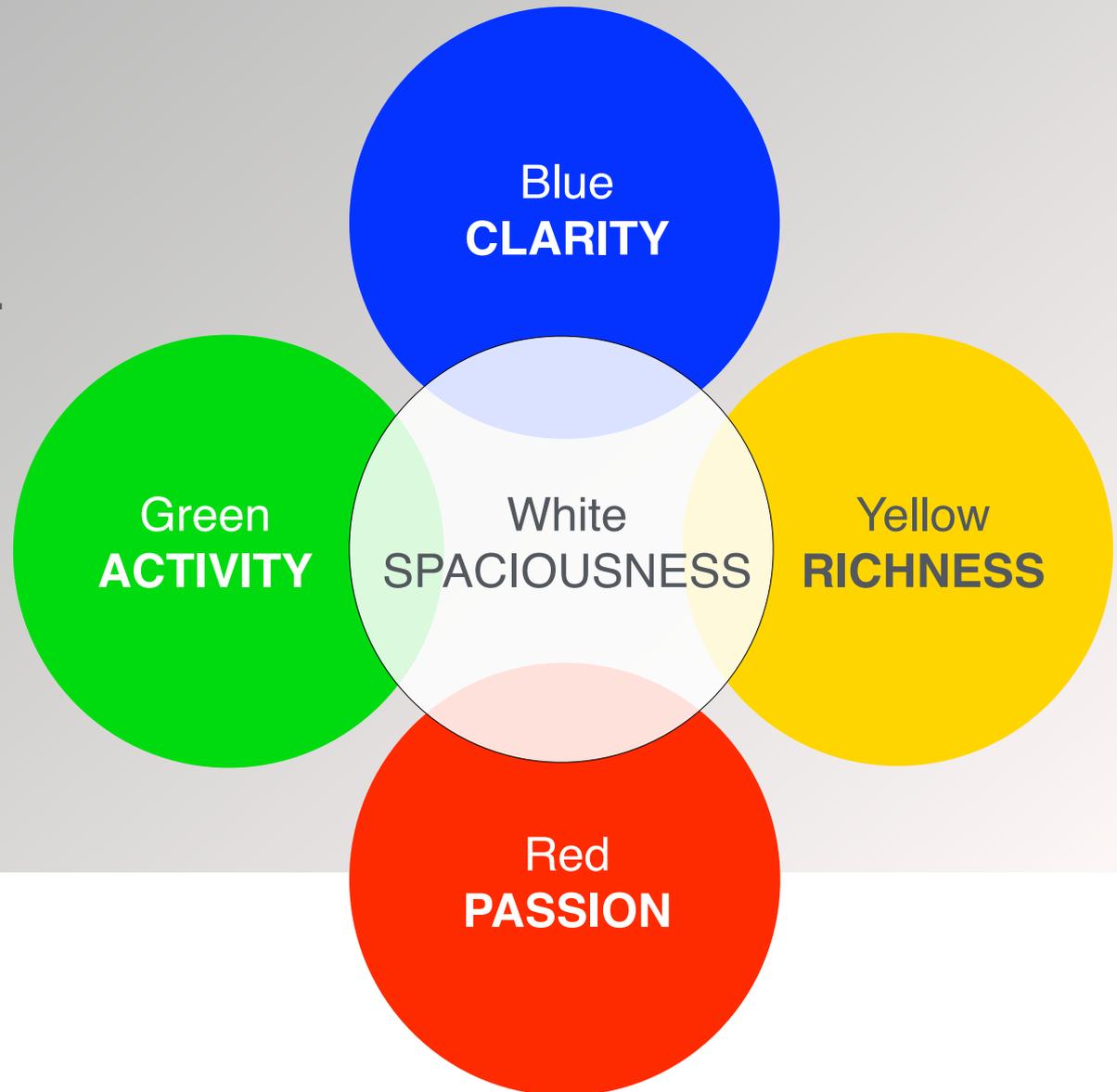


# The Five Wisdom Qualities

- Our essential nature has five wisdom qualities.
- Colors hold the essence of the energetic qualities.
- Sometimes we shine; sometimes we get stuck.
- Our neurosis and our wisdom exist in a common matrix of energy.



# What is Your Passion?



When do you feel most vital?

