



Enneagram Alive

26th Newsletter March 2022 edition



The Enneagram in Action

JOIN US!

Saturday 9th - Sunday 10th

April 2022

Hillscourt Conference
Centre, Birmingham.
United Kingdom.

Join us at this UK-based conference with leading Enneagram professionals and their clients to discover how the Enneagram is supercharging the efforts of organisations and individuals in different walks of life.

The EnneaFest programme is structured around four themes: Coaching, corporate and leadership development, Social reform including prisons, Relationship, personal and spiritual development and The Creative Arts, innovation and technology. Keynote speakers include Martin Salzwedel on leadership development, Susan Olesek on using the Enneagram in Prisons and Zitta de Vries on embodying the Enneagram. Find full details at



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

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

Events

Ireland

Online monthly panels.

Type 1 Monday April 4th at 7.30pm

Type 6 Monday May 9th at 7.30pm

Tickets cost €10 on Eventbrite and proceeds go to the Simon Community and the Irish Hospice Foundation. Facilitated by Phylis Jordan and Therese Ryan, both Enneagram teachers in the Narrative tradition and based in the West of Ireland.

ENNEAGRAM INTENSIVE COMES TO IRELAND

Enneagram Training is delighted to announce that after a long absence, the 5 day residential Intensive Growth Journey will be held in Tullow, County Carlow, from 2nd to 6th September 2022.

Teach Bhríde is a wonderful retreat centre in the town of Tullow, Co Carlow approximately 1 hour 30 minutes from Dublin city, or 1 hour 45 minutes from Dublin Airport.

It's just over an hour from both Dublin and Rosslare Ferry ports. Buses travel from Dublin city to Tullow daily and the journey time is approx. 2 hours.

For further details go to <https://enneagramtraining.co.uk/courses/intensive-growth-journey/>

Oxford

Subtypes workshop in person in Abingdon on March 26th, 10-4 led by Helen Watts and Jeanie Honey. For further details please contact Helen (helen@wattsyourpathway.co.uk) or Jeanie (exeterenneagram@gmail.com).

"Finding your Enneagram type is helpful and the start of the journey. Finding your subtype adds a whole new dimension of insight and accuracy and for many people this is the moment when the enneagram really strikes home."

Notices cont

North West

Meeting in central Manchester.

Contact jane@enneangel.com or book a place via 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

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/lifespacetravel/ or from Helen English at: helen@positive-space.co.uk

St Albans

St Albans Group is still meeting on Zoom, creating a local network community.

Information from jillfoulger@btinternet.com

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



London

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

Schedule for 2022, all Wednesdays (and online until further notice) 6.30-8.00pm:

30th March

Type 3, The Achiever, whose Virtue is Veracity and whose Holy Idea is Hope

27th April

Type 4, The Romantic, whose Virtue is Equanimity and whose Holy Idea is Original Source

25th May

Type 5, The Observer, whose Virtue is Non-attachment and whose Holy Idea is Omniscience

29th June

Type 6, The Questioner, whose Virtue is Courage and whose Holy Idea is Faith

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

*The Theme for our next newsletter is
How has knowing your subtype helped you and your relationships?*

We'd love to hear from you. Please send your articles (500-600 words) on this theme to Therese by clicking on the icon below.



Enneagram Training workshops for Spring – live and face to face!

Intensive growth journey 1-5 April 2022, face to face at Hillscourt, Birmingham. You can start your Foundation Programme here, or with Instincts and Subtypes in September 2022.

Typing Practitioner Training 22-23 April and 6-7 May 2022 ONLINE
(4 x 4 hour sessions 9.30-13.30)

Enneagram Alive Practitioners' 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, and type bias when working with others. We meet quarterly online, and our next meeting will be in May 2022.

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.

Report from Practitioner's Forum of March 2nd, 2022

The theme for this meeting was Type Bias: how it shows up in my life and in the work I do with others, and how I'm working with it.

Our first discussion was on "my general type bias", which produced some fascinating insights, for example:

- Type bias is a visceral energy, not a reasoned response eg an urge to withdraw, to power up, a sense of the emptiness between people in relationships, a pull towards others etc
- My type bias can show me my shadow side, ie the parts of myself that I avoid looking at
- Type bias can also be envy of others who I perceive have a quality I wish I had.....

