

The three selves

A description of the natural relationship
between mind, body and spirit
DRAFT version 1.0 :: June 2012

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ALSO see

<http://www.body-mind.co.uk>

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The Hawaiian culture is very ancient, and, from contacts made by Daddy Bray, appears to have a historical continuity of oral tradition, song and ceremony with the native cultures in North and South America. Their model of the human being – as in reality being a mutually supportive fusion of three forms of life – is both simple and extraordinarily complete as a *theoretical working model*. So far I have not come across any experience or source of information that I trust that contradicts it.

Basically, the Three Selves (Figure A) are non-conscious/body-self, conscious-self and higher-self. So far we have talked a lot about the body and a little about the conscious mind, but have missed out one important element.

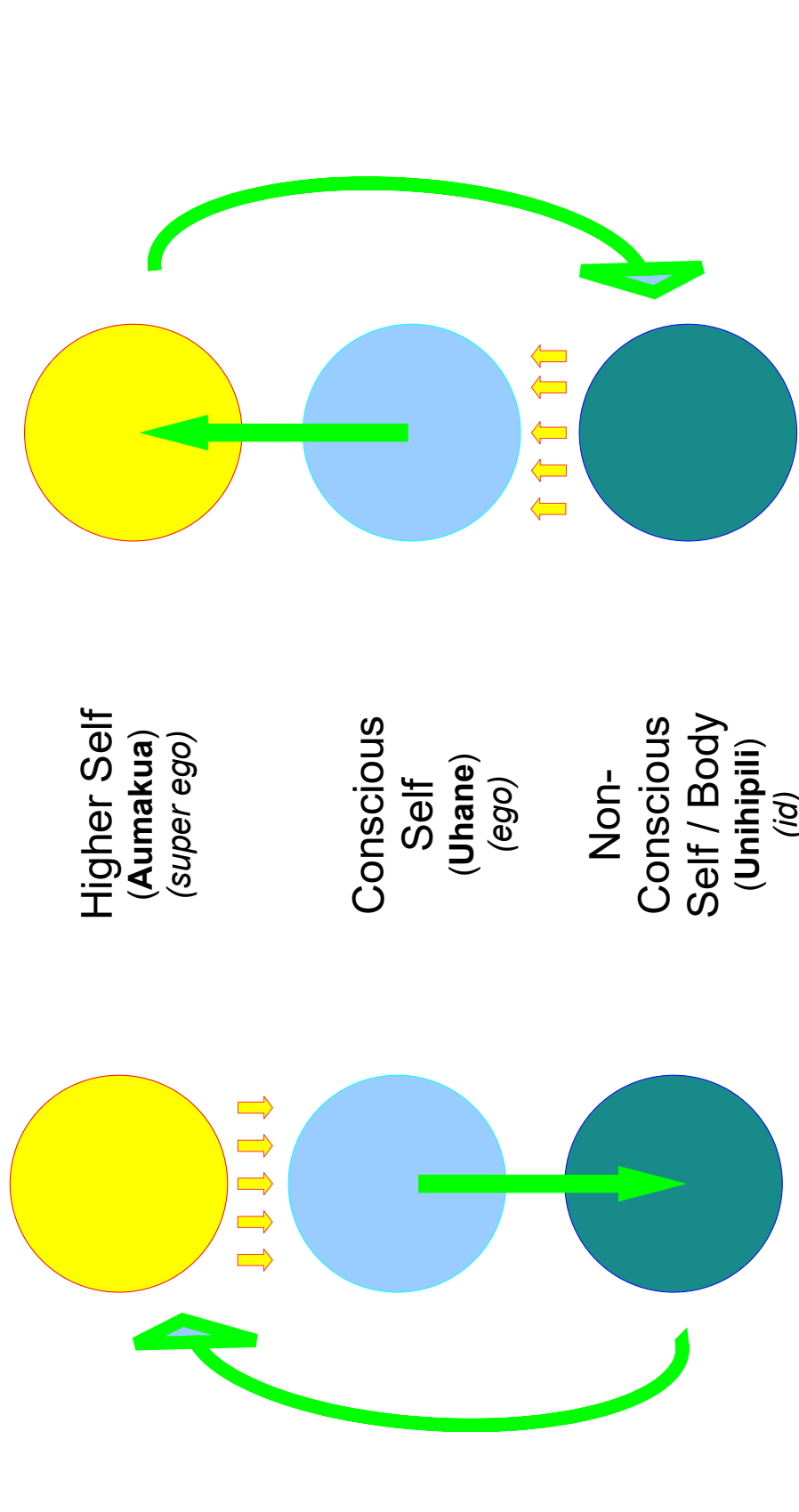
A brief and somewhat incomplete description of the various complementary attributes of these three selves is shown in Table 1. The body-self (*Unihipili*) is learning how to be a conscious being, and the conscious self (*Uhane*) is leaning how to be something more universal. The higher self (*Aumakua*) could be literally thought of as some super-ego/spiritual part of a human being, or as a connection through to God (by the fact that we are created beings, and so are a part of creation), or an angelic being, or even God. The non-conscious/body is only aware of rhythm and process - and *not* linear time. So if memories arise from the body-mind, they can bounce backwards and forwards - linear time does not matter. The conscious mind tends to get itself stuck in a story, with very linear time. This happened, and then that, and therefore that was caused by the what that came before it. The higher self/Aumakua is connected to the whole of creation – all of time is available to it. Time is unimportant. It is only the conscious mind that thinks its stories are unchangeable (note that I use the word “*story*” rather than “*history*” or “*events*”). Also, the conscious mind is more or less alone, whereas the Unihipili and Aumakua could be accurately thought of as hierarchies.

