

Revised and Updated

# Deep Living with the Enneagram

## Recovering Your True Nature

by Roxanne Howe-Murphy

With compassion, wisdom, and practical insight, Dr. Roxanne Howe-Murphy helps us cultivate our innate capacities for wholeness, leading to an intimate, transformed relationship with ourselves, and others. In *Deep Living with the Enneagram*, you'll find:

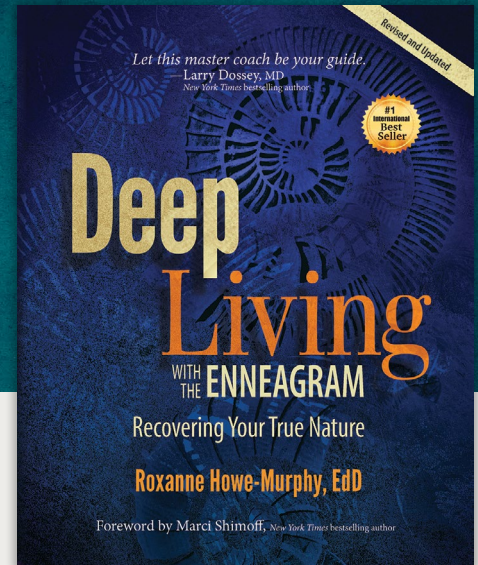
- ♦ A radically compassionate and spacious approach to recognizing the roots of inner struggle.
- ♦ How your Enneagram type's personality patterns present specific obstacles to real presence.
- ♦ Your unique pathways for liberating yourself from inner confines—one size does not fit all.
- ♦ Ways to cultivate a strong core foundation and your innate capacity for wholeness.
- ♦ The connection of your personal well-being to global well-being.
- ♦ Full acceptance of both your human nature and the eternal, divine spark within.
- ♦ A must-have book for healing the roots of struggle.

***“Let this master coach be your guide!”***

—Larry Dossey, MD, *New York Times* bestselling author of *One Mind and Healing Words*

**Roxanne Howe-Murphy** is a pioneer in integrating the Enneagram and coaching. She is the author of *Deep Coaching: Using the Enneagram as A Catalyst for Profound Change* (2007; second edition 2022), founder of an Enneagram coaching school, and a presenter at the International Enneagram Association conferences since 2011.

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## Awards & Recognition

**Winner, 2020 National Indie Excellence Awards**

**Winner, 2020 Southwest Book Design & Production Awards**

**2021 Benjamin Franklin Silver Award from Independent Book Publisher's Association**

**#1 International Amazon Best Seller in English language** in US, Italy, UK, Australia, Spain, Japan, France, Brazil, Canada, Germany, and the Netherlands

**Great companion piece** for growth-oriented professionals using *Deep Coaching: Using the Enneagram as A Catalyst for Profound Change*, 2022

## PRODUCT SPECS

Inspiration and Personal Growth / Spiritual / Personality

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***#1 International Best Seller!***

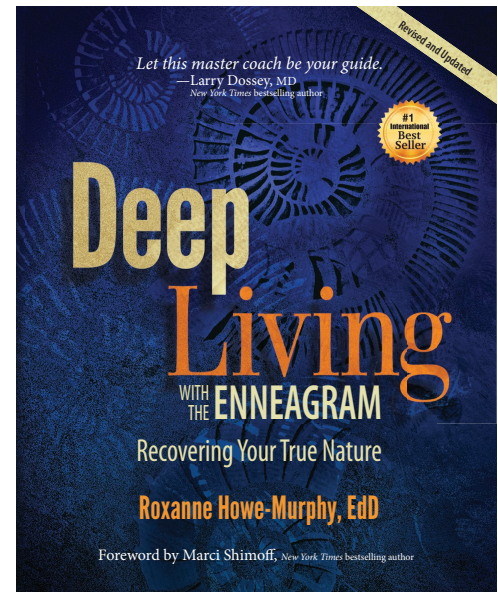
***Deep Living with the Enneagram: Recovering Your True Nature***

by Roxanne Howe-Murphy, EdD

**(Santa Fe, NM, February 14, 2020)** Join Enneagram Press and PenPower Book Marketing Services in congratulating Santa Fe author Roxanne Howe-Murphy, EdD, on the release of her revised and updated book, *Deep Living with the Enneagram: Recovering Your True Nature*, a #1 International best selling book. Released on February 14, 2020, *Deep Living with the Enneagram* will take you on a journey from disconnection to wholeness.

