



[DOWNLOAD PDF](#)

## The Five Wisdom Energies: A Buddhist Way of Understanding Personalities, Emotions and Relationships (Paperback)

By Irini Rockwell

Shambhala Publications Inc, United States, 2002. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book. This book invites us to celebrate our strengths and work with our weaknesses by learning to identify and utilize five basic personal styles or energies. Written in a playful and accessible way, this is the first general-audience book on a Tibetan Buddhist system known as the five buddha families --an insightful way of understanding human behavior and promoting personal growth. Each of the five wisdom energies is associated with particular ways of perceiving and interacting with the world and also with particular colors, elements, senses, seasons, and times of day. With easy, fun, and engaging exercises and stories, Irini Rockwell shows us how to identify which energies are active in our lives, and how we can work with them in any situation to improve self-awareness, communication, and creative expression. According to the Tibetan Buddhist tradition, each of us has one or two dominant energies, but these can shift and change over time, and we can manifest different energies in different areas of our lives. Each of the five energies has its unique wisdom, but also its neurotic tendencies. By learning...



[READ ONLINE](#)

[ 3.74 MB ]

### Reviews

*It is a single of my favorite publication. I have read and so I am sure that I will likely to study again once again down the road. I am delighted to let you know that this is basically the greatest publication we have read inside my own life and might be the best pdf for possibly.*

-- Maria Morar

*Without doubt, this is actually the greatest function by any article writer. It is among the most amazing publication I have got read. Its been printed in an exceedingly basic way in fact it is simply after I finished reading through this publication where in fact changed me, change the way I believe.*

-- Arielle Ledner