



# Deep Living: Transforming Your Relationship to Everything That Matters Through the Enneagram

*Roxanne Howe-Murphy EdD*

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## **Deep Living: Transforming Your Relationship to Everything That Matters Through the Enneagram**

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To be at home in yourself and at ease in the world are among life's greatest blessings. In *Deep Living*, Dr. Roxanne Howe-Murphy illuminates the stunning and paradoxical mechanisms through which our personalities unconsciously take each of us in exactly the opposite direction of our deepest nature. The result is a seemingly unsolvable inner divide. Offering a radically compassionate, rare, and mature approach to personal change, Dr. Howe-Murphy integrates the ancient wisdom of the Enneagram with presence-based practices for everyday living and unexpected healing processes, to transform how we see and experience ourselves and the world around us. By shifting where we put our attention, our innate and evolutionary capacity for the deep intelligence of presence grows, and we move toward our soul's true longing and purpose. Tapping into our direct, in-the-moment experience leads us from a distorted sense of self and others to an authentic connection with what's true. By doing so, we move: - from inner inadequacy to real inner authority - from struggle to real inner peace - from being in the grip of personality to real inner liberation. Used wisely, the Enneagram is a map of nine profound journeys from separateness to wholeness and love. In *Deep Living*, readers will find the reflection of their particular true nature.

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