Written with the awareness that we aren't given a guidebook that helps us comprehend who we really are, how to experience life with less stress and struggle, or how we can live with more authenticity, the expanded purpose of this revised and updated edition is twofold: first, to provide ways to build on our innate though often unrecognized capacities for developing a strong core foundation to serve as an anchor in today's uncertain times; and second, to enhance awareness that our personal level of presence—freedom from compulsions of the habitual self and receptivity to new ways of being—makes a difference not only in our own lives but to the well-being of others and the planet.

Drawing upon the sacred-psychology of the Enneagram and the power of presence, this book guides us in recovering more and more of who we truly are. With compassion, wisdom, and practical insight, the author helps us cultivate our innate capacities for living deeply, leading to an intimate and transformed relationship with ourselves.



Praise for *Deep Living with the Enneagram*

*This is a book that makes possible deeper intimacy with your self by bringing together the practical and the profound.*

—Don Richard Riso and Russ Hudson, Co-Authors  
*The Wisdom of the Enneagram and Personality Types*

*The malaise of our time is shallow-mindedness, superficiality, and abbreviated awareness. Deep Living by Dr. Roxanne Howe-Murphy offers a compelling antidote.*

—Michael J. Gelb, Author  
*How to Think Like Leonardo da Vinci*

*Let this master coach be your guide.*

—Larry Dossey, MD, Author  
*ONE MIND: How Our Individual Mind  
Is Part of a Greater Consciousness  
and Why It Matters*

*Learn how to be true to yourself without getting trapped in your personality. That is when freedom and deep living really begin. There is great wisdom here!*

—Christiane Northrup, MD  
*New York Times Best-Selling Author  
Goddesses Never Age, The Wisdom of Menopause, and  
Women's Bodies, Women's Wisdom*

*Roxanne Howe-Murphy captures the deepest beat of life and translates it for the ears, eyes, and hearts of all who claim readiness to what life can be about. To live deeply may not be for the faint of heart, but there is much Light and Liberation in the pilgrimage to our very essence. The Enneagram, as Roxanne sees it and utilizes it, is a sacred path, an expedition in love of Self and of others. To know one's inherent nature is to be realized and truly free.*

—Harriett Simon Salinger, MCC, LCSW  
Executive and Personal Coach, Spiritual Director, and Certified Seeker

A pioneer in integrating the Enneagram and coaching, Dr. Roxanne Howe-Murphy, EdD, works as a changemaker, teacher, and retreat leader. She is the author of *Deep Coaching: Using the Enneagram as a Catalyst for Profound Change* and *Deep Living: Transforming Your Relationship to Everything That Matters through the Enneagram*. She teaches internationally and lives in Santa Fe, New Mexico.

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*Praise for*

***Deep Living with the Enneagram: Recovering Your True Nature***  
***by Roxanne Howe-Murphy, EdD***

*This is a book that makes possible deeper intimacy with your self by bringing together the practical and the profound. Deep Living offers many pathways for the active practice of presence in the exploration of what it means to be fully human. Using the Enneagram to radically and compassionately shift the reader's understanding of him or herself, Roxanne Howe-Murphy offers wise guidance to an inside-out process that teaches readers how to refocus their attention and build upon their innate capacity for living with more joy, aliveness, and fulfillment. We recommend this book as an important source of spiritual guidance to support and accelerate your own awakening.*

—Don Richard Riso and Russ Hudson, Co-Authors  
*The Wisdom of the Enneagram and Personality Types*

*One of the greatest discoveries of the past two centuries is that the human personality is not fixed, but is flexible, changeable, and malleable. Dr. Roxanne Howe-Murphy is a wise, empathic coach who knows how these changes can be encouraged and facilitated. If you feel stuck in your journey and are ready for growth, change, and greater fulfillment and happiness, let this master coach be your guide.*

—Larry Dossey, MD, Author  
*ONE MIND: How Our Individual Mind  
Is Part of a Greater Consciousness and Why It Matters*

*It is a rare book that can bring a reader home to Soul. Roxanne Howe-Murphy's sensitive excavation of the Enneagram awakens the reader to their true human potential. It offers heartfelt, timely guidance of someone who lived every step what she wrote, and who leads her readers back to what we all knew was our task from the very beginning — the embodied, presence and original song of Soul. Deep Living is food for the heart, balm for the soul, and light for the spirit.*

