

Enneagram 3a: Being More of Me

Recapping on what we have experienced of the Enneagram so far, and being aware of each of the type-alikes which may mislead us about typing, we focus first on the sub-type behaviour patterns. Sometimes called “the signature of the passion”, they show us just how the energy of the passion is both channelled and discharged in self-repeating habits.

Next we consider how conversion of behaviour might reasonably come about. By examining our cognitive, affective and moral attitudes we might perceive preferable ways of proceeding and thus, being touched by love and freed from natural bias, we are in a position to find God in all things. Perhaps then through our aim of “being of boundless heart” we are able “to cherish all beings and radiate kindness over all the earth”.

Enneagram 3b: Being More of Me

This takes up the task of transformation and thus continues the work of conversion begun earlier in Enneagram 3(a). “To change something is simply to make it different”, claims David Daniels, “but to transform something is to take what’s there and rearrange it. So (it is that) the Enneagram allows people to transform themselves.”

We have grown up with our own identity which is so familiar to us that to let go and dis-identify with that role will inevitably involve certain losses. However, there are also distinctive gains we can anticipate and definite steps we can take to attain these rewards. Drawing on the Scriptures may suggest role models for transformation of character or possible texts that inspire further incentives for spiritual development.

A combined workshop of Enneagram 3a and 3b is available Monday pm 14th May – 18th May

Time: 6.30 pm Monday with supper (workshop 8.00 pm) to after lunch on Friday.

Cost: £290.00 residential/£220.00 non-residential