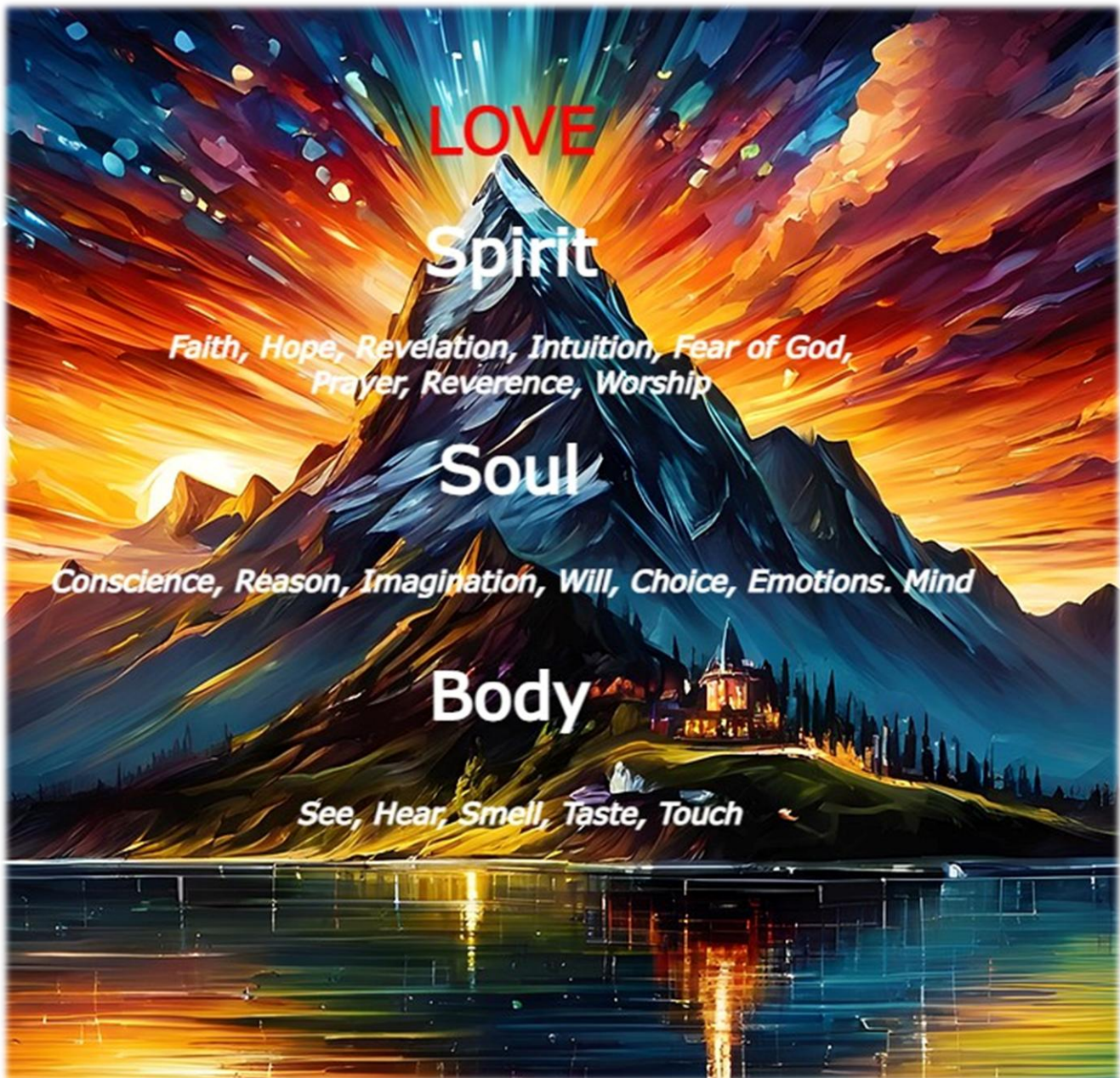


SOM – VIA Activation Materials

Gateways of the Spirit, Soul, and Body

By Del Hungerford



After the initial 30-days or so of releasing Perfect Love into the gateways, regular “cleansing” or as I like to call it, “infusing” of Perfect Love into each gateway is an important continued step of the process. Wholeness encompasses several levels of participation. Remember... you have a spirit, soul, and body. All THREE of them need attention for your being to function as it was designed. The first stage is through the spirit. From that position, Perfect Love is then released into the soul, followed by the body. I’ve found that this order brings about a more solid foundation in the wholeness process. It would be no different

