



Undercurrent Enneagram Consulting

Thinking 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 thinking?
- do you notice your underlying feeling of fear?
 - *What are the circumstances where it seems most pronounced?*
 - *When and how do you notice it “spilling out” from being just under the surface?*

INTEGRATION PRACTICES

- Noting Practice ~ Self-Compassion Institute
- 5 Steps to Clear Your Mind & Get Focused^ -Dr. Laura Schneck
- Brathing Exercise to Empty Your Mind~
- Letting Go Meditation~ -Boho Beautiful
- Flow Contemplative Practice~ -Undercurrent Enneagram

EXPANSIVE RESOURCES

- Thinking Dominant Instagram Highlights -Undercurrent Enneagram
- Thinking Dominant Map, Type Snapshots, and Head Center Spotify Playlist~ -Undercurrent Enneagram
- “Mindfulness Exercises”^ -Mayo Clinic
- “The Mind Can Be a Dangerous Place or a Great Gift”~
-Michael Singer
- “Being Uncertain as a Form of Wakefulness” -Maggie Jackson
- “How Neuroplasticity Works”~ -Sentis
- Articles: Microbes and Mental Health (Gut-Brain Connection)^ -Nicola Davis | Two-Way Street (Heart-Brain Connection)^
-Jon Hamilton | Body-Relationship-Mind Connection^ -Angela Haupt



QUOTES FOR THE QUEST

- “The beginning of wisdom is awe” -Abraham J. Heschel
- “To a mind that is still, the whole universe surrenders.” -Lao Tzu
- “True thought is not the brain’s affair. But we have – in part by the brain itself – been so trained to associate our brains with what we think and who we are that we have lost the ability to realize that we are at all times much more.” -Eben Alexander
- “Wisdom is a way of knowing that goes beyond one’s mind, one’s rational understanding, and embraces the whole of a person: mind, heart, and body.” -Cynthia Bourgeault
- “Wisdom is not the result of mental effort. It cannot be gained through intellectual study...Wisdom is a way of being – a way of being whole and fully open to knowing beyond rational thought alone.” -Richard Rohr
- “When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid.” -Audre Lorde
- “Only people who have moved beyond their wounded ego and the need to control all outcomes, only those practiced at letting go, can see fear for the impostor that it is...To be trapped inside of our small ego is always to be afraid.” -Richard Rohr
- “The more you practice vulnerability, the less you will fear.” -Suzanne Stabile
- “We are captives of comfort in our habits of thought and feeling [and doing], victims of certainty – that supreme narrowing of the mind – when it comes to our own desires. That we don’t fully know what we want because we are half-opaque to ourselves, that something we didn’t think we wanted may end up enlarging our lives in unimaginable ways, is a kind of uncertainty that unravels us. But if we can bear the frustration of the figuring, we may live into a larger and more authentic life.” -Maria Popova

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