

# **Integrating the Higher Qualities of our Essence into our Lives** *Dr. David Daniels*

## **Type 1**

Holy Idea: **Holy Perfection**

Virtue: **Serenity**

Holy Perfection means the undivided oneness of all at the core of our being, without judgmentalness. This we experience in the body as a calm abiding and as a simple appreciation and an acceptance of differences and variations, which is experienced as the virtue termed “serenity.” Then, all experience, including the vital instincts, occurs without resistance as we experienced when we were little children. Thus, all positive and negative feelings occur within us without resistance, and anger, frustration, and impatience abates. This means we are in the natural flow of positive and negative experience, which gives us a non-judgmental, more accepting perspective. In this stance of being, it becomes impossible to intentionally harm, through mindless condemnation, another being or the self. Where there is acceptance there is love, and where there is love there cannot be separation or alienation. Within the serene and loving heart, there is inexplicable goodness and a natural alignment to our dignity and integrity.

## **Type 2**

Holy Idea: **Holy Freedom (Freewill)**

Virtue: **Humility**

Holy Freedom means that the real needs of both self and other get met organically and systemically by a greater will than our own will. This creates the intra-personal freedom to exist in the natural flow of giving and receiving, and to do without pride, this virtue is termed, “humility.” For example, we experience this natural flow in the mother-infant nursing experience where both are being nurtured and in the emergency-responders unwavering response to tragedies and environmental disasters. We sense what is appropriate to both give and to receive, both of which provides congruence. With humility in the forefront, we are free to operate without an attachment to our pride, without an attachment to fulfilling the needs of self or others. Where there is humility there is love, and where there is love there cannot be ingratiation or manipulation. Within the humble and loving heart, there is inexplicable gratitude and a natural flow of divine reciprocity.

## **Type 3**

Holy Idea: **Holy Hope (Natural Law)**

Virtue: **Veracity**

Holy Hope means that things get done, according to universal laws and not solely upon the effort of the individual doer. This provides enduring hope for the future, which in turn allows for the expression of our true self, our own authentic feelings, this virtue termed “veracity.” We witness this natural unfolding when we go out into nature. Observing nature allows for the organic experience of what really needs doing and what doesn’t, thus, no moving forward beyond feelings and, hence, no continuous go-ahead energy and no self-deception, self-ignoring takes place. Then, and only then, can there be a harmonious blend of doing and being, of accomplishment and presence, to self and others. The integrated Type 3 knows that love emanates from our qualities of being, not solely from qualities of doing, which further allows for a genuine expression of our real feelings and of our real and natural state of being. When this occurs, the heart is infused with a powerful sense of authentic presence.

## **Type 4**

Holy Idea: **Holy Origin**

Virtue: **Equanimity**

Holy Origin means that in the original state of being whole and complete and connected exists in each moment with nothing of substance or importance missing or lacking. The infant in utero is a beautiful example of existing in complete connection. No wonder there is such a wail at the time of birth, when the physical connection between mother and infant is severed. Being in a state of oneness with all creates inner calm. A complete acceptance of what is exists with what is actually present, this virtue is termed, “equanimity.” Not superior, not inferior, not more than and not less than. Gratitude for “what is” and for an appreciation for life’s experiences are meant to abound. In this equanimous, balanced state, no over-expressed emotions dominate. The body moves appropriately through life’s circumstances. Longing for what is deemed “lacking” abates and energy then diverts to only those things that are truly worth pursuing or enhancing. Where there is equanimity there is love, and where there is love there cannot be a sense of lacking or disappointment. Within the accepting and loving heart, there is unyielding appreciation and a continual sense of wonderment and delight.

## **Type 5**

Holy Idea: **Holy Omniscience**

Virtue: **Non-attachment**

Holy Omniscience means a direct and assured inner knowing independent of sought-after thinking, postulating, and the effort that goes into deriving studied conclusions. There's an infinite amount of energy that comes from "knowing" and trusting in one's ability to "know." Infants exemplify a trust in this kind of knowing and in the natural gift of life's energy source as infants only live in the present moment, without cognition. Thus, life energy flows freely from the world and to the self, this virtue is termed, "non-attachment." Consequently, we are designed to move forward into life and toward nurturance and not away from the requirements and claims of life in what is witnessed as retraction, isolation, and avarice. There is an astuteness about what is required in life and what isn't, and we experience more than adequate life energy flowing freely from, to, and through the body. There is a liberating understanding that the mind itself and on its own is not what manifests and conjures up direct experience, only a heartfelt connection and the presence of being brings forth direct and assured knowing.