Our second discussion was on "difficulties I have with particular type spaces" and points that emerged included:

- Past difficulties with family members can trigger bias when we encounter someone who unconsciously reminds us of them
- Particular difficulties may be related to types who sit on the arrows or the harmony triad for our type
- We may also have difficulty with people from our own type space.

Practical tips for me as a practitioner included:

- Recognise that my reaction is related to my pattern, not the other person's
- Get to know what my energy changes feel like, particularly when I'm triggered
- Don't try to ignore type bias or suppress it - just recognise that something's out of kilter
- Slow down, settle with it, work out what's disturbing me or what I'm trying to avoid
- Recognise how hard it is when type bias is triggered - both mine and other people's.

We agreed that it was really helpful to share these thoughts and feelings with other people who are Enneagram literate, and to have time to sit still and reflect in company.

The topic for the next Forum will be "What helps the spiritual transformation journey? - tips for ourselves and for the people we work with". The meeting will be held on Thursday 12 May 2022, from 7-9pm.

In our last newsletter we invited you to describe your personal experience of how you use the Enneagram for inner work.

Many thanks to all those who responded.

Here are some articles on this theme.

Article by Helen Calder

Inner work of the type 6 solo violinist.

At the start of 2019, I was in a painful place of feeling burned-out emotionally and physically and I needed some time and space to find myself again. Music has always brought me so much pleasure and I wanted to rekindle my solo violin performing so I decided to work for a performance diploma through Trinity College London.

My struggles with performing have usually been around managing stage nerves and anxiety about letting myself down. I have found it very hard to trust myself to play my best and I hold myself to high standards of perfection. Learning about my Enneagram patterns has increased my understanding about the fear of performing and what is behind that fear. For me, there is the push/pull of wanting to share my music and put myself in the spotlight to perform but also questioning my right to be there and doubting my ability.

My tendency is to seek outside validation but also to fear negative feedback. I always need to prove my self-worth to myself and others. Quite exhausting! What has helped me has been to look to myself for validation and feedback and have faith in the preparation and practice that I have done. I am very good at learning from my violin teacher and I am making sure I also receive her praise and encouragement when I have played well, rather than brushing it off.

When I am tired of my type 6 patterns, I can step into my 7 wing for the sheer joy and generosity of sharing music with an audience or I can step into my 3 arrow and 'blow my own trumpet' (scrape my own violin?!) and own the right to show off a bit. Why not?! Coming back to type 6, I am experimenting with embodying the virtue of courage. How would a courageous violinist walk onto stage? How would she address the audience? What courageous thoughts would she be thinking and feeling?

I achieved my performance diploma last April and I was nervous - but I did perform with a better sense of trust and enjoyment. I am now about to take the next diploma exam! I would ask you to wish me good luck but instead, I am going to trust myself and say that I don't need luck - I am already good enough!

To follow my journey with violin performance, please read my 'Enneablog' on helencaldercoaching.co.uk/blog



Enneagram and my Inner Work by Jani Rubery

When I turned 50 (12 years ago!) I felt compelled to get off the treadmill I had been on most of my adult life. This was not a bad treadmill - on the surface it would look like I had everything going for me - however I knew that there had to be more to my Christian faith, my connection with myself and others, than what I was experiencing. So I laid down a lot of my 'success' activities and began to explore what holy living really means, feels and looks like. This is when I came across the Enneagram Narrative tradition. I attended a workshop and identified with the patterns of a 7.

However, at this initial point, I found it interesting but didn't really explore too much further - but did start on a self observation path. I think learning about self observation is absolutely key to doing inner work!

About 7 years later I embarked the Ignatian exercises (which took me 2 years!) and this was a very transforming experience for me as it deepened my contemplative practice and brought me deep self awareness and healing.

As I finished this process I felt drawn back to the Enneagram. It somehow felt like I was ready to take this inner work seriously. During these past few years I can honestly say that exploring, embracing and engaging with the narrative tradition of the Enneagram has been transformational in helping me understand with compassion my inner motivations which have driven me all of my life. Understanding this has meant that I have learned to recognize my ego drive without having to be attached or ruled by it.

