

Awareness ~ Surrender ~ Alignment

Discussions of our type can be useful, but they are meant to be in service to inner work.
Central to all the historical teachings was the necessity of practice. ~Russ Hudson

Energies are the **essential qualities** that are ways we experience presence. They help heal the **Passion** which is the emotional suffering created by the perceived absence of energy and perceived separation from Source and ourself. *The essential quality reveals the inner logic of each fixation. (Almaas Keys p5)*

- 8 Vitality and aliveness; *true strength*
- 9 Receptivity; dynamic flow; spaciousness; *boundless love*
- 1 Alignment; structure and discipline; *brilliancy*

- 2 Collaboration, cooperation, communication; *merging love*
- 3 Engagement; intention and purpose; *personal essence*
- 4 Intimacy and deeper truth; “what’s it all about?”; *essential identity*
- 5 Clarity; *diamond guidance*
- 6 Courage; *personal will*
- 7 Navigation; *pleasure vehicle*

(Hudson, Almaas)



Body Instincts	Self-Preservation (SP)	Sexual (SX)	Social (SO)
Instincts are energies related to our emotions from our childhood wounds involving loss of connection. They areas we can actively work on.			

Higher Mind

Holy Ideas (some have 2) – particular facets of Reality that are liberated as our fixations fall away; they manifest as a result of inner work, when we are present and grounded. *They are way that we understand the nondual view. Almaas Keys*

- 8 **Truth** (unitive-ness of Reality)
- 9 **Love** (benevolence of Reality)
- 1 **Perfection**
- 2 **Will** (reality flows with a certain force) & **Freedom** (when Self moves with Reality)
- 3 **Law/Harmony/ Hope** (all experiences are part of the greater Reality)
- 4 **Origin** (inseparability from Source)
- 5 **Omniscience** (Universal Mind, multiplicity within unity) & **Transparency** (Self as part of the totality of Reality)
- 6 **Faith** (Being is the inner Reality and truth of all humans)
- 7 **Plan/Wisdom/Work** (divine unfoldment of totality) (Almaas)

Higher Heart

Virtues – they manifest as a result of our inner work, when we are present and grounded.

- 8 **Innocence & Mercy**
- 9 **Engagement**
- 1 **Serenity** (grounded, balance in order to respond)
- 2 **Humility**
- 3 **Authenticity**
- 4 **Equanimity** (spacious heart allowing all)
- 5 **Non-Attachment**
- 6 **Courage**
- 7 **Sobriety** (fed by the richness of the moment) (Hudson)



Lower Mind

Fixations – mental activity that limits our perception and numbs and manages our passions; ego’s view of reality. They limit our range of perception and thinking as a way to manage our suffering.

- 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** (Hudson)
- [*older versions]

Complex – a personally disturbing constellation of ideas connected by a common feeling tone; eg a distorted **idea** with a unpleasant **feeling** that we organize around (*Jung*)

- 8 power complex
- 9 comfort complex
- 1 perfection complex
- 2 savior complex
- 3 success complex
- 4 special complex
- 5 privacy complex
- 6 security complex
- 7 variety complex (Wagner)

Lower Heart

Passions – draw their energy from the Instincts; feeling tone of our suffering and object relation between two internal objects (internalized mother and me, or internalized father and me) [see Object Relations Triad]. *Where our heart gets stuck, Almaas Keys p2*

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

“lower”

blind spot(s)	compulsion
ego	earth / green
habits	false self
inner critic(s)	idealized image
personality, persona	illusory self
shadow(s)	layers of the onion
unconscious	mask(s)
	pretending self
acquired self	secrets
addiction	sin: missing the mark
armored self	unhealthy
asleep	walled-off self
autopilot	wounded child

“higher”

Absolute	Consciousness	Ultimate Goodness	Nature
Adonoy	Creator	Ground of Being	Non-Duality
Allah	Divine	Growth	One
Awake	Ein Sof	Healer, healing	Oneness
Ultimate Beauty	Elohim	Healthy	Reality
Being	Emptiness	Heaven / blue	Relational
Beingness	Energy	Higher Power	Sacred
Beloved	Enlightened	Holy	Soul
Bodhichitta	Essence	Home	Source
Brahma	Fullness	Jesus	Spirit
Christ Consciousness	God	Infinite Unknowable	Tao
Cloud of Unknowing	Goddess	Life	Truth
Compassion	Godhead	Mother Nature	Will of God
		Mystery	Wonder & Awe