

**Enneagram 4(b): Resources for my Journey**  
**22-24 January 2010**

*Led by the Emmaus House Team*

How often have we heard Helen Palmer's famous dictum that "personality overshadows essence"? This inevitable occurrence results from a combination of childhood experiences and genetic make-up. The personality compensates for the lost qualities of essence by an unconscious process known as mimicking. David Daniels describes the vital need of unmasking the mimic in helping us "to understand the personality's positive intent and assist us in releasing from the struggle to get the essential quality back through effort alone".

Grace is clearly called for here if we are to reclaim the rightful qualities of essence we once possessed. Drawing on the Diamond Approach of A H Almaas, Sandra Maitri has developed the spiritual dimensions of what she calls "The Soul Child". Since this chimes in well with recognising our earliest roots, it helps promote a more fully rounded experience of living in the Presence, now.

**Pre-requisites:** Participation in forerunning Enneagram courses; a clear knowledge of one's own personality type and beginning to understand Sub-Types; a real desire to find a spiritual path.

**Start:** 6.30 pm on Friday with Supper

**Finish:** With lunch on Sunday

**Cost:** £145/£110 non-residential