The Enneagram helps me notice when I am becoming detached, frenetic, gluttonous and not genuine in my enthusiasm. By being able to notice when my ego is in control, I am now able to re-ground myself. This then allows me to live more freely and thankfully, from a more sober place.

This freedom helps me live from a place of stillness which I never thought would be possible. The Enneagram process has deepened my ability to practice contemplation and grounding which constantly helps me be able to live in a way that allows my joy and creativity (virtues) to emerge. It has helped me acknowledge, feel and lean into my own pain in a way which enables me to not only connect with myself better, but I can now connect with God in a deeper way and also connect with others in a more genuine way.

Another practice of the Enneagram which is helping me is self compassion and appreciation. As someone who is not familiar with being nurtured, this practice has really helped my inner work of acceptance and not only brings me joy when I can see my good qualities, also has helped me judge myself less harshly.

What I have really come to appreciate is that my work with Enneagram has taught me that inner work is not about striving or arriving, it is about being!

Jani Rubery

A Type 4's Growth Path – Trying to be Present to the Presence by Alan Hodgett -

As a curate, my area bishop was doing some research with the Myers Briggs Type Indicator test which I did as in my mid 20s. Then, as part of my Spiritual Direction training so I did it in my 40s and finally as part of my management training with Her Majesty's Prison Service I did it in my 50s. Each time the result was the same, a static model with no tools to help me face the following challenge: Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the good and acceptable and perfect will of God. Typology tools are great for understanding our strengths and weaknesses but they don't have tools for change.

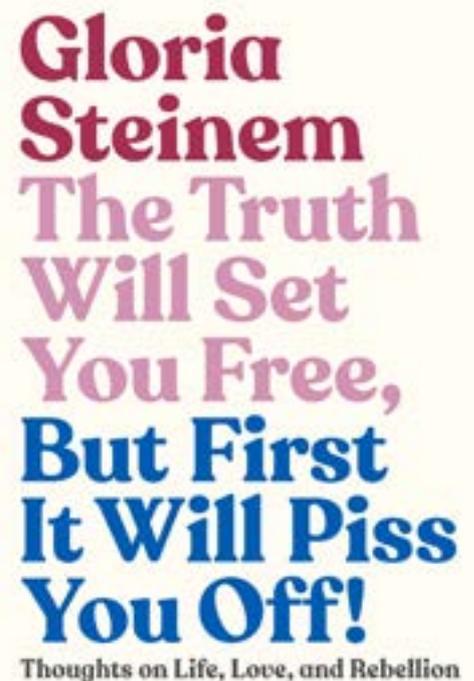
In the 1980s my journal was full of recurring themes of sadness, ennui and melancholy (a very 4 habit of mind). Around this time, I went on an Enneagram retreat which had echoes of a static MBTI typology. However, in 2006, my real growth and inner work began when I attended Narrative Enneagram workshops in my diocese of Oxford with Josephine Seccombe. Slowly I began to realise my truth with an irritation not unlike the book title alongside.

I began to get a sense that the map of the Enneagram was more than a typology – it was a tool for growth and change. Romans 12.2 from the New Revised Standard Version Adapted from John 8:32 'The truth will set you free'

Subsequent workshops included Helen Palmer using the Panel Method to reveal the power of the Inner Observer and the importance of relaxing our Type Structure. The penny finally dropped in 2016 at a workshop with Peter O'Hanrahan on the Defences and the Instinctual Subtypes.

When we confirm our Type / Subtype combination, the explorers map of the Enneagram starts to become not only legible, but also the compass by which we can navigate our inner territory. Transformation begins as we notice, pause, and allow ourselves to be tripped up by ourselves and observe how reactivity (a sense of deficiency in my case) and our subtype, combine to create our shadow. ³

Throughout my life I was the classic Self-Preservation Four: A Reckless, Dauntless Creative Individualist ... with ... a willingness to jump into new situations, ... to ... take risks when ... the authentic life seems elsewhere.
Retirement, followed by Lockdown in 2020 meant I lost 'Connection' -the lifeblood of my Heart



**Gloria
Steinem**
**The Truth
Will Set
You Free,
But First
It Will Piss
You Off!**
Thoughts on Life, Love, and Rebellion

Centred life. Isolation led to study - The Science of Wellbeing, Christian Meditation, daily walks, daily prayer, and a somatic practice of Qi Gong. But still, my reckless/dauntless tenacious ego continued to drive a longing for connection and belonging, so I continued to engage online with a project I had developed a passion for years ago. However, isolation had enabled 'reirement' to begin. My heart and mind and now my body came online with powerful feedback - I felt I was suffocating.

