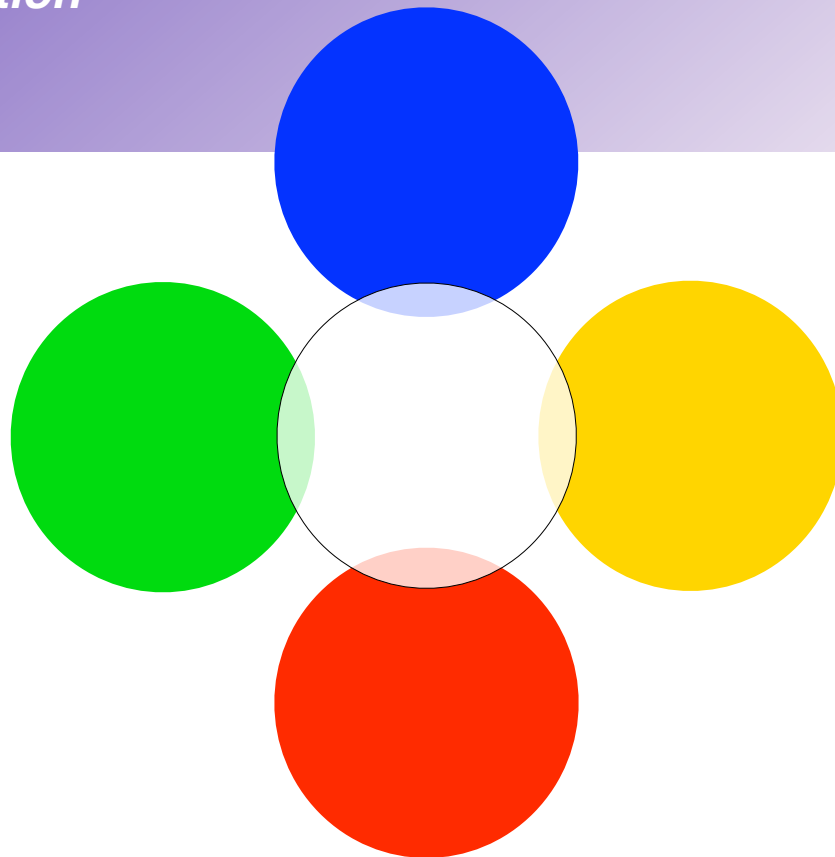


*Five Wisdoms Training
Unfolding the Mystery
of Your Life
on the Five Wisdoms Path*

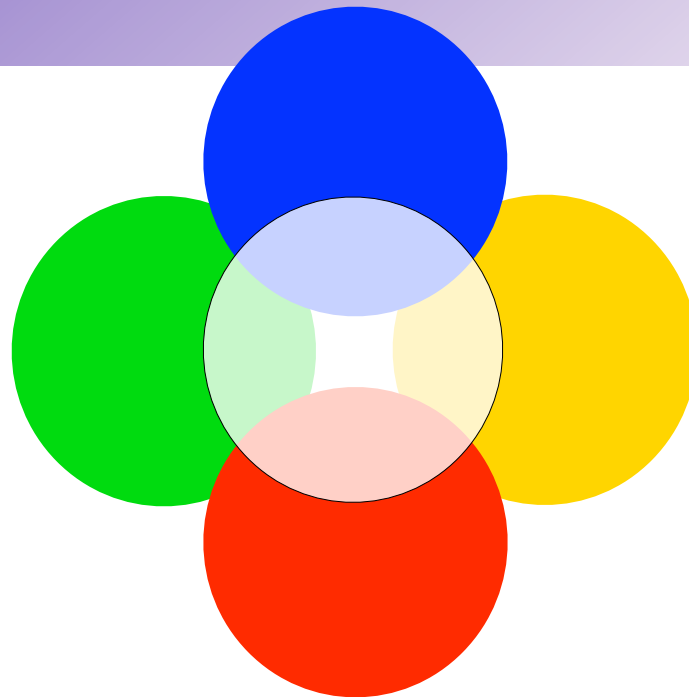
Five Wisdoms Training

- *A model for working with human dynamics*
- *A model of five energetic styles, or wisdom energies*
- *A model for transformation*



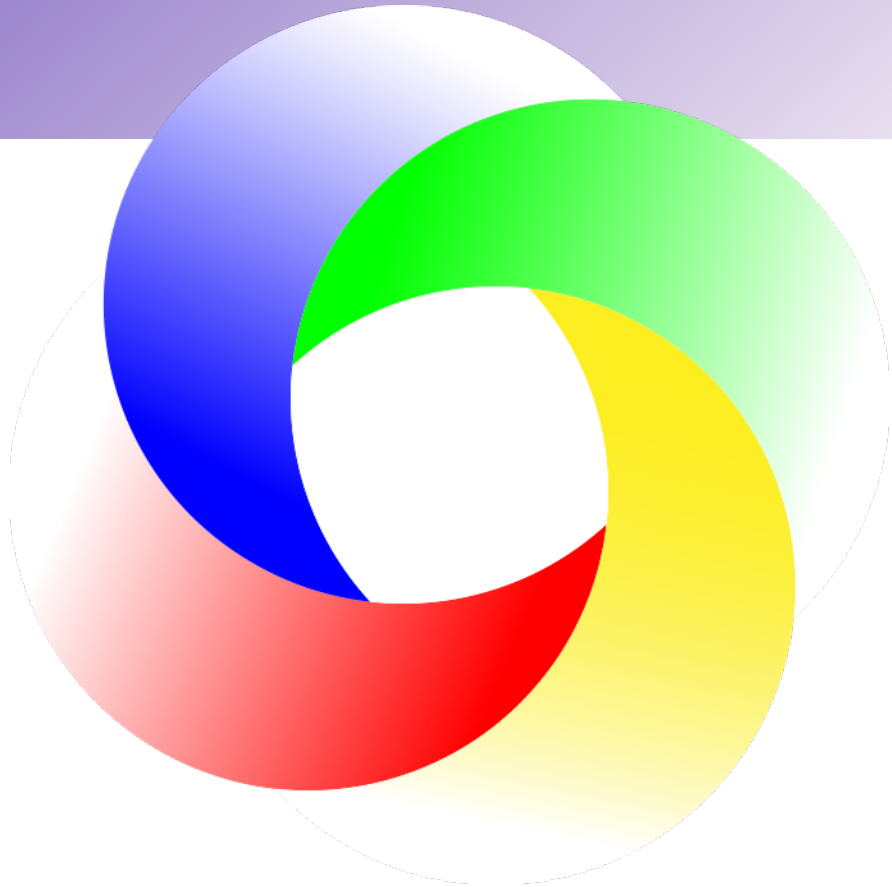
We Work With

- *Personal authenticity*
- *Authentic communication*
- *Enlivened environments*
- *Engaging effectively*



The Energy of Wisdom

- *Energy is the basic vitality of our existence*
- *Energy is the vibrant aspect of being*
- *Wisdom, as a positive life force, can be experienced energetically*



