

The Holy Ideas: The Awakened Mind For Perceiving and Creating Higher Emergent Reality

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HolyIdeasTheAwakenedMindforPerceiving...

[See the end of this document for the lists of **Fixations**, **Passions** and **Virtues**.]

All the Holy Ideas are pointing to more direct experiences of what presence is: the view of reality itself *about* reality. They're called Holy Ideas because their effect is to loosen the grip of our fixated views of reality and have a healing effect on the conditioned nature of our mind.

The higher mind is where we experience direct knowing, nonduality or enlightened experiences of reality. The higher mind has to do with perception; how we perceive things. We come to recognize the Holy Ideas, experience them, and open more awareness of the perspectives that they reveal, and that has a palliative effect on our ordinary thinking. We come to find a more harmonious relationship between our conditioned mind and our higher mind, between the part that forms thoughts and the part that perceives things more directly in the nondual fashion. We still need to figure things out though and have discursive reason and discernment. We have a regular head center for a reason. We're meant to have that part of our mind work more in harmony with our higher mind.

When we first encounter our ordinary minds, they're just a holy mess. When we look at what's going on in our heads, it's a stretch to call it thinking. We're chattering to ourselves, running fantasies, humming a TV jingle from 20 years ago, or repeating old thoughts. It's boring for us to keep saying these things over and over, even though they may have an unconscious emotional charge for us.

Thinking is the ability to look freshly in the moment at a situation or a phenomenon and come to some new understanding or Holy Truth about it. As we realize more of the nondual conditions of the higher mind, it helps to sort out our regular mind. There's less noise and nonsense and more capacity to use our mind clearly and creatively. In that sense, we want to look at how these nondual realizations aren't a place to park ourselves as much as they are something that cleans up and purifies our mind in a way that we're able to stabilize our perceptions and the ways that we live our lives and the ways we integrate subtle experiences. We don't get anywhere by thinking there's something wrong with having a mind and rejecting our thoughts. We're bringing a deeper quality of thought, a deeper quality of awareness to the processes of our thinking, just as we brought a deeper compassionate heart to the emotional reactivity and the suffering of our passions.

All these experiences start opening up in your heart and your body because our whole perception of everything is being changed. It is a fantastic antidote to all our endless judging and rejecting of ourselves. We didn't decide to make ourselves this way. We have emotions, we have reactions, certain things human beings have evolved to do and certain difficulties.

When we can look at it from the idea that this is all part of a bigger dance of reality, we can work through it and with a lot more graciousness than when we're just thinking we're a bad boy or girl because we have basic human limitations. We see that our fixations aren't wrong. They're just limited and there to defend us from the more direct experience of our passions. They shield us from a direct experience of the suffering we're already in. But because of that, our suffering never gets fully attended to, surrendered and healed. With inner work, we start to see the way our mind and our emotions are collaborating to co-create our egoic existence.

In *Facets of Unity*, A.H. Almaas talks about the fixated mind arising through fear as a result of the loss of what he calls **basic trust**. Fear, difficulty and childhood and ancestral trauma engenders certain patterns and suffering into our nervous system. The patterns attempt to manage or cope with the suffering: a lot of which is mental activity, and that mental activity has a certain shape or orientation. Our fixation is the management of our difficulties. It's *not* a bad habit. It has a survival value, which is why we keep doing it. But it's not until we get the sense that we're okay without doing it, that the patterns of fixation tend to soften a little, and that finding out that we're okay is a return to basic trust.

The Holy Ideas are not something you should think or should perceive. They manifest only as a result of doing our inner work. We can only **surrender** to them. As we're able to entertain their perspectives, they have a healing effect on our fixated views and help us come to a more stable and sane relationship with our life. Our ordinary mind tries to grasp these, but we can only open to them. Also, the Holy Ideas are not a one-shot deal, same as the Virtues are not. The Holy Ideas and the Virtues of each point support each other and reinforce each other. And, each point doesn't just work with their own Holy Idea and Virtue. All nine of the Holy Ideas and Virtues all open to each of us as we presence the fixations of our minds and the passions of our heart. They all keep expanding as we explore them.