Unihipili receives messages from Uhane by its *interpretation* of what Uhane considers to be of value. In the short term this is through the thought, via the will. But it would be highly inefficient to have to *will* everything. Unihipili therefore learns what is of value through watching what Uhane pays attention to and the strength of emotional responses. This has to be used intelligently. If Uhane *chooses* to feel weak and feeble, Unihipili will obey. If Uhane *chooses* to focus on being genuinely (and uncomplicatedly) appreciative of external acts by someone else or positive archetypal principles of any kind, then Uhane starts to make those resources, abilities available and brings more of them into our life.

We are only limited by our imagination and our ability to conceive of things in the language of Unihipili – i.e. the somatic senses. Love, Appreciation, Gratitude provide a link between the Three Selves.

If the working model of the human being is restricted to Uhane-Unihipili, then there is often a lot of hard work to do. A good Conscious-Body connection is an important life skill. However, therapeutic interventions that are going to have any kind of lasting benefit *also* require some kind of connection to some Aumakua-like aspect that has an overview, a sense of the big picture and the authority to make changes at this level. This is perhaps epitomised by the story of Arjuna and Krishna. Arjuna is a warrior, but is faced by a battle against other members of his family, and does not wish to take part in it. Arjuna (the conscious mind) is eventually persuaded to ride into battle (Life) in his chariot (body) with Lord Krishna (Higher self) as his charioteer. He emerges from the battle victorious.

Figure A : The Three Selves



Attention Cycle (Love/Wisdom)

The conscious mind connects with (becomes aware of) the non-conscious (i.e. the body and its sensations). The non-conscious then connects with the higher self, and then the higher self showers light (peace) back onto the conscious mind.

Intention/Action Cycle (Power through service)

The conscious mind *intends* to connect with the higher self. The higher self then empowers and brings order to the body/non-conscious, which in turn supports the conscious will in action. The Conscious becomes aware of the manifestation of spirit through

The two simultaneous cycles within the relationship of the three selves

Table 1 : Attributes of the Three Selves

For more information on the Three Selves and a more comprehensive description, see books/courses by Tad James, Serge Kahili King, Max Freedom Long, Daddy Bray or the online e-book *The Three Selves* by Bruce Dickson

<p style="text-align: center;">Unihipili The non-conscious & Body-self/selves</p>	<p style="text-align: center;">Uhane The Conscious-self</p>	<p style="text-align: center;">Aumakua The higher “self”</p>
<ul style="list-style-type: none"> • “The little creature” • Takes everything literally • Does not understand negatives • Massively powerful – has access to all physical and energetic resources, and can mobilise them as necessary • Obeys the conscious self willingly and joyfully • Acts as an intermediary between the conscious and higher selves • Like a willing child – loves attention, curious • Is responsible for physical survival and health of the body • Organises memories • Learns by repetition, and is “programmable” • Does not understand the difference between I, you, he, she or it. <i>Everything</i> is therefore taken personally. • Has to balance often conflicting agendas from the above list, based on its best understanding of Uhane's priorities. 	<ul style="list-style-type: none"> • (translates as) “Ghost/Spirit” • Chooses, discriminates, makes decisions • Tells the Unihipili what it wants, what it accepts & what is permitted • Listens to guidance from the Aumakua • Plans for the future • Learns by making mistakes or by copying other people who are congruent • Speaks • Checks details, makes lists • Seeks experiences – ideally pleasurable ones <p>One might consider the above “attributes” to be more like a list of responsibilities....</p>	<ul style="list-style-type: none"> • Totally trustworthy parental spirit • Becomes active when we ask for spiritual help • Can only help if with anything it is asked for specifically – if it is not asked, or the request isn't specific enough, then it cannot (usually) help... • ...However, if the conscious mind has a sufficiently energised link to the Aumakua, then Grace comes down like a shower of golden rain. • Universal awareness, present everywhere, everywhen. • A connection to the place we came from and will return to – a sense of something beyond our “self” • Communicates with other Aumakua (or it just <i>is</i> Aumakua – however you want to think of it). • Leads the conscious self to experiences that have the potential to help it.