



About the book, *The Five Wisdom Energies*

*Irini Rockwell is author of **The Five Wisdom Energies, a Buddhist Way of Understanding Personalities, Emotions and Relationships**, which has sold ten thousand copies and has been translated into seven languages.*

Written in a personable, accessible, and practical style, it is the first in-depth presentation on the teachings of the five wisdoms brought to the West by master Buddhist teacher Chogyam Trungpa Rinpoche.

Many teaching institutions have used *The Five Wisdom Energies* in their teaching or training material, including:

- Harvard University
- Naropa University
- Evergreen State College
- John F. Kennedy University
- California Institute of Integral Studies
- Institute for Transpersonal Psychology
- Chicago School of Professional Psychology
- National Institute for Educational Development (the Netherlands)
- Peacemaker Community (wPorldwide)
- Karuna Training (Europe)
- East-West Dharma Institute (France)
- Ticino Maitri Group (Switzerland)
- EastWind Institute (Canada)

Here's what authors and teachers have to say:

"An engaging and insightful exploration of the light of wisdom within the darkness of confusion."

Tara Bennett-Goleman, author of *Emotional Alchemy*

"A wise tool for self-understanding, this book uses the insights of Buddhist psychology to show how basic energy patterns present themselves as different personality types, and how understanding these energies can help us to integrate spiritual practice into daily life."

Helen Palmer, author of *The Enneagram*

"Rockwell has created a wonderful guide for understanding ourselves in relationship to others. This book offers a deep appreciation of the energies that move in each of us."

Margaret Wheatley, author of *Leadership and the New Science* and *Turning to One Another*

"Direct and reader-friendly, this book reflects the teachings on the five buddha families like a bright jewel."

Joan Halifax Roshi, Head Teacher, Upaya Zen Center

"With warmth, clarity, and humor, Irini Rockwell brings to life traditional Tibetan Buddhist teachings on the inner energies that activate and color our experience. Following her teacher, the great meditation master Chögyam Trungpa, Rockwell shows how these teachings touch the living heart of our personal styles, as well as our relationships with others and our environment."

Jeremy Hayward, author of *Sacred World* and *Perceiving Ordinary Magic*

"*The Five Wisdom Energies* reflects Irini Rockwell's passionate and unique vision of the five buddha families. She offers a delightful and practical manual for understanding and working with self and other."

Karen Kissel Wegela, Ph.D., author of *How to Be a Help Instead of a Nuisance*

Here's what reviewers have to say:

"If you really want to understand the interconnections between the mind and body, this is a must. Not only is it an easy read, but I found myself wanting more.

Mark Bourdon, *Amazon Book Reviews*

"*The Five Wisdom Energies* presents a system for better understanding ourselves and others. Starting with the premise that each person is a blend of energies, Irini Rockwell shows readers how to interpret actions and emotions as energies to better understand and to more successfully interact with those around us... Rockwell's approach to readers is gentle and loving, and her prose is a pleasure to read. I plan on recommending this thorough, practical guide first to my staff, to help them better understand themselves and also our customers, and then to patrons who want a better understanding of why we all function as we do."

S. Aurin Haber, *New Age Retailer, National Review Network*

The Five Wisdom Energies is a welcome and highly recommended contribution to the growing library of Psychology, Buddhist, and Eastern Philosophy, literature and reference materials."

Book Watch

"With easy, fun, and engaging exercises and stories, author and teacher Irini Rockwell introduces readers to this insightful way of understanding human behavior and promoting personal growth."

Earth Star

"What attracts you to a certain person when you walk into a party? What makes you continually butt heads with a colleague at work? The answer is a simple one, says author Irini Rockwell. It's the energy... the energy coursing through the cosmos can be recognized, assessed and sometimes harnessed, to better understand your personality, emotions and relationships. Knowing the energies that make up your own composition, along with those of the people around you, can help you gauge the outcome of social interactions...we're blown this way and that way by these shifting energies. When we are aware of them, we can harness the energy around us and go for the ride."

Kevin Williams, *The Daily Camera, Boulder*

The Five Wisdom Energies is a useful way of promoting self-awareness, conscious relationships and smooth running organizations. A book to use and enjoy while, we awaken our intuitive and emotional intelligence."

Editor's Choice, *Mandala*

"*The Five Wisdom Energies*... is a thoughtful and informative survey of the five wisdom energies or "buddha families", and how they relate to an understanding of human personalities. Exercises in locating and engaging one's own energy sources, enlivening one's emotional intelligence, balancing the five styles of relating to others, and more are covered in this intriguing guide to incorporating the benefits of Eastern philosophy into one's life.

Midwest Book Review

"Buddhism via Rockwell's book encourages us to go through the center of our storms...to reach what T.S. Eliot called in his Four Quartets the 'still point' of our 'turning worlds...Are you primarily vajra, padma, or ratna – of the mind, body or heart? Do you do, do, do as karmas are wont to do? Or are you inclined to allow others space, as buddhas tend to, maybe to the point that your loved ones wonder where you are hiding?... Being is a palette and when we get good at dissolving our dominant energy into a mix of sunrise colors, then the peace we experience may be well worth the long haul to enlightenment."

Sonya Jones, *The Lexington Herald Reader*

Discovering for yourself your energy component at any given time is one of the biggest differences between the Enneagram movement's nine personality types and the five wisdom energies.

Stephen Pedersen, *The Chronicle-Herald, Halifax*

"This book offers a colorful, energetic, and practical way to be more fully who we are...this entire book is about using our will to be centered in ourselves, to connect more completely with Presence, and to relate more skillfully to subpersonalities, our own and others.

Judith Broadus, *Association for the Advancement of Psychosynthesis News*

"A Westerner with a psychotherapy background, Rockwell does a good job of bringing this piece of the Tibetan teachings into our day-to-day reality."

Andrea McQuillin, *Shambhala Sun*