



Enneagram Alive

30th Newsletter May 2023 edition

Welcome to our May newsletter of 2023. A big thank you to those who contributed the following articles on the theme of somatics. Please continue to send us your articles, book reviews and notices of events. Happy reading!

Thank you Heather

The Enneagram Alive team would like say a huge thank you to Heather Brown who stepped down as chair of Enneagram Alive in January this year.

Heather Brown and Helen English were joint founders of Enneagram Alive as a community-based initiative in 2014. Initially named Enneagram Alive South West, and with Grahame Morgan Watson joining early on as a key player, it quickly broadened to include an Irish and UK footprint.

Since then Heather has been instrumental in helping Enneagram Alive grow and thrive in many ways, including creating the Enneagram Alive newsletter. We have appreciated her generosity, her gentle persistence, her 'holding the vision' with faith and consistency. Thank you Heather.

We're pleased to say that Heather plans to continue her valuable support to Enneagram Alive projects such as the Teachers' Forum.



About Enneagram Alive

Enneagram Alive is a collaborative non-profit organization run by a team of volunteers. It is a lifeforce for the Enneagram in Ireland and the UK where you can connect with:

- A vibrant community of Enneagram users, personal and professional
- A dynamic information hub for Enneagram resources, helping you find workshops, practitioners, community groups and more
- A standard-bearer for quality, ethics and professional practice

We would love to hear your ideas about what we can do for the Enneagram community. Also let us know how you can help Enneagram Alive. Get in touch please with your suggestions and ideas. Email: enneafest@gmail.com

The Enneagram Alive team

Helen English takes over from Heather as chair of Enneagram Alive. The formal constitution also includes Terry Wood (Treasurer) and Therese Ryan (Company Secretary), along with two more Executive Team members Teresa Daniels and Angela Scott.

The Enneagram Alive team works collaboratively in a very flexible way, each member covering a number of different functions and contributing across the range of Enneagram Alive activity.

The monthly Enneagram Alive webinars have become wonderful community events where we connect with each other and discover new learning and ideas. We're very grateful to our presenters who give of their time and expertise so willingly, and also to those who participate. A big thank you too to those who volunteer to write reviews of these events. If you have an idea for a future webinar or if you would like to write a review please get in touch. We hope you can join us for some of our upcoming webinars. Details on the website. [Webinars | Enneagram Alive](#)

Enneagram Alive Webinars

Wednesday September 13th **Anna Fra** Title TBC

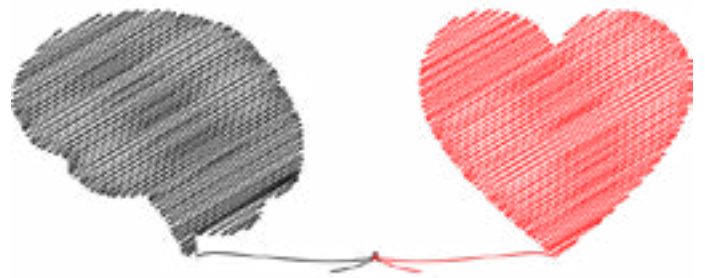
Wednesday October 11th **Martin Salzwedel** Title TBC

Wednesday November 15th **Martin Quigley** A Journey through the Enneagram

The language of our bodies – The Somatic Enneagram

A review of the Enneagram Alive March 2023 Webinar with Marion Gilbert

What is the brain? Where is the mind? The notion that our physical healing is connected to our psychological and emotional healing is not new - but the connection between the protective / adaptive strategies we adopt and our Enneagram type patterns brings a new dimension to understanding the impact on our physical selves.



Marion Gilbert created a safe space to explore the Somatic Enneagram with curiosity and compassion. When I volunteered to be part of 1-2-1 work, I hadn't realised this was a public panel ... I should have known!

What is the language of our bodies? By expanding our inner practices and internalising attention - not just by grounding but by skilfully tuning into the felt sense- can we begin to hear and understand more clearly what our body is saying to us?

Marion led us through a powerful somatic awareness practice. My type two patterns showed up immediately. I was initially distracted but then able to be still and connect deeply with myself right here, right now, tuning in and feeling the opposing forces of gravity and levity.

Marion guided us to become rooted in space (HERE) and time (NOW) by imagining connective threads of light stretching vertically and horizontally. There was a sense of expansion within me and my breath seemed to become more liquid. Following the warmth of the breath's flow, I was aware of the free spaces within me and then able to tune into areas of resistance - particularly noticing tightness around my belly and pelvis.

