



Undercurrent Enneagram Consulting

Doing Dominant Provisions

EMERGE BEYOND THE SURFACE AND THRIVE

NON-JUDGMENTAL SELF-OBSERVATION

Simply notice: Where/when/how/in what circumstances...

- do you most notice your immediate reaction of doing?
- do you notice *striving* for autonomy or control?
- do you notice your anger?
 - What are the circumstances where it seems most pronounced?
 - When and how do you notice it "spilling out" from being just under the surface?
 - When do you notice converting other feelings into the more familiar/accessible feeling of anger?

INTEGRATION PRACTICES

- Compassionate Body Scan~ -Dr. Christine Runyan
- Engaging the Body to Help Us Heal^ -Marion Gilbert
- Explore Qi Gong~ -Roxanne Harrison
- Undercurrent Enneagram Dance Party Mix~ and Body Center Playlist~

EXPANSIVE RESOURCES

- Doing Dominant Instagram Highlights -Undercurrent Enneagram
- Doing Dominant Map and Type Snapshots -Undercurrent Enneagram
- "ANGER"^
- "Control for Surrender"^
- Connection between Anger and Doing^
- The Wisdom of the Body^ -Christine Valters Paintner
- The Body Keeps the Score^ -Bessel Van Der Kolk
- "4 Signs Your Body is Telling You It's Time To Take a Break"^
- "Stress is Weathering Our Bodies from the Inside Out"^
- "Somatic Workouts"^
- "Letting Go of the Desire for Control"^
- "Your Life on Drums"^
- "The Latest Advance in Understanding the Gut-Brain Connection"^



QUOTES FOR THE QUEST

- "The ground for action is to be, and our quality of being determines our quality of doing." -Thich Nhat Hanh
- "The trick with anger is to let it inform us, maybe even to let it warm us if we have become too cold with indifference or apathy, but not to let the fire control or consume us." -Sara Jolena Wolcott
- "It is just that we can't bear being infinitely loved 'cause there's no control in being infinitely loved." -James Finley
- "Inaction sometimes is the greatest action we can take. Stillness is sometimes the most important move we can make." -Charles Lattimore Howard
- "It is your resistance to what is that causes you suffering." -Buddha
- "A simple definition of suffering is whenever we're not in control." -Richard Rohr

^ essay/poem/article | ^ book | ~video/audio | ^podcast