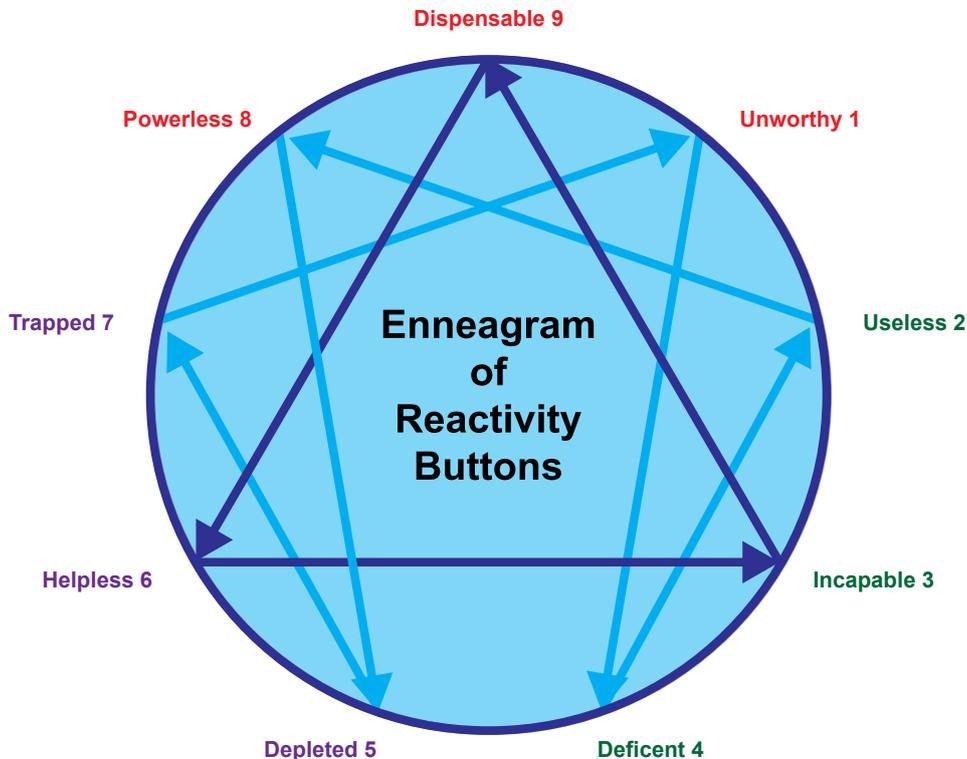
My body taught me my 'Reckless, Dauntless' subtype habit could at times be a stoical defence to overcome my Type Reactivity of 'Deficiency'. My body taught me 'I have enough, I am enough - I am loved, loveable and sufficient.'

My inner work has revealed that absence of Connection is ok; I can step away, and be fine. The Enneagram has set me on a journey of connection in the Present to the Presence united in my 3 Centres of body, mind and heart.

<https://theenneagramatwork.com/instinctual-subtypes>

<https://www.coursera.org/learn/the-science-of-well-being-which-taught-me-the-concept-of-the-antidote-to-Deficiency-of-Miss-Wanting>

https://www.theschoolofmeditation.org/all-courses/benedictine_wisdom/



'The Treasures of Darkness': Working with the Shadow in Spiritual Direction (spiritual-life.co.uk) A great article on aspects of the shadow.

Reflection on a Type 4 journey by Shaun McMahon

As a Four, I've found the Enneagram to be an incredibly simple, yet helpful way of understanding myself. Having worked with the Enneagram for 4-5 years now, I've begun shifting my focus away from the psychological insights provided by the Enneagram, to the spiritual side of things. As someone who was never spiritual growing up, I expected this journey to be a challenging one. I now find myself having a "princess and the pea" situation, wherein a small, seemingly simple aspect of my experience seems enormous and insurmountable. I suppose I wouldn't be a Four without a little dramatisation! What I've learned through reading Maitri and Almaas is that, at the root of the Four's experience, is a desire for control.

