

## 9 Life Lessons for the Enneagram

8	To embrace my vitality and life force, instead of fighting against it, thus integrating assertiveness and vulnerability.
9	To reclaim receptivity, spaciousness and the dynamic flow of the moment, instead of forgetting and ignoring it, thus awakening to my personal desires.
1	To soften and change what can be changed, to accept what cannot, and to develop the wisdom to know the difference, instead of rigidly adhering to 'the rules,' thus aligning with and embracing the sacred perfection of here and now.
2	To embrace reciprocal collaboration, cooperation and communication with others, instead of forcing my own needs onto others, thus humbly allowing myself to be loved and nurtured.
3	To engage reality with intention and purpose, instead of creating and presenting a superficial image, thus welcoming unconditional love into my open, deeper heart.
4	To reclaim the exquisite intimacy, deeper truth, and wholeness of the present moment, instead of fantasizing about what could have been, thus appreciating the beauty in every moment and in my Self.
5	To ground and flow in my body's abundant life force and heartfelt feelings, instead of closing myself in the world, thus allowing clarity and wisdom to emerge effortlessly.
6	To embrace uncertainty with steadfastness, and rediscover trust in my Self, instead of second guessing myself and clinging to others' guidance, thus rekindling my courage and faith in my Self and in the world around me.
7	To radically accept Life and my experiences, both the pleasures and the pains, in this glorious, unfolding present, instead of jumping from one thing to another, thus embracing the divine richness of the here and now.

**Breathe. Presence. Surrender.**