—Christina Donnell, PhD, Author  
*Transcendent Dreaming: Stepping Into Our Human Potential*

*How can we truly know ourselves when faced with nearly constant media messages that tell us who to be and how to be? Dive into Deep Living with the Enneagram and you will discover the keys to your own true nature and your personality. Most importantly, you will learn how to be true to yourself without getting trapped in your personality. That is when freedom and deep living really begin. There is great wisdom here!*

—Christiane Northrup, MD  
New York Times Best-Selling Author  
*Goddesses Never Age, The Wisdom of Menopause, and  
Women's Bodies, Women's Wisdom*

*A willingness to let go of what is for what could be is really scary. And yet, there is no spiritual transformation without it. If you are looking for a way forward and a guide, it is without reservation that I recommend Roxanne Howe-Murphy. In Deep Living, she combines her broad knowledge of the Enneagram with a prophetic way of accurately reading the realities of our time. Following her lead, we can find the courage to trust in who we might become without knowing exactly how we will get there.*

—Suzanne Stabile, Author  
*The Path Between Us:*  
An Enneagram Journey to Healthy Relationships  
Podcast Host, *The Enneagram Journey*

*Deep Living is profound transformational inner-directed therapy...*

—Nancy Lorraine  
Senior Reviewer, *Midwest Book Review*

*The malaise of our time is shallow-mindedness, superficiality, and abbreviated awareness. Deep Living by Dr. Roxanne Howe-Murphy offers a compelling antidote.*

—Michael J. Gelb, Author  
*How to Think Like Leonardo da Vinci*

*Deep Living does, indeed, transform your relationship to everything that matters, starting with that most important relationship—the one between you and YOU. Read this book to understand yourself more fully and appreciate yourself more deeply. Read it to move beyond your current, outworn, habitual patterns to the freshness of being authentically present in the moment. Read it to better understand the other relationships in your life. Read this book. You'll be so glad you did!*

—Marcia Cannon, PhD, MFT, Author  
*The Gift of Anger*



*She is a modern mystic! Roxanne Howe-Murphy captures the deepest beat of life and translates it for the ears, eyes, and hearts of all who claim readiness to what life can be about. To live deeply may not be for the faint of heart, but there is much Light and Liberation in the pilgrimage to our very essence. The Enneagram, as Roxanne sees it and utilizes it, is a sacred path, an expedition in love of Self and of others. To know one's inherent nature is to be realized and truly free.*

—Harriett Simon Salinger, MCC, LCSW  
Executive and Personal Coach,  
Spiritual Director, and Certified Seeker,

*If you are ready to witness yourself with both eyes wide open, to understand why you act the way you do (even when it is ineffective), and to learn how to live in alignment with your true essence, this is the book for which you have been waiting. Roxanne shares her wisdom, compassion, and deep coaching expertise, leaving you with the gift of deep living. A must read for anyone ready to begin or continue their personal life journey!*

—Suzanne Glazer  
Assistant Director, Executive Coaching Leadership Initiative  
Harvard Business School

*Soul excavation is hard work—but the Enneagram is a powerful tool and Roxanne Howe-Murphy a very able guide to this process. For spiritual directors—or anyone who is ready to pay attention to the call of authenticity in their lives, and allow themselves to be truly present—Deep Living provides a map to interior freedom and more genuine relationships with God, Self, and others. This book challenges the reader to move to new levels of self-awareness and healing, providing concrete steps and real help for true transformation.*

—Suzanne Buckley  
Director, Mercy Center,  
Editor, *Sacred Is the Call—The Transformational Work of Spiritual  
Direction Programs for Personal and Professional Growth*

*In Deep Living, Roxanne Howe-Murphy combines her wisdom and experience as a coach with the profound wisdom of the Enneagram. She lays down a multi-perspective frame for each of the nine personality types, enabling us to see ourselves through many lenses—from our most disabling patterns to our greatest gifts. She also provides accessible, type-specific practices that support movement out of those patterns and into a more integrated way of being. Those who truly take this work to heart, however, learn to create the conditions for an inner shift that can peel away the need for self-limiting personal stories and judgments and open to a life lived with greater possibility and presence. A very worthwhile read!*

