



“SPIRITUAL LIGHT,” Universal teachings from the Highest Spiritual Realms—*The Universal Spiritual Brother&Sisterhood*, [www.theusb.org](http://www.theusb.org)

## SPIRITUAL LIGHT: CHAPTER 6 THE INDIVIDUAL

### 6.1 CHARACTERISTICS

#### + TOPICS

#### 604 On Various Selves

A common misteaching that some teachers still present is that each individual has a lower self, a middle self, and an upper or higher self. There are *no* such compartments of one’s self or **consciousness**. However, *not* all portions of one’s self or consciousness develop equally. And just as people do not all develop or progress at the very same rate, the various qualities of an individual do not all exist or progress in the same degree at the very same time + [719:6-10].

A person’s consciousness—the sum total of what one is—may be exceptionally developed as far as integrity is concerned, for instance, and yet be almost completely lacking in compassion and understanding and tolerance, as history bears distressing witness.

We are ever *becoming*, let us remember; and one’s state of consciousness at any moment may contain say, spirituality, wisdom, understanding, compassion, poise, and patience differing widely in the *degree* possessed. One may, for example, possess much spirituality and little knowledge, or much knowledge and little spirituality, or an abundance of facts and few if any truths.

In essence, a person’s consciousness is their mind or mentality (of which they are seldom aware of more than a fraction). For it is only because we have mind that we are conscious of *anything*. And as the USB defines these terms, the mind is the one ingredient that can be expanded without limit.

The more evolved a person’s mentality—which includes one’s emotions, desires, thoughts, and spirituality (if any) —the more expanded is that person’s consciousness. But while that consciousness, the sum total of what that person is, will not be uniform in all respects, it is an *undivided* consciousness, not split into any “lower” and “middle” and “upper higher” compartments.

\* Denotes *Spiritual Light* book core topic numbers. These topic entries clarify context subject matter further, and are identified in book chapter headings, along with a comprehensive index.



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