## **Type 6**

Holy Idea: **Holy Faith**

Virtue: **Courage**

Holy Faith means having a true faith in self, other, and in the universe. To me, this means grasping that nothing, even death, can destroy the divine, higher qualities of essence and the oneness of all that which we are a part of, at the core of our being. Faith allows for our meeting of real danger with a conviction of purpose, this virtue is termed, "courage." Courage is the opposite of magnifying incremental dangers and focusing on how anything and everything could go wrong. In a state of courage that leads us to foundational faith, we recognize and come to own the responsibility for our own existence and we come to trust in the process of becoming our own authority. Then, we naturally face hazardous or fearful situations by addressing them, rather than turning away from them or struggling to go against them. Parents exemplify this when protecting their children fearlessly and all of us exemplify this when venturing out into new, unexplored, uncertain situations. Love, devotion, and mindfulness function as another kind of courage; it's the kind of courage that just "knows" what to do, at the moment required. It's an access to an inherent, almost downloaded, conviction that provides a supportive, loving, and trustworthy form of guidance and directive.

## **Type 7**

Holy Idea: **Holy Work | Holy Plan**

Virtue: **Sobriety**

Holy Work/Plan means the embracing of the all of life with a focused concentration and with the ability to travel the spectrum of consciousness, fully and freely. This allows for an adherence the present moment with a steadfast constancy, this virtue is termed, "sobriety." This means that we

embrace the pain and sadness of our lives as well as the pleasures, stimulations, and joy, and we embrace it all with an open, receptive, willing heart, with a presence to both self and to others. Young children exemplify this by being fully present to what occurs at any given point in time, both the delight of life and the pain. Gluttony of the mind for endless future possibilities, options, and adventures abates. Instead, we are fully grounded in the utter fabric of our lives, experiencing the totality, the full spectrum of life, including the vast and potentially disturbing dimensions of our inner terrain. Then, commitment develops as a result of unwavering effort and dedication for its own sake, for our sake, for the sake of a very full and rich life, naturally ensues.

## **Type 8**

Holy Idea: **Holy Truth**

Virtue: **Innocence**

Holy Truth means the stamina, wherewithal, and embrace of the truth, which resides in all beings in all moments, and is not just found in our own version of truth. This virtue, termed innocence, enables us to come freshly to each situation without prejudice, agendas, or power motives. A natural, exuberant life energy then arises to meet each situation, each person, and each moment we are experiencing within ourselves. This kind of innocence, purity, then allows for the appreciation of the greater truth, which is the oneness of all, at the core of being. Proportionality, the arising of adequately responsive energy, fitting the situation, results. This stance allows for us to experience each person's truth, their power as well as their boundaries, in a dignified, respectful, and mindful way. Vulnerability is welcomed as a freshness in the moment, and tender open-heartedness prevails for all involved. We experience this virtue of innocence in young children who eagerly explore the totality of life with curiosity, vibrancy, and presence.

## **Type 9**

Holy Idea: **Holy Love**

Virtue: **Right Action**

Holy Love means the blissful state of unconditional love and of union wherein everyone belongs equally, with dignity, autonomy, and acknowledgment. This allows for the physical experience of appropriate and proactive mobilization, appropriate to any given situation and as such, takes into account the self equal to, not more than or less than, all others. This virtue is termed "right action," which, when accompanied by an engaged heart, leads to an incredible amount of authentic intra-personal power and the power of a grounded presence. Thus, right action allows us to act, to "show up," in the world in a way that supports our true nature, the authenticity of our being, the dignity of both self and other. Inertia toward the self (self-forgetting and resignation) are no longer comfortable or viable ways of self-soothing. From this stance, a true and honest empathy, a genuine care, and a compassion for both the self and for all, radiates our every step. There is acceptance of the self,

without refusal, denial, or shutting down. We take the actions appropriate for the situation and for the vibrant self, and the actions needed and that which are essential to each given situation.