—Lauren Vanett  
Founder and Director, Core Strengths Coaching Program,  
San Francisco State University

*Roxanne Howe-Murphy's book is truly one of the greatest gifts to come forth from the Enneagram world! In Deep Living, Roxanne provides one of THE most accessible (simple and understandable) descriptions of the spiritual journey yet published. She has made understandable and simple what generally defies language—the experience of the soul. I'm finding myself wanting to give this book to almost everyone I know and care about. What a gift!*

—Lynda Roberts  
Faculty, The Enneagram Institute  
Treasurer, Board of the International Enneagram Association  
Project Management Professional

*Deep Living clearly and concisely describes the fundamentals of personal growth and spiritual awareness. This could easily be a textbook for a college class focused on the emotional and social intelligence required to excel personally and professionally. It will transform your life.*

—Doug Moore, PhD  
Psychologist and Life Coach

*Finally, here is a book that reveals how to achieve inner peace by first tuning into your body's brilliance. Roxanne Howe-Murphy's Deep Living is a book that you will reference again and again. Using the ancient wisdom of the Enneagram, Roxanne skillfully navigates a life path of happiness and fulfillment. You will find veil after veil lifting to reveal your true and beautiful self.*

—Vicky Cruz, DC  
Speaker, Facilitator, and Instructor  
NET Certified Practitioner  
Cofounder, Full Moon Healing Center

*Roxanne Howe-Murphy's latest book is an absolute treasure! Based on the ancient wisdom of the Enneagram, this book provides us with a detailed map of our personality, our frequently occurring behavioral patterns, and the deep living transformation process. Roxanne gifts us with the necessary tools to become 'pattern detectives'; thereby enabling us to shift from seeing our patterns in life's rearview mirror, to noticing and catching ourselves in the midst of enacting our patterns, to seeing them just before we engage in them. Roxanne's book is a rich resource that I will turn to time and again to access wisdom and understandings about personality and behavioral patterns, and to move towards greater awareness and presence.*

—Janet Smith, PhD  
Director, The Education Institute,  
University of Canberra, Australia

*Deep Living is a valuable resource to unlock our personality structure and to transform into our evolutionary nature.*

—Patt Lind-Kyle, Author  
*Heal Your Mind, Rewire Your Brain*



*The Enneagram is a powerful resource for gaining a unique doorway into self-knowledge, an essential benefit for people in the midst of career change and other life transitions. As you dive into Deep Living, you'll uncover nuances about your own innate capacities, gifts, and beliefs that will help you discover ways you can deepen the way you live your life.*

—Carol McClelland, PhD, Author  
*The Seasons of Change: Using Nature's Wisdom  
to Grow through Life's Inevitable Ups and Downs*

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Q & A's for

*Deep Living with the Enneagram: Recovering Your True Nature*

by *Roxanne Howe-Murphy EdD*

## 1. Why is this book important?

Deep hurts run through the veins of individual lives and in the collective human experience. The suffering, which is expressed in many forms, is rooted in a disconnect between a calling to one's inner depths and the overwhelm of life's demands. Unparalleled social, economic, environmental, and political upheavals magnify this division and throw us off-kilter. What we need, what so many seek, is a relationship to our integrated, whole nature.

It has never been more important for we humans to reconnect with the deeper truths of our nature. When we do so, we discover and build our capacities for using our unique life force for our own highest good, and for the good of the collective.

*Deep Living with the Enneagram: Recovering Your True Nature*, offers profound and often surprising insight, guidance, practices and inspiration for discovering the patterns in one's life that undermine one's ability to recognize and access their highest gifts. This book is a plea, a platform, an invitation, and a guide that increases individual consciousness and awakening.

## 2. Why did you decide to offer this revised and updated edition of this book?

Most readers/listeners have expressed a sense that there is a dimension in life that they are not touching. The result: a pervasive sense of superficiality and distance from one's inner core. Many have tried one or another approach, without satisfaction, and their bookshelves are full of multiple "fix-it" manuals. They remain at a loss as how to make a real connection and not sure even where to look.

I count myself among these, and I saw that one size does not fit all. Life is messy and everyone is navigating the uncharted territory of what it means to be human. I saw the need for an approach that was adaptable to a variety of paths towards one's true nature. The Enneagram is key to such a flexible method.

