

2009 Marin Nonprofit Conference

RETHINKING CONVENTIONAL WISDOM

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New Ideas Come From the Heart

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Traditional *Metta* Phrases

- May I be safe from inner and outer harm.
- May I be happy and peaceful.
- May I be healthy and strong.
- May I care for myself, joyfully.

Metta Meditation for Others

- May you be safe from inner and outer harm
- May you be happy and peaceful.
- May you be healthy and strong.
- May you care for yourself, joyfully.

Other forms of *Metta* Meditation

- May I be happy.
- May I accept myself as I am.
- May I love myself unconditionally.
- May I be at peace with myself and with all beings.

Book reference:

The Essential Enneagram

The Definitive Personality Test and Self-Discovery Guide

by David Daniels, MD, and Virginia Price, PhD. HarperOne, 2009

This 116-page, comprehensive guide to the Enneagram features an updated and improved typing process to determine your personality type, plus specific self-development practices for each type.

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