



# Enneagram Alive

27th Newsletter June 2022 edition

## ENNEAGRAM INTENSIVE COMES TO IRELAND

The Intensive Growth Journey in Ireland with Enneagram Training

After a long absence Enneagram Training is delighted to announce that a 5 day residential Intensive Growth Journey will be held in Tullow, County Carlow, Ireland from 2nd to 6th September 2022. This lovely residential venue is an hour and a half from Dublin and accessible by train or bus.

The Intensive Growth Journey is part of the Enneagram Training Foundation Programme. Here you explore the Enneagram in depth: the nine personality structures, how the structure plays out within us, and practices for self-development and self-management.

The content and approach is exactly the same as courses held in England. It's suitable for people wanting to start their professional training, but also for those who simply want to explore their type patterns in more depth, with a congenial group in a confidential space.

For course details please see <https://enneagramtraining.co.uk/intensive-growth-journey-ireland/>

Early booking is advised to make sure you get a place at the reduced rate, so jump on the website to find out more!

For anyone interested in attending the Intensive Growth Journey training in Ireland this September, please join us for a free virtual information evening where you can meet the team and ask any questions you may have.

Date: June 22nd @ 5:30 pm.

To register for this session, contact: [jordanphyllis@hotmail.com](mailto:jordanphyllis@hotmail.com) or [thereseaoe@gmail.com](mailto:thereseaoe@gmail.com)

*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](mailto:angelapascott@gmail.com)*

## 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](http://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](mailto:jordanphyllis@hotmail.com) or [thereseaoe@gmail.com](mailto: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](mailto:rosemaryjcowan@gmail.com)

# Events

## Enneagram South West

Workshop on the Defence System in Abingdon on July 9th, 10-4 led by Helen Watts and Jeanie Honey.

Understanding our defences holds the key to growing into our true selves. A particular strategy that served us well in childhood can seriously limit us in adulthood. It can become a tyrant! Join us in learning how to see and how to loosen long held rigid patterns. We will be digging deep together, listening to each others' experience and opening to new possibilities.

For further details please contact Helen ([helen@wattsyourpathway.co.uk](mailto:helen@wattsyourpathway.co.uk)) or Jeanie ([exeterenneagram@gmail.com](mailto:exeterenneagram@gmail.com)).

Also:

Workshop at the Othona Community:

Exploring the Enneagram Retreat, July 14-17, Dorset coast

Jeanie Honey will be leading a retreat/workshop on Exploring the Enneagram at the Othona Community, Dorset. It starts on the evening of July 14th and ends 11am on July 17th.

It will be suitable for those who are new to the enneagram as well as for those who know their type and would like to go deeper with it. Othona is a very special place of openness, spiritual depth and creativity.

It is a short walk from the house to the sea.

Do contact Jeanie if you would like to know more:

[exeterenneagram@gmail.com](mailto:exeterenneagram@gmail.com)

Also please pass this on to anyone else who may be interested.

Further details are here: <https://bit.ly/exploringtheenneagram>

## Enneagram Alive Webinar Series

Enneagram Alive is launching a series of monthly webinars offering inspiration from a range of talented people within our network and beyond. The next webinar is:

Date: Wednesday 13 July 2022 7.30-9pm

Theme: An Introduction to Focusing: Discovering the More of Who We Are

Presenter: Therese Ryan

Booking on the Enneagram Alive website  
There is a charge of £10 for each webinar.

## Notices cont

### North West

Meeting in central Manchester.

Contact [jane@enneangel.com](mailto:jane@enneangel.com) or book a place via [Meetup.com](https://www.meetup.com).

### Oxford

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

Full details from Liz West at: [info@ninepathways](mailto: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/](http://www.meetup.com/lifespacetravel)

[lifespacetravel.com/](http://lifespacetravel.com) or from

Helen English at: [helen@positive-space.co.uk](mailto: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.

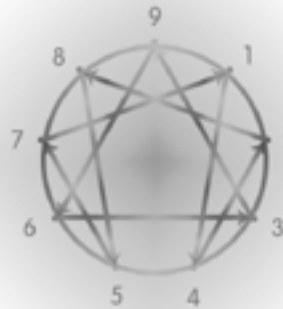
8.00 – 9.30 pm contact Jill for further details.