The Enneagram triangle and the circle talk about the relationship between unitive nondual states of consciousness and the differentiated experiences that we human beings have. The symbol suggests dynamism and connection. It's our portal into a bigger dance of a living reality. The Enneagram is a kind of holographic system which is actually showing us how all of these things interact with each other.

[See the end of this document for the lists of **Fixations**, **Passions** and **Virtues**.]

Fixation is a mental phenomenon. It's a limited way of seeing reality. It's profoundly incomplete. Each point also represents a limiting of our perspective, an overemphasizing of a certain point of view at the expense of others. The fixation serves the purpose of numbing us to our passion (which is a core of suffering that has symptoms). It's how we learn to handle our passion (and suffering) and limit our sense of who we are or what we're supposed to be doing, how we experience others and the world.

~ from **Hudson, *Ancient Origins***

Ontological emptiness is at the center of the ego. P.5. Fixations reflect the deluded or egoic view of reality. Freedom from our personality patterns is literally unimaginable from the perspective of the ego. When we turn away from our primal perfection, our completeness, our unity with the world and spirit, the divine, the Cosmos, etc., we create the illusion that we need something exterior to ourselves for our completion. This dependency on what is exterior is what makes a person's ego. P.7. Fixations are reflections of the loss of the Holy Ideas. P.8


- **8, 9 and 1** correspond to the objective perspectives about the totality of reality – the Cosmos as a whole; in theistic terms it is understanding what God is, and in non-theistic terms, it is understanding what total completeness is. P.73
- **5, 6 and 7** are views of the human being from the perspective of the whole: how reality is reflected in the human soul, what the true relationship is of the human being to this reality, and how the totality of reality manifests in the individual person. P.74
- **2, 3 and 4** address how doing and functioning happen. It is the understanding of what living is like from a non-egoic perspective, and so helps us put spiritual practices in perspective. When you understand them, you will know in what direction a particular practice leads and whether or not it will take you to what is real. Coming full circle to 8's Holy Truth of reality. P.74

~ from ***Facets of Unity – the Enneagram of Holy Ideas*, A.H. Almaas**

Holy Ideas Higher Mind

~ Russ Hudson

The **Holy Ideas** are the direct experience of **perceptions** of Reality that are liberated as our fixated patterns are seen and surrendered. They are our mind opening to new, deeper possibilities. They manifest as a result of inner work, when present and grounded. Some types have 2 or 3 Holy Ideas.

- 8 Holy Truth:** realness & aliveness of Reality, of the moment; indivisibility & openness of Reality itself; we respond with awe
- 9 Holy Love:** benevolent holding of Reality which includes us; (not romantic love)
- 1 Holy Perfection:** sacredness & order of Reality; nobility of our journey which includes our suffering; the perfection of the Holy Truth of this moment; we respond with wonder
- 2 Holy Freedom:** living relatedness and inseparability of self and Reality, based in Holy Love and Holy Perfection; freedom from ego patterns; and
Holy Will: surrender to the unified flow of living Presence; the action of Holy Truth
- 3 Holy Harmony:** simultaneity & fulfillment of all of Reality; (no separate doer);
Holy Hope: openness & receptivity of the revelatory truth of each moment; our awakening in this moment manifests hope in the world; and
Holy Law: working with the laws of universe & human psyche without judgment as part of Reality
- 4 Holy Origin:** intimate, the mystery of Reality, the mystery of this moment; point of creation; source of self & consciousness; all appearance is the manifestation of Being, of Holy Truth
- 5 Holy Omniscience:** illumination of *knowing* in service of the moment, Universal Mind which is the multiplicity of existence within the unity of Holy Truth making a unitive whole; and
Holy Transparency: perceiving the empty silence of Holy Origin, the face of the Divine, & phenomenal world all in this moment, with no need to figure it out; the 'body' of God
- 6 Holy Faith:** direct experience & trust in the solidity & perfection of this moment, feeling supported; soul's realization that we are a Divine spark on human journey; related to Holy Hope (3) & Holy Love (9) = 
- 7 Holy Plan:** divine unfoldment of intelligent dynamism and forward momentum of Reality & each moment, guided by surrender



8 Holy Truth: realness & aliveness of Reality, of the moment; indivisibility & openness of Reality itself; we respond with awe

Holy Truth is the realization that truth is not a formula, something you can hold on to. It's more a sense of the Truth of presence itself, in this moment; being able to recognize that emergent reality and be with it rather than trying to formulate an idea of reality.

