

# Online Spirit of the Enneagram

Two Day Online Webinar 20—21 January 2023

*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 'styles' of the Enneagram.
- A highly interactive programme where participants explore not only their own personality, but gain profound curiosity and respect for each of the nine "faces of God."



**Richard Groves** is an author, pastoral counselor, founder and director of the Sacred Art of Living Community. 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.

**Online Webinar:**  
**20—21 January 2023**  
**13.00 - 20.30 GMT/UTC**

**Tuition: 250 Euro**

**Register online at:**

[www.sacredartofliving.org/irish-programs](http://www.sacredartofliving.org/irish-programs)

**For more information email:**

[info@sacredartofliving.org](mailto:info@sacredartofliving.org)

 **Sacred Art of Living**  
*Center for Spiritual Formation*



# Enneagram Introduction to a Sacred Psychology

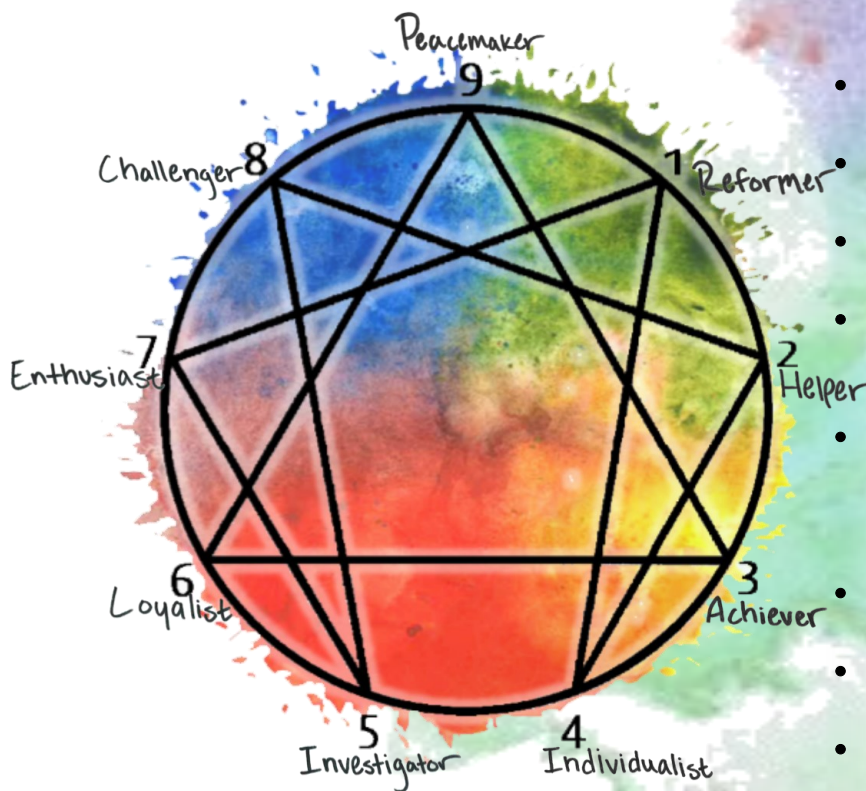
## What is the Enneagram?

This highly acclaimed workshop experience introduces the basic theory and spirituality of the Enneagram that can open a sacred path of new understanding of 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 styles or "portraits of the soul" to explore.

The Enneagram is an ancient tradition that may be more than 3,000 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 one's understanding of both psychology and spirituality. 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 intuitive.
- **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."
- **Type Eight:** Asserters are direct, self-reliant, self-confident and protective.
- **Type Nine:** Peacemakers are receptive, good-natured and supportive.