[Jillfoulger@btinternet.com](mailto:Jillfoulger@btinternet.com)

# Enneagram Workshops

in Somerset with Helen English

Developing compassionate appreciation for ourselves, others and the land  
Connecting, changing & flowing with life's 9 core energies



## Enneagram in the Wild 17-19 June 2022

Avalon Permaculture Gardens, Glastonbury, BA6 8TL. NR £185

## Loving Life with The Enneagram 12-14 July 2022

Enneagram Foundations (Part 1)  
Ammerdown Centre, Radstock, BA3 5SW. R£365 NR £265

## Loving Life: Going Deeper 18-20 October 2022

Enneagram Journeying with Wings and Arrows (Part 2)  
Ammerdown Centre

## Enneagram in the Wild 28-30 October 2022

Avalon Permaculture Gardens NR £185

[www.ammerdown.org](http://www.ammerdown.org) [www.enneagramalive.com](http://www.enneagramalive.com) [www.livingtao.co.uk](http://www.livingtao.co.uk)  
Residential (R) and Non-residential (NR) options at both venues  
For more information please contact: [helen@positive-space.co.uk](mailto:helen@positive-space.co.uk)

To book the above workshops with Helen English:

June workshop <https://buytickets.at/positivespaceconsultingltd>

October workshop <https://buytickets.at/positivespaceconsultingltd/688569>

## London Enneagram Centre Online Panels

In 2022 our 20th year, we are exploring the journey towards the Higher States and loosening the grip of our Type, so as to be freer and happier.

28th September: Type 7, The Adventurer, whose Virtue is Constancy and whose Holy Idea is Holy Work

26th October: Type 8, The Protector, whose Virtue is Innocence and whose Holy Idea is Truth

30th November: Type 9, The Mediator, whose Virtue is Right Action and whose Holy Idea is Love

Contact Rosemary Cowan [rosemaryjcowan@gmail.com](mailto:rosemaryjcowan@gmail.com) for the Zoom link and PayPal donation link to contribute £5 (or more if you feel like it!)

## Online Enneagram Panels in Ireland

Facilitated by Phyllis Jordan and Therese Ryan both Enneagram teachers in the Narrative tradition. Tickets €10 on Eventbrite and proceeds go to charity. Our theme for our next round of panels is "Relationships and Communication".

Type Six on September 12th

Type Two on October 10th

Type Eight on November 14th

Type Seven on December 12th

Contact [jordanphyllis@hotmail.com](mailto:jordanphyllis@hotmail.com) or [thereseaoe@gmail.com](mailto:thereseaoe@gmail.com)

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



## Enneagram Training Autumn 2022 programme

As well as the Intensive Growth Journey in Ireland we also have an Instincts and Subtypes workshop on 30th September-2nd October at Hillscourt conference centre, Birmingham. More details at <https://enneagramtraining.co.uk/growth-with-the-subtypes/>

Both these workshops form part of our Foundation Programme, and are open to anyone who knows their Enneagram type (and we can help you find it if you don't!).

If you have an enquiry about any of our courses, please contact Heather at [heather@enneagramtraining.co.uk](mailto:heather@enneagramtraining.co.uk)

## Enneagram Alive Practitioner's Forum

This online forum is for anyone who is interested in using the Enneagram with others - teachers, coaches, counsellors, spiritual directors and/or people using the Enneagram informally with friends, family or colleagues. We have so far discussed a wide range of topics, including tips for setting up a business, type bias when working with others, the transformational journey. We meet quarterly online.

Our next meeting will be on Thursday 16th September 2022 from 7-9pm on zoom.

If you are interested in using the Enneagram with others and would like to join this Forum, please email Liz West at [liz@ninepathways.co.uk](mailto:liz@ninepathways.co.uk).

*The Theme for our next newsletter is  
Working with the Centres of Intelligence*

*We'd love to hear about your experience.  
What helps you? What has changed? What have you learned?*

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

*Also please send us your book reviews and other  
personal reflections on the Enneagram.  
New contributors are always welcome.*

*If you have an idea for an article that you would like support  
with, please reach out to [helen.calder663@outlook.com](mailto:helen.calder663@outlook.com)*

***The deadline for submitting notices of Enneagram events  
and articles is Monday 5th September 2022.***

***Please submit to [thereseaoe@gmail.com](mailto:thereseaoe@gmail.com)***

## Reflections on Enneafest 2022

Enneafest 2022 took place on 9th and 10th of April in Hillscourt Conference Centre, Birmingham.