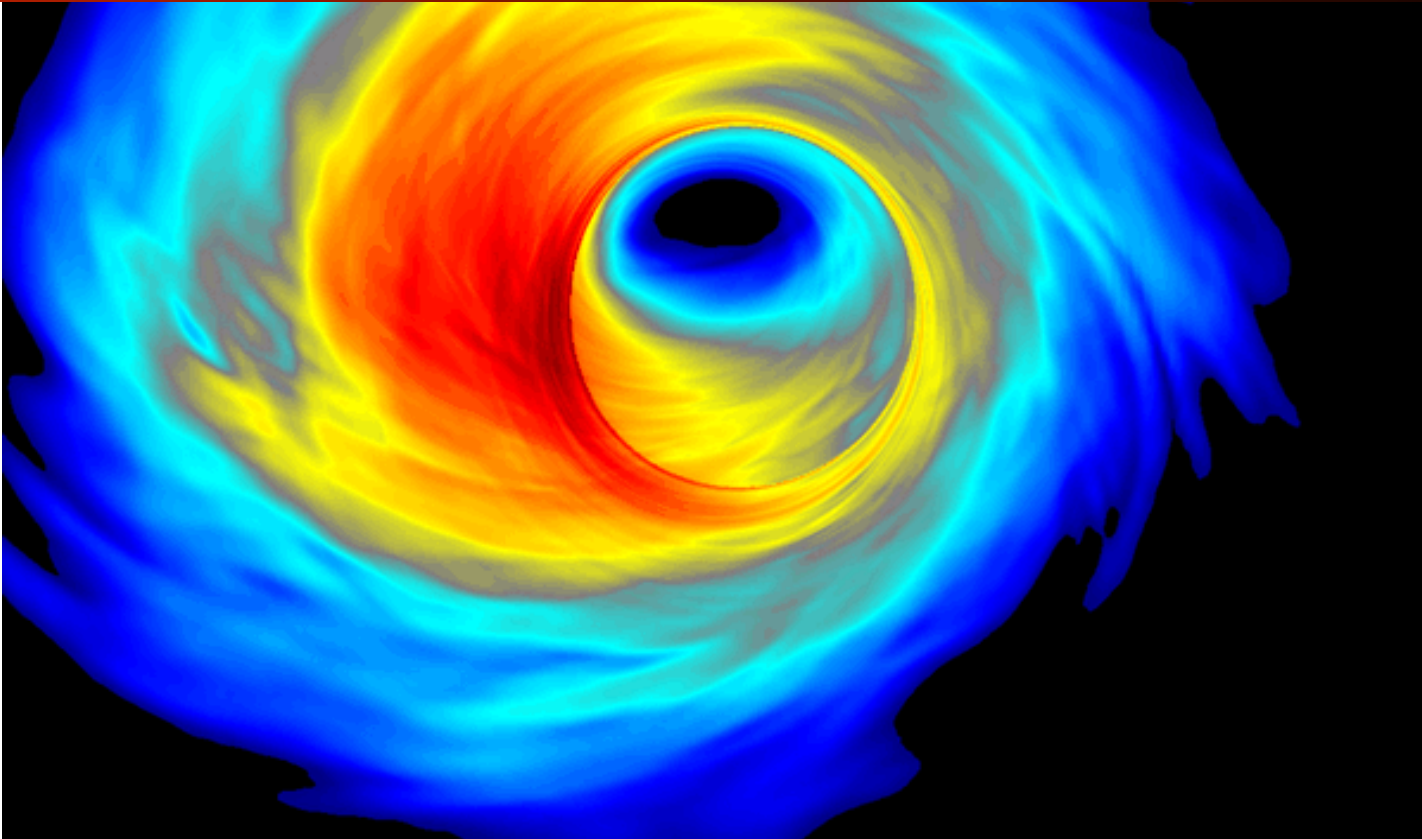
Five Wisdom Energies

- Our essential nature has five wisdom qualities
- Colors hold the essence of the energetic qualities



Where in the World is Energy?

- *Modern science sees energy as the basis of everything*
- *Energy pervades our body and inner, psychological world*
- *Working with energy opens the door to a subtle level of being*



The Energy of Human Dynamics

- *In working with energy, we understand human dynamics*
- *As people, we each display energy in our own unique ways*
- *Some personality traits we commonly classify as dysfunctional or neurotic, some we consider constructive or wise*



The Energy of Our Environment

- *Each moment we are affected by the world around us*
- *The environment in which we live and work has a great impact on us*



Our Psychophysical Barometer

- *We are affected by the energy around us whether we are aware of it or not*
- *With awareness we can gauge our atmospheric condition in a given situation*
- *When we close and withdraw we feel stuck, dense, and claustrophobic*
- *When we are open and welcoming we feel spacious and full of possibility*

Life is constantly challenging us to say yes or no

To embrace the fullness of the moment or shrink from it

Becoming aware creates the possibility of changing our attitude

The Five Wisdom Qualities

Five basic energetic qualities

- *Infinite combinations; everyone is unique*

Colors hold the essence of energetic qualities

- *Just as light radiates, so does energy*
- *The color of energy is like the color of light*
- *Sometimes we shine; sometimes we get stuck*

Shine

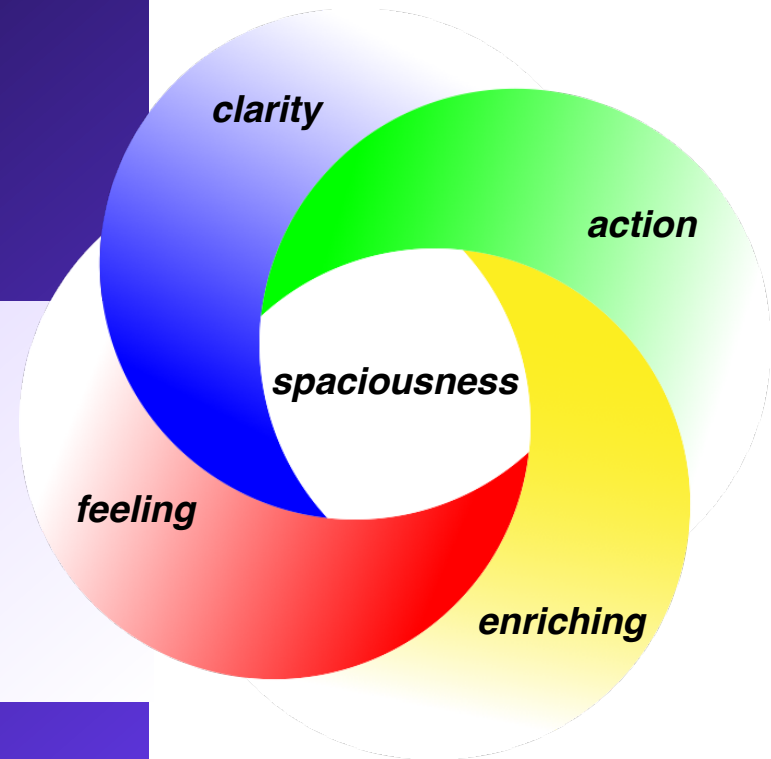
- *Open, warm, clear, flexible, easygoing*
- *sense of well-being, relatively functional*

