and its demands and requirements that the external world be in a specific form. It must become magnanimous and altruistic, tolerant, and appreciative. The middle self must control the negative emotions of the low self.

The Higher Self has been assigned to guide and counsel the lower pair of selves. Its mission is to help them evolve. The three selves have different abilities and different priorities. We must find the way to get them to work together using the best abilities of each self: the emotional memory-bound and deductive lower self, with the rational, logical and inductive middle self, with the superior consciousness of the Higher Self. Together they can accomplish anything positive that any of the other selves wish, but most importantly, they will proceed according to the cosmic mission of life.

How to Communicate with our Three Selves

Normal communication with other individuals is done through speech. However, communicating with our lower self or our Higher Self requires an entirely different approach. First, we need to remember that the lower or higher selves cannot speak. The gift of speech is an attribute of the middle self only. To communicate with the lower or Higher self we need to re-learn the language of symbols. Many people use techniques of dream interpretation, the Tarot cards, the Runes, dowsing and other “new age” methods. These might be good ways which require some training. However, I recommend setting some time every day for the sole purpose of dialog with the other parts of your consciousness. This could be as simple as sitting in a room, preferably at home for half an hour at a time when you will not be disturbed. Turn off your cell phone. Tell your lower self, in a low voice, that you would like to get to know it better. Start by asking it to remember fond
times from your childhood. Then remain quiet and sense any feelings and memories that come to you.

Refrain from analyzing or judging anything that comes to you in the form of feelings, or mental pictures. At the beginning, your middle self might object by giving you statements like “This is ridiculous, I am speaking alone.” Reaffirm your lower self that this is important and you will discover how much valuable information you will receive. With time, if you make a habit of consulting and dialoging with your lower self, you will discover a wonderful friend to help you with problems. Your lower self will give you unsuspecting insight into an issue after you have exhausted your logical and rational analyses with the middle self. That is how I make important decisions or pick stocks after I have done my homework with the rational self. Having analyzed the financials on a few good companies, I ask the help of my lower self to pick the best one with the aid of his intuitive abilities. I have rarely lost on a stock, even through the “dotcom” collapse. That is also the way I choose attorneys, and hire employees.

The second thing to remember, is that to communicate with the Higher Self you will need to go through the lower self. Our mental “wiring” is such that the middle self cannot normally communicate directly with the Higher Self. We must submit our request in the form of a mental picture and a feeling through the lower self. If the lower self refuses or ignores the request, no message is sent. That is why many “prayers” or visualizations fail: the lower self opposes or has a problem with the request. That is why it is so important to eliminate negative emotions from the storage in the lower self and to get him to cooperate harmoniously with the middle self. For example, if we consciously desire a raise or a promotion and ask the Higher Self for help, but the lower self is afraid of the new responsibilities involved in the new job due to some past trauma, then the lower self may simply neglect to send the request. With the cooperation of the lower self, the Higher Self can grant us anything, material or immaterial, we ask, provided that the requested item does not harm anyone. Practical exercises, illustrations and techniques to communicate with the Higher Self are given in the book *The Three Spirits* (Serrano, 2011).

How to eliminate our negative emotions and complex fixations? The traditional path is to undergo therapy. For mild negative emotions there are new energy therapy techniques such as Thought Field Therapy and Emotional Freedom Technique (Salomon, 2007: It is in Your Hands: Emotional Freedom Technique). These are new self-help techniques that make use of the energy meridians in the body. This is similar to acupuncture, but without needles, and for the emotions. The stimulation of the body-end meridian points has been shown to discharge the trapped energy associated with a past event and instantly eliminate a negative emotion. These constitute permanent cures, but we cannot discuss them in the space of this article. For a short introduction, please see The *Three Spirits* (Serrano, 2011). More details and illustrations with practical applications can be seen in the book *It is in Your Hands: Emotional Freedom Technique* (Salomon, 2011). The important point to remember is that in order to access the Higher Self, we must work on eliminating our negative emotions. Then the procedure to communicate with the Higher Self may take the form of prayer, meditation, and contemplation. Thus, your regular sessions with your lower self will evolve into meditation and consultation with the superior levels of your consciousness. By working constantly on eliminating our negative emotions, communicating with the lower self and the Higher

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Self, we gradually become calmer, more tolerant, and compassionate; we make less mistakes and project the inner harmony to include better relationships with others. We stop wasting time with inner conflicts and self contradictions. In essence, we exhibit the attributes of happiness.

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**RIDING THE WAVES OF THE STOCK MARKET**
*Applications of Environmental Astronomical Cycles to Market prediction and Portfolio Management*

**THE THREE SPIRITS**
*Applications of Huna to Health, Prosperity, and Personal Growth*

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