

Divine Truth Assistance Group Outline

Understanding Self: Deconstructing The Façade Self

Introduction

Reminders about the façade self

My façade self is created in childhood by other people wanting me to not be my real self
Has been further developed by my purposeful desire to ignore my real and hurt selves
Is very 'adult' in nature, since adults or myself as a maturing adult developed the façade
So we could call it the 'adult' façade to help us understand

My façade emotional self:

Loves addiction, compulsion, resistance, coercion and manipulation
Loves cruelty, nastiness, meanness, arrogance, condescension and superiority
Is insensitive, unaware, pretending, false, closed, controlled, and untrusting
Is dishonest, untruthful, insincere, invasive, unemotional, illogical
Is immovable, imprudent, thoughtless, irrational, reckless, irresponsible and careless
My façade self is the main cause of my choice towards unloving (sinful) actions

Why Must The Façade Self Be Deconstructed?

The description of the façade emotional self should be enough to help us to desire to remove it!

Reasons for deconstructing the façade self:

All of the emotions associated with the façade self will continue to dominate our life
Real love cannot be experienced by the façade self
Absolute truth will never be accepted by the façade self
Loving relationships are not possible for the façade self
Humility is not possible with the façade self
All relationships of the façade self are based on bartering addictions with others
The façade does not wish to allow the expression of our hurt self
The façade does not wish to allow the development of our real self
The façade cannot have a relationship with God
God does not want a relationship based on façade
There are many more reasons for deconstructing the façade

How difficult will it be to deconstruct the façade self?

It will be the most difficult thing you have ever had to do!
The façade will resist anything other than a firm desire and sincere attempt

What Is The Process Of Deconstructing The Façade Self (Or Anything Else)?

Material that I first shared with people 9 years ago, material that has been on website since then!
Most have neither read the material nor applied it, because most of us are in complete denial about the façade, or have no wish to break it down!

Begin in a place of denial

Neither intellectually or emotionally aware of the façade & the sin it creates
(Sin = unloving thoughts, words and actions driven by denial of unloving emotions)

Intellectual awareness that the unloving behaviour (sin) exists and is real

Intellectual awareness that what I am doing is wrong, and needs to be changed
Awareness of why it is wrong; find out what you believe God's Truth to be on the matter

Intellectual awareness that the unloving behaviour (sin) has a cause within ourselves

Intellectual awareness that an emotion within myself causes me to take the sinful action
Intellectual awareness that the emotion exists within myself, and not anyone else

Intellectual willingness to identify the cause within ourselves of the unloving behaviour

Develop a willingness (will-power) to find the emotional cause of my unloving behaviour

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Intellectual awareness of the cause within ourselves of the unloving behaviour

Become aware of the actual cause of my unloving behaviour

Intellectual awareness of God's Truth

Ask yourself what God's Truth would be about the unloving behaviour and the emotional addiction that drives the unloving behaviour

This is not 'knowing' God's Truth, but rather 'thinking' about what God's Truth would be

Intellectual awareness vs Soul awareness

Even though intellectual awareness has occurred I have not yet made any soul based changes

However, now that I have done all of that, I can BEGIN to make a soul based change!

I have removed my intellectual barriers to soul based emotional change!

Soul (emotional) awareness that the sin exists and is real

Soul based feeling that what I am doing is wrong, and needs to be changed

Soul based feeling of why it is wrong

Soul based feeling of what I believe God's Truth to be on the matter

Soul (emotional) awareness that sin has a cause within ourselves

Soul based feeling that an emotion within myself causes me to take the sinful action

Soul based feeling that the emotion exists within myself

Soul (emotional) willingness to identify the cause within ourselves

Develop a soul based emotional willingness (muscle) to find the emotional cause of my unloving behaviour

Soul (emotional) awareness of the cause within ourselves

Become emotionally aware of the actual emotional cause of my unloving behaviour

At this point we often find that our intellectual concept of the cause was completely wrong

Soul (emotional) willingness to experience the pain from the expiation of error

Develop a soul based willingness to actually experience the emotional pain that is the cause

Soul (emotional) release of the cause within ourselves

Actually experience, feel & release the emotion that causes the error

Soul (emotional) perception of the God's Truth

Now we will have, written in our soul, a complete awareness of the Truth and the cause will no longer exist within us

We will now automatically not be able to engage in the sinful unloving behaviour & be automatically loving

We have actually gone through a soul based change!

Summary Of Intellectual Process of Deconstruction

Begin In A Place Of Denial

Awareness that the unloving behaviour (sin) exists and is real

Awareness that the unloving behaviour (sin) has a cause within ourselves

Willingness (will-power) to identify the cause within ourselves

Awareness of the cause within ourselves

Awareness (in mind) of God's Truth

Summary of Emotional Process of Deconstruction

Soul awareness that the sin exists and is real

Soul awareness that sin has a cause within ourselves

Soul willingness (will muscle) to identify the cause within ourselves

Soul awareness of the cause

Soul willingness (will muscle) to experience the pain of the causal error

Soul release of the causal error within ourselves

Soul acceptance or education of God's Truth

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Conclusion

The most difficult process is to remove the façade self because:

- The façade self takes a lot of effort to deconstruct
- The façade self has the most resistance to love and truth
- The façade self wants to retain itself
- The façade self wishes to avoid all painful emotion
- The façade self is angry and resentful towards God

Homework

Begin the process of noting down your actions out of harmony with love

- Ask yourself whether you are really willing to see the reason why you do these things?
- Ask yourself whether you see your addictions & unloving behaviour as a sin?
- Attempt to develop an intellectual awareness of the emotions driving those actions