When you're in presence with your heart and mind activated, Holy Truth is the revelation of the **realness of reality** moment by moment as it occurs. When I get more present in my body, there's immediacy of experience, aliveness, impactfulness of this moment. That impact of presence upon the mind opens up this other whole vast horizon of experience, and that opening is the Holy Truth.

On a more mundane level, we see that Holy Truth also helps us see through our opinions and the things that we thought were true and the things we've held on to and are quite certain we know how the things are. In presence you see maybe what was true in that particular time and place back when you formed that idea, but maybe it's not that now. There's this sense of Holy Truth inviting us into a vaster sense of reality moment by moment. It is this impactfulness of the immediacy of presence on the mind that keeps this process of endless opening to deeper and bigger Holy Truth.

The presence itself it seems, in some sense, is **unchanging**. At the same time, there are **dynamic** elements going on. Both of them can be here at the same time, and then we're open to a bigger Holy Truth. You see this movement into a bigger and deeper vista of what it is you're experiencing that can keep going on and on. I'm not saying this is how you *should* see things: I'm saying this is the nondual perspective, which applies to all the Holy Ideas.

Holy Truth will undo the **fixation** of the Eight which I call **objectification**. You stop thinking of the world as objects and separate things. The very aliveness that Eights love is restored as we open to the interweaving and not-capturable dynamism of reality that's happening in this immediate moment. The Holy Truth is the presence, the presence is the Holy Truth.

9 Holy Love: benevolent holding of Reality which includes us; (not romantic love)

We're looking at mind and the higher intellectual center, not heart and the heart center. People get sentimental about this and miss the boat. **Holy Love** is the perception of what is holding everything that exists and making its existence possible. Everything I can perceive is being held in some coherent fabric.

Presence is the holding the glue, the creator, the sustainer, the destroyer of all existence, and it is love in that sense. It's not love in the sense that I didn't get loved so I became a Nine. Holy Love is the perception of all of reality as having this

underlying intelligent **benevolence** through which all existence comes into being, which you can't prove that rationally. But we all have the experience where we're relaxed enough and we just feel this quality emanating from everything and everywhere.

For people who are visual, Holy Love can be the perception of light. They perceive the light within everything and behind everything; the holding of everything in the light of consciousness. It undoes the **fixated** view that **I'm separate** and disengaged from the rest of the world, irrelevant, peripheral, unimportant. I see that the very substance of me is this energetic light and that it's in everything.

1 Holy Perfection: sacredness & order of Reality; nobility of our journey including our suffering; the perfection of the Holy Truth of this moment; we respond with wonder

Holy Perfection is the perception of the **sacredness** in the moment, that when we really get more present and it's connected to Holy Love, there's a perception of a beautiful sacredness, a **nobility** in the journey, a way that we are getting a bigger picture that we don't even have words for but we feel it. Our mind feels it. This is a very strange thing that our mind can feel on this level. It's easier to perceive this when there's difficulty or imminent loss or a loss that's just happened, where suddenly, yes, there's loss, yes, you're sad, and there's something else here that feels like an inherent underlying intelligence to the way the whole universe is unfolding. It's not denying the existence of suffering. It's *not* spiritual bypassing.

It's saying suffering is part of that, but it's more feeling the implicit intelligence, evolutionary trajectory of reality, and that somehow when we're more present, even our moments that seem insignificant or painful are rendered noble, beautiful and significant. Viktor Frankl talked about coming to these realizations even within his existence in a Nazi concentration camp. It's not a cheer-me-up "gee, I'm sitting in my hot tub and the world is perfect even though a lot of people are suffering." It's not that.

We often come to the realization in our suffering. It's more feeling and perceiving what I call the grid. There is an architecture, an intelligence, an unfolding to what makes the universe tick, what makes things possible, what makes you and me possible. There is an **order**; the perfection of imperfection. Holy Love is that creative energy behind everything, and Holy Perfection is the loving creative energy is manifesting in coherent ways to make this universe possible. We actually perceive it and participating in it when we're more awake. It's always available to us even though we may forget.