Stuck

- *Closed, rigid, confused, inflexible, afraid*
- *Awkward, defensive, relatively dysfunctional*

Our neurosis and our wisdom exist in a common matrix of energy

- *As if they were alternating currents*
 - *or the flip side of each other*
- *Neither is solid or static*



How We Shine & How We Get Stuck

How We Shine

Blue - Clarity

clear minded, insightful
intellectual brilliance
sharp, precise
maintains perspective
has overview
not biased
principled, integrity

Green - Activity

efficient, effective
skillful means
practical
full of positive energy
confident in abilities
timely & appropriate action
synchronicity with world

White - Spaciousness

present, wakeful
receptive, accommodating
contemplative, reflective
simple, peaceful
easygoing, not ruffled
content with just being
holds seat

Yellow - Richness

deeply satisfied
self-fulfilled
expansive, enriching
appreciative, generous
resourceful
sensual
hospitable

Red - Passion

engaging, radiating warmth
magnetizing, charming
listens deeply
speaks from the heart
communicative
intuitive
connecting, joining

How We Shine & How We Get Stuck

How We Get Stuck

Green

restless, speedy
controlling, dominating
power-hungry
competitive
fear of failure
paranoid
jealous

Blue

overly analytical
critical
self-righteous
opinionated
authoritarian
demanding perfection
angry

White

dull
lazy
immobile
humorless
stubborn
insensitive
ignoring, denying

Red

insecure
seeking confirmation
preoccupied by desire
obsessively grasping
pleasure-seeking
manipulative
overly emotional

Yellow

self-important
arrogant
ostentatious
oppressive
greedy, indulgent
possessive
emotionally needy

Experiential Work

Discovering Our Mix of Colors

- *Which energy seems most basic or dominant in you?*
- *Which energy is one that you have been attracted to and learned?*
- *Which energy is a mask? one you hide behind?*
- *What is the energetic matrix of your work place?*



What is Your Passion?

When do you feel most vital?

KNOWING!

