

Course Quotations

Introduction to the Enneagram: 9 Ways to Move from Trance to Dance

Here you will find the full compendium of quotes used throughout this course. Quotations are presented in order of appearance.

Part 1

"I've learned that every mortal will taste death. But only some will taste life."
-Rumi

"Deepened self, in a widened world."
-Lauren Halvorson

"One's true being is hidden behind many veils. The deeper features are distorted by the games of ego. . . . But the core is immaculate--the hidden treasure. The only way to see into the depths is to reverse the distortions--purify oneself by the power of authenticity."
-Hazrat Inayat Khan

"We don't see things as they are, we see things as we are."
-Anais Nin

Three Programs for Happiness, Thomas Keating
The need for affection and esteem
The need for security and survival
The need for power and control
-Thomas Keating

Part 2

"Listen to the sound of the genuine within you. Small, Einstein said, is the number of them that see with their own eyes and feel with their own heart. How to be one of them? . . . There is something in each one of us that waits and listens for the sound of genuine within ourselves, and it is the only true guide you'll ever have. If you cannot hear it, you will all of your lives spend your days on the ends of strings that somebody else pulls. . . . So I hope you will learn to keep quiet enough to hear the sound of the genuine within yourselves so that you can hear it in other people too."
-Marian Wright Edelman

Three Programs for Happiness, Thomas Keating
The need for affection and esteem
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Part 3

Tai Chi Principles:
To rest in the stillness and peace of the present moment.
To create space for yourself, below the speed of habit.
To once again experience the wonder of your own existence.
-Colin Snow, Founder of Natural Step School of Tai Chi

"A problem cannot be solved by the same level of consciousness that created it."
-Albert Einstein

1 "We are spiritual beings having a human experience."
-Pierre Teilhard de Chardin

2 "My heart is at ease knowing that what was meant for me will never miss me, and that what misses me was never meant for me."
- A Sufi Prayer

3 The Joy of Genius from Gay Hendricks (*Scott uses this conceptual idea*).
-*The Joy of Genius: The Next Step Beyond the Great Leap*. Waterside Press, 2018.

When I have a great dream

"All my thoughts break their bonds
My mind transcends all limitations
My consciousness expands in all directions
I enter a whole new world with whole new possibilities
Dormant forces, faculties and talents become alive and
I discover myself to be a greater person by far than
I ever dreamed myself to be."
-Patanjali



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