But I think you feel, when you're feeling down and out and you're feeling beat up by life and discouraged, and you're just pushing yourself forward to try to make a difference in this world, it is sometimes this perception, this Holy Perfection, this feeling of intelligent order of reality that renews us, that gives us a sense that we're not in the same way efforting. You can also feel how that plugs in with the ne's **Virtue** of **serenity**. We don't have to stay **fixated** on our **opinions** about

everything. We're plugged into this deeper grid of intelligence, and so our actions tend to proceed from that.

2 Holy Freedom: living relatedness and inseparability of self and Reality, based in Holy Love and Holy Perfection; freedom from ego patterns; and **Holy Will:** surrender to the unified flow of living Presence; the action of Holy Truth

Holy Freedom clarifies what relationship is and how its different from relatedness. Relationship is structure.

Relatedness is inherently the way that everything we can perceive in reality is part of a living fabric and is already in some relatedness of presence. When we're running our fixated patterns, psychological constructs, and object relations, we lose the perception of that embeddedness in the **living relatedness** of the universe; that we can't be separate from anybody else ever.

Two has the **fixation** called flattery, but it's really the endless effort to try to connect with others on a heart level and to figure out how to do that, what I call **relational thinking**. Once you get that you're already connected and that you cannot be otherwise, and that there's Holy Love and Holy Perfection also here right now manifesting in this moment, you're not endlessly trying to work yourself and others into some kind of structure or relationship that you think needs to be there for things to be okay. But when that happens, at first it's scary because the perception is that I'm not going to have any relationship, but what you open up to is total relatedness which is what the heart is actually seeking. Relatedness manifests as freedom from being enslaved to your egoic patterns that are all based on some fundamental sense of self-rejection and identification with these patterns that are forever trying to fix you. And we all have this issue.

Next **Holy Will** is where you realize that the ego is not going to make the world according to it. The popular teaching that you create your own reality depends on what you you're talking about. The **willfulness** of trying to get people to love us, be the way we think they should be, do what we think they need to do, when we start to see this other intelligence operating, whether through ourself or someone else, it starts to be a sense of surrendering to this higher intelligence, and I can just love each encounter with each person as the unique beautiful thing it is. I'm not trying to make it be something else to fix something that I think is broken in me. I see there's nothing broken in me.

3 Holy Harmony: simultaneity & fulfillment of all of Reality; (no separate doer); **Holy Hope:** openness & receptivity of the revelatory truth of each moment; our awakening in this moment manifests hope in the world; and **Holy Law:** working with the laws of universe & human psyche without judgment as part of the greater Reality

Holy Harmony says there's no separate doer; everything is just **simultaneously happening**. You're not seeing everything as separate little dots moving against the background. Everything is flowing, and it's all happening together quite amazingly. We're all just effortlessly doing our thing, and you feel this sense of flow. It's the perception that I'm not *doing* anything:

it's more like *doing* is happening through the vehicle that I temporarily get to be.

Holy Hope is the recognition that my **awakening**. My showing up in the moment is the hope of the world. As soon as I do so, I'm not even sure who the "I" is that shows up, but somehow the *presencing* to what's happening, to what I'm doing, to how I'm manifesting in the world - in that hope arises. It is not hope for something good happening later on. It's more like being the **fulfillment** right now, being there awake enough to be in this place where heaven and earth can meet.

Holy Law is a tough one. When Gurdjieff said man was a machine, he was not saying it as an insult. He was saying that our view that we're separate, self-willed, individual packets of something was delusional; that we're actually part of biology, part of life, the laws of physics, the laws of the universe, of the human psyche and human heart by which we all operate. It's only our egotism that sees us as separate.

The person who ascends is the one who learns to **work with the laws**, to dance with them, to navigate them. The one who is delusional and deceiving themselves - who thinks they can do whatever they want, is in for a very rough ride. In a sense, it's understanding that our evolutionary process isn't even based in our own psyche but coming from some much deeper place and for purposes we can't entirely understand, because that too is part of the laws of the way the whole cosmos operates.