DOING

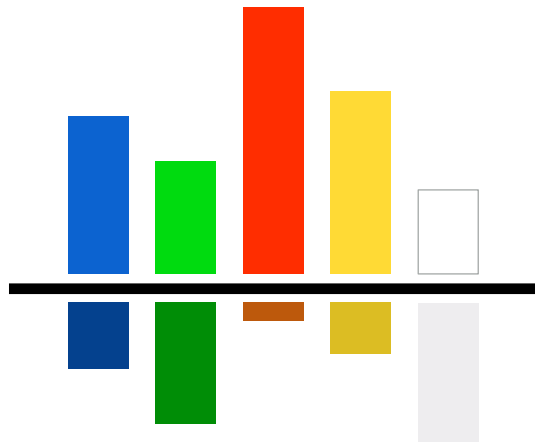
Being

Enriching

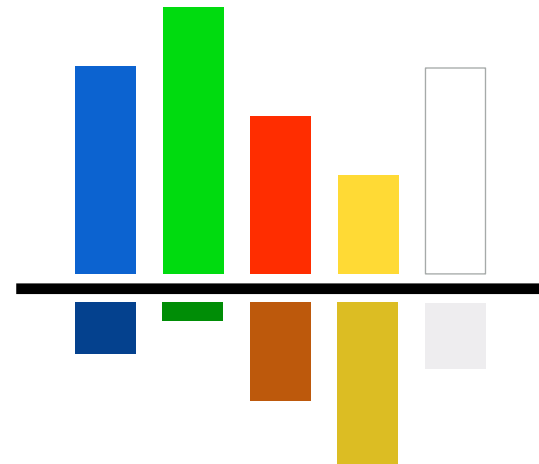
Feeling

Our Mix of Colors

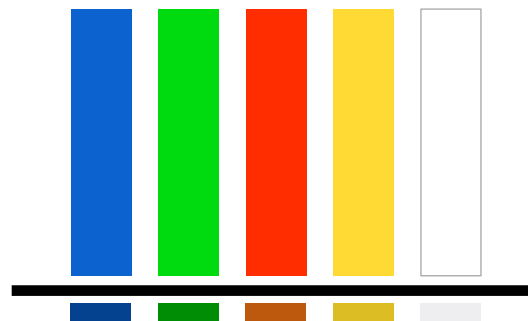
Personality Profiles



Michele



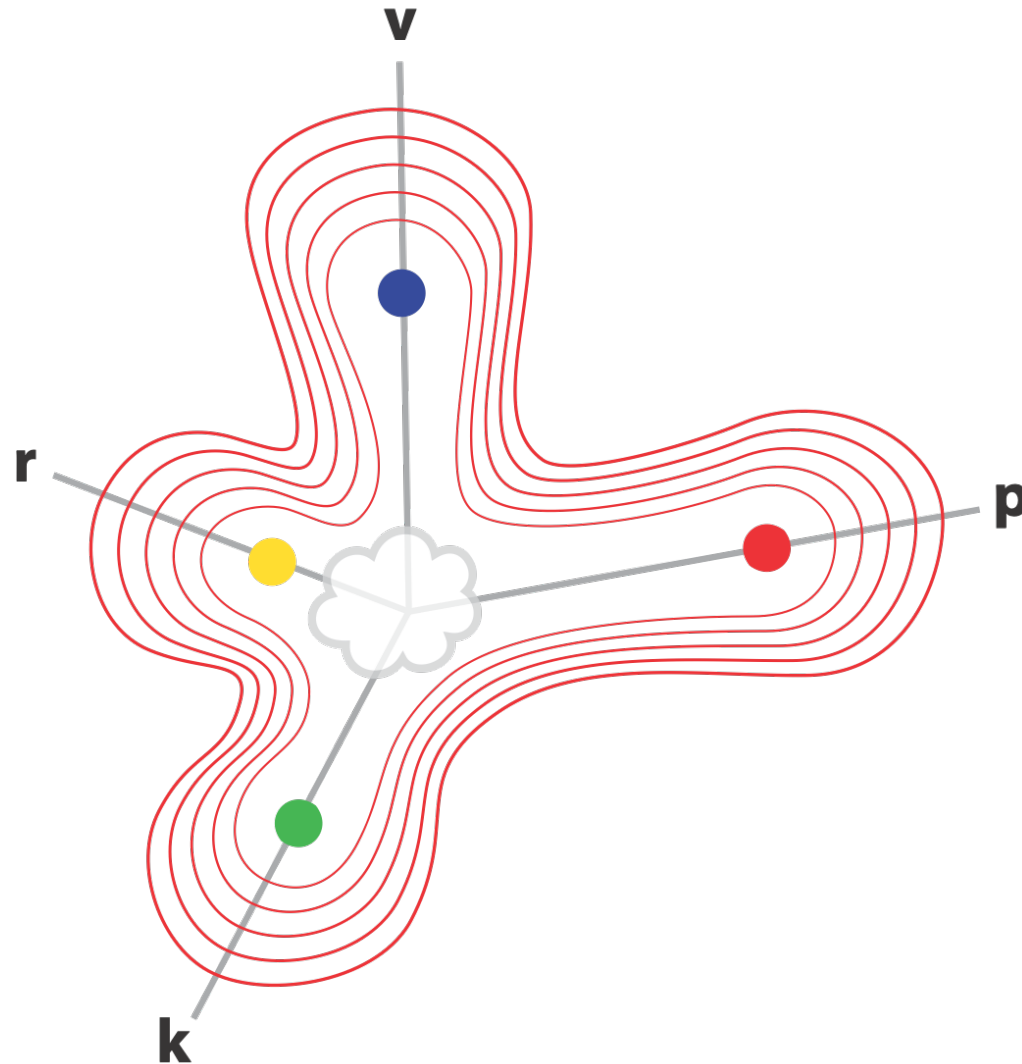
Robert



Ideal

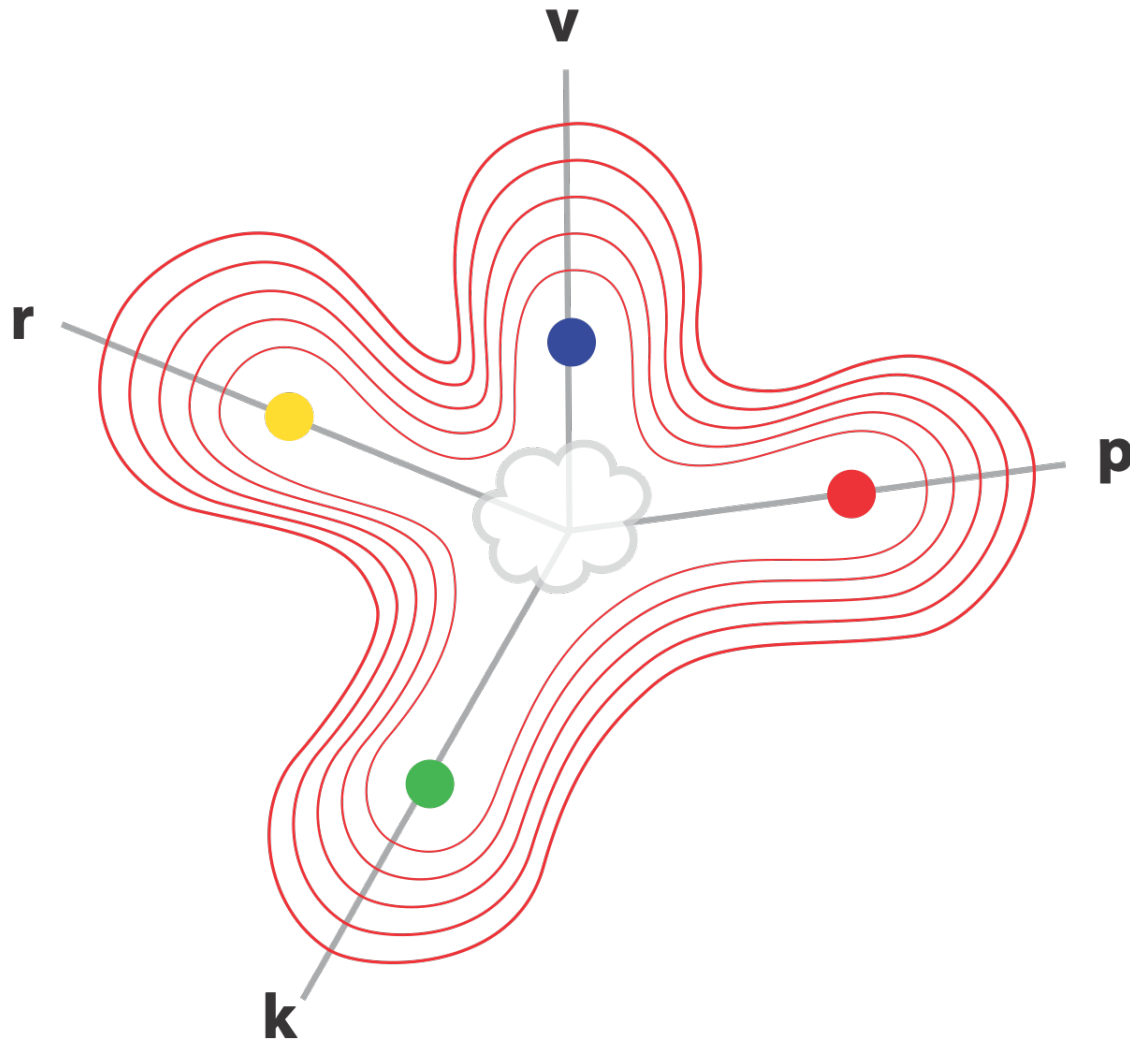
Personal Mandala

Example 1



Personal Mandala

Example 2



Emotions: Flowing & Frozen

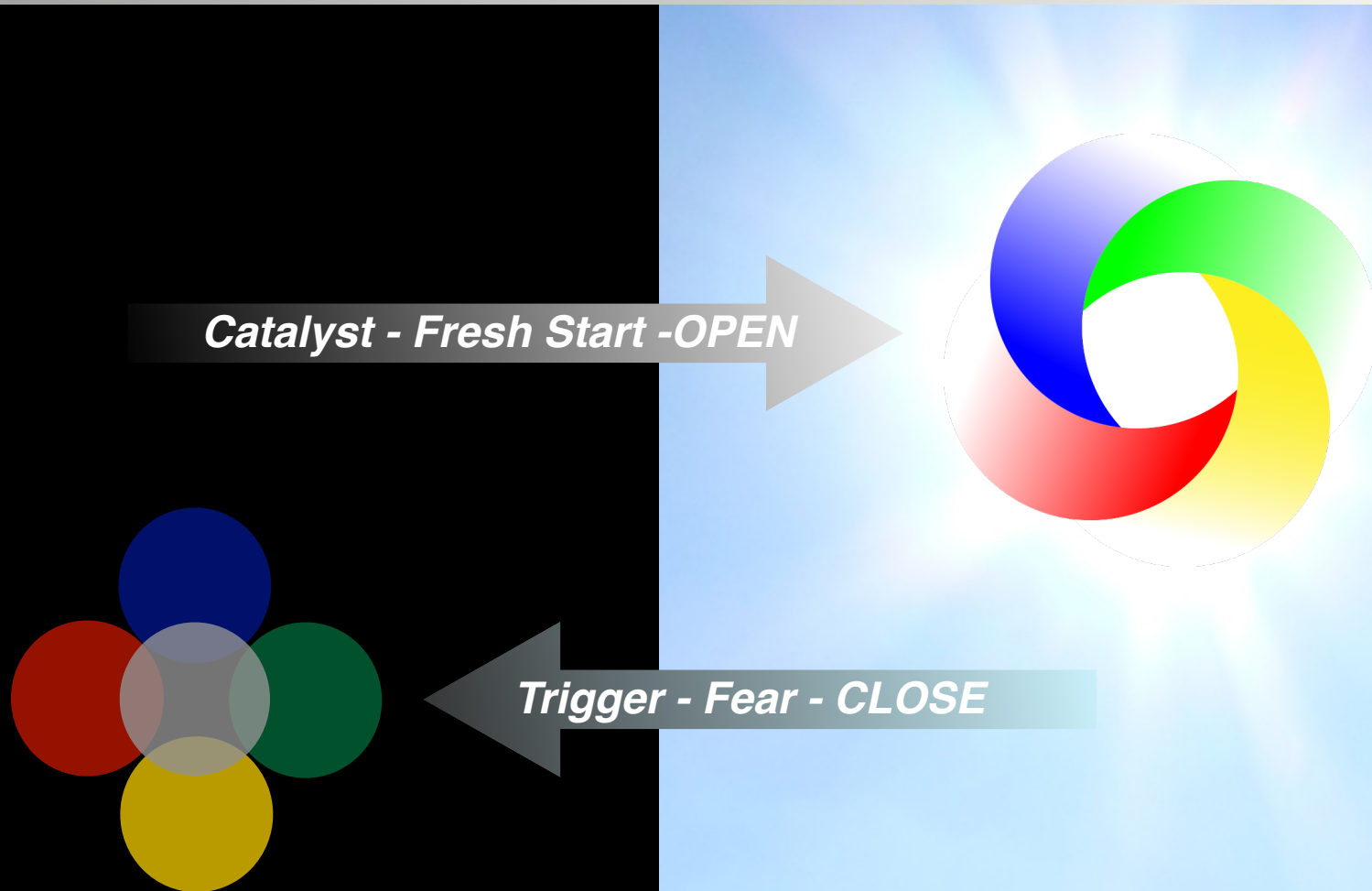
Frozen or Flowing

- *emotions are a vivid display of energy, both in their sane or confused aspects*
- *our vital energy is constricted by strong emotions, opinions, and concepts*
- *our energetic style intensifies when life pushes our buttons*
- *our energy can be stuck over a period of time*
- *we manifest our wisdom when we ride the energy of the moment*



Triggers and Catalysts

We are buffeted by the energy that we encounter



Mapping Emotional Intelligence

Our Circumstance

Inner

Habitual tendencies
Unconscious patterns
Intensified realities

Outer

Life situations
External circumstances
Cultural or societal norms

Mapping Emotional Intelligence

The Process

Process of Solidification

Trigger: squeezed by life situations
Intensified emotional reaction

Process of Opening

Embrace with maitri
Co-emergent wisdom in the moment