**KNOWING!**

**DOING**

Being

*Enriching*

*Feeling*

## How We Shine

### Blue - Clarity

clear minded, insightful  
intellectual brilliance  
sharp, precise  
maintains perspective  
has overview  
not biased  
principled, integrity

### Green - Activity

efficient, effective  
skillful means  
practical  
full of positive energy  
confident in abilities  
timely & appropriate action  
synchronicity with world

### White - Spaciousness

present, wakeful  
receptive, accommodating  
contemplative, reflective  
simple, peaceful  
easygoing, not ruffled  
content with just being  
holds seat

### Yellow - Richness

deeply satisfied  
self-fulfilled  
expansive, enriching  
appreciative, generous  
resourceful  
sensual  
hospitable

### Red - Passion

engaging, radiating warmth  
magnetizing, charming  
listens deeply  
speaks from the heart  
communicative  
intuitive  
connecting, joining

## How We Get Stuck

### Green

restless, speedy  
controlling, dominating  
power-hungry  
competitive  
fear of failure  
paranoid  
jealous

### Blue

overly analytical  
critical  
self-righteous  
opinionated  
authoritarian  
demanding perfection  
angry

### White

dull  
lazy  
immobile  
humorless  
stubborn  
insensitive  
ignoring, denying

### Red

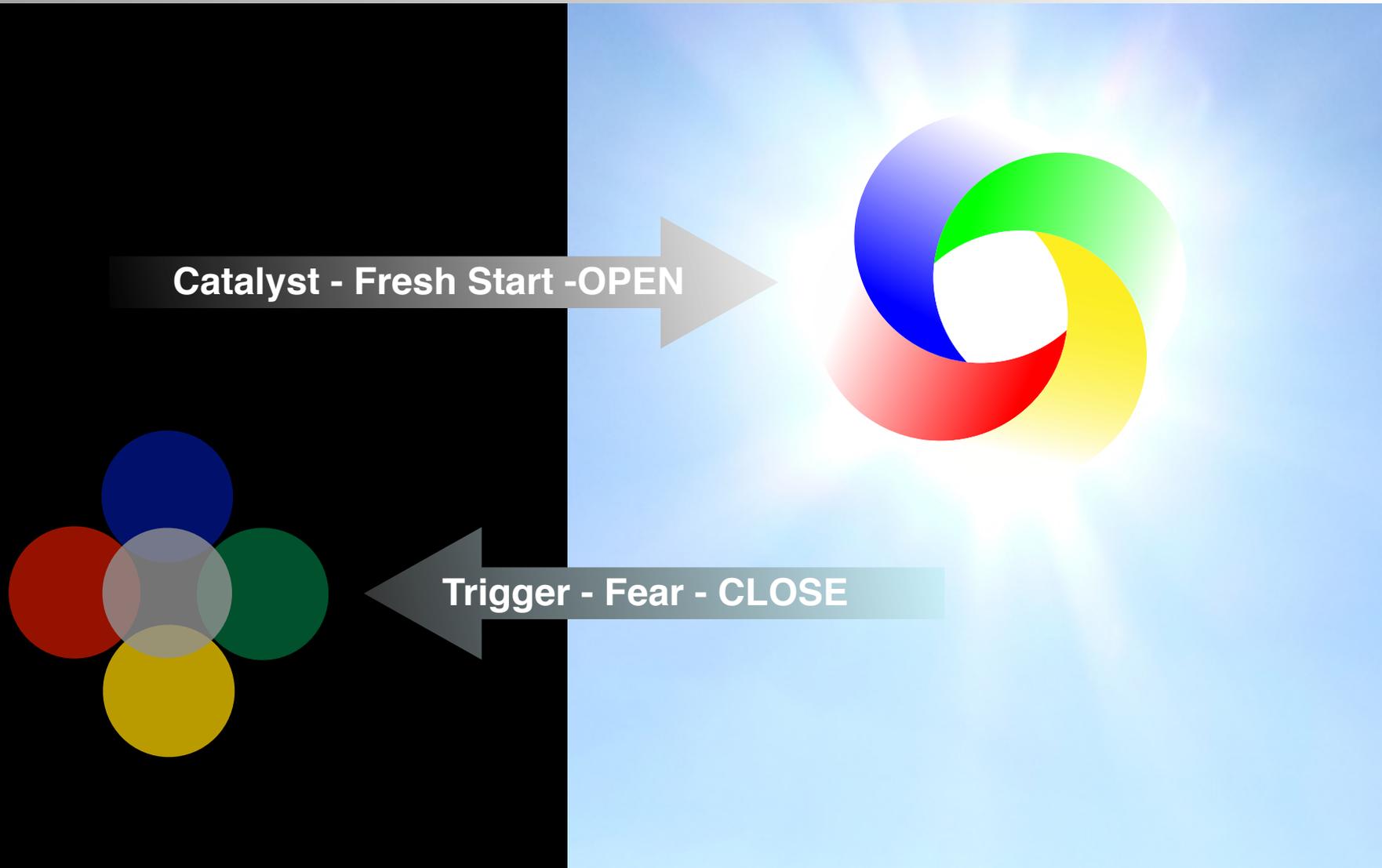
insecure  
seeking confirmation  
preoccupied by desire  
obsessively grasping  
pleasure-seeking  
manipulative  
overly emotional

