

This month, the e-newsletter from LifeWise Learning Institute (www.lifewisecoaching.com) and The Enneagram Institute of the San Francisco Bay Area (www.enneagramcalifornia.com) are morphing into an integrated e-newsletter under the title:

Awakening Wisdom

Consciously connecting everyday life with our Higher Nature

Exploring the Six Dimensions of Gratitude

The following quote got my attention when I first read it. I can imagine no more sacred way to live than abiding in our heart with deep gratitude for the abundance that envelopes us, for the abundance of True Reality. There's a cycle-- practice of gratitude supports our awakening and our awakening brings us to a natural expression of gratitude.

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."- John F. Kennedy

I almost didn't write about Gratitude this month because I suspect that others are focusing on it during this time of Thanksgiving in the United States. Then, I stopped and listened to my internal dialogue. Did I really hear an inner voice saying that my readers might 'get tired' of the message at this time of year? As I let that voice go, it was abundantly clear that the energy of Gratitude is clearly wanting to be expressed.

One of the greatest gifts of Gratitude is the receptivity and openness that it creates in our hearts. Have you ever noticed a greater degree of expansiveness when you have identified and made intimate contact with this quality? Gratitude changes us. From an Enneagram perspective, Gratitude is an expression of the Essential Nature of Type Seven, the Enthusiast, and that energy within us.

Have you noticed where you are and what you are doing when you experience Gratitude? I find that it requires awareness and an internal stillness. Truly, it can only be experienced in the present moment. On a very human level, it challenges any temptation toward self-pity, victimization, self-grandiosity or other form of narcissism, and uplifts us to our higher nature. Ultimately, Gratitude is an act of being a conscious partner in the play of the Universe. It grows our perspective of what it means to be alive. Intentional Gratitude is very simply, transformative.

I am suggesting that there is a "continuum" of gratitude consisting of 6 dimensions.* Each is identified below, along with a particular example or practice.

1) Recognize specific aspects of your life for which you are grateful.

Announcing Upcoming Workshops and Courses

We are starting the new year with several exciting Enneagram programs.

Relationships: Intimate and Professional
Jan 4-6, 2008
Mercy Center, Burlingame, CA.

With Dr. Roxanne Howe-Murphy and Dr. Ronna Phifer-Ritchie

Relationships have an enormous impact on our identity, health, self-worth, success, and are core to our psychological and spiritual development. Gain remarkable insights about yourself and others as you:

- Develop an understanding of how core thinking and emotional dynamics operate among and between individuals with different Enneagram types
- Discover new perspectives on the differences in life priorities and on approaches to conflict management
- Experience the impact of increasing your presence while interacting with others
- Learn real-life approaches to being in healthier relationships
- This authorized Riso-Hudson workshop is recommended for couples, single individuals who are interested in creating conscious relationships, parents, adult children of elderly parents, professionals who work closely with clients and anyone having challenges in their relationships.

For more details and to register, go to:
<http://www.lifewisecoaching.com/relationships-workshop-intimat/>

As part of the Deep Coaching Training Program, Roxanne will be offering:

The Deep Coaching Teleconference series

For coaches, therapists, spiritual directors, hypnotherapists, bodyworkers, acupuncturists, energy-workers and other holistic professionals who are called to take their work deeper.

Tuesdays, 6:00-7:30 p.m., PST Jan. 29-Apr. 15
11 sessions (not meeting every week)

This teleconference series will be based on Roxanne's Deep

Identify some of the specific aspects of life for which you are grateful.

For example, set aside two-three times/week to reflect on and write about what you are grateful for and why you are grateful for that particular experience. Allow yourself to feel the gratitude, so that you are not just thinking about it, but also noticing how it affects your heart.

2) Identify a 'present moment' awareness for which you are grateful (about yourself, about others, about your opportunities, about your life).

For example, when you are in a particular situation at work, at home, with a friend or family member, you might ask yourself the following:

What am I particularly grateful for about this situation?