Mapping Emotional Intelligence

The Choice is Ours

Stupidity > Crisis

Shroud of badness
Bound by habits / tendencies
Assumptions about how things are
Blame others
Corruption
Feel like a victim
Reactive
Impulsive
Stuck
Capsize

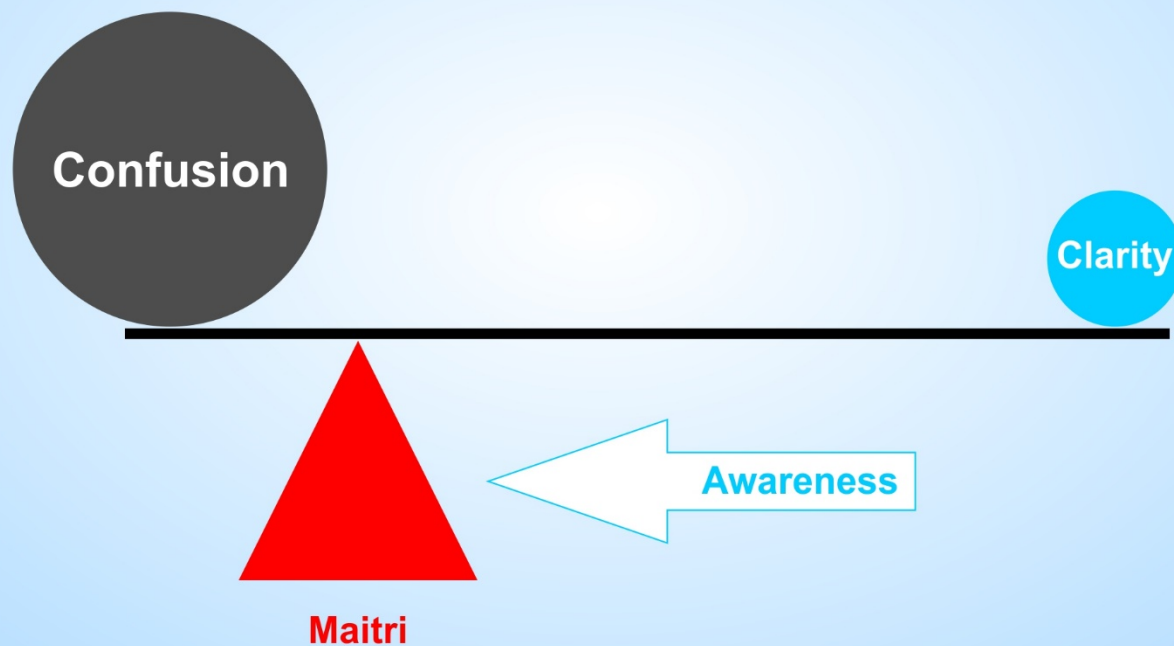
Intelligence > Opportunity

Basic Goodness
Confident to be who we are
Inquisitive about how things are
Self respect
Integrity
Feel empowered
Responsive
Spontaneous
Shine
Go for a ride

Moving into Wisdom

Working with Dynamic Polarity

We go towards our Confusion to find Balance



Mapping Emotional Intelligence

Awakening

Emotional Intelligence

Use freedom to choose crisis or opportunity

Outer: workable, can learn

Inner: unconditional confidence and open heart

Secret: non-attachment

Five Wisdoms Experientially

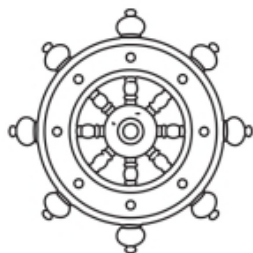
Buddha	Vajra	Ratna	Padma	Karma
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Neurosis / Manifest Form

Psychophysical Aspects	Form/split, body	Consciousness	Feeling, somatic body sensation	Percept-impulse, feeling (emotion)	Mental formations
Intensified Realities	Animal/god	Hell, hot & cold	Hungry ghost	Human	Jealous gods
Emotion	Ignorance	Anger	Pride	Passion	Jealousy
Body System	Cerebral spinal fluid	Skeletal	Organs	Heart, blood	Muscular