This wasn't obvious to me at the beginning. When I think of control and Enneagram types, Eight immediately pops into mind, as do some others. This is because their form of control is more overt.

Type Fours are more subtle and passive in their way of trying to control things. And yet, it's so crucially important to them, because every Four has a very clear idea of how they wish things to be. They know the ideal, and they know that things aren't matching up to that yet, and there's something very distressing about that. So they try to control things to ensure that this ideal materialises. But concealed beneath this control is a fundamental distrust of something spiritual. Whether that means God, the universe, or fate. The distrust is a deep seated sense that the Four has been abandoned once, and that it could easily happen again. And perhaps, what is even scarier than being abandoned, is being rejected, being cast out by 'being' itself. This evokes a unique brand of loneliness; that everyone else is walking besides God except me, and I'm forced to go it on my own, because of how flawed I am, a flaw that God himself acknowledges and despises. To be clear, this isn't the same as a type six not trusting. The specific nature of the distrust here relates to abandonment.



My work at the moment involves noticing all of the little ways in which I try to control my experience, from the people around me, to the events in my life, and even my own behaviour, to ensure I'm matching up to the inner image I have of my ideal self. To notice that these acts of control are, as Almaas suggests, expressions of distrust. As I see the control for what it is, I expose the distrust, which is really what all of this is about. This is rarely an easy thing to do, since the pain of being abandoned again is quite distracting.

There is, however, a peacefulness to be found in releasing some of this control. In recognising that I am not in control of everything, nor responsible for manifesting the vision I have in my head of how things should be, means that I can let go and relax a little more. Perhaps one day I will learn to trust that things are going perfectly fine just as they are, and there's no need to intercede. At the moment that seems quite impossible. For now, it's enough to see the distrust itself, and to surrender to it.

Shaun McMahon is based in Melbourne, Australia. He is a psychotherapist who offers typing interviews and enneagram focused counselling in his private practice. Shaun also founded the Melbourne Enneagram Centre in 2019, and has recently started a YouTube channel with the aim of creating short, yet informative videos about the Enneagram to share with friends and family who are interested in the Enneagram.

Impressions from IEA Egypt Conference 2022



What an astonishing achievement and a shining example of faith over fear. A reminder of how sheer belief and determination can triumph against all odds. Not to mention dogged determination. This snippet, shared afterwards over a meal, tells the story. A keynote speaker beset by tough red-list rules and barely recovered from Covid messaged to say she couldn't come. A short two hours later, in a brief meeting with the organisers, she found her decision overturned. "You're coming!" they said "we'll make it happen!". And make it happen they certainly did. She came, she shared, she shone and was glad to be in Cairo for the conference. A small miracle. And so it was for each of us.

From the first moment to the last, the team's enthusiasm, warm welcome and complete commitment shone through. From England, Teresa Daniels and I were joined by Robert, a Londoner & Dillon a South African living in London. We all agreed it was our hosts' warmth, love and hospitality that will be our abiding memory. We realised that the Enneagram is 'young' in Egypt and many relative newcomers came with a refreshingly youthful spirit of inquiry, regardless of their age.

On the pre-conference trip we were able to mingle and meet informally: visitors and hosts alike. Our day began at the Egyptian Museum where amongst other treasures we encountered the famous Valley of the Kings and the macabre mummies, skeleton-kings laid out beside their ornate caskets. We wished they could be respectfully wrapped up and hidden away! Onward to Giza and the pyramids, a communal lunch at the '9 Pyramid' restaurant looking across the sands to these powerful structures, and then to the Sphinx. We returned via a historic apothecary, its shelves lined with exotic glass jars containing every kind of pressure oil and flower essence imaginable. An exotic welcome for sure! The Conference Theme 'As Above, So

Below', well known from the hermetic teachings, resonated throughout, both in speakers' reflections and in conversations everywhere, moving deeper and touching us in new ways as the conference progressed.