What did we learn at the very start of our lives to keep us safe? How can we work with these reactive patterns without cutting off our awareness? Opposing forces of aversion and attraction are constantly at work in our bodies to keep us safe - the 1-2-1 work helped me to simply notice what IS. Shifting our energy away from reflexes triggered to fight, and focusing our attention instead on the counterpoint, on what's already free, neutralises the charge in us.

I felt a strong urge to scream and push against this resistance. Zoom on a midweek evening wasn't the time or place but since the workshop, I've been able to repeat a similar exercise in solitude, reconnecting those threads and taking myself back to this place, triggering a dramatic physical and emotional release.

I left the session recognising that we have freedom to choose where we place our attention. The type defence mechanism is at work for all nine types. Wisdom comes from deconstructing the core of where our realities split. Marion's work offers a powerful extension of Enneagram wisdom, taking us on a journey that can help free us from past trauma and fear which is held in all three centres – head, heart and body.

Finding stillness is a challenge for this sexual two with a strong three wing! Thank you for this gift, I'm curious to explore its possibilities.

Joanne Bonnett – jobo@joannebonnett.com joannebonnett.com

<https://mariongilbert.com>

Is modern science catching up with ancient wisdom?

A review of the Enneagram Alive April 2023 Webinar with Dr Henrie Lidiard

Dr Henrie Lidiard is a research scientist with a deep love for the Enneagram. She presented this webinar in her role as an M-Bit (Multiple Brain Integration Techniques) master coach. M-Bit or M-Braining uses techniques based on the exciting research, co-ordinated by Marvin Oka and Grant Soosalu, that demonstrates that we not only have 3 centres of intelligence (our head, heart and gut) but 3 actual brains all with neural plasticity and the ability to sense, remember, communicate, learn and change.

The head brain (scientifically known as the cephalic brain) has 50 -100 billion neurons and is the brain we are most used to using for cognition perception, thinking and making meaning.

The gut brain (the enteric brain) has 200 -500 million neurons (the same number as your average cat's head brain!). This brain is in constant communication with the head and the heart and is responsible for 85% of the serotonin and 50% of the dopamine we produce.

Studies have shown that when our gut is changed, our personality also changes. For example, someone who has a gastric bypass can start to develop absolutist, black and white thinking. The foods we eat can drastically affect our mood (for example glucose intake decreases anger and can quite literally keep us sweet!)

The heart brain (the cardia brain) has 30-120 thousand neurons but also has a powerful electrical magnetic field that can affect your own nervous system and that of those around you. Research has demonstrated that heart disease is linked to depression and aggression, that people quite literally die of a broken heart after experiencing the loss of a long-term partner and that people experience radical changes in their values and preferences after a heart transplant.



We were invited to experience this through how we use language. We got into groups to identify phrases that refer to this experience of 3 brains. For example, we use phrases such as 'that's such a headache' 'out of my mind' 'that makes me sick' 'its like a kick in the guts' or 'broken hearted' and 'faint hearted'.

Through action research, tools and techniques have been developed to help the alignment of these 3 brains, bringing greater wisdom in decision making. We were invited think of decisions which made seemed to flow easily into action and how these decisions had been informed by all 3 centres.

One key tool we practised in the session was 'coherent breathing' which regulates and slows the breath, for example breathing in for a count of 5 and out for a count of 5. Practising this brings positive physical changes, helping us respond better to stress.

This is familiar territory to those working with the Enneagram but isn't it great when science catches up?! It certainly made me more convinced than ever of the benefits of practices to access and align our 3 centres.

For more information Henrie pointed us to the following websites:

Mbraining.com

Mbraining.co.uk

Fiona Brown, Typing Practitioner

<https://nlpinthenorth.co.uk/about-us/henrie-lidiard/>

Love and Connection in the Three Centres

A review of the Enneagram Alive May 2023 Webinar with Peter O'Hanrahan

Peter started his presentation by reminding us that the Enneagram is a holistic system. We all have access to our three Centres: Head, Heart and Body. Although the Centres can be seen as individual parts, they work together. He suggested that for each Centre there is a particular way of expressing and experiencing love.

Love in the Head Centre means seeing the other, supporting them and recognising their potential. Love in the Heart Centre is about feeling the other, having compassion and empathy for them and showing devotion towards them. Love in the Body Centre involves doing for the other and taking action in the physical world. This is the case when we love with a spirit of positive awareness.