Wisdom

Wisdom	Accommodating space	Mirror-like clarity	Equanimity	Discriminating awareness	All-accomplishing action
Energy Center	Crown, back of head	Forehead, 3 eyes, chest, pineal	Solar plexus, belly, skin	Throat, heart, genitals	Limbs, genitals
Emptiness	Awareness/emptiness	Clarity/emptiness	Bliss/emptiness	Bliss/emptiness	Wisdom activity
Wisdom Activity	Pacifying	Pacifying/clarifying	Enriching	Magnetizing	Destroying
Symbol	Wheel, circle	Scepter	Jewel	Lotus	Sword



Tools for Cultivating Personal Authenticity

- *centering: good posture, easy breathing, settled mind*
- *cultivating mindfulness and awareness, attentive in the moment*
- *getting in touch with our basic being, inherent goodness*
- *acknowledging a sense of our human dignity and genuine confidence*
- *cultivating relaxation and kindness towards self and others*

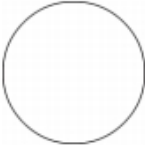






Tools for Authentic Communication

- *engage in energetic exchange to create resonance with others*
- *insight: seeing clearly, seeing it their way, seeing them*
- *intuition: knowing what to say or do with your whole being, a felt sense*
- *using the language of the five wisdoms to see personality styles and relationships*
- *let go of self-referencing and only seeing your own side*



FIVE WISDOMS IN FIVE MODES

MODE	BUDDHA	VAJRA	RATNA	PADMA	KARMA
BODY					
COLOR / LIGHT	White	Blue	Yellow	Red	Green
SENSE PERCEPTION	Mind	Sight	Sensed touch	Hearing	Functional touch
ELEMENT	Space	Water	Earth	Fire	Air
					
TIME OF DAY	None	Dawn	Mid afternoon	Dusk, twilight	Morning
SPEECH					
SOUND	A (ah)	ee	ooh	E (eh)	O (o)
MOVEMENT ELEMENT(S)	None	Bodily & spatial design	Kinesthetics, body sensations	Dynamics, rhythm	Kinetics, rhythm
MIND					
ESSENCE	Spaciousness	Clarity	Richness	Passion	Activity
PASSION	To be	To know	To enrich	To feel	To do
DIRECTION IN MANDALA	Center	East	South	West	North
QUALITY					
QUALITY/ESSENCE	Body/Physical	Mind/Mental	Energetic Quality	Speech/Expressive	Action
ACTION					
WISDOM ACTIVITY	Pacifying	Pacifying	Enriching	Magnetizing	Subduing

The Three Modes

Mental / Mind

Reflected and revealed through physical and energetic modes
Mental landscape: textures, what they think about
How they think of themselves, others
Relationship to mind, mental state (sane and confused)
Honesty, integrity or irresponsibility, carelessness
Engagement with a mindfulness discipline
Activities that reflect the person's worldview

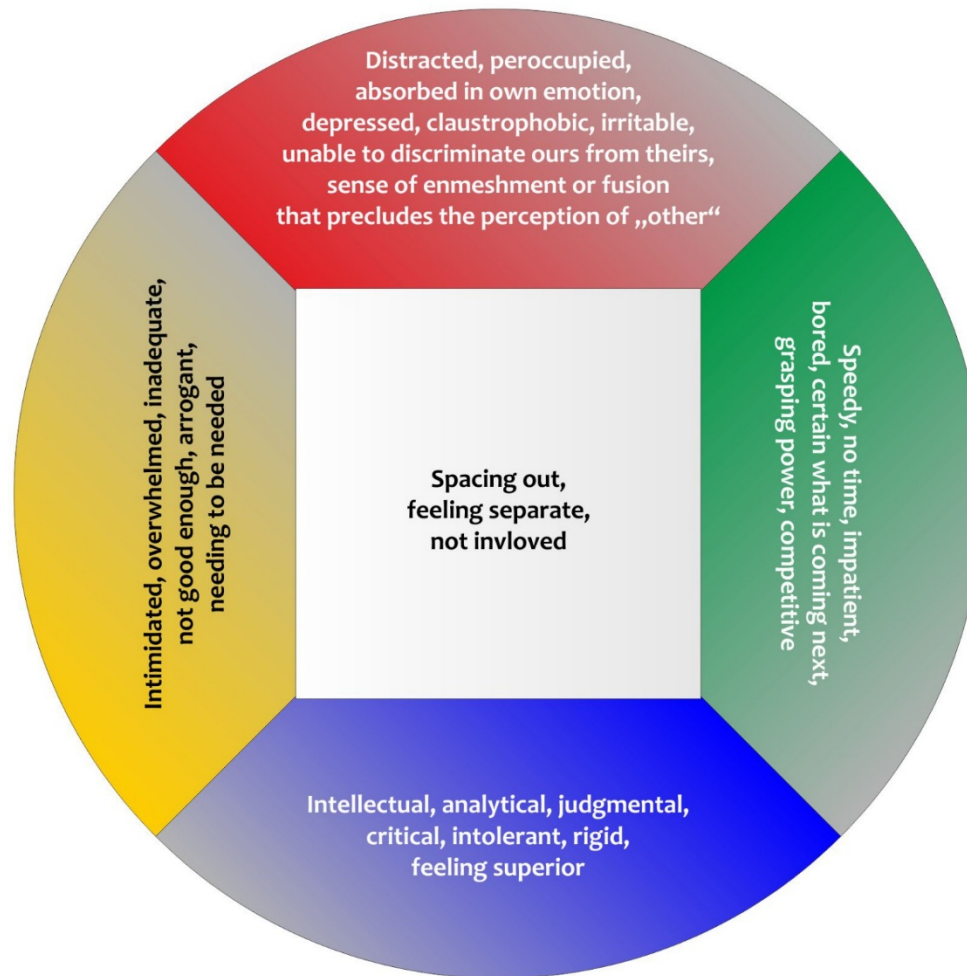
Energetic / Emotional

Breathing
Sense of being
Energetic quality of speech, conveying (or not conveying) emotion
Style of communication, expression, energetic quality
Language, culture, education
Emotions
Relational dynamics in conversations
Relationship to passion or sexuality
Relationship to money
Dreams and images

Physical / Body

Age, gender
Physical appearance
Physical well-being
Posture, stance, and mannersims
Style of dress, types of clothing, ornamentation
Physical activity
How the person spends time, both scheduled and free
Physical environment: home and work
Cooking, eating, diet, recreational substances, medications
Sleeping habits

Blocking Energetic Change



Where do we put our Energy?

