

# E NEWS OCTOBER 2021

WELCOME TO THE 25<sup>TH</sup> NEWSLETTER OF THE ENNEAGRAM  
NT UK/IRELAND ENNEAGRAM NETWORK

Please help the network grow by passing this newsletter to other interested people. If they wish to be added to the mailing list, ask them to email Heather at: [he.brown@btinternet.com](mailto:he.brown@btinternet.com)



**Enneagram Alive has decided to postpone the Enneafest (which was to have been held in October 2021) to 2022.**

**We are delighted to announce a NEW DATE 8-10th April 2022, still at Hillscourt Conference Centre, Birmingham.**

All the keynote speakers are available and keen to come, so the programme is almost unchanged, and will include workshops, discussion groups and stimulating conversation

Keynote speakers include Susan Olesek from the Enneagram in Prisons Project (EPP), Martin Salzwedel, leadership consultant and Zitta de Vries, choreographer and theatre director.

Workshops include inputs from corporate clients using the Enneagram, relationship as a spiritual journey, leadership and music, tradition and technology in teaching the Enneagram, transformational journeying using Focusing, Integral coaching, Enneagram profiling and many more. Find full details at:

<https://www.enneafest.co.uk/>



**For regular Enneagram groups and events in:** London, Dublin, Midland, North & South West England, go to:

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

## IRELAND

<http://www.enneagramireland.ie/news.php>

## WEST OF IRELAND

### MONTHLY ONLINE PANELS

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

Type 4 Monday 4th Oct 7pm

Type 9 Monday 1st Nov 7pm

Tickets cost €10 & proceeds go to the Simon Community & the Irish Hospice Foundation.

If you would like to be notified about our monthly panels please email:

[jordanphyllis@hotmail.com](mailto:jordanphyllis@hotmail.com) or [therese@thereseryan.ie](mailto:therese@thereseryan.ie)

## 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 on next page under 2021 EVENTS.

Enneagram meetings with Rosemary Cowan 7pm to 8.45pm.

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

# 2021 ONE-OFF WORKSHOPS

## WHAT YOUR BODY KNOWS: USING FOCUSING TO DEEPEN YOUR ENNEAGRAM PRACTICE

Online weekly workshop starts Monday 1<sup>st</sup> November 2021, with Therese Ryan. To express interest or for further information please email: Therese at: [thereseaoe@gmail.com](mailto:thereseaoe@gmail.com)

Therese is a certified Focusing Professional and an Enneagram Teacher in the Narrative tradition.

[Therese Ryan - Transformative Personal Growth](#)

Focusing is a natural, gentle practice of listening to the wisdom of your body and an empathic and compassionate way of being. Tapping into this body knowing enables us to access the depth and richness of our whole self. Focusing offers us a way of gently being with our type patterns, as well as helping us find new ways of moving forward.

*"We do not need to conquer our personality but befriend it, understand it and use it to help our growth". Karen Webb*

## OXFORD ENNEAGRAM COMMUNITY WITH LIZ WEST AND HELEN WATTS

For those who know their type and subtype and have been working with the Enneagram. We are planning to meet face-to-face in: **Stanton Village Hall just outside Oxford** on: **Saturday 6th November 10.00- 4.00pm**

Please contact [liz@ninepathways.co.uk](mailto:liz@ninepathways.co.uk) if you want more details.

## PARENTING AND THE ENNEAGRAM

How does knowledge of the Enneagram help us as parents? Whether your children are still at home or if you are parents of adult children, we will explore the gift of the Enneagram to our role.

At: Ashburnham Place 23rd to 25th November 2021.

For enrolments & details, go to: <https://www.ashburnham.org.uk/>



## Enneagram Alive Groups continued...

### NORTH WEST

Meeting in central Manchester.

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

## Enneagram Alive Groups continued on next page...

### 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/lifespacircle/](http://www.meetup.com/lifespacircle/) or from Helen English at: [helen@positive-space.co.uk](mailto: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](mailto:jillfoulger@btinternet.com)

**We hope you're all well and managing to navigate COVID as the situation evolves. Please note that all events advertised in this newsletter are subject to COVID developments and government guidelines. Please contact the event organiser (not us!) for details about the situation as each event approaches. Thank you.**

# 2021 – 2022 EVENTS

## LONDON ENNEAGRAM GROUP

### ENNEAGRAM TRAINING COURSE PROGRAMME 2021-22

Full details at <https://enneagramtraining.co.uk>

The Foundation Programme starts again in April 2022, all face-to-face at Hillscourt Conference Centre, Birmingham:

- Intensive 1-5 April 2022
- Deepening Spiritual Awareness (formerly Foundations of Spiritual Awareness) 24-26 June 2022
- Instincts and Subtypes 16-18 September 2022
- The Professional Training Programme continues with:
  - Panel and Teacher Training, 18-20 March 2022 at Hillscourt
  - Typing Practitioner Training 22-23 April and 6-7 May 2022 ONLINE
  - Typing Practitioner Training 8-9 and 22-23 July 2022 ONLINE

### NEW PROFESSIONAL TRAINING COURSE!

In November 2021 Enneagram Training launches its 1:1 Practitioner Certification, designed for practitioners who work one-to-one with clients rather than with groups. Anyone who has completed (or nearly completed) their Typing Practitioner training can join. There are