*Deep Living with the Enneagram* integrates two powerful dynamics that support our opening to the fullness of who we are. This opening, a flowering, brings forth our unique gifts in this complex world. One dynamic is presence; the other is self-knowledge based on the Enneagram.

Without presence, our self-knowledge may not lead to much beneficial inner change but instead only further the ego's view of who we are. And without self-knowledge illuminated by the Enneagram it is exceedingly difficult to discern whether or not we are truly present, as the ego has a way of trying to substitute itself for presence. In *Deep Living with the Enneagram*, self-knowledge is elevated to a transformative level by integrating it with the liberating power of presence.

### **3. What is the role of the Enneagram in transformation?**

To grow and evolve, it is vital to see ourselves clearly and honestly. The Enneagram is the most powerful framework I've ever experienced for seeing oneself clearly through a very precise lens. Through the Enneagram, we learn that there are nine major dimensions, archetypes, or spheres of consciousness that exist. On a human scale, this translates to nine dramatically different orientations to life—also known as personality types.

Each of these nine orientations has specific and repeating patterns of thought, emotion, attention, and behavior that show us how we come to have a certain identity, how we come to believe what we do about life, and how we cope with life. It may be surprising to learn that these are all aspects of the personality. The Enneagram also illuminates the paradoxical mechanisms through which our default thinking, feeling and behaving take us in exactly the opposite direction of our deepest nature.

Because these personality patterns are deeply ingrained, they create psychic wallpaper, which becomes the basis of our internal reality. The patterns once recognized for what they are—automatic activity that we share with approximately one-ninth of the population—become the doorways to our transformation. We have what we need for our growth and transformation right here in everyday life.

The Enneagram is often narrowly described as a personality typing system, but when used fully, as it is in *Deep Living*, it gives us a map for awakening from our most restricted and confined existence so that we may recover our liberated and expansive nature.

#### 4. **What do you mean by Deep Living?**

It is easy to be focused on the content of life—the plans, activities, relationships, the accomplishments, and the challenges that make up the most visible part of life. From this perspective, it can seem that things happen to us, people do things to us. We have reactions to life, with some days being “good” and others not so good, all based on external conditions of our lives.

Through Deep Living, we become present to and experience life below the surface where our deep intelligence lives. Here we come into contact with our direct experience that is unfiltered by concepts, beliefs, or dogma that have influenced the shape of one’s life. One’s direct experience provides a foundation for healing and an authentic experience of oneself.

#### 5. **In the Foreword, author Marci Shimoff says that you challenge many ideas about personal development in this book. What is unique about your perspective?**

I’ve discovered that most people who are interested in self-development have a deeply embedded—and erroneous—belief that there’s something about them that needs to be changed, fixed, or improved. This belief is widespread and generally unquestioned. Why else would there be a multi-billion-dollar industry selling “self-improvement”? Why else would anyone have dozens of books on self-help, psychology, and spirituality filling their shelves and stacked on the floor?

From this perspective, people often treat themselves in a machine-like way: trying hard to fix, ignore, transcend, add to, or get rid of whatever aspect of being human that doesn’t work or doesn’t seem acceptable. While this approach may sometimes result in short-term results, my response to this is *Ouch!* As pervasive as this assumption is, it comes with considerable costs. What would it be like to allow in the full experience of your life, to accept yourself and to accept life? Most people find this to be a totally foreign concept, and at odds with how they have long related to themselves and the idea of what change means.

Through the Deep Living Approach, you learn a completely counter-intuitive approach: to be with your inner and very human experience with compassionate acceptance, without necessarily taking action on those experiences. Then something powerful happens: inner constrictions unexpectedly start to soften, and a seemingly miraculous new internal quality rises to the surface. It’s not at all unusual to also experience more internal spaciousness and a sense of your own substance and depth; along with the gradual realization that there’s more to you and that you have more choice than ever anticipated.

**6. You state that Deep Living goes beyond self-help and self-improvement. Can you explain?**

Each of the nine points on the Enneagram represents a full spectrum of experience, from our most constricted experience, which lays in the realm of being highly identified with our personality, to our most exalted, expansive qualities. We are not an either/or. We have a personality and always will. We need it.

Self-improvement implies that we need to fix something about ourselves. This easily gets translated into adjusting the ego—making it better or more acceptable. In Deep Living, the primary emphasis is on healing and becoming less attached to or identified with the ego-self -- with its stories, its repeating patterns, its strategies for trying to protect us—in other words, the way that we have known ourselves, and lean more into the mystery of who we are beyond the limits of the personality. We can only access what is more expansive within us when we are present.