Personal

Personal authenticity
Embodying five wisdom qualities
Emotional intelligence
Sensory awareness
BSMQA* of BVRPK**
Personal energetic constellation

Professional

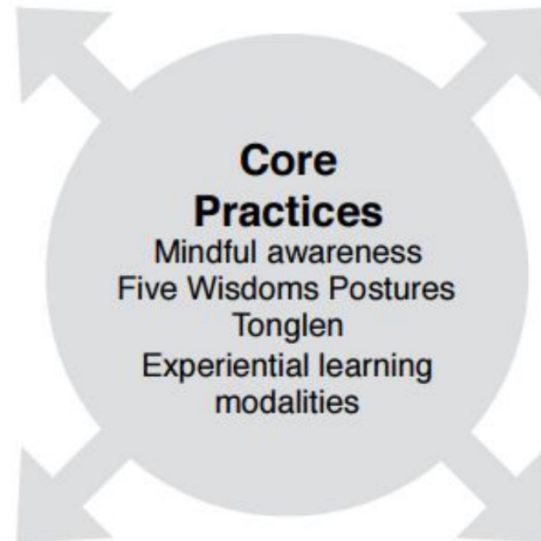
Manifestation
Engaging effectively
Five ways of engaging
Four wisdom actions
Service to others
BSMQA of situations
Situational energetic constellation

Interpersonal

Authentic relationships
Energetic exchange
Unbiased perception
Skillful communication
BSMQA of BVRPK in relationship
Relational energetic constellation

Society & Culture

Enlivened environments
Creative expression
Arts
Nature
BSMQA of places
Societal energetic constellation



*BSMQA - Body, speech, mind, quality, action

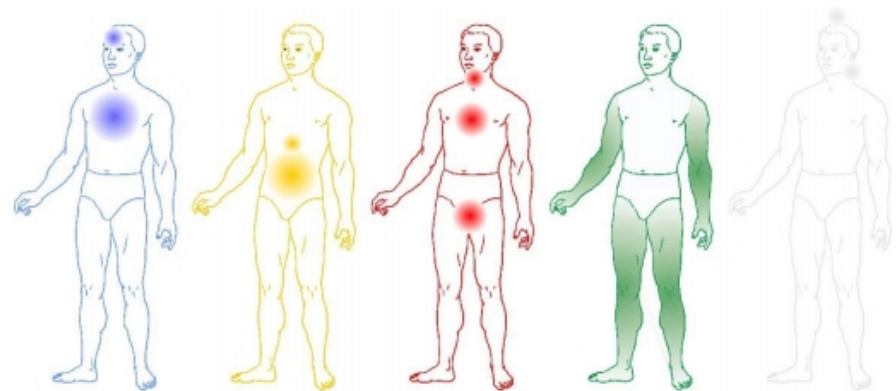
**BVRPK - Buddha spaciousness, vajra clarity, ratna richness, padma passion, karma activity

INVOKING THE FIVE WISDOMS

WISDOM ELEMENT	SOUND	BODY PART	KEY WORDS	SENSE PERCEPTION
Water Vajra	EE	Forehead & chest	Clarity, visioning	Seeing
Earth Ratna	UH	Solar plexus & belly	Richness, abundance	Smelling, tasting, touching
Fire Padma	EH	Throat, heart & genitals	Joining, relating	Hearing
Wind Karma	O	Limbs	Acting, doing	Functional touch
Space Buddhi	AH	Top & back of head	Wakefulness, spaciousness	Mind

PRACTICE STRUCTURE

1. Say or sing the elemental sound
2. Visualize the color
3. Mentally and meditatively name the key words
4. Contemplate the element
5. Contemplate the sense perception
6. Do a personal hand gesture or movement



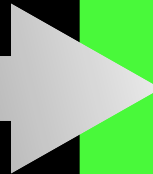
Change

Rousing Motivation for Change



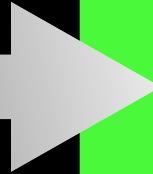
Results of Change

work with ourselves



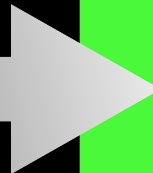
personal authenticity

work with others



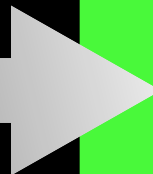
authentic communication

affect environment



enlivened environments

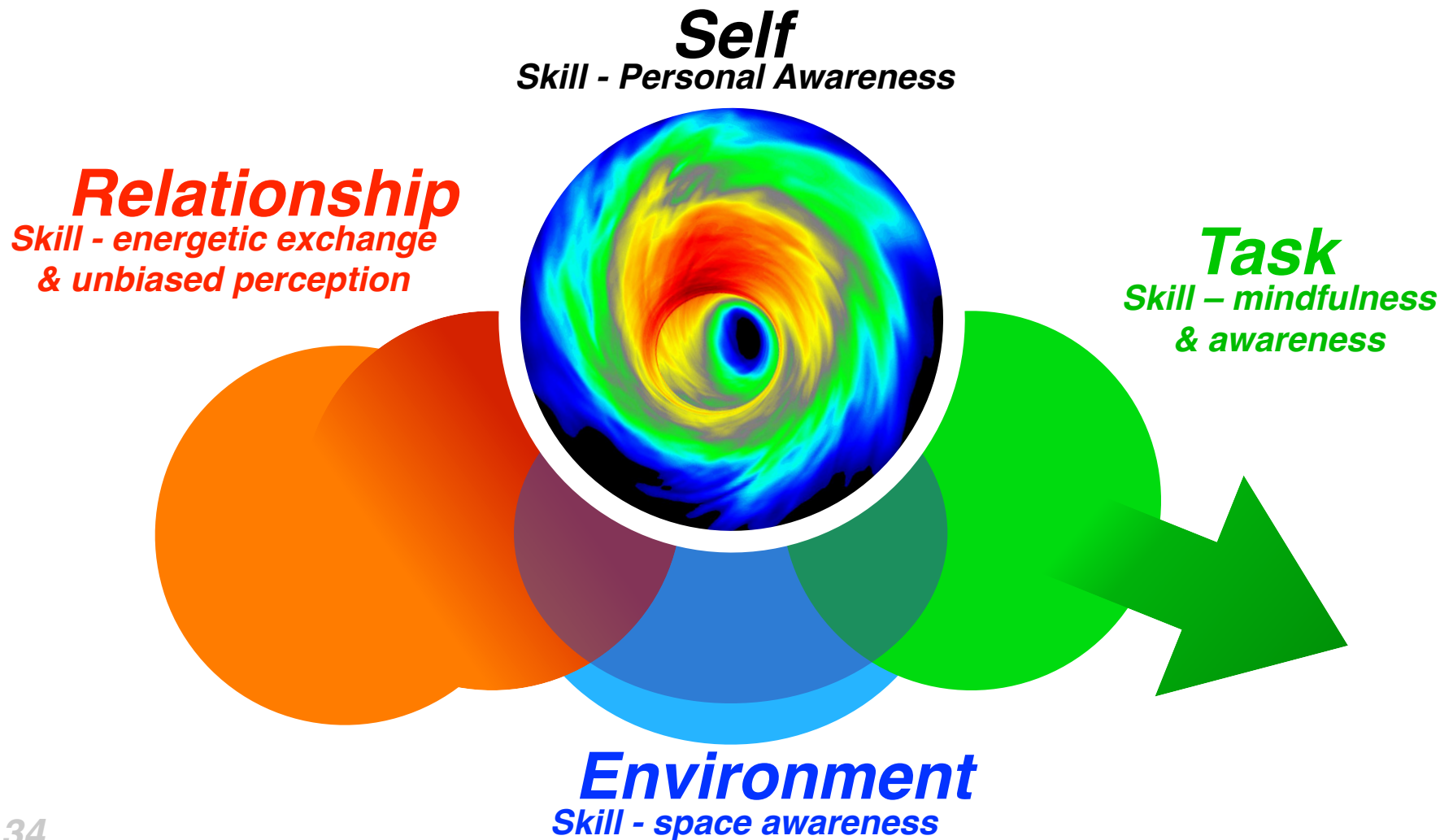
accomplish



engaging effectively

How to Change?

