

# **Wisdoms@Work**

## **Developments at the Five Wisdoms Institute**

### **Irini Rockwell**

As summer moves into fall, there is a feeling of harvesting the riches of the last ten years at the Five Wisdoms Institute. We have been taking a global perspective in promoting the Five Wisdoms for almost a decade. Now, we have some exciting new developments. The headliners are:

- A series of trainings called Wisdoms@Work;
- A new, more professionally oriented website; and,
- In March 2012, the publication of *Natural Brilliance, a Buddhist System for Uncovering Your Strengths and Letting Them Shine*.

The trainings, the website, and the book have been created with the intention of showing how the Five Wisdoms apply to many contexts and how to integrate them into our personal and professional lives.

#### **About the Five Wisdoms**

As many contemplative disciplines such as mindfulness and awareness train us in cultivating natural wakefulness, the Five Wisdoms point to our unique nature, our tendencies. They work directly with our body, speech, and mind and reveal what we think, feel, say, and do. We realize how we shine, as well as how we become stuck. We gain understanding of our work points and where we can grow. We also become more skillful in recognizing the energetic dynamics in people, places, and situations.

A special contribution Chögyam Trungpa Rinpoche gave to the Five Wisdoms teachings in the early 1970s is the postures. Based on tantric practices and teachings, the power of the unique five-posture practice still astounds me some forty years later. Through the postures, practitioners have direct experience of both neurotic and wisdom energy: vivid, intensified energy transmutes into brilliant sanity. Many people have breakthrough experiences in how they see themselves, others and the world.

The Five Wisdoms are qualities of authenticity: integrated, they foster wisdom and provide a common language to engage in genuine relationships, skillful communication, creative thinking, enlivened environments, and effective action. The vivid energy of all that we experience, the wisdoms tune us into the dynamics of situations, so we can respond appropriately and fully.

#### **Wisdoms@Work**

Wisdoms@Work is our signature training series for leaders and professionals. Whether you are a teacher relating with different learning styles, a health caregiver serving those in need, or an executive sparking creativity throughout your organization, Wisdoms@Work allows you to experience new ways of relating to your work.

Wisdoms@Work comprises two core trainings, which can be taken together to receive a Five Wisdoms Coach Certification. **Foundation for Personal Development** focuses on deep personal work to understand the Five Wisdom styles and their qualities and can be taken on its own. **Professional Development for Application** aligns the different wisdom energies of people, situations, and the environment to organizational and professional goals.

The Five Wisdoms Trainer Authorization is for trainers, coaches, and other professionals who would like to become authorized to design and facilitate Five Wisdoms trainings. The prerequisite for this training is the Wisdoms@Work certification or already being a Maitri Five Wisdoms teacher in Shambhala.

Our customized trainings are shorter and provided within organizations that sponsor us. We collaborate on creating and delivering trainings that suit the needs of educators, health caregivers, leaders, and artists.

Coaching, consulting, and supervision are an integral part of the trainings. We offer the trainings through a cadre of coaches and trainers.

### **Where you come in!**

Please consider being more actively involved with the Institute. Become a coach or a trainer. The website will have interactive features designed specifically for you to share your insights and experiences and stay connected with our community of coaches, trainers, and practitioners.

I continue to find more depth and more immediate applicability with the Five Wisdoms. At the Five Wisdoms Institute we are committed to promoting these precious teachings. Please join us!

We invite you to our new website: [www.fivewisdomsinstitute.com](http://www.fivewisdomsinstitute.com)