### Yellow

self-important  
arrogant  
ostentatious  
oppressive  
greedy, indulgent  
possessive  
emotionally needy

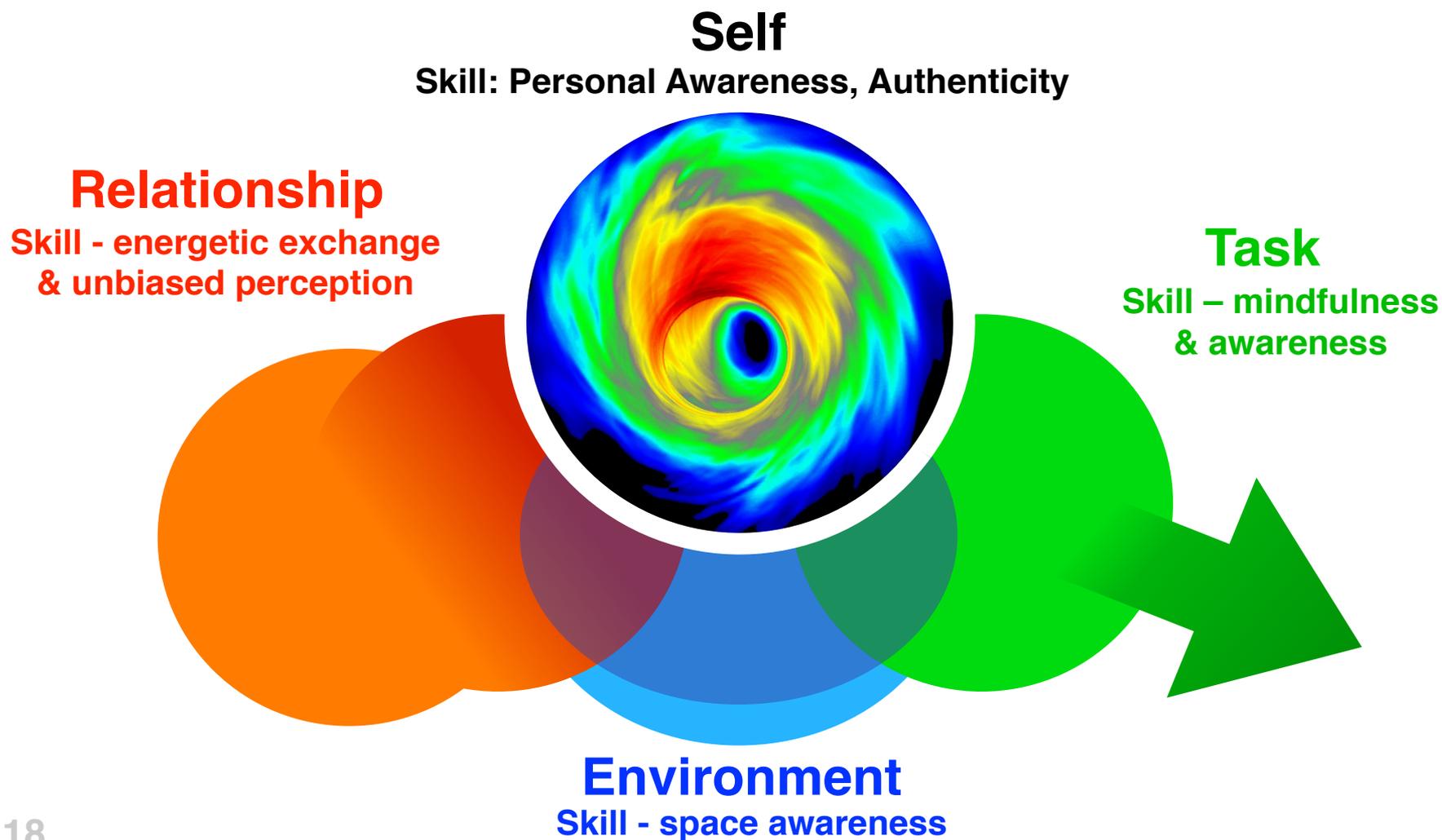
# Triggers and Catalysts

We are buffeted by the energy that we encounter

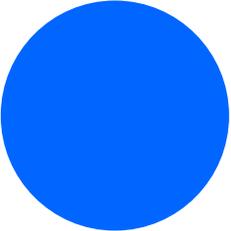
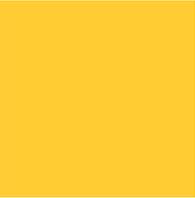
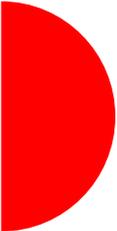
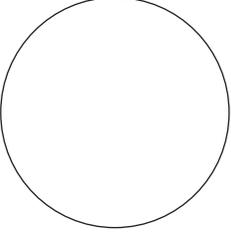


# How to Change?

## Develop Skill Sets



# Five Wisdoms in Action

Wisdom Element	See / Understand	Communication Needs	Capacity / Function	Work Points / Growth Areas	Shape
<b>Vajra</b> <i>Water</i>	overview big picture structure strategic plan details elegant environments	objective clear direct precise respectful	pacifying, insightful create cohesive overview give meaning, relevance evaluate objectively articulate principles goal of excellence	overly conceptual convoluted logic hold all the information angry, defensive critical, impatient distant, cold, rigid	
<b>Ratna</b> <i>Earth</i>	people's potential diversity what is needed rich environments	personable generous contribute tirelessly give and receive care for others	inclusive team builder community maker create opportunities resourceful goal of cooperation	feeling inadequate, inferior low self-esteem, needy need to be needed arrogant, overbearing greedy, never enough claiming territory	
<b>Padma</b> <i>Fire</i>	people relational dynamics enjoyment arts elegant environments	connect personally speak from heart listen deeply warm, share openly inspire others playful	intuitive, empathetic take feelings into account process-oriented lubricate situations artistic, imaginative, creative goal of enjoyment	overly self-absorbed overly emotional taking things personally superficial jealous around relationship manipulative	
