



Enneagram Studies with Karen Webb 2015

INTRODUCTION TO THE ENNEAGRAM (ENNEAGRAM 1)

March '15	19 (eve) - 22	Othona Community, Bridport, Dorset DT6 4RN residential	01308 897130 www.othona-bb.org.uk
May '15	5 - 7	Sheldon Community, Exeter EX6 7LE residential	01647 252752 www.sheldon.uk.com
June '15	8 - 10	The Ammerdown Centre, Radstock, Bath BA3 5SW residential	01761 433709 www.ammerdown.org

SUBTYPES AND SOUL (ENNEAGRAM 2)

Sept '15	21 - 23	Sheldon Community, Exeter EX6 7LE residential	01647 252752 www.sheldon.uk.com
Nov '15	16 - 18	The Ammerdown Centre, Radstock, Bath BA3 5SW residential	01761 433709 www.ammerdown.org

ADVANCED ENNEAGRAM

Monthly series		<u>SPIRITUAL GIFTS AND ANTIDOTES</u> See Study Group details below	
Oct '15	15 (eve) - 18	<u>RELATING FROM ESSENCE - BEYOND TYPE</u> Othona Community, Bridport, Dorset DT6 4RN residential	01647 252752 01308 897130 www.othona-bb.org.uk

MONTHLY ENNEAGRAM STUDY GROUP IN MALVERN, WORCESTERSHIRE 01684 561258
Fourth Thursday evening in the month. enneagramwebb@mac.com

Karen Webb leads all the workshops; she does not take bookings for most of them.
The fee at each of these venues varies according to length and residential status.
• **Please contact the venue direct for booking details.**



Through Personality to Spirit - Enneagram Studies with Karen Webb

ENNEAGRAM WORKSHOPS IN THE NARRATIVE TRADITION

It is from individuals' experience of themselves, rather than theories, that we discover what it truly means to be human. We learn best about ourselves and others in communication, hearing people speak of themselves, and exploring the significance of each other's stories.

Video or where possible live panels of self-aware people describing themselves, discussion of each type's day-to-day difficulties and celebrations, guided imaging and meditations, give participants a living experience of the ways in which different types of people view and interact with the world.

KAREN WEBB

Karen has taught the Enneagram in the Narrative Tradition since 1991. She is a graduate of the Enneagram Professional Training Program with Helen Palmer®. A lifelong student, formally and informally, of psychology and comparative religion, her work prior to this was in Management consultancy, training and Human Resource Development.

Karen's main focus is to facilitate spiritual and psychological growth through workshops, individual counsel, couple and group work, as requested. Her book '*Principles of the Enneagram*', is available in thirteen languages worldwide.

PUBLIC WORKSHOPS

Most of Karen's workshops are organised by people or groups in collaboration with her. If you would like one in your area, call her to explore the possibilities.

TYPE ANALYSIS / COUNSELLING / COACHING / THERAPY / SPIRITUAL ALONGSIDE

A one-to-one interview helps to identify your point on the Enneagram, and gives some basic guidance on what that means in your day-to-day life. This lasts between 1 and 2 hours, and can be a once-only session or, if you wish, followed up with more in-depth consultation, whether counselling/ coaching, therapy or spiritual accompaniment.

PARTNERSHIP COUNSELLING FOR COUPLES, FRIENDS, COLLEAGUES

Partners can use the Enneagram to gain deeper insight into each other, the dynamics of the relationship - how you support each other and where you may clash - and how to develop its potential. A truly creative relationship, alongside the harmony and joy, includes times of disagreement or misunderstanding.

TAILORED COURSES

The Enneagram is a very powerful tool for any group of people who work and/or live together, enabling them to function more harmoniously and efficiently, in support of the best in each other.

Particularly effective in fostering teamwork and developing an individual's unique leadership skills, courses can be tailored to the aims and needs of any group, anywhere, from an intensive weekend to a progressive development over time.

Karen's clients range from religious houses and schools to multi-national companies committed to a personal growth philosophy.

Enneagram Studies UK, 66 Cowleigh Bank Malvern WR14 1PH

enneagramwebb@mac.com

01684 561258

<http://www.theenneagram.co.uk>

ENNEAGRAM 1: INTRODUCTION TO THE ENNEAGRAM

The Enneagram is an ancient, extraordinarily accurate, model of human personality and spirit. Describing nine personality types and their interactions, it enables us to look deeply into our own character, harmonise our daily lives and our relationships, and understand our particular, best, path to growth.