than a contractor using large, solid, and very strong timbers for the main structure of a home. The more solid the floors, walls, and roof are, the better everything on the inside and outside works. Therefore, think of gateway cleansing as foundational work for your wholeness journey.

Much of this information is included in my book, *Transforming Mindsets*. For SOM subscribers, that document is available as a PDF as part of your subscription. For additional assistance with gateway work, consider purchasing my course, “Mountains, Gates, and Castles.”

<https://www.healingfrequenciesmusic.com/product/mountains-gates-and-castles-teaching/> In that course, I provide a day-by-day progression of working in and through the gateways over a period of 72 days. Or find a way to do it on your own based on your personal intuition and what you feel works for you. The key is to be as consistent as possible. Always start at the top – your spirit first!

Next, at the same time, begin working through the VIA information: Finding the Golden Mean, VIA Character Forms, and Passion Lists – in that order.

FINDING the GOLDEN MEAN

CHARACTER UNDERUSE, OVERUSE, and OPTIMAL USE

This is a transference of information from the VIA website (viacharacter.org) so it’s all in one place here. As we mature, we become more centered and flow into the “optimal use” category. And, when the flow works well from one character strength (*or character category*), “keys” unlock and open doors that can allow us to function optimally within each character strength as they “move in and out” of each other.

Strength	Underuse	Optimal Use	Overuse
Creativity	<i>Conforming; plain/dull</i>	<i>Uniqueness that is practical; original</i>	<i>Eccentric; odd; scattered</i>
Curiosity	<i>Bored; uninterested; apathetic</i>	<i>“Explorer,” intrigued, open</i>	<i>Nosy; intrusive</i>
Judgment	<i>Illogical; naïve; closed-minded</i>	<i>Analytical, open-minded, logical</i>	<i>Narrow-minded; cynical; rigid</i>
Love of Learning	<i>Smug; uninterested</i>	<i>Information-seeking; lifelong learner</i>	<i>Know-it-all; elitist; overwhelming</i>
Perspective	<i>Shallow; superficial</i>	<i>Sees and offers the wider review</i>	<i>Overbearing; arrogant</i>
Bravery	<i>Cowardly; unwilling to act</i>	<i>Facing fears; confronting adversity</i>	<i>Risk-taking; foolish; overconfident</i>
Perseverance	<i>Lazy; helpless; giving up</i>	<i>Task completer; persistent</i>	<i>Stubborn; struggles to let go</i>
Honesty	<i>Phony; dishonest; inauthentic</i>	<i>True to oneself, sincere</i>	<i>Self-righteous; rude</i>
Zest	<i>Sloth-like; passive; sedentary</i>	<i>Happy; active; energized</i>	<i>Hyper; overactive; annoying</i>

