



Undercurrent Enneagram Consulting Perspective Provisions

EMERGE BEYOND THE SURFACE
AND THRIVE

NON-JUDGMENTAL SELF-OBSERVATION

- Simply notice what you notice. Become slightly more aware of the lens through which you personally see and navigate life.
- "For one day consciously give up labeling everything. Monitor how this changes the way you respond to new experiences." -[Spirituality and Practice 7/3/22 Spiritual Practice of the Day](#)

INTEGRATION PRACTICES

- [Perspective Contemplative Practice](#) -[Undercurrent Enneagram](#)
- [Series of Inner Tasks on "Seeing" by Thomas Telhiard](#) -[Wisdom Waypoints](#)

EXPANSIVE RESOURCES

- ["The Danger of a Single Story" TED Talk](#) ~ [Chimamanda Adichie](#)
- ["How are you not seeing this?"](#) ~ [This American Life](#)
- [Georgia O'Keeffe on the Art of Seeing](#) ^ -[Maria Popova](#)
- [Perspective Photos](#) -[Buzzfeed](#)
- ["Ode to a Flower"](#) ~ [Richard Feynman](#)
- ["Perspective Matters" Blog](#) -[Undercurrent Enneagram](#)



QUOTES FOR THE QUEST

- "What is essential is invisible to the eye." -[Antoine de Saint-Exupery](#)
- "No one sees what you see even if they see it, too." -[Chris Ferreiras](#)
- "We don't see things as they are, we see them as we are." -[Anais Nin](#)
- "The beginning of a way out is to honestly see what we are doing." -[Richard Rohr](#)
- "The question is not what you look at, but what you see." -[Henry David Thoreau](#)
- "True transcendence always includes!" -[Richard Rohr](#)
- "Every animal can only tap into a small fraction of reality's fullness. Each is enclosed within its own unique sensory bubble, perceiving but a tiny sliver of an immense world." "...a bespoke sliver of reality." -[Ed Yong](#)
- "We must never presume that we see "all" or accurately. We must always be ready to see anew." -[Richard Rohr](#)
- "Since Einstein, we have learned that...any point is as good as any other for observing the world...There are no privileged locations. If you stay put, your place may become a holy center, not because it gives you special access to the divine, but because in your stillness you hear what might be heard anywhere. All there is to see can be seen from anywhere in the universe, if you know how to look; and the influence of the entire universe converges on every spot." -[Scott Russell Sanders](#)
- "To see, we must forget the name of the things we are looking at." -[Claude Monet](#)
- "Labeling sets up expectation of life that is often so compelling we can no longer see things as they really are. This expectation often gives us false sense of familiarity toward something that is really new and unprecedented. We are in a relationship with our expectations and not with life itself." -[Rachel Naomi Remen](#)
- "Synchronicity is an ever present reality for those who have eyes to see." -[Carl Jung](#)
- "Liminal space relativizes our perspective." -[Richard Rohr](#)
- "We must look a long time before we can see." -[Henry David Thoreau](#)
- "To see takes time, like to have a friend takes time." -[Georgia O'Keeffe](#)
- "If I love you, I have to make you conscious of the things you don't see." -[James Baldwin](#)
- "When the field of vision has been unified, the inner being comes to rest, and that inner peaceableness flows into the outer world as harmony and compassion." -[Cynthia Bourgeault](#)

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

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