PERCEPTIONS EXPLORATION

wholeness takes practice

Qualities

Hard-Working
Responsible
Honest
Fair
Helpful
Giving
Caring
Sensitive
Successful
Industrious
Efficient
Effective
Unique
Idealist
Creative
Romantic
Analytical
Wise
Perceptive
Knowledgeable
Private
Observer
Faithful
Loyal
Devoted
Trustworthy
Optimistic
Light-Hearted
Adventurous
Capable
Powerful
Justice-Seeking
Peacemaker
Steady
Content

Exploring Perceptions of Self

What quality is used most by those who know me best?

With which quality do I most identify?

Which quality do I perceive I am being called to embody?
Resistance Awareness

wholeness takes practice

Vices and Resistance

Anger and the Need to be Perfect
Holding resentments
Angry about flaws (self and others)

Pride and the Need to be Needed
Unaware of needs of self
Focuses on helping others
Unaware of one’s limits
Ambition

Deceit and the Need to Succeed
Denies one’s inner truth
Deceiving oneself and others about who one is
Living out of image

Envy and the Need to be Special
Want what others appear to have.
Longing
Lack of gratitude

Greed and the Need to Perceive
Seeking knowledge to fill void.
Gathering more than one’s share.

Fear and the Need for Security
Holding on to fear
Hyper-vigilance

Gluttony and the Need to Avoid Pain
Consume without thinking
Purchase without looking at one’s needs.

Excess and the Need to be Against
Obsesses over things
Possessiveness

Sloth and the Need to Avoid
Procrastination
Laziness about essentials, especially the inner life
Neglect of Self

Exploring Resistance

What disconnects me the most from who I am at a core level?

______________________________________________________

______________________________________________________

______________________________________________________

What disconnects me the most from connecting with others at a deeper level?

______________________________________________________

______________________________________________________

______________________________________________________

What word or phrase represents my most common block?

______________________________________________________

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Enneagram and the work of Sister Lois Dideon
# Alignment Intention

wholeness takes practice

## Virtues and Alignment

<table>
<thead>
<tr>
<th>Serenity</th>
<th>At ease with self</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>I am perfect in my essence</td>
</tr>
<tr>
<td>Humility</td>
<td>Accept limits of one’s capacity</td>
</tr>
<tr>
<td></td>
<td>Compassionate</td>
</tr>
<tr>
<td></td>
<td>Caring</td>
</tr>
<tr>
<td></td>
<td>Generous</td>
</tr>
<tr>
<td>Truthfulness</td>
<td>Acceptance of one’s inner truth</td>
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<tr>
<td></td>
<td>Being who one truly is without using deceit to maintain appearance</td>
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<tr>
<td>Balance and Equanimity</td>
<td>At one with the world</td>
</tr>
<tr>
<td></td>
<td>Appropriately responds to circumstances of the moment</td>
</tr>
<tr>
<td></td>
<td>In harmony with the environment</td>
</tr>
<tr>
<td>Nonattachment</td>
<td>Connected with true nature and participates and reflects on experience.</td>
</tr>
<tr>
<td></td>
<td>Resists urge to view from the sidelines.</td>
</tr>
<tr>
<td>Courage</td>
<td>Trusts Sacred Mystery / God</td>
</tr>
<tr>
<td></td>
<td>Trusts Self</td>
</tr>
<tr>
<td></td>
<td>Trusts Others</td>
</tr>
<tr>
<td>Sobriety</td>
<td>Healthy proportion balance of energy</td>
</tr>
<tr>
<td></td>
<td>Living and experiencing happiness in the present moment</td>
</tr>
<tr>
<td>Compassion and Simplicity</td>
<td>Responds in the moment without judgment or expectations</td>
</tr>
<tr>
<td>Action</td>
<td>Experience one’s essence</td>
</tr>
<tr>
<td></td>
<td>Self-perfection and service</td>
</tr>
<tr>
<td></td>
<td>I do not need to seek love outside myself or give up on having it.</td>
</tr>
</tbody>
</table>

## Exploring Alignment

What connects me the most to who I am at a core level?

______________________________________________________

______________________________________________________

______________________________________________________

What connects me the most to others at a deeper level?

______________________________________________________

______________________________________________________

______________________________________________________

What one word represents what brings me closer to my truest nature and to others?

______________________________________________________

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LITANY OF PEACE

When I insist that my way is the only right way;
   It is then I break peace,
   Help me make peace.

When I believe that only I can save the world;
   It is then I break peace,
   Help me make peace.

When I think that only I can run things best;
   It is then I break peace,
   Help me make peace.

When I cling to feeling sad, alone, misunderstood;
   It is then I break peace,
   Help me make peace.

When I store up all I know and all I need, and withdraw inside my cave, to watch;
   It is then I break peace,
   Help me make peace.

When I so rely on outer authority that I lose my inner authority;
   It is then I break peace,
   Help me make peace.

When I refuse to acknowledge the pain in me and around me;
   It is then I break peace,
   Help me make peace.

When I compete for power and control;
   It is then I break peace,
   Help me make peace.

When I am too numb to experience my very life; either too asleep, or, too busy with the unessential;
   It is then I break peace,
   Help me make peace.