Develop Skill Sets



Tools for Authentic Communication

- engage in energetic exchange to create resonance with others
- insight: seeing clearly, seeing it their way, seeing them
- intuition: knowing what to say or do with your whole being, a felt sense
- using the language of the five wisdoms to see personality styles and relationships
- let go of self-referencing and only seeing your own side



Tools for Creating Enlivened Environments

An Environment is Much of the Message

- *It creates a container that energetically uplifts where people live and work*
- *You can use the environment to bring out the best of who you are*
- *How to cultivate*
 - *open sense perceptions*
 - *more awareness of space around us*
 - *work with the five wisdoms*



Five Wisdom Energies in Enlivened Environments

Create balance or harmony by layering the energies

- space
- visual order
- richness
- invitation
- efficiency



Tools for Engaging Effectively

Personal

- *take your seat: synchronize body and mind: create a sense of power within you*
- *develop discipline with your skill set*


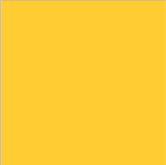


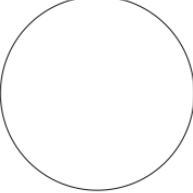
Working with groups

- *see the need for diverse perspectives within a shared vision*
- *encourage people to look at the big picture in an unbiased way*
- *look at the different personality styles needed to make an effective team*
- *discriminate the skills (energies) needed for different aspects of a project*
- *harness different energies needed to accomplish specific tasks*

Energy dynamics and flow issues

- *look at what is blocked and what is functioning smoothly*
- *always hold the perspective of the energy dynamics; withhold blame*
- *do what is beneficial beyond personal territory*
- *see how people shine and align with their sanity: acknowledge and support*
- *see stuck energy as the work point, not as a problem*

Five Wisdoms in Action

Wisdom Element	See / Understand	Communication Needs	Capacity / Function	Work Points / Growth Areas	Shape
Vajra <i>Water</i>	overview big picture structure strategic plan details elegant environments	objective clear direct precise respectful	pacifying, insightful create cohesive overview give meaning, relevance evaluate objectively articulate principles goal of excellence	overly conceptual convoluted logic hold all the information angry, defensive critical, impatient distant, cold, rigid	
Ratna <i>Earth</i>	people's potential diversity what is needed rich environments	personable generous contribute tirelessly give and receive care for others	inclusive team builder community maker create opportunities resourceful goal of cooperation	feeling inadequate, inferior low self-esteem, needy need to be needed arrogant, overbearing greedy, never enough claiming territory	
Padma <i>Fire</i>	people relational dynamics enjoyment arts elegant environments	connect personally speak from heart listen deeply warm, share openly inspire others playful	intuitive, empathetic take feelings into account process-oriented lubricate situations artistic, imaginative, creative goal of enjoyment	overly self-absorbed overly emotional taking things personally superficial jealous around relationship manipulative	
Karma <i>Air/Wind</i>	when to act what to do when to end skills needed functional environments	goal oriented direct, straightforward detailed, factual want facts dependable methodical	organize time management create systems make things happen practical goal of accomplishment	driven taking control, manipulative not delegating aggressive domination paranoia, lack trust jealousy around power	
Buddha <i>Space</i>	simplicity value just being simple presence	spacious think it over alone	dependable letting situations unfold acceptance	denial overwhelm inability to deal, lazy blind, deaf, dumb	

The Creative Cycle

*Allow a space of mind for
inspiration and insight to arise*

*Get clarity, a general
vision or outline*

*Be resourceful, bring in resources,
delve into the rich possibilities*

*Have passion for what you are doing,
engage deeply, communicate the
message; then radiate*

Act, make it happen!

Summary of Five Wisdoms Training

Self

- *recognize and utilize five basic energetic qualities*
- *see unique ways we display energy and interact with world*
- *celebrate our strengths and work with our weaknesses*

Relationship

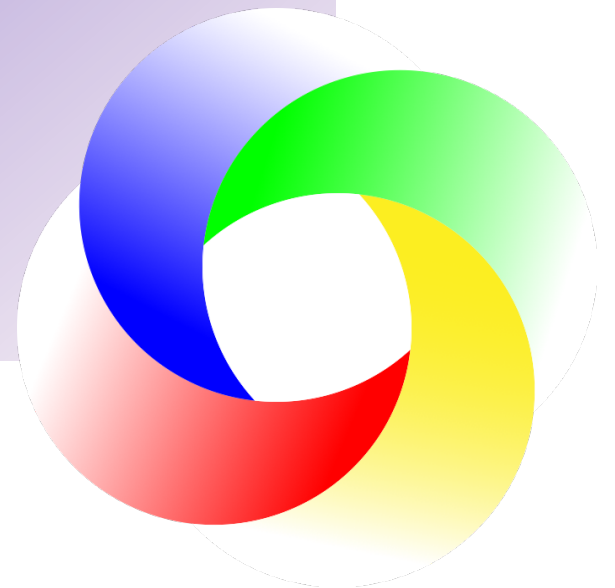
- *improve our ability to understand others and work with their mix of colors*
- *appreciate diverse styles as an asset, not communication blocks*

Environment

- *tune in to how energy manifests in environment as inspiration or obstacle*

Task

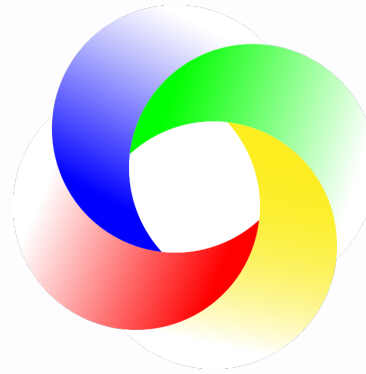
- *with fresh energy, move from passive involvement to our full potential*



Five Wisdoms Training

Natural Brilliance: Leading from Within

five
Wisdoms
INSTITUTE



Five Wisdoms Institute

1795 Boxheart Dr. #339, Healdsburg, CA 95448

<http://www.fivewisdomsinstitute.com>