Thanks to those who wrote the following articles sharing their reflections on the event.

### Words from Tiencin Yong

There was a sense of relief to finally meet people in person that are just as excited as I am when we talk about numbers (more specifically the numbers 1-9). Yet we also understand that it represents more than just numbers in literal terms but rather something much more profound.

As a soulful wanderer who is always searching for meaning and a sense of purpose in this world, I found some clarity in the reasons for my being and have more assurance that I'm doing ok in life- even though it might seem a little wayward. I also know that I still have full choice to choose whether I would like to change or pivot anytime.

Enneagram had a massive impact on my life and I would definitely love to attend more Enneagram events in the future whether in the UK, or just anywhere in the world!



*Thank you to all who contributed to making the  
Enneafest a great event.*

*If you would like to know more about the Enneagram please view  
our website at <https://www.enneagramalive.com/>*

*Whether your interest is personal, professional, spiritual or social  
you'll unearth Enneagram insights, creative possibilities and more.*

## Words from Dave Ward

I pulled up at the car park in my stealth camper van on the Friday afternoon, disappointed to see that my favourite spot had already been taken, but I'm pleased to say that it was my only disappointment of the weekend.



There was a chill in the van when I woke and after thawing out, I made my way to the now familiar conference centre, that has so many great memories of Enneagram workshops and events. I knew that quite a few of those people wouldn't be there this time but I was soon greeted by people that I'd only ever met on zoom! Such a pleasure to meet people face to face and in the flesh. That in itself was an awakening to what we have been through during lockdown and how much we can take physical contact for granted.

The opening session was led by Martin Salzwedel from Germany, who gave a very impressive keynote speech on the Enneagram in Leadership and in Life. He had a profound approach to teaching the Enneagram and along with his cello, gave a very interesting opening talk. I only wish I'd taken more notes!

After the opening session, more coffee, chocolate biscuits and catching up with others we had a choice of two workshops, I chose "Relationship as a Spiritual Journey" with Rosemary Cowan which was very thought provoking, especially thinking about the positive and negative traits that we received from our parents and how we have been affected by them.

Lunchtime, which always seems too short, is such a great time to really connect with, and be inspired by others, and everyone is always so interesting, because we have this common thread and language of the Enneagram. Time for a bit of fresh air and then the next sessions to choose from.

I chose to go to the Liz West workshop, "Next Steps", which was a practical workshop that asked the question "Now we know the Enneagram, what are our next steps and how do we live more consciously". Liz led a meditation, where we were asked to invite out Virtue into our lives, which I was very surprised to find that I only wanted to do on the condition that I could still choose to numb out when necessary, which totally surprised me.

Later, a beautiful cello recital and drinks was mixed in with "Interest Corners", where we could move around and take bite-sized information from different people being dotted around the room.

The following day was more of the same structure which included an emotional talk from the Enneagram Prison Project, and one of the ex-prisoners who has had his life transformed by the project and is now a guide himself. Other workshops that day were all very well led and presented by various people and I'm very grateful for all the people who worked so hard in putting it altogether. Thank you!



## Words from Samantha Taroni

Living at point six on the Enneagram, I am no stranger to my central nervous system or the noise of reactivity! Enneafest was a joyous antidote for this- a heart and body-based time that replenished me in a far kinder sense of being. I want to offer you glimpses of this re-sourcing. To begin I will invite you to have this clip playing in the background as you read to help you feel into the environment we shared. <https://www.youtube.com/watch?v=YjtpwxefgD8>

The musical metaphor was strong and, also, actual. Keynote speaker Martin Salzwedel is a talented cellist, and not only did his musical recitals each day offer me the kinds of openings only music can offer, they helped us to discover our harmony and resonance as a group. Furthermore, they concretized his spoken content-that organisational Enneagram work encourages people to play their human instrument in an organisational 'orchestra': a group will always have potential to be greater than the sum of its parts. Susan Olesek, our second keynote speaker, who birthed the Enneagram Prison Project, returned to this theme. I had the sense of idealism and music elevating my sometimes cynical sixty sense of what is possible!