4 Holy Origin: intimate, the mystery of Reality, the mystery of this moment; point of creation; source of self & consciousness; all appearance is the manifestation of Being, of Holy Truth

Holy Origin is where we're getting deep into the mysterious depth of all of this - which is not a fantasy. Many of these nondual experiences entail a kind of expansion into a sense of spaciousness, perceiving a space that's not physical space, but a field of awareness. There's a kind of openness, expandedness, Almas would say boundless. That's one category.

But there are other experiences that are different, and Origin is one of them, where everything that exists collapses into a singular point. That **singular point is a total mystery**. Usually if we locate it, it could be anywhere but often we find it in the heart or even behind the heart. But this sense of everything collapses to a point where nothing that ever existed or could exist or will exist or has existed is inseparable and is together. It's the logical endpoint of intimacy where everything is so intimate it's completely inseparable. This point is the **point of creation**. Metaphysically, it is the **Source of self**. It's the source of our perception of reality. It's the **Source of our consciousness**.

As a Four looking for identity, you're looking to all of these traits and capacities, but you discover as you go into the deeper mysteries of the heart, you fall into the kind of black hole of this singular point, which is called the **Origin**. You start to perceive it as the absence of the psychological structures by which one usually defines oneself. Where you thought you

were this or that, there's just a great silence and stillness, a sense of emptying out the content. This doesn't happen by rejecting the content or trying to jump over it or screw yourself into some spiritual state. **It comes from working through the emotional issues from a perspective of presence.**

As you do, the clouds part, and this tremendous depth appears that guides us toward the origin of our psyche. We're not locating ourselves in relation to anything else or identifying ourselves in relation to anything else because it's all us in a way, everything and nothing. It's a feeling of **total intimacy with all reality.**

5 Holy Omniscience: illumination of *knowing* in service of the moment, Universal Mind which is the multiplicity of existence within the unity of Holy Truth making a unitive whole; and **Holy Transparency:** perceiving the empty silence of Holy Origin, the face of the Divine, and the phenomenal world all in this moment, with no need to figure it out; the 'body' of God

Holy Omniscience is referring to the phenomenon of the illuminating capacity of *knowing* that we have this head center. When the higher intellectual center and the regular intellectual center line up and start working in tandem, there's literally a sense of this illuminating quality that's in the forehead. The Greeks call it the *nous*. It's this place of knowing, related to the idea of the third eye in the Indian traditions.

Here, omniscience does *not* mean that I know everything in the universe. It means that I know exactly what needs to be known for this particular coordinate in the universe for the greater purpose of all in this moment. In a sense, when you're in omniscience, your mind is no longer the ego's plaything. When you're present, you know what you need to know. It's **in service** to a time and place and situation. That's what omniscience means.

Holy Transparency is holding simultaneously the absolute empty still silence at the core of everything that we were glimpsing in the Origin and at the same time we're perceiving the phenomenal world. The way that comes to our perception is that the physical world appears to us as the surface of this great, infinite mystery of presence and being, the world as the face of the Divine. Then your relation to the world is very different. There is no need to desperately attempt to hold onto and retain what you just think you know. You're seeing its transient, almost transparent nature. You're perceiving the depth, but you're not rejecting the world to be in the depth nor are you rejecting the depth to be in the world. You're there in both and it comes through as the world seeming transparent to the mystery of reality.

It's the undoing of the way Five is trying to get a handle on how this all works and retain enough information to penetrate into the mystery – which you don't need to do. It's here! And then it operates this knowing of the omniscience and your knowing in a very different way than that poor guy trying to figure everything out.

6 Holy Faith: direct experience & trust in the solidity & perfection of this moment, feeling supported; soul's realization that we are a Divine spark on human journey; related to Holy Hope (3) & Holy Love (9) = Δ

When our consciousness is opened up enough that we're perceiving reality along the lines of what we've been talking about, we start to experience that great stillness as almost a solidity. It's taking that Holy Transparency another step where you're perceiving the ground of reality. You understand that what you're getting now is the foundation of existence, the foundation of reality. Once we feel ourselves in that, our fears and anxieties about the world start to release and let go. We let ourselves be embedded in divine consciousness. In that state, faith is not about believing in something. Holy Faith is the **direct experience of the unbreakable unity of the consciousness** of the universe.

