

# Spirit of the Enneagram<sup>©</sup>

*Introduction to a Sacred 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.

- ❖ A two day 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."
- ❖ A complement to other Sacred Art of Living Center programs and a prerequisite for the Enneagram Contemplative Retreat and the Anamcara Project's Apprenticeship program.

### The Spirit of the Enneagram will enable you to—

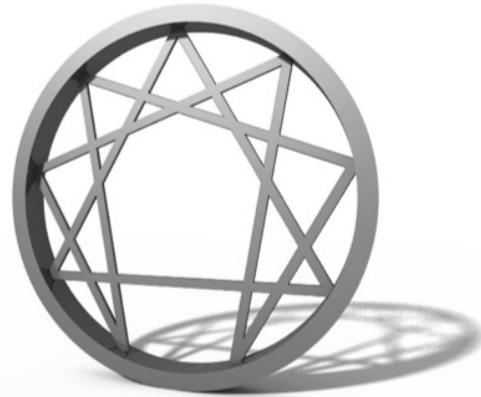
Embrace your personal self-worth  
Deepen your sense of spiritual wellbeing  
Heal the wounds to the emotional self  
Reduce tension and anxiety in work and relationships  
Create a more peaceful and productive environment

### Spirit of the Enneagram Facilitator



**Richard Groves** is an international teacher, author, pastoral counselor and founder-director of the **Sacred Art of Living Center**. A student of the Enneagram for thirty years, Richard masterfully connects the spiritual and psychological wisdom of this ancient tool. His broad background in history and faith traditions enriches his presentation.

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



### Spirit of the Enneagram Workshop

January 28-29, 2019 / 9:00 am – 5:00 pm

Jennings  
10204 Granger Road  
Garfield Heights, OH 44125

Program Tuition: \$350.00  
Includes Box lunches and manuals

Register online at:  
[www.sacredartofliving.org](http://www.sacredartofliving.org)

For more information call: 1-541-383-4179

# Enneagram Introduction to a Sacred Psychology

## FACT SHEET

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 others and the world around them.

