

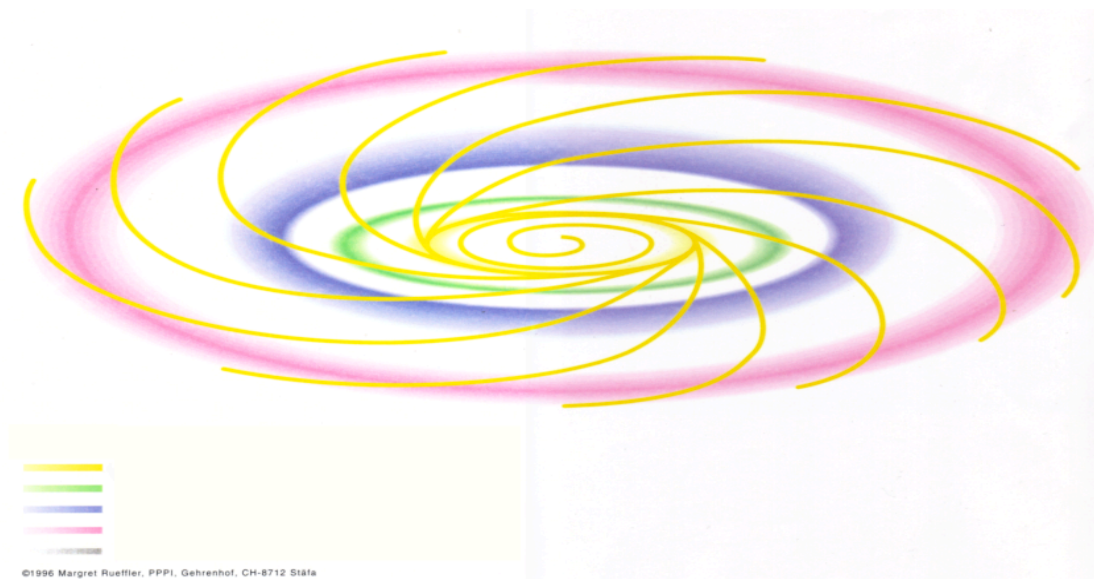
You Too Are a "Self"

by Margret Rueffler, PhD

I believe that the most profound change in human consciousness is the awakening to the "Self", the essence of each human being. Without this essence and the spiritual might of the soul, human multidimensionality can not exist. The "Self" is immanent and transcends the individual and is therefore more than the individual body/mind/emotion. To become aware of this spiritual source, to embrace it as our birthright, is one of the very first steps on the path of returning home. Conscious alignment with this source, acknowledging this source in others and nature, leads to a deep honoring of oneself and others. How can the "Self" be understood and taught?

The model of human consciousness shown here with its spiritual source, the "Self," has grown out of years of experience working with clients and training participants: It is the presentation of a basic model of the human psyche with its inherent differentiated levels of consciousness and their relationships to each other.

Diagram: Model of Human Consciousness



- 1 Center: Self, Spiritual Source, Vortex
- 2 Yellow: Life Energy, LoveWill
- 3 Green: Personality, Psychodynamic Structures
- 4 Blue: Immediate Personal Unconscious
- 5 Red: Unconscious
- 6 White: Collective Unconscious

Human consciousness can be seen as an electromagnetic energy field with the "Self" as its spiritual center, a powerful vortex (1). The life energy or LoveWill (2), flowing from the source, the "Self" magnetizes the field.

The personality (3) consists of psychodynamic structures which express through thoughts, emotions and physical body. This expression can occur consciously or unconsciously (4, 5). The electromagnetic field of consciousness of the individual is interconnected with the collective psyche and through its thoughts and emotions energizes the collective psyche. The collective, in turn, influences the individual. LoveWill is the life energy (2) generated and expanding from the center, the vortex, carrying and holding the individual field and interweaving it with the collective.

In the center of the model is the "Self," our spiritual source. I often call the "Self" the "Deeper, Higher, Innermost Self." It is multidimensional, and acts like an energetic vortex, creating life energy; LoveWill (2), expands centrifugally through the various psychodynamic structures of the personality in daily behavior and action. This inner spiritual center expresses through action in our daily life.



The "Self" expresses through the personality in daily life and through the unconscious. The "Self," our spiritual center, allows its life energy, LoveWill to flow through the body, the emotions and the intellect. Without the "Self" there would be no physical body, no emotions, no intellect, and, of course, no spiritual dimension.

Simultaneously with this expressive, centrifugal power of the "Self," there is a centripetal move, which constellates and attracts the personality structure around this spiritual vortex and holds it in its place. Without the "Self" there would be no personality, consciousness and unconscious.

The "Self" is expressive, and simultaneously receptive. Both are active qualities, centripetal and centrifugal. As noted, the "Self" is multidimensional, immanent, and, simultaneously transcendent. It is immanent, transcendent, omnipresent, and is more than the personal consciousness and the unconscious. It is always present whether or not we are aware of it. Once we become aware of the "Self" a deep change and transformation of values and behavior occur.



The "Self" needs the personality and its structures to express creatively in this world and to manifest its life energy in form. Once aware of the "Self," we can access its many dimensions and thereby come closer to Self-realization.

Becoming conscious and aware of our spiritual center, its gravitational pull guides the focus inward to explore the inner heights and depths. Yearning and longing projected outward, can now turn inward and directed toward the "Self", finding its true home.

The personality is imbedded in the immediate unconscious (4) which contains all the events experienced from early childhood on and future events yet to be experienced.

The immediate unconscious again is held in the unconscious (5) which contains among other things our psychological inheritance from our forbears and our ancestors, structures from the past and developmental possibilities and growth potentials for the future. Human consciousness, with its various dimensions is a focal point within the collective psyche (6). The collective unconscious houses our roots, cultural, religious, and national heritage, patterns of the past, and possibilities of growth and development in a collective future.

The functions of the “Self”

A centrifugal and centripetal vortex
The observer is the eye of the “Self”
The focus of the observer amplifies and illuminates
The focus can change intensity, reach and expansion
The “Eye” of the “Self “ takes in information
It can direct its focus inward and outward and thus
influences the content of the psyche and collective

The “Self” is unlimited multidimensional potential birthed
by infinite intelligence.

Dr. Margret Rueffler, a transpersonal psychologist, is the founder Lagu Damai Foundation and Jiwa Damai organic gardens and retreat center in Bali. For more than thirty years she has developed and researched the Psychology of the “HeartSelf-Intelligence” and the “Psychology of Nations”. She trains people internationally and has published books, which are translated into several languages. Dr. Rueffler is on the faculty of NewEarth University’s School of Consciousness & Spirituality.
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