Two rich elective workshops later, we all reconvened and gathered around a mat printed with the Enneagram symbol. What an honour to witness bold delegates standing in place and strengthening their felt sense of their passion and fixation, their virtue, and holy idea. Many of us were primed in an earlier session to choose ennea-language that we could really feel. We were expertly facilitated by Helen English and Theresa Daniel, as we walked sensing into each type to a soundtrack (chosen by Russ Hudson). This gave me a personal highlight. Point four can get a bit shadowy for me from point six and I have had struggles relationally. However as I walked feeling into the four archetypal space I was moved by a wave of love extending outwards - details like the plaster on the toe of another person walking near to me almost had me in tears. Humanity became something precious and beautiful, and I can safely tell you that kind of awe and tenderness is not my everyday turf! Later I witnessed two fellow sixes stand on our point and feel awakened to both our doubt: "should I even be standing here?" and our courage: "This is exactly where I am supposed to be. Like a sentinel. Like antennae".

Primed by Saturday's music and a deepening sense of settling into a community of trusted friends, on Sunday I allowed the impact of Theresa Daniels journey to Egypt with Russ Hudson to land in me and sharpen my conviction that being fully embodied in place is where the magic happens. The less we are disembodied heads wandering around the planet, the more chance we have at solving our problems. What inspired and intrepid journeying and camel-riding we heard of! I am starting to understand that in today's terms, the Egyptians were not 'neurotypical' but far, far advanced, and that we are beginning to get inklings of their genius as a culture, the skills they honed, and what they were up to with the placement of Sphinx and pyramid and needles. We are, as yet, woefully removed from their attunement with the heavens and peaceful iteration of humanity. But the game is not over yet! We have this curious symbol that keeps revealing new things: a map of the terrain - both horizontal and vertical - that we might traverse to live well....

I went home ready to traverse with renewed enthusiasm!

Samantha Taroni has been eased back into close contact with her body and heart by the Enneagram this past decade, leading to an awakening into living more deeply in place and wildlife. Her book 'Take it to the Trees' is steeped in the Enneagram and invites you to 'deep map' with the trees near you. It is available on Amazon. More at [www.thesoul-shed.co.uk](http://www.thesoul-shed.co.uk)



## Words from Tahir Golden

I'm not sure when exactly I embraced the "Go Big or Go Home!" philosophy, but I definitely applied it when I signed up to attend both the 5-day Enneagram Intensive Growth Journey and the 2-day EnneaFest Weekend which occurred shortly thereafter.

Attending the intensive was a great privilege and allowed me to retreat from the world to reflect and focus on my inner growth work. But the conference served as a key bridge on my Enneagram journey because it helped me see the ways in which Enneagram training not only transforms us individually but can manifest and be of use in our homes, workplaces, and even prisons.

### At Home

Rosemary Cowan's Workshop "Relationships as a Spiritual Journey" provided attendees with helpful frameworks for understanding why we chose our partners, identifying the various stages of our relationship, and why we inevitably encounter conflict. While emphasizing "to make it work, requires work," Rosemary didn't leave us high and dry, but provided us with tips on how to develop "Conscious Relationships," which I will undoubtedly revisit over the course of my marriage.



### The Workplace

I was introduced to the Enneagram through a faith-community, and initially saw it primarily as a tool for spiritual transformation. But Martin Salzwedel's presentation on "The Enneagram in Leadership and in Life" as well as Helen English's workshop on "Changing Lives - from Leadership to Living Room" broadened my understanding on the usefulness of the Enneagram and where it can be applied by providing real life examples on how it helped transform both leaders and organizations alike. I found these workshops particularly helpful as I contemplate how best to use the Enneagram in the future and

appreciate that I can now envision applying the training in both secular and religious settings.



### In Prisons

I sat in awe while watching the presentation on Susan Olesek's work with the Enneagram Prison Project (EPP) and hearing how knowledge of the Enneagram helped transform Alex Senegal's life from being a former prison inmate to currently serving as an EPP Board Member and advocate. What struck me most was when Alex shared that being "saved" in church was not enough to keep him from returning to prison, but using the Enneagram to develop self-awareness, self-regulation, and self-compassion did. His story and those of

the other inmates solidified the transformational power of the Enneagram for me and inspired me to continue sharing the tool with all who will listen.

In short, my key take-away after EnneaFest was that the wisdom and transformational power of the Enneagram knows no bounds. I'm looking forward to continuing my training and of course, attending EnneaFest next year!