3) Express gratitude to others.

Identify 10 people (if you have trouble with this, start with identifying one or two people) who have had a positive impact on your life.

How could you express your appreciation to these important people?

For example, you might write a personal letter thanking each person for his or her specific influence on you and send it by snailmail. Can you imagine the impact that would have on them?

4) Find the gifts in difficult circumstances or difficult relationships and experience gratitude for those gifts.

For example, see a person perceived as being the source of difficulty or as a pain as a 'teacher' of something that you are learning. Asking yourself, "What is this person here to teach me?" is a powerful question. Many of my clients have found this to be a potent source of change in their lives.

5) Receive gratitude from others.

Practice receiving gratitude and thanks from others.

Sometimes, this can feel more difficult than expressing your gratitude. Even if this is so, acknowledge it and experiment with accepting positive regard and appreciation from others. (I know. For some of you, this breaks all your old rules.)

6) Be a person of gratitude.

When you practice recognizing the gifts of life, expressing thanks and receiving the gratitude of others, you may notice that you'll experience a qualitative difference in your life. You start to live from this quality. You become a force for this healing quality.

This continuum of recognizing--to acting upon--to being/living from--naturally will begin to re-orient your life toward more expansiveness.

I would love to hear from you regarding your experiences with this continuum.

Happy Thanksgiving.

Coaching book. During the series, we will focus on the internal logic of each type, including essential characteristics, hidden dynamics, motivations, and an internal story of each of the nine personality structures. Case studies and participant experience will provide the basis for coaching practice.

Participants will be actively involved in the teleconferences, and having the opportunity to practice their skills.

There will be an introductory session, one session on each type, and a synthesis session.

Teleconferences will be taped and will be available to participants over the course of the training.

For more information and to register, go to:

<http://www.lifewisecoaching.com/certification-program/>

Essence:

The Enneagram of Self-Remembering

A learning community that meets monthly with Roxanne on the San Mateo Coastside

Does your mind feel over-used? Would you like to have contact with and greater access to your three primary centers of intelligence?

Are you forever trying to "fix yourself," believing that if you could just get this one mysterious 'thing' taken care of, you might be ok? Would you like to approach yourself and others with more genuine compassion, and realize that there is 'nothing to fix?'

Does experiencing your "Essential nature" appeal to you, but also feel out of your reach?

The most profound contribution of the Enneagram is to the awakening of our true nature. In this nine-session series, we will explore the wisdom that the Enneagram offers by focusing on how we start with where we are as a way to move toward, experience and remember our Essential Nature.

DATES and TIME: Once/month meetings -- Mondays, 6:45-9:15 p.m.
Starting Feb. 4

INVESTMENT: \$375.00 (paid in advance) or monthly payments of \$48.00.

Register: <http://www.lifewisecoaching.com/riso-hudson/> or by calling 650-726-3353.

NOTE: Both above learning opportunities qualify for: 1) CE credit with the California Board of Behavioral Sciences; and 2) for the Deep Coaching Training Program.

Hosted by Rob Stringer

What the Enneagram Has to Offer Parents
6:00-7:00 pm PST

Roxanne and her colleague, Dr. Ronna Phifer-Ritchie are guests on this radio program geared to parents of children of any age. We will be giving a brief overview of the nine Enneagram types, and how this impacts the parent-child relationships. Join us for this conversation.

<http://www.blogtalkradio.com/parentingwithintention>

Please forward this newsletter to a friend or colleague who will find it of value.

Awakening Wisdom is a publication presented by Roxanne Howe-Murphy, Ed.D, principal of LifeWise Learning Institute, an executive, life and spiritual coaching company based on the Enneagram and Director of the Enneagram Institute of the San Francisco Bay Area. This newsletter offers the growing community of readers committed to awakening and transformation some food for reflection and opportunities to learn about an array of services, including workshops and retreats plus info on new products. For more information, the link to the website is www.lifewisecoaching.com