



www.arizonaenneagram.org

The Development and Structure of the Enneagram Personality Types

With Adele Swan

Saturday, April 1, 2017, 9am-5pm

Central United Methodist Church,

1875 North Central Avenue, Phoenix Arizona 85004

Have you ever wondered *why* it is so important to you to get things right, or to be in charge or to keep the peace at all costs or (fill in the blank)? Do you ever find that no matter how many times you change your external circumstances – partner, job, friends, town – you end up recreating the same issues? Have you simply ever wondered what makes people “tick” in such varied ways?

The theory of the Enneagram says that we come into this life in a state of connection to Essential Qualities of the Life Force and Being (such as Love, Truth, Courage, Wholeness, Innocence, Serenity). But, by necessity, we undergo the socialization process, developing a personality type structure that is a function of our genetic pre-disposition and early childhood experience. This personality structure helps us act effectively as individuals in the world and it also creates a false sense of separation from the Essential Qualities that are always there at our disposal. It sets us up, so to speak, to hyper-focus on one aspect of reality while the totality slips into the background.

You can think of the personality type structure as *habits* of attention and emotion as well as strategies on how to get what we deem as essential to our survival. It is a map that helps us navigate reality but it is not reality itself. Knowing your type sets you on a path of deeper understanding of self and others that can assist you in moving past triggers, blocks and blind spots of personality into a fuller, freer, richer experience of life.

In this class we describe the formation of the nine type structures and help you find which one describes you best. We also examine the relationship between the personality self and the inner/core self with its permanent essential qualities of the Life Force and of Being itself. This class also provides an overview of the paths and practices that lead toward personal development and integration.

Methods include teaching, exercises and brief panel interviews with class participants. **Fee: \$90** includes lunch as well as the class manual and *Essential Enneagram* book by Dr. David Daniels MD.

**Register at www.arizonaenneagram.org or call Sheila Grant
at 602 888-1381**

Adele Swan has been an Enneagram devotee for over a decade and a half, and is a certified Professional Enneagram Teacher through the Narrative Tradition. She has been teaching various classes, leading panels, and using the Enneagram in her personal life, counseling, coaching and 12-Step support work for years. She is a Professional member of the Arizona Enneagram Association and partakes in the continuing education provided locally and nationally. Adele has a BA in Psychology and Masters in Counseling and as well as in Education with an emphasis in Adult and Outdoor Education.