However, if our relationships become habitual or automatic, love can become blocked. In the Head Centre, we no longer see the other but perhaps become overly detached or intellectual. In the Heart Centre, there can be an unconscious need for approval. Emotional manipulation may result, rather than true connection. In the Body Centre, an expectation of loyalty might lead to excessive demands and control.

To experience love in the Three Centres, Peter led us in a meditation practice. He encouraged us to move through the Centres one by one, remembering times when we had given and received love using the patterns of each Centre. Afterwards, we worked together in Type groups to share our experiences and responses. I found this a very valuable exercise.



My fellow 7 and I agreed that we tend to express love through the Head Centre and appreciate receiving it that way too. We like to encourage other people and to be validated ourselves. We have difficulty accessing the Heart Centre both expressively and receptively. Perhaps this is not surprising as Type 7 does not have a direct connection to the Heart Centre. However, we could think of instances where being apart from family and friends during the Pandemic helped us to express feelings of love more openly.

It was challenging to recognise that love can be expressed through the Body Centre by doing, when many activities seem routine or to be motivated by duty. Peter explained that even if activities feel mundane to us, when they are performed with mindful awareness they can become loving. He gave the example of cooking a meal for his family, which is something he often does. By becoming truly mindful, he can turn this activity from a regular routine into an act of love. For me that was the most powerful message of the session. It's not what you do, it's the way that you do it!

With many thanks to Peter for a thought-provoking evening.

Steph Phillips Morgan

<https://theenneagramatwork.com/>

Enneagram Training Intensive Course at Hillscourt, Birmingham, April 2023

Before arriving at the Intensive Course, I had some knowledge of my type (eight) and the Enneagram as a whole. My intent was to seek more information and progress towards a new qualification. What I actually found was a new level of compassion and curiosity for myself and others.

We were separated into types to examine our typical day and as the suggestions were made, I found a deep validation and sense of normality from experiencing my world with my fellow types. As we listened to each point, the shared experiences and struggles each type sounded so different to our own. Hearing the differences though the panels brought a living reality into the different types that is beyond the realm of books and theory. Combining this with the coaching activity about each of the types was really interesting. It brought home how cleverly the Enneagram allows us to be whole, to have flexibility and to express from each of the types in our own way.



For me, life prior to the Enneagram was an unaware trail of powerful energy, overwhelm and pain at discovering I was too much for most people. Then came the struggle between awareness and implication. Second guessing my behaviors, my desires and my emotions, I felt like I didn't know myself anymore. This was compounded by the words of others: you should be you need to be more or you need to be less. I was confused and constantly trying to be the someone that others needed me to be.

The growth panel was transformational for me at this point – in discussing what's next, the revelation that communication is two-way literally dumbfounded me. I didn't have to take all the responsibility for everyone's reaction. Wow! The one-to-one session that followed allowed me to explore how to reconnect and experience the power in my heart centre (not an easy task for someone so used to leading with the body and mind). I feel I have come away with a tool kit of practical ways to ground and anchor, to listen to myself and to tap into my strengths within my body, heart and mind.

My experience was far from unique however. Throughout our time together, the conversations, revelations and insights kept coming for everyone. I am eternally grateful for the way the whole team brought a safety to the group that allowed for every emotion to present and transition through as needed. Not to mention the fabulous hospitality, food and the location! I can't wait for my next retreat!

Wendy O'Brien

For more information about the Intensive, please go to <http://www.enneagramtraining.co.uk/>

Enneagram Alive Practitioners' Forum meeting March 2023

The Practitioners' Forum is for anyone who is interested in using the Enneagram with others (for your work, to understand your nearest and dearest better and anything in between). If you'd like to join our next meeting, please contact Liz West at liz@ninepathways.co.uk

We focused on two questions:

1. What does it mean to live from our Virtue and Holy Idea?
- 2 How do we help people to work compassionately with their type patterns in order to live more often from Essence?

Defining terms:

Virtue: our type habit of emotions or vice is transformed in our essential self to become our virtue.

Holy Idea: our type habit of thinking or fixation is transformed in our essential self to become our Holy Idea - 'Holy' meaning 'complete', the universal, profound truth that we lost touch with at the time that our ego created a separation between the self and the world, forming our Type.