In the Keynote Opening, Uranio Paes reminded us of Gurdjieff's teaching that, at the centre of the Enneagram symbol, sits a Symbol: the ray of creation. It's a central point of utmost peace and connection. Uranio also spoke of 'Nafs Al Kamila', the spiritual stations progressing around the circle 9-8-7-6-5-4-3-2-1. He described a "levels of awareness" model as now taught in the Chestnut-Paes school. He ended saying "Be here! Aim high! Connect!".

From that point onwards, as with a great music festival, we faced a significant challenge: how to choose well from such a rich menu of options? We consoled ourselves somewhat, knowing that many missed sessions could be caught later on video.

Personally, I enjoyed Mauro Vedovello's presentation on the Philosophy of the Enneagram, drawing especially on the Greeks. Plato pointing up - transcendence - and Aristotle down - permanence - "as above so below". In a wide-ranging talk, Pythagoras, Heraclitus, Evagrius and Hegel also featured.

I loved spending time with Marion Gilbert, a long-standing member of The Narrative Enneagram team in the US. Her presentation blended body work with a beautiful sharing of the core teachings, perfectly pitched for the Egyptian audience and a refreshing reminder for qualified teachers in the room.



Other personal highlights included Brazilian Nicolai Corsino's 'Energy Work and The Enneagram' - a powerful and experiential session - and Dr Khaled ElSherbini. Dr ElSherbini is a leading player in the Egyptian Enneagram community and I'd been particularly inspired by him at the Lisbon IEA Conference. Sharing brilliant graphics to demonstrate the Enneagram as a resource for spiritual growth, he drew on his own Sufi tradition in an inspiring presentation.

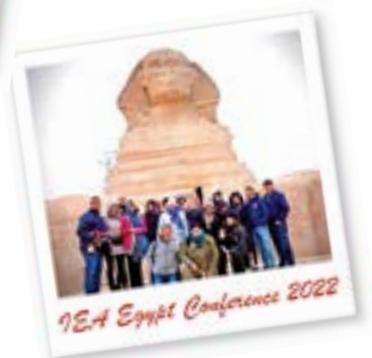
It was great to share my own experience of working with two systems of nine, Taoism and the Enneagram. Amongst the many formal presentations on offer I set out to facilitate a live experience of Taoist principles through mat-work and drumming. This, to share my understanding that movement and transformation, energetic shifts and changes, are at the heart of both systems. It's not about fixed states - being boxed as this or that - but an invitation to participate in the constant universal flux and flow of life.

Teresa spoke warmly of Bea Chestnut's session 'from Egypt to Africa' and that of Abdul-Rahman Abdullah and Dina El Badly, on Zikr (Remembrance) as a Spiritual practice. Also of Nhien Vuong on the Enneagram as a resource in facing both bereavement and death.

On a lighter note, Saturday night saw us party in style on the banks of the Nile. Here, traditional dancers, live musicians and fabulous food were laid on for our enjoyment. But what made it special was none of these alone, but the spirit, energy and sheer delight of the sizeable Egyptian conference team. Once the music started they really went for it! It wasn't long before the most reluctant amongst us was on our feet. Unforgettable.

More reflections and insights will no doubt emerge as we each take time to assimilate this experience. It was wonderful to be face to face, in the room, with other Enneagram learners. It's great to be challenged to think differently, to share and learn from people at so many different stages of their personal Enneagram journey. I feel humbled by the spirit of inquiry, invigorated by the enthusiasm and stimulated to continue my own explorations. Encouraged too, to share more at home in the UK, as we gradually emerge from lockdown.

Helen English



Book Review by Anna Fra.

The Instinctual drives and the Enneagram by John Luckovich

The great contribution of Luckovich to Enneagram theory and the global Enneagram community is how he turns the conversation on the instincts upside down. His book is controversial.

He proposes that the personality we invest so much pride identifying with, is the strategy, the means by which the dominant instinct tries to satisfy its needs.

Our passions, fixations and defence mechanisms are constantly serving to meet the demands of our dominant instinct. All our ego structures with its nuances are a servant to the real master: the insatiable dominant instinct. We "do" our type to meet its needs.

"Instinct has an automatic character. We don't make any choices in terms of what the body's basic needs are, we don't have a say in who we're attracted to, nor do we have a choice in our need for other people; yet we unconsciously base our sense of self and self-worth on this automatic functioning."