**7. What is one of the most important things that readers can do to make a positive difference in their lives?**

One of the most tangible and potent places where you can put your energy is in changing your relationship to the inner critic!

Why? Because the inner critic is one of the greatest sources of suffering in people's lives. You see it in every opinion and judgment you have. How you experience yourself is intimately related to the amount of internal life space your inner critic takes up! It can't help but affect your relationship to yourself and others, the decisions that shape your life, and how you do life. Left to operate on its own, it extorts a heavy price that's ultimately paid by a scarred and deadened soul.

The inner critic is one of the most powerful influences that keeps you from being present and embodying your inner authority.

When it takes a turn outward, the critic is reflected in the often-secret judgments held toward loved ones and friends and even toward strangers. Evidence of its prevalence at a more global level is demonstrated through unresolved race relations, in the lens through which different secular or religious sects and communities relate to each other, and in international relations.

The inner critic is a primary cause of enormous suffering in the world. That's the reason I devoted Chapter 17 to it in *Deep Living with the Enneagram*.

**8. What do you mean by presence and why is it important?**

It's astonishing to recognize how our personality patterns take us away from real presence, which is the freedom from being under the control of our habitual patterns. Without presence, inner healing is incomplete; clear and clean communications and decisions are hindered. It is simply more difficult to meet the demands and opportunities of life.

Yet, we are wired for presence—for groundedness, for open heartedness, and for clarity of mind, for trust and access to all forms of authentic guidance, and we have the resources for developing profound moments of presence. From the framework of the Enneagram, we each have three Centers of Intelligence that invite us into presence.

Having sensate, direct, lived-in contact with each of the centers offers intelligence that is far more extraordinary than the busy mind can conjure. This contact allows one to respond with what is needed in the moment—a gift of enormous practicality.

This book offers many practices that support one's innate capacity for presence, along with the many associated qualities that help us access a more authentic nature

**9. You introduced the term ego code in this book? What does it mean and why is it important?**

Analogous to the genetic code, which carries information without our awareness that affects our entire neuro-physiology, the ego code has a set of invisible rules, or inner logic, according to which our personality is organized. This inner logic that unconsciously shapes our experience seems to make sense in light of how we have known ourselves and feels authentic in our bodies, hearts, and minds. However, it is the ego code that leads to the dis-ease that people frequently experience internally, such as feelings of dissatisfaction, struggle, alienation, isolation, and disconnection from themselves and others.

With increased awareness, we can discover that our personality, which has been largely determined by the ego code, is based on assumptions not rooted in our true nature. Once we realize that the inner logic does not lead to desired and sustainable change, the potential for new life choices becomes more accessible.

**10. What do you mean by the phrase "One size does not fit all"?**

There is a unique and powerful path of healing and transformation associated with each of the nine Enneagram points.

Many of us have tried to follow a path to greater happiness or deeper satisfaction that may have been right for someone else. You may have been disappointed, frustrated or even hopeless because the suggestions did not work effectively for you. Many books and approaches to psychological development and spiritual maturity have been based (unconsciously) on the author's specific Enneagram type, and is biased or framed through that one perspective. It's no wonder that so many of us have tried so many different strategies. One size does not fit all.

In *Deep Living*, you'll find nine different sizes, nine different pathways. Each offers specific suggestions for individuals who most relate to a particular life orientation, of treading that particular pathway. What will best support you might be very different than what would support a good friend or your significant other, because you and your brain are designed differently than most of the people around you.

*Deep Living* is offered through the lens of all nine types, and the reader is led to discover her or his particular lens.

#### **11. What do you want for readers of this book?**

I hope that readers will feel that their real inner experience has been recognized and named, perhaps for the first time, and with that, they feel relief and hope.

I hope that this book will be used as a valued guide to life—a book that will serve as a companion, a resource, a reference, and that will be well-used time and time again, to support readers in feeling more at home in themselves.

My great wish for all who read this book is that they will continue to experience increasingly expansive love and presence in their lives. It is not only possible, but also probable to have this experience on a regular basis. And it is absolutely practical.