Essence: our undefended self

Patterns of Developmental Pathways Dan Siegel:

Essence emerges when we engage with our implicit memory of what it was like in the womb before the defended self began to form in childhood. It is a somatic experience of the heart.

Feedback from breakout groups discussing Question 1:

1. What does it mean to live from our Virtue and Holy Idea?

- We experience a 'flow' when we live from our virtue and Holy Idea, a bodily experienced sense of being, of freedom and relief, an ability to live in the now, the present moment. Essence helps us to go with the ebb and flow of life and to see what we are missing.
- Knowing the obstacles through awareness and our knowledge of type.
- Surrendering to what is, through stillness and contemplative practices which help the fruit of Essence to grow.

- Not using our type to get there. Our type resists the process because it feels like death – even annihilation – to let go of our type patterns that have kept us safe for so long.
- A key is to work with the avoidance, getting alongside it to make friends with it so as to realise that ‘I don’t die’ if I face what my type patterns is trying to protect me from. The dread is felt viscerally and leads us to disassociate into the defence mechanism – to move away from the situation which has triggered the avoidance.

Feedback from Question 2:

2. How do we help people to work compassionately with their type patterns in order to live more often from Essence?

- Build awareness.
- Discover the motivation for change.
- Build a picture of what is it like to be free of our type patterns.
- Recognise what we use to protect ourselves.

How can we do this with others?

- Help people to discover the answers themselves.
- Our motivation is empathy and compassion and to help others to have the same towards themselves.
- Being present with others – keeping ourselves grounded, careful not to take up space by wanting to understand what the client is saying, not solution focused.
- Helping others to be aware in all three centres.
- Knowing how to care for the inner child so that he/she doesn’t ‘run the show’.
- Helping people to see that trying to change is using our type patterns which only reinforces them. Rather, experience and be with the whole of who I am without trying to change it.

You are warmly invited to join us for our next meeting

Thursday 1st June, 7.00 – 9.00pm

Our theme will be “Facilitating Growth”.

For those who are in some way ‘giving away’ the Enneagram to others, whether through workshops, one to one coaching, spiritual direction, in a work context or another way.

A practical session where we will:

- Share resources that we have found helpful in our work with groups and individuals.
- Look at the questions we can use with others which facilitate growth.

The Practitioner Forum was formed in November 2020. We feel it is time for a review of what we all want this group to be. Please come along with your thoughts to share about the way this group can meet our needs in the future. Thank you.

Please contact Liz at liz@ninepathways.co.uk if you have questions and to register your interest in joining us.

Looking forward to seeing you and sharing our wisdom and experience with one another.

Do You Trust Your Instincts? Know your Subtypes?

How well do I understand the Enneagram's 27 Subtypes – for myself and others? I'm unsettled, curious that I often hesitate when answering the question 'what's your subtype?' Am I alone in this? How much do I/you/we really know and appreciate about instincts and the ways they shape us day by day and with each passing month and year? How do these 3 instincts stack? Can we label ourselves without hesitation as Self Preservation, One-to-One or Social... or is our experience in truth more fluid? What is our inner relationship to these instincts? And is this relationship changing as we become more aware... or is that just wishful thinking?

We are only beginning to uncover the mystery and wisdom of the Enneagram, so I love to bring the spirit of 'humble inquiry' to such questions. It's a lovely term coined by Edgar Schein [March 1928 – Jan 2023], a Swiss-born American business theorist, OD consultant, academic, psychologist and prolific author famed for his work on organisation culture. I was lucky to hear him speak in London in the final decade of a long working life. I'll never forget how extraordinary it was to hear someone so authoritative bring such compassion and humility. As he spoke, open-hearted, open-minded, a world of possibility opened before us.

Well-known Enneagram theorists confidently propose theories on Instincts and Subtypes, seemingly offering certainties. They sometimes cite other respected theorists, Claudio Naranjo not least, as if layer on layer the theory will provide answers. We now face a minefield of conflicting theory AND often confusing and contradictory subtype descriptors. I wonder, can such analysis bring us any closer to understanding Instincts?

I experience The Enneagram always as a living, moving map of energy flow. Bring the power of human instinct to the story and the movements are intensified. A powerful and primary urge for survival drives each and every one of us. Our instincts arise from our animal being as a potent mix of our strongest most primal drives. If type patterns and in particular Passion is largely unconscious then Instincts are far more so. As we know, Instinct blended with Passion creates Subtype. It constantly determines where our energy and attention goes, and in turn where action flows. I sometimes wonder, is it presumptuous even to imagine we can work with Instincts?



