

Online Spirit of the Enneagram

Full Course Oct. 23-Nov 20, 2020 (Live Webinar Oct. 23-24)

Introduction to Spiritual Psychology

PROGRAM INFORMATION

The Enneagram is a remarkable tool for psychological and spiritual growth. This ancient wisdom tradition offers clinical insight that explains why we behave in the way that we do by uncovering our unconscious motivations and deeply rooted influences. The lessons of the Enneagram are not learned by studying books or concepts, but through an elegant process called the oral tradition. It is only from sharing and hearing the stories of others, that your personal life 'script' is revealed.

The Spirit of the Enneagram will enable you to—

- Embrace your personal self-worth
- Deepen your sense of spiritual wellbeing
- Heal the wounds to the emotional self
- Reduce anxiety in work and relationships
- Create a more peaceful and productive environment

The Spirit of the Enneagram Workshop Includes:

- A two-day online workshop that explores the nine personality types of the Enneagram.
- A highly interactive program where participants explore not only their own personality, but gain profound curiosity and respect for each of the nine "faces of God."
- For one month, weekly materials to support personal study, plus expert-moderated forums for each enneatype.



Richard Groves is an author, pastoral counselor and founder-director of the Sacred Art of Living Center. A student of the Enneagram for thirty years, Richard is a masterful teacher in making the connection between the spiritual and psychological wisdom of this ancient tool.

Eileen Heaton is a recently retired lifelong professional musician and voice teacher. She continues to work with the spirituality of the body. She has been teaching the Enneagram in sacred and secular environments for over 20 years and is an active Spiritual Director.



Michael Heaton is a retired entrepreneur and organization consultant. He has taught the Enneagram for more than 20 years as both a spiritual and secular system. He is a past professional member of the IEA and senior member of the Enneagram in Business. He continues his work as a business coach and Spiritual Director.



Live Webinar (Mountain Time):

Oct. 23-24, 2020

9:00 am—4:00 pm

Plus: Weekly Support Material for One Month

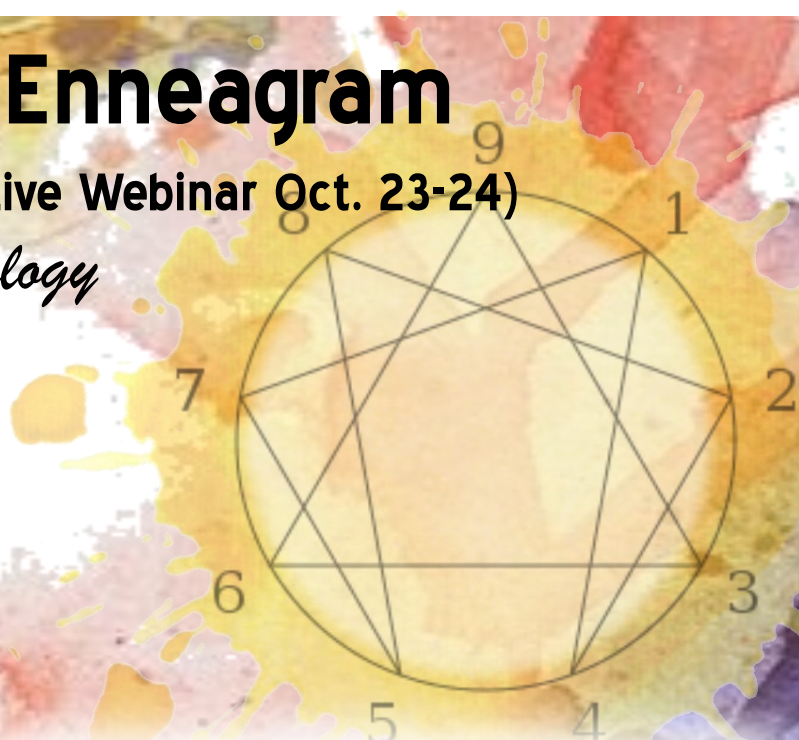
Cost: \$200

Register online at:

Sacredartofliving.org

For more information call: (541) 383-4179

Sacred Art of Living
Center for Spiritual Formation



Enneagram Introduction to a Sacred Psychology

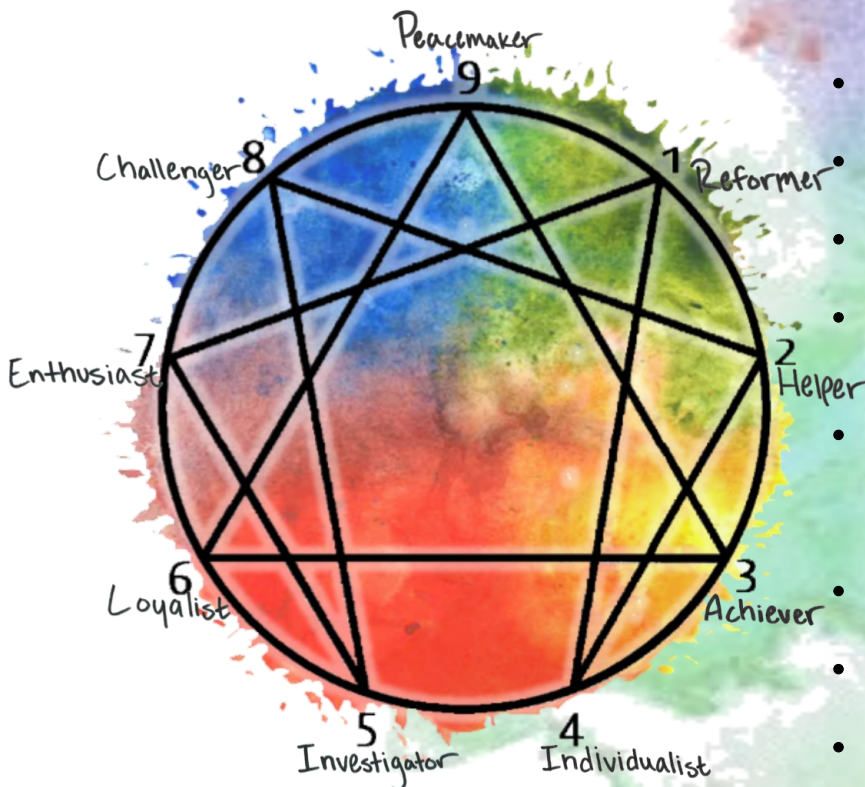
What is the Enneagram?

This highly acclaimed workshop experience introduces the basic theory and spirituality of the Enneagram that can open a sacred path of new understanding for yourself and others.

The fields of philosophy, psychology and spirituality all attempt to provide answers to life's biggest questions. The "why" questions of philosophy move us into a never-ending search for meaning. Psychology helps us understand human nature and the stages of human growth. Our spirituality attempts to describe Mystery and relationships to all life. The **Enneagram**, pronounced "Any-a-gram" (*ennea*=the Greek word for "9", *gramma*=types), is an extraordinary theory that brings these three quests together. Classically there are nine personality types or "portraits of the soul" to explore.

The Enneagram is an ancient tradition that may be more than 3000 years old. For centuries many spiritual traditions, among them Judaism, Christianity and Sufi-Islam, found this tool to be most helpful in "the art of spiritual discernment"—deepening their understanding of both psychology and faith. When the Enneagram theory is applied to human nature, it suggests that there are nine different vantage points from which human beings view reality. Our motivations, feelings, and choices of action flow from a particular view point on life. The Enneagram is not, of course, *the* truth. Rather, it provides a marvelous framework that helps us understand how each person is "one of the nine faces of God."

A Brief Description of the Nine Portraits of the Soul



- Type One: Perfectionists are realistic, conscientious and principled, they strive to live up to their high ideals.
- Type Two: Helpers are warm, concerned, nurturing and are sensitive to others needs.
- Type Three: Achievers are energetic, optimistic, self-assured and goal-oriented.
- Type Four: Romantics have deep sensitive feelings and are warm and perceptive.
- Type Five: Observers have a need for knowledge and are introverted, curious, analytical and insightful.
- Type Six: Questioners are responsible, trustworthy and value loyalty. Their personalities range from reserved and timid to outspoken and confrontive.
- Type Seven: Adventurers are upbeat, lively and "want it all." They also contribute much to life.
- Type Eight: Asserters are direct, self-reliant, self-confident and protective.
- Type Nine: Peacemakers are receptive, good-natured and supportive. They seek union with