#### **12. What are you currently working on?**

I am in the midst of writing a book on an entirely new body of work called "*EnneaCrossings*". I'm very excited about it, and have been teaching this work for the last several years.

#### **13. How can someone purchase your book?**

*Deep Living with the Enneagram: Recovering Your True Nature* is available for purchase on Amazon and other online booksellers. You'll find more information on my work at <http://Roxannehowemurphy.com>.



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## *Deep Living with the Enneagram: Recovering Your True Nature*

*by Roxanne Howe-Murphy EdD*

### **Why I Wrote This Book**

I have always been curious about and in awe of the human spirit and this journey we are all on. I often experience deep sorrow over the suffering that is part of the human condition, and I rejoice in the magnificence of true nature. I know that every person is part of this magnificence. Everyone on the planet is here to heal, to fulfill their soul's calling, and to express their most authentic qualities. Yours is your birthright.

We've reached a time of great urgency. We have sign after sign that as individuals, as a collective, as inheritors of this planet, that life is dangerously out-of-balance. People are in trouble, and so is the planet. There is an antidote.

From my perspective, the Enneagram can be the most profound system for transformation when approached from a presence-based perspective. The spiritual teacher who first introduced the Enneagram to the Western world right before the onset of WWI taught it not as a personality typing system, but as a system for awakening to Reality (with a capital R) and to our True Nature.<sup>1</sup> He taught that the Enneagram was most accessible when the world was in the greatest trouble, and had the greatest need. There's never been a more important time for awakening than now.

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<sup>1</sup> Reference is made to George Gurdjieff, who introduced the Enneagram symbol to the Western world in St Petersburg.

Whether you are a longtime meditator, have studied a great system of spiritual wisdom, have done years of therapy, or are newer to the realm of self-knowledge and transformation, the Enneagram can offer you precise insights not easily arrived at through other means. Wherever you are in your soul's journey and whatever traditions or tools you currently follow in your psychological and spiritual work, implementing the Deep Living approach to the Enneagram can fill in many missing pieces and help accelerate your evolution.

Along the journey back to ourselves we encounter the whole range of our human nature—the places where we get stuck and disappointed in ourselves, and where we lose contact with our greater sources of wisdom and intelligence within. We also discover our innate capacities and gifts and the expansive qualities of our truer nature. What I've learned along the way is that *all of life* is an invitation to drop into our depths and open into our hearts so that we might experience our integral connectedness and wholeness.

I wrote this book to be a shepherd and companion as you walk your own path. It is offered with the deepest reverence for your soul's journey, along with an invitation to meet yourself with compassion beyond anything you have ever known. At its heart, the book and I welcome you to the whole of who you are, held in the arms of compassion so that how you know yourself becomes transformed into a knowing of the expansive and loved being that you are.

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## **Roxanne Howe-Murphy, EdD - Biographical Information**

Dr. Roxanne Howe-Murphy integrates her education and the depth of her own personal work during four decades of professional experience in diverse fields—including rehabilitation, higher education, consulting, and coaching—in her most recent book, *Deep Living with the Enneagram: Recovering Your True Nature*.

A pioneer and global expert in integrating the Enneagram with executive and life coaching, Roxanne authored the internationally acclaimed book, *Deep Coaching: Using the Enneagram as a Catalyst for Profound Change*, which has provided guidance to thousands of coaches around the world. She founded the Deep Coaching Institute, which offers accredited training programs internationally to growth-oriented professionals wanting to embody the practical intricacies and the profound art, science, and spiritual consciousness of the Enneagram into their businesses' professional practices.

Roxanne's personal style, her breakthrough methods for sustainable transformation, and her deep honoring of the soul's journey have inspired laypeople and professionals around the world.

Grounded in the same values, the non-profit Deep Living Lab has a mission of contributing to high levels of collective well-being. Through its distinct approach, it delivers guided experiences in building capacities for engaged presence.

After living near the ocean for most of her adult life, Roxanne and her husband followed their heart's dream and moved to beautiful Santa Fe, New Mexico. Amid the beauty of the high-desert landscape, they enjoy hiking in the mountains and soaking in a vast array of distinctive artistic, multicultural, and educational activities. An enthusiast of a broad range of musical expressions, Roxanne served on the board of a nationally respected professional chorale ensemble and is a student of the cello.