So where do you and I sit in all of this? Moreover, amidst conflicting theories, which will we run with? Who can we trust? How do we become clearer and more confident in our own understanding? I believe we can listen and learn from all these teachers and from one another. More importantly, we can listen to our own 3-centred ways of sensing, feeling and knowing, working directly with the Enneagram symbol [and some of these were beautifully described in the last newsletter by both Heather Brown and Jeanie Honey].

By going deeper, we can uncover more of what each instinct is about and how it may be in play for us, for the people we live and work with. Despite my questioning, I can say with confidence this is work I have done for myself and with others, reaping rich rewards.

We have to find our own way – our own answers – but it's tough to do this work alone. Some say it's impossible without a Sangha. In the event listings below I invite you to join a shared inquiry into Instincts and Subtypes, suggesting several ways to take part. I hope these questions have teased your interest and you'll come on this journey with me.

Helen English

Helen is an experienced Certified Enneagram Teacher (TNE), facilitator and Certified Integral Coach. She works with individuals and teams on personal, professional and spiritual paths and in team settings. www.positivespace.co.uk

In September our theme will be "Reaching Out"

We'd love to hear from people who are bringing the Enneagram to new groups in different ways. If you are reaching out to people outside of the cohorts we usually work with, we would love to hear about your experience. Or if you are discovering new ways to reach out with the Enneagram, please share what you've been noticing and learning.

*Articles should be no longer than 500 words.
We cannot guarantee publication of all submissions.*

The deadline for submitting notices of Enneagram events and articles is 8th Sept 2023.

Please submit your events to thereseaoe@gmail.com

Please submit your articles to helen.calder663@outlook.com

Newsletter News

Michael Moore is leaving our newsletter team. Michael used his tech expertise to create a new, wonderful and vibrant layout for our newsletter. We're very grateful for the time he so generously gave. Thank you Michael!

Would you like to be a part of the Enneagram Alive newsletter team?

We're seeking someone with tech skills to take up Michael's role. Or if you'd like to become involved in an editorial role, and have some ideas for developing the newsletter, we'd love to hear from you too.

Contact thereseaoe@gmail.com or helen.calder663@outlook.com

The Instincts Inquiry

Helen's invitation: "I invite you to join a shared inquiry to help each of us feel more confident in the nature of subtypes in our personal experience and (if applicable) for our clients/teaching work too.

We'll be a small group of Enneagram devotees taking time in a spirit of Humble Inquiry to revisit, question, explore and deepen our own understanding of Instincts and Subtypes. It's a field fraught with different theories, some quite contradictory. Where do you and I sit in all of this? How clear are we on our own instinct patterning? Has it changed since we last reached a conclusion? I'm curious about what may open up in the spaciousness of a relaxed and well-held space."

There are 3 ways to take part in The Instincts Inquiry

1. Join us at The Ammerdown Retreat Centre, June 19-21 for a 3-day in person workshop hosted as an experiential deep dive into Instincts and Subtypes. If you're new to the material, face to face learning is invaluable. If you're an experienced Enneagram player it is vital CPD; a chance to revisit as the person you are today, having grown and changed. A chance to deepen understanding in this developing and ever-moving field. More information and booking: <https://www.ammerdown.org/WhatsOn/1067-/Enneagram-Part-2>

2. Join The Instincts Inquiry Evening Workshop online on 5 July for dialogue and an exchange of ideas. We'll be sharing learning themes from the Ammerdown workshop and curious to hear your experience and contribution too. More information and booking: <https://buytickets.at/positivespaceconsultingltd/914437>

3. Register your interest in The Instincts Inquiry by emailing me: helen@positive-space.co.uk. Debate these questions at home, through self-reflective study and/or with Enneagram friends and colleagues. Share your experience and comments.



