

Enneagram 1 and 2: My Personality/My Relationships

Monday 20 – Friday 24 September 2010

Led by the Emmaus House Team

- The history and development of the Enneagram
- A grounding and in-depth understanding of the system
- Self-identification of Type through panels, interviews, reflection and meditation
- Introduction to sub-types
- Helps and hindrances on the spiritual path
- The three sub-types: these are characteristics and instinctive patterns of behaviour for each type which show how we put our mental fixation and emotional passion out into the world
- Our stress point (when we feel at risk) and security point (when things are going well)
- The wings: the influence of the types on either side of our own
- Our spiritual path

Pre-requisites: None

Start: 6.30 pm on Monday with supper

Finish: After lunch on Friday

Cost: £290/£220 non-residential