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## **Roxanne Howe-Murphy, EdD - Biographical Information**



### ***Inner Adventurer, Lover of the Great Mystery***

Roxanne Howe-Murphy has long been an adventurer, studying, teaching and writing about the inner terrain of the human condition and the relationship between the patterns of our egoic lives and the mystery of who we are beyond the ego. Recognizing that the journey inward is every bit as adventurous, vast and perhaps even more rewarding than the outward journey, her own exploration continues.

Since Roxanne was a child growing up in rural America, she was drawn to the preciousness of this human experiment and to the big spiritual questions of life. While she didn't always have the words for it, she felt deeply connected to the sacred in all that exists, and to exploring the Great Mystery that is the source of the cosmos. After a substantial and painful period of 'forgetting who she was,' Roxanne found her way back to a deeper guidance while inquiring into the terrain of the human soul and eventually recognizing that the Unknown is inherent in the fabric of life.

Beyond her education, training and professional experience, Roxanne is deeply inspired by her trust in the capacity of the human spirit that urges us toward manifesting our highest nature for our individual and the collective good.

### ***Thought Leader and Change Agent***

After the profound experience of working professionally with individuals with varying abilities and disabling conditions in her early professional life, Roxanne served for nearly 20 years as undergraduate and graduate faculty at San Jose State and Boston Universities, teaching dozens of undergraduate and graduate courses in leadership, research, and interdisciplinary therapeutic and wellness-based subjects. She co-authored a leading-edge textbook, authored dozens of articles and gave hundreds of presentations, primarily focused on new ways of thinking, working, and being—both personally and in social systems. Later, she was also on the faculty for the Core Strengths Coaching Program created at San Francisco State University, and one of the first university-based coaching programs to be grounded in positive psychology.

In 1997, she founded an executive and life coaching company. After studying and researching ways to incorporate the profound wisdom of the Enneagram into coaching, Roxanne's first book in the

Enneagram field, *Deep Coaching: Using the Enneagram as a Catalyst for Profound Change* was published in 2007. Adopted internationally, it led to the development of the Deep Coaching Institute, ([www.deepcoachinginstitute.com](http://www.deepcoachinginstitute.com)) offering a robust nine-month coach certification program where Roxanne continues to serve as a partner and senior faculty. The school is accredited by the International Coach Federation and the International Enneagram Association.

The Deep Living Lab, ([www.deeplivinglab.org](http://www.deeplivinglab.org)), offering retreats, courses, and in-person and virtual circles to support being at home in oneself and an agent of love in the world, was born out of Roxanne's second Enneagram-based book, *Deep Living: Transforming Your Relationship to Everything That Matters through the Enneagram*. She serves as founding teacher, retreat leader and mentor for the institute.

### ***Author and Retreat Leader***

In *Deep Living with the Enneagram: Recovering Your True Nature*, Revised and Updated, Roxanne expands upon the original book's purpose of increasing self-awareness and imparting a sense of the powerful healing and transformation available through a presence-based approach to the Enneagram. The intention of the revised and updated edition is to provide ways to build on our innate capacities for developing a strong core foundation to serve as an anchor in today's uncertain times and to offer a lens for broadening our understanding of others, which is so necessary in today's changing world.

"This fascinating and penetrating work speaks to one's soul, as if it recognizes and knows you." The "Beyond Duality" retreats explore openings and obstacles to experiencing expanded states of awareness as part of daily living. With a radically compassionate approach to inquiry, somatic and contemplative practices, Roxanne uses Enneagram and EnneaCrossings™ as vehicles of wisdom to support the movement toward presence and wholeness. EnneaCrossings™ is a body of work that has been developing since 2012 and is the focus of her next book.

Roxanne lives with her husband in the high mountain desert of Santa Fe, New Mexico where the beautiful, spirit-infused landscape and nature nourish her soul. The racially and ethnically diverse peoples of this land and the creative spirit in its many expressions coalesce, flourish and inspire her.

### ***Credentials***

EdD in Learning & Instruction with a Counseling Psychology emphasis,  
University of San Francisco  
M.A. in Therapeutic Recreation, San Jose State University  
B.A. in Social Work and Sociology, University of Iowa  
Certified teacher, The Enneagram Institute, New York  
Accredited Teacher, International Enneagram Association  
Certified Coach, International Coach Federation  
Certificate in Mediation  
Founder and Senior Faculty, Deep Coaching Institute  
Founding Teacher and Mentor, Deep Living Lab