Luckovich explains why this is so. Through the desire to reconnect with our estranged essential true nature, humans mistakenly equate satisfying our dominant instinct's needs with going back to essence. Ego tries to meet its dominant instinct's needs as a means to reunite with our true nature. Our animal instincts that exist to help us survive and thrive, become the false god, the golden calf of the Bible.

Our ego is trying to get to God via the dominant instinct.

We compulsively pursue achieving the right lifestyle, beating sexual competition or being central to our relationships and groups depending on whether we are Self Preservation, Sexual or Social dominant. These endless non-negotiable pursuits make us "leak energy which ought to be reserved for consciousness".

The more unconscious we are to this dynamic, the more it turns into a matter of life or death and the more we neglect our blind spot, regarding it as a threat and distraction to our dominant instinct. We become more entrenched in our doomed pursuit of happiness. Paradoxically, bringing more of the neglected instinct into our lives is probably the most powerful action we can take to reconnect to ourselves and access our holy ideas and virtues.

This exploration of the instinctual sequence seemed so true, so clear and simple that I wondered why I have never heard it before.

Another controversial idea is the redefinition of the Social and the Sexual instincts. Besides the reasons that deem the word "sex" unacceptable in corporate and social settings, the rebranding of the "One to One instinct" in my opinion is a misnomer.

It's easy to gain clarity on the Sexual instinct when we go back to nature. In animals this instinct is not tainted by taboos, moral judgement or ideas about what it is. The sexual instinct is about mating rights and the drive to pass on one's own genes. Animals compete, fight, engage in complex and intriguing mating dances and showcase their fitness, health, strength and beauty so that they can choose and be chosen by potential mates. This drive enables species to keep evolving and avoid genetic stagnation and stems from fear of being sexually overlooked. It's about chemistry.



In humans, attraction isn't just about looks or good dancing skills. One's personality and intelligence are also ways of sexual signalling and help distinguish oneself from a crowd of potential mates.

The Social instinct is the relational drive, it makes us want to have close bonds with individuals and groups. It serves the needs of emotional intimacy, belonging and being of service to our community/the world. It stems from the fear of being abandoned and ostracized. It's the drive that helps us with empathy, understanding others, our place in relation to the other and wanting to be included. Whether it is in one-to-one relationships or smaller or bigger groups, it rides on affinity.

The Social is the newest instinct in the evolution of the species. It helps mammals and birds look after their offspring. It makes it possible to sacrifice one's individual needs in favour of the herd if their survival and wellbeing depends on it.

The book also gives insights into the Self Preservation instinct, defining it beyond the obvious and making it more 3D like.

Quoting from the book, "Being grounded in the body and in touch with the sensations of Self Preservation means you'll be able to stand your ground, process your reactions, defend yourself effectively and endure whatever literal or metaphorical hits you without freezing or fainting". Luckovich dedicates chapters to each instinctual need, to self-remembering. He investigates the instinctual approaches, integrating the blind spot, different views on the world according to one's instinctual stacking, breathing and sensation, redefinition of the essential qualities of each type and finally how it all has relevance for inner work.

Regarding the blind spot he says, "The instinctual stacking leads the charge of the ego, and the dominant instinct is like the gas pedal pushing the car of our personality forward. Integrating the blind spot and secondary instinct is like providing steering and brakes"

The style is condensed and punchy. It has enormous depth and a palpable desire to redefine ideas and language regardless of whether they fit or not with current upheld views. It addresses head on the need to be real about the enormous task of inner work, being mindful of how much unconsciousness there is in each of us. How asleep we are. In Luckovich 's book there is no escaping into spiritual bypass.

His body based Gurdjieff work has clearly shaped his views and deepened the embodiment of his knowledge.

I loved the book. It was as unputdownable as a murder & mystery novel. I hope it gets the recognition it deserves.



*If you have not already booked don't forget
there's still time to book a space at the Enneafest.*

*Enjoy meeting, talking, sharing ideas and
experience with others on this quest.*

*Whether your interest is personal, professional,
spiritual or social*

you'll unearth Enneagram insights, creative possibilities and more.