It's also that faith is close to the **Virtue of courage**. It's this willingness to take the ride. Instead of being a human having a divine experience, you have the perception that you're this divine spark having the opportunity of this human experience, which relates also to the Holy Hope of Three and the Holy Love of Nine, so you get the **triangle**. I'm willing to take this human ride all the way. What an amazing opportunity.

Six's **fixation** is called cowardice and not following through with our perceptions. I think a better word is **doubt** – that we have these experiences and we doubt them and can become cynical, and we go back to business as usual because we don't have enough **trust** yet to let go of the patterns we think we need to have in order to live. And we can't just decide to get rid of the patterns. There's a long process of psychologically working through our traumas and issues and emotions. But as we do so, there is a growing perception and feeling of trusting reality, trusting the knowing that's coming through us, of our own God-given intuition, and trusting our embeddedness and participation in this living, amazing, conscious reality.

[Richard Rohr says the opposite of faith is not doubt. He says the opposite of faith is certitude, which 6s are always searching for.]

7 Holy Plan: divine unfoldment of intelligent dynamism and forward momentum of Reality & each moment, guided by surrender

Seven don't like exact plans. They feel trapped by them. There's no room for spontaneity. The **fixated** pattern of Sevens is to **anticipate**, to be ahead of myself, to be thinking of what's next instead of being with the experience I'm in right now.

How does plan help with that? **Holy Plan** is, "Relax, you're in good hands, the **unfolding** of Reality will be better than your plan about it, and even your plan about it is part of the unfolding of Reality." There's not a separate guy here who can come up with a better plan than what's going to happen. It's not a simple philosophical gloss like "everything is a learning experience," or "really everything is positive in the end," because there are pains and losses and difficulties.

The Holy Plan is closer to the sacred feeling in the One, Holy Perfection. It's that sense of that inherent intelligence. But here in the Seven, instead of a snapshot, it is more like a movie where you're in the dynamism and the forward momentum of that intelligence. As you **surrender**, it starts to guide you. It's a bit like you're riding the crest of a wave, maintaining a certain balance within yourself, and the universe is just opening up and unfolding and we're back to that Holy Truth of the Eight. The Holy Plan is also based in **radical trust**. This trust is not naiveté or gullibility. It's trust in an inherent intelligence that you have access to and that is guiding you toward potentially evolutionary experiences. It's guiding us even toward painful and negative experiences to what will be most healing and helpful in addressing those difficulties that are inevitable in a human life on this planet.

And then we can feel the aliveness of Eight, and on and on and on.

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#### **Fixations** / Lower Head –

- 8 **objectifying** [vengeance\*]
- 9 **ruminating**
- 1 **opining**
- 2 **relational thinking** [flattery\*]
- 3 **self-deception**
- 4 **fantasizing** (melancholy)
- 5 **retention**
- 6 **over-thinking/worrying**
- 7 **anticipating**

#### **Passions** / Lower Heart –

- 8 **lust/efforting**
- 9 **resignation** [sloth\*]
- 1 **resentment**
- 2 **pride/arrogance**
- 3 **vainglory** (excessive vanity) [deceit\*]
- 4 **envy** (longing, disappointment)
- 5 **avarice** [greed\*]
- 6 **angst** (victimhood)
- 7 **gluttony**

#### **Virtues** / Higher Heart –

- 8 **Innocence** – mercy, protecting something delicate & sacred; presence - being with what is unfolding in the moment
- 9 **Engagement** – contact and availability; I'm here
- 1 **Serenity** – grounded support; inner balance in order to respond and not react to external circumstances
- 2 **Humility** – I matter, and so does everyone else as much as I do
- 3 **Authenticity** – my actions are heartfelt
- 4 **Equanimity** – spaciousness of receiving and holding of all; my emotions come and go without disrupting my heart
- 5 **Non-Attachment** – witnessing; no agenda; ability to hold the temporariness and preciousness of everything
- 6 **Courage** – readiness, trust and feeling supported
- 7 **Sobriety** – simplicity of being fed by the richness of this moment; savoring the splendor of what is here and now

\*older versions