Enneagram in the Wild, Glastonbury Friday 20- Sunday 22 October 2023

Running from Friday evening to Sunday afternoon, this is a foundation Enneagram workshop. Ideal for people meeting the Enneagram for the first time as well as anyone wanting to revisit, re-experience and re-engage. Hands-on, experiential, energy-based, earth-connected. Being deep in nature, we'll work with an Enneagram mat indoors and out, weather permitting. Information and booking <https://bit.ly/EnneagramWildOct>

The Enneagram at Ammerdown. Loving Life with The Enneagram: Part 1. Friday 17- Sunday 19 November 2023

A weekend workshop in the beautiful retreat space of Ammerdown between Bath and Frome. Ideal for people meeting the Enneagram for the first time as well as anyone wanting to revisit, re-experience and re-engage. A participative, conversational and experiential weekend. Ammerdown is offers a multi-faith environment. Spiritual practice and pathways are interwoven, along with time and space for personal reflection. Information and booking www.positivespace.co.uk

In 2023 the London Enneagram Centre's sessions will explore the three survival instincts and how they affect the nine types, so as to produce 27 Subtypes, also known as the archetypes.

Schedule, online via Zoom, from 6.30-8.00pm - all Wednesdays:

Subtypes of:

**Type 9: Comfort-seeker; Merger; Benefactor
May 31st**

**Type 1: Pioneer; Preacher; Reformer
June 28th**

Summer Break in July & August

**Type 5: Hermit; Secret Agent; Professor
September 27th**

**Type 6: Loyalist; Charmer/Warrior; Trooper
October 25th**

**Type 7: Bon Vivant; Don Juan; Utopian Visionary
November 29th**

Looking forward to seeing you whenever you can come,

Rosemary

If you have notices that you would like included please send them to Therese by email



Please help the network grow by passing this newsletter to other interested people. If you wish to be added to the mailing list please email Angela at angelapascott@gmail.com

Notices cont

Oxford

The Oxford Enneagram Group, which is for people who are working with the Enneagram already.

Full details from Liz West at: info@ninepathways

South West Circle

Shaftesbury, Wilts. Our monthly 'Circle' is a safe and sacred space where new possibilities and connections emerge. We work with Taoist, Celtic and Plant Spirit wisdom as well as the Enneagram.

Full details at: www.meetup.com/lifespacelife/ or from Helen English at: helen@positive-space.co.uk

St Albans

The St Albans Enneagram Group is still meeting online and all are welcome to join our panel evenings, whether new to the Enneagram or more experienced.

usually on 3rd Wednesday of each month

8.00 – 9.30 pm contact Jill for further details. Jillfoulger@btinternet.com

Upcoming - Events

Enneagram Training Courses for 2023- 24

Foundation

23-25 June 2023 - Deepening Spiritual Awareness – face to face at Hillscourt conference Centre, Rednal, Birmingham

22-24 September 2023 – Instincts and Subtypes – face to face as above

5-9 April 2024 – Intensive Growth Journey – face to face as above

Professional Pathways

30 June/1st July and 7/8 July 2023 – Typing Practitioner Training – online

10-12 November 2023 1:1 Practitioner training – online

1-3 March 2024 – Panel Facilitator and Teacher training – online

New for 2023! – Inner Growth Workshop

If you know your Enneagram type and are already working with your defence system, come and join us on 6-8th October 2023 at Stanton House, Oxford OX33 1HF, for 3 days of exploration in company.

Cost £290 including accommodation and meals.

For more details contact Liz West on liz@ninepathways.co.uk or Heather Brown at heather@enneagramtraining.co.uk

For further details of all courses, please see www.enneagramtraining.co.uk

Oxford Enneagram Community - led by Liz West & Helen Watts:

We are running a day on “Reaction vs Response – working with difficult scenarios” on Saturday 17th June, 10-4.30 in Stanton St John, just outside Oxford.

We will be working with scenarios we have encountered at work or in family life that we find difficult. Using the enneagram as a tool, we will look at ways in which we can respond rather than instinctively reacting. The day costs £20. Please let Helen know if you can join us by 1st June using info@ninepathways.co.uk

Notices

For regular Enneagram groups and events in:

South West, London, the South East, South, West Midlands, East Anglia, the North West & Dublin, go to:

enneagramalive.com

Ireland

Please join us for our online monthly panels facilitated by Phyllis Jordan and Therese Ryan, both Enneagram teachers in the Narrative tradition based in the West of Ireland.

If you would like to be notified about our monthly panels please email jordanphyllis@hotmail.com or thereseaoe@gmail.com

London

London Enneagram Centre's monthly meetings have gone online via Zoom – so they are open to anyone, not necessarily those who are based in or near London. Further details contact Rosemary Cowan 7pm to 8.45pm. rosemaryjcowan@gmail.com

North West

Meeting in central Manchester. Contact jane@enneangel.com or book a place via Meetup.com.