Taught in the narrative Tradition, participants come away with a living experience, rather than simply a theoretical knowledge, of the ways in which different types of people view and interact with the world. I use video clips, and where possible live panels, of people of each type describing themselves, and discuss the day-to-day difficulties and celebrations of each type. I also use guided imaging and meditations to help give a deep experience of each, surprisingly different, focus of attention.

On this introductory workshop you will:

- Discover the chief emotional and mental concerns of each type
- Learn some of the patterns of behaviour and interaction created by these often unconscious habits of perception
- Recognise your own type and those of people you know
- Understand how security as well as stress 'changes' your personality
- Learn to improve relationships of all kinds, by
 - seeing yourself through others' eyes
 - understanding the different points of view of each type
 - realising how you react to different types
- Learn the higher attributes of each type
- Start to discover how to use your 'negative' patterns to fuel growth

ENNEAGRAM 2: SUBTYPES AND SOUL

Joining insight about personality type with the technology of sacred tradition, the Enneagram demonstrates ways in which so-called negative emotional reactions such as jealousy or fear can become the raw material, the energy source for spiritual liberation.

Within each of the nine types, are three subtypes - one of the reasons why people of the same type may appear so different in their approach to life despite their shared focus of attention. Subtypes are sometimes called instincts, or instinctual responses, as they describe basic survival behaviours in the three main arenas of life: self-preservation, social interaction, and one-to-one intimate relationship. Each person generally focuses most on one of these areas.

Our personality's most unconscious strategies are also the greatest barrier to growth and higher awareness; and our subtype is the trigger for these. To identify and understand the subtleties of our subtype is to confront what really holds us back from awareness of our Essence.

Subtypes and Essence is an advanced Enneagram workshop. It is important that participants are familiar with the basic information on all nine types, and that they know their own type with reasonable certainty. However, if you are not entirely sure, the material on subtypes may well help you clarify your type.

This workshop will deepen understanding of the nine types in four main areas:

- The ways in which Passion and Fixation manifest in Subtypes
- Each type's Holy Virtue and Holy Idea as aspects of Essence
- Head, heart and belly as centres of spiritual perception
- Psychological and spiritual growth using the Enneagram, including meditations to bring us closer to our Essence

ADVANCED ENNEAGRAM: SPIRITUAL GIFTS AND ANTIDOTES

Presence is our living connection to the source of our being. It is a collected awareness without time or form, without discursive thinking, concepts or imagery. We lose Presence through the automatic habits of type; however when we can learn to relax habitual conditioned awareness a non-thinking but thoroughly knowable and receptive Presence remains.

The Enneagram triads are by far the most sophisticated description of conditioned awareness in contemporary spiritual literature. The feeling triad (2, 3, 4), the mental triad (5, 6, 7) and the body-based triad (8, 9, 1) each has a spiritual pitfall born of a way of interacting with the world specific to that triad.

These three core issues respond to specific meditation practices that release conditioned awareness, a vital step towards spiritual freedom. In this retreat we will learn the practices of spiritual freedom for each triad with discussion, personal and small group exercises, and 20-minute periods of inner training with the spiritual antidotes. These attention practices give you a structure for shifting out of type and into states of non-attachment, receptive awareness and being present and awake – also known as Hope, Faith and Love.

ADVANCED ENNEAGRAM: RELATING FROM ESSENCE (BEYOND TYPE)

Most – if not all – misunderstandings, conflicts and alienations spring from the fact that type has a narrow and fixed point of view. The purpose of type is to protect us and to help us cope with a world which seems threatening – albeit in nine very different ways!

Given this, it's not surprising that faced with another human being – however well-intentioned - type reacts in automatic, defensive, and (fortunately for the purpose of growth) predictable ways. Unfortunately this is true even when we hope and long for intimacy. How rare, and how unforgettable, are the moments when our barriers drop and we come face to face, heart to heart, mind to mind with another. In that moment, love is known. It may even be a moment shared with a stranger; still, we recognise it and long for more of that quality of relatedness.

How rare, and how unforgettable, are the moments when our barriers drop and we come face to face, heart to heart, mind to mind with another. In that moment, love is known. It may even be a moment shared with a stranger; still, we recognise it and long for more of that quality of relatedness.

This workshop explores why we don't, and how we can start to, relate more and more from Essence. Come prepared to do so. We'll use meditations, type-based panels and exercises, and I'll introduce a model of communication which cuts through type to our shared humanity – and the spiritual gifts of our type.