<b>Karma</b> <i>Air/Wind</i>	when to act what to do when to end skills needed functional environments	goal oriented direct, straightforward detailed, factual want facts dependable methodical	organize time management create systems make things happen practical goal of accomplishment	driven taking control, manipulative not delegating aggressive domination paranoia, lack trust jealousy around power	
<b>Buddha</b> <i>Space</i>	simplicity value just being simple presence	spacious think it over alone	dependable letting situations unfold acceptance	denial overwhelm inability to deal, lazy blind, deaf, dumb	

# Five Wisdoms Experientially

Buddha	Vajra	Ratna	Padma	Karma
--------	-------	-------	-------	-------

## Neurosis / Manifest Form

Psychophysical Aspects	Form/split, body	Consciousness	Feeling, somatic body sensation	Percept-impulse, feeling (emotion)	Mental formations
Intensified Realities	Animal/god	Hell, hot & cold	Hungry ghost	Human	Jealous gods
Emotion	Ignorance	Anger	Pride	Passion	Jealousy
Body System	Cerebral spinal fluid	Skeletal	Organs	Heart, blood	Muscular

## Wisdom

Wisdom	Accommodating space	Mirror-like clarity	Equanimity	Discriminating awareness	All-accomplishing action
Energy Center	Crown, back of head	Forehead, 3 eyes, chest, pineal	Solar plexus, belly, skin	Throat, heart, genitals	Limbs, genitals
Emptiness	Awareness/emptiness	Clarity/emptiness	Bliss/emptiness	Bliss/emptiness	Wisdom activity
Wisdom Activity	Pacifying	Pacifying/clarifying	Enriching	Magnetizing	Destroying
Symbol	Wheel, circle	Scepter	Jewel	Lotus	Sword