Love	<i>Isolating; cut-off from others</i>	<i>Genuine, reciprocal warmth</i>	<i>Emotional overkill; touchy-feely</i>
Kindness	<i>Indifferent; selfish; meanspirited</i>	<i>Caring; compassionate; friendly</i>	<i>Intrusive; overly focused on others</i>
Social Intelligence	<i>Clueless; disconnected</i>	<i>Tuned in, then savvy; empathic</i>	<i>Over-analytical; self-deception</i>
Teamwork	<i>Self-serving; individualistic</i>	<i>Participative; loyal; collaborative</i>	<i>Dependent; loss of individuality</i>
Fairness	<i>Prejudice; complacency</i>	<i>Champions equal opportunity for all</i>	<i>Detached; uncaring justice</i>
Leadership	<i>Follower; compliant; passive</i>	<i>Positively influencing others</i>	<i>Bossy; controlling</i>
Forgiveness	<i>Vengeful; merciless</i>	<i>Letting go of hurt when wronged</i>	<i>Permissive; doormat</i>
Humility	<i>Arrogant; self-focused</i>	<i>Focuses attention on others; modest</i>	<i>Self-deprecation; limited self-image</i>
Prudence	<i>Reckless; thrill-seeking</i>	<i>Wisely cautious; goal-oriented</i>	<i>Stuffy; prudish; passive</i>
Self-Regulation	<i>Impulsive; undisciplined</i>	<i>Mindful; disciplined</i>	<i>Constricted; obsessive</i>
Appreciation of Beauty and Excellence	<i>Oblivious; stuck in autopilot</i>	<i>Seeing the life behind things</i>	<i>Snobbery; perfectionistic</i>
Gratitude	<i>Entitled; self-absorbed</i>	<i>Connected; appreciating positives</i>	<i>Contrived; repetitive</i>
Hope	<i>Negative; past-oriented</i>	<i>Positive expectations; optimistic</i>	<i>Unrealistic; blind optimism</i>
Humor	<i>Overly serious; flat affect</i>	<i>Laughter/joy with others; playful</i>	<i>Tasteless/offensive; giddy</i>
Spirituality	<i>Unaware of core values</i>	<i>Connected with the sacred</i>	<i>Preachy/proselytizing; fanatical</i>

Fill Out Your VIA Categories Form!

First, take the survey on the website. Next HAND write all 24 character traits in your journal in the order provided through the survey. Why do it by hand? Scientists have determined that writing things out by hand actually helps you cement the information into the brain.

Next... PRINT OFF this packet so you can fill out the forms.

Categories from viacharacter.org

WISDOM	COURAGE	HUMANITY	TRANSCENDENCE	JUSTICE	TEMPERANCE
Creativity	Bravery	Love	Appreciation of Beauty	Teamwork	Forgiveness
Curiosity	Persistence	Kindness	Gratitude	Fairness	Prudence
Judgment	Honesty	Social Intelligence	Hope	Leadership	Modesty
Perspective	Zest		Humor		Self-control
Love or Learning			Spirituality		

Instructions for filling out your VIA Character Category Form:

- Take each character trait from your journal and put it under the category trait as shown in the example on page 5 for the C and J profiles.
 - The form to use is on page 6 of this document. Further instructions are there.
- Put the number for each character trait next to or underneath it.
 - EX. Person C’s Wisdom category has “Love of Learning” as the second character trait on the list. You’ll see “#2” under “Love of Learning.” Spirituality is #5, Forgiveness is #14, and so on for Profile C.
 - It’s easier to write the categories in order as in the sample I provide on page 5. NOTE: That wasn’t done in the profiles of C or J.
- Complete the numbering for all 24 character traits.

Sample Profiles

C PROFILE							
WISDOM	Love of Learning	Perspective	Curiosity	Judgment	Creativity	TOTAL	AVERAGE
	2	18	6	5	1	32	6.4
TRANSCENDENCE	Spirituality	Hope	Gratitude	Humor	App. Beauty/Exc.		
	3	4	11	21	24	63	12.6
TEMPERANCE	Forgiveness	Humility	Prudence	Self-Regulation			
	14	23	15	7		59	14.75
JUSTICE	Fairness	Teamwork	Leadership				
	12	20	8			40	13.33
COURAGE	Perseverance	Honesty	Bravery	Zest			
	13	16	22	9		60	15
HUMILITY (Humanity)	Love	Kindness	Social Intelligence				
	10	17	19			46	15.33
J PROFILE							
WISDOM	Love of Learning	Perspective	Curiosity	Judgment	Creativity	TOTAL	AVERAGE
	17	2	15	7	23	64	12.8
TRANSCENDENCE	Spirituality	Hope	Gratitude	Humor	App. Beauty/Exc.		
	1	18	20	16	5	60	12
TEMPERANCE	Forgiveness	Humility	Prudence	Self-Regulation			
	8	10	19	21		58	14.5
JUSTICE	Fairness	Teamwork	Leadership				
	4	22	12			38	12.66
COURAGE	Perseverance	Honesty	Bravery	Zest			
	14	3	11	24		52	13
HUMILITY (Humanity)	Love	Kindness	Social Intelligence				
	13	6	9			28	9.33

Once you've transferred all your information to the chart on page 6, you'll do the following:

- Write in the total for the entire category under "Total."
- Next, divide that category by the number of traits IN the category.
 - **Wisdom** and **Transcendence** totals are divided by FIVE.
 - **Temperance** and **Courage** totals are divided by FOUR.
 - **Justice** and **Humility** (AKA Humanity) totals are divided by THREE.
- Write the average for each category in the final column.

NOTE: Some categories have different names that help explain their qualities. Descriptions (from Kirby de Lanerolle) of how they function are also included to give you an idea of how they work in your personal life. Titles and functions are as follows:

- **WISDOM** functions through peace.
- **COURAGE** functions through faithfulness and patience.
- **HUMANITY** can also be called **HUMILITY** and functions through love and kindness.
- **TRANSCENDENCE** functions through joy.
- **JUSTICE** functions through goodness.
- **TEMPERANCE** can also be called **MODERATION** and it functions through self-gentleness and self-control.

As a reminder divide the total of EACH category by the following numbers:

- **Wisdom** and **Transcendence** totals are divided by FIVE to get the AVERAGE.
- **Temperance** and **Courage** totals are divided by FOUR to get the AVERAGE.
- **Justice** and **Humility** (or Humanity) are divided by THREE to get the AVERAGE.

Notice in the sample, I put under each column the name of the character trait followed by the number it appears in the assessment. Make sure BOTH trait and # are included. For example, for Person J, column A has Perspective and it's #2 on the assessment, Judgment is #7, Curiosity is #15, etc.

Here is the sample of how Person J listed the Wisdom category (in strength order).

WISDOM	A	B	C	D	E	TOTAL	AVERAGE
	Perspective #2	Judgment #7	Curiosity #15	Love of Learning #17	Creativity #23	64	12.8

Transfer YOUR VIA Character Strengths to this list so they are ordered as in the example of Person J.

Category	A	B	C	D	E	Total	Average
Wisdom							
Transcendence							
Temperance					Leave blank		
Justice				Leave blank	Leave blank		
Courage					Leave blank		
Humility				Leave blank	Leave blank		

Once you've completed this list...

Please start your passion list 😊

Beginning Your Passion List!

The information for this section of September's activation comes from my VIA Character and Passions course. I'm only presenting the first part for SOM so if you're interested in the entire course, you can get that here for \$25: <https://www.healingfrequenciesmusic.com/product/via-character-and-passions-course/> The course includes putting together a list of goals that are feasible to carry out over the next few years.

Take the questions below to a quiet place where you won't be disturbed. Have your journal with you so you can write what comes to your mind. Again, it's a brainstorming session. The dictionary definition of brainstorming is more about groups. As an individual, it's about letting the thoughts flow and writing as you ask questions of your inner self. Some of those thoughts, you know, but others may be hidden in the recesses of your brain, or you've given up on them a long time ago.

If you find yourself feeling sad about not doing something, simply *notice* the feeling. Take it to your seat of rest where you govern your life and cover it with Perfect Love. Use the gateway picture at the beginning to release Perfect Love through the spirit gates and into whichever soul gates are highlighted to you that could be causing negative emotions.

With that, here are the questions to write and ponder as you begin your list:

1. Make a list of everything you're passionate about but haven't yet done.
 - a. What have you dreamed about doing that you've not yet done?
 - b. This is where you would put the traditional "bucket list" items but remember – this is about life and moving forward.
2. What jobs have you held? List everything you can think of from childhood until now.
3. What jobs would you LIKE to have done but either didn't consider yourself qualified for or something didn't work out for you to do the job? (EX: moved to a different location, marriage, raising kids, traumatic life experiences, etc.)
4. What volunteer things have you done (church, school, community, etc.)
5. What things come naturally to you? These are things you do well without having to put much effort into.
6. Are there things that are difficult for you to do? Or at least you THINK they're difficult. Has this kept you from pursuing certain career paths?
7. What intrigued you as a youngster? What did you dream about doing "when you grew up?"
8. What was your "play" like as a child? What kinds of things did you like to do that made you happy? Where was your happy place as a child?
9. What hobbies do you enjoy and have you enjoyed in the past? (gardening, crafts, woodworking, music, nature activities, theatre, join a club, etc.)
10. What hobbies have you not yet done that you would still like to do?

NOTE: The goal is to make a list of 50 to 100 passions. Feel free to categorize and/or order them if you want from what you consider feasible to those less feasible. Feel free to include spiritual passions as well. Sometimes those passions can help direct where you may go in the future. ***Once your list is complete, then you may begin the voice-over activation for this month.*** I'll be asking questions based on your list for you to ponder during your quiet times.

Continual Practice

In my book, *Transforming Mindsets*, the last three chapters are devoted to methods I used to walk out my healing journey. As you read the book, you'll notice that I speak about the transformation process throughout my journey where I share the good, the bad, and the ugly pieces of bringing my being into greater restoration. If I can't share the bad stuff, then you can't learn from my mistakes. The key in this process is to choose what works for YOU!

When I begin something new, I often follow the instructions. At some point, I feel confident enough to branch out and explore beyond the original instructions. Why? What works for me may not be what you need. As you spend time in that place or rest, you'll learn to hear directly from your spirit. Pay attention to the thoughts that flow down the "thought river" of your brain, especially to those things you would have never thought about. The odd thoughts that appear to come from left field shouldn't be immediately dismissed.

As you read *Transforming Mindsets*, keep in mind that you'll want to be proactive with setting aside time. It's better to be proactive than reactive. It's much easier to stay healthy than waiting to do something when you get sick. The key here is to be proactive, be consistent, and practice! Here's a small snippet from the book to get you started...

Everything is about identity. Until we let go of fear, trauma, the victim mentality, and their cuddle buddies, it's difficult to fully embrace our true identity. True identity doesn't include the mindsets formed out of trauma. It's the inherent part of our individuality and character that came into our being at the moment of conception. Scientists say there's a visible flash of light that occurs when the egg meets the sperm. That's the moment the individual becomes spirit, soul, and body.

When we choose an identity based on culture, we're making decisions from our brain, not our heart. This is why it's important to have the brain and heart in agreement. Thinking with our heart is that gut feeling which is really our spirit talking to us. When we have negative junk that comes from within, that's generally the emotions, will, and reasoning portion of our soul. Our spiritual being is there to protect and guide us in a positive manner. Therefore, negative feelings that are meant to aim fault at us come from the soul. There are times when our gut warns us about things. In those instances, it's not positive or negative but more of a "heads up." It's what we do with these cautions that point us toward a positive or negative outcome. Will we travel down the negative or positive stream? One is fear based and the other is possibility based.

I propose that our identity is inherent and already set within us from the beginning. As we deal with traumas, trials, and the difficult parts of life, our attitudes surface. Even in the middle of hard times, it's possible to function from our identity and we don't even know it.

The above being said, I suggest that as you go through the exercises outlined in these materials, put together a wholeness "recipe" where you do several things to bring yourself into optimal health – spirit, soul, and body. Those items include spiritual activations (spirit work), working through past traumas (and other things to help the soul heal), and then something else to work directly with the body. There are suggestions for specific protocols in the book.

If you would like personal mentoring, reach out to me: info@healingfrequenciesmusic.com