





Behind Your Mask



A mask ...

protects you

helps you fit in

changes the outer you

separates you

hides true self

fake emotion

be who you're not

scares others

changes who you are

soothes others

improves yourself

is a limitation

is a belief

hides flaws

is a personality

is a label

is false front

the SELF...

The union of elements (such as body, emotions, thoughts, and sensations) that constitute our individuality or identity as a person.

– Merriam Webster Dictionary

A bundle of perceptions/experiences as a single being that's separate from others.

An immortal soul that transcends the physical being.

– Psychology Today

the SELF...

The Christ, the Divine Idea that is the true self of every man. Adam, the natural man, is the incomplete self. The fulfillment of self is accomplished as man puts on the Christ.

Charles Fillmore – *Revealing Word*



**why is it important
to know your
HUMAN SELF?**

**HOW is your
SPIRITUAL SELF
different from your
HUMAN SELF?**



OUR SPIRITUAL self...

We are each individual, eternal expressions of God and therefore inherently good.

Unity's Second Principle



**why do you want
to know your
SPIRITUAL SELF?**

Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God. And we speak of these things in words not taught by human wisdom but taught by the Spirit.

1 Cor. 2.12-13

HOMEWORK...

Notice who you are being...

Are you wearing a mask?

Before sleep...ask “who was I today?”

Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power.

Lao Tzu – *Tao Te Ching*

My true power
lies in being my
authentic self.

