

## Deepening Spiritual Awareness

Menlo Park, CA, August 12-14, 2011

Menlo Park, CA, February 10-12, 2012

22 CEUs

Experience firsthand the psychospiritual benefits of the Enneagram in this enlightening weekend workshop in the Narrative Tradition with **Helen Palmer, Terry Saracino and Marion Gilbert.**

Whether you're new to the Enneagram or a longtime student, this powerful weekend will empower you to deepen your own spiritual development through greater awareness of your type structure. The workshop will focus on paths of spiritual development for each of the nine Enneagram types, using the type structure itself as a model for inner work and access to the higher states of being.

This program is a three-day stand-alone workshop, or part of the **Enneagram Professional Training Program (EPTP)**, founded 23 years ago by Helen Palmer and David Daniels, MD. The weekend includes guided meditations, body-based somatic practices and panel interviews of each type. You'll have the opportunity to be on a panel, practice self-observation methods and gain many insights from other panel representatives of the nine Enneagram types.



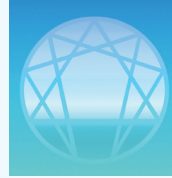
**HELEN PALMER**, co-founder of ESNT, has taught the Enneagram around the world for 35 years. She is the author of several best-selling books, including *The Enneagram in Love & Work*, now in more than 25 languages. [www.Enneagram.com](http://www.Enneagram.com).



**TERRY SARACINO, MA, MBA**, Executive Director of ESNT and Associate Trainer of the Enneagram Professional Training Program (EPTP), has taught the Enneagram since 1989. She is the founder of the Enneagram Center in Denver, CO.



**MARION GILBERT, RPT**, Associate Trainer of the EPTP, has practiced physical therapy for more than 30 years. She is the co-owner of the Spring Hill Physical Therapy and Acupuncture Center in Grass Valley, CA, and teaches Enneagram classes through the Yuba River Enneagram Community.



**IN SPIRITUAL DIRECTION** we aspire to set ourselves aside to listen with the directee to the still, small voice of the Holy at work. **The Enneagram, a dynamic system of personality types that identifies nine unique approaches to life**, respects all spiritual paths and traditions, and is a powerful tool for the discovery of emotional and thought patterns that can distract us from our experience of God and each other.

### SDI DISCOUNT OFFER

*Mention this offer when registering!*

**SAVE \$100 off**

**DEEPENING SPIRITUAL AWARENESS**

OR

**SAVE \$200 off**

**EPTP Section 1 (The Enneagram Intensive)**

OR

**EPTP Section 2 (Deepening Spiritual Awareness and The Typing Process)**

*This offer is valid for 2011-2012 programs only.*

To see our full schedule of Enneagram programs, visit [www.EnneagramWorldwide.com](http://www.EnneagramWorldwide.com), or contact **Tracy Colina** at [tracy@enneagramworldwide.com](mailto:tracy@enneagramworldwide.com) or call **866-366-8973** (toll-free in the U.S.) or **513-829-3457**.

  
**ENNEAGRAM WORLDWIDE**

# ENNEAGRAM STUDIES IN THE NARRATIVE TRADITION

Founded by Helen Palmer  
and David Daniels, MD

## The Enneagram in Spiritual Direction

What is the greatest  
obstacle to my  
deepest prayer?  
**I am.**

What stands between  
me and my experience  
of the Divine?  
**I do.**

[www.EnneagramWorldwide.com](http://www.EnneagramWorldwide.com)



## The Value of the Enneagram in Spiritual Direction

**“WHO AM I?”** is a foundational theological question. Deepening self awareness is key for an honest, authentic relationship with self, other and the Holy. Waking up and becoming available to ourselves and to the Holy requires that we recognize the compulsions, patterns and internal stories that limit us and deny us our full dimensionality.

The Enneagram offers unparalleled benefits to those supporting and companioning others on their journey to the Divine. With its clear descriptions of nine unique personality types, the Enneagram provides type-specific paths to a compassionate heart while dissolving the barriers that each personality encounters on the way to wholeness. Spiritual transformation requires an exploration of the inner dynamics that drive perceptions, feelings and actions.

The Enneagram equips spiritual directors with an understanding of the core motivations, fears and internal stories that create automatic responses to life for each of these nine personality types. Serving as a midwife of grace, the Enneagram names the fears that bind us, and identifies the filters of perception that blind us to the love and compassion present in each moment, when we have eyes to see and ears to hear.

Complex, yet accessible, the Enneagram provides a compassionate tool for spiritual directors to recognize their own projections so they can listen to directees more openly. This identity consciousness brings a greater appreciation of “other” as well as the understanding that the only appropriate response is compassion.

## Benefits to Spiritual Directors

**ENNEAGRAM STUDIES IN THE NARRATIVE TRADITION** (ESNT) brings the Enneagram to life, builds community, and supports learning through the mind, heart and body. The most effective way to learn the Enneagram is through people speaking from their own experience. Familiarity with the Enneagram enhances spiritual direction by:

- Helping both the spiritual director and the directee **discover blind spots and biases** that decrease receptivity to the Divine
- Providing **discernment tools** to distinguish between automatic patterns of reactivity and **deeper invitations to freedom** and relationship with Spirit
- Increasing **respect, understanding and compassion** for the diversity of human expression
- Providing tools for identifying and **working through personal “hot buttons”**
- Offering **fresh spiritual perspectives** on the directee’s recurrent life and faith challenges
- Building upon **innate spiritual capacities** and encouraging **contemplative practices** for spiritual growth

*“Spiritual directors who use the Enneagram enhance their work with directees through a deeper understanding of how personality influences the capacity for spiritual experience.”*  
HELEN PALMER, ESNT Co-Founder

*“The Enneagram may be the most powerful path to integration of personality and Spirit, for it shows us how to harness the energy in personality to reclaim and live our higher essential qualities.”*  
DAVID DANIELS, MD, ESNT Co-Founder

*“In my work with the people who name and honor their lives as sacred, the Enneagram has been an invaluable tool as it deepens awareness of specific patterns that lull us to sleep to our lives. No spiritual experience is possible in this state of automatic. Waking up to responsible choice, becoming receptive, allows us to live our prayer.”*  
SANDRA SMITH, M. DIV., Retreat Facilitator

*“The Enneagram has been an answer to prayer for me. Thanks to the understanding it has given me, I am able to be more present to God, compassionate with myself, and helpful to my directees.”*  
BERNIE VAN DORT, Spiritual Director

*“Being a spiritual director is first and foremost about listening with directees to the Divine Presence in their lives. The Enneagram supports me in being a better listener by helping me recognize when my own ‘habits of mind’ keep me from being fully present and receptive. With receptivity, I can listen with greater compassion to directees.”*  
MARY JO RUCCIO, Spiritual Director

**Serving as a midwife of grace, the Enneagram names the fears that bind us, and identifies the filters of perception that blind us to the love and compassion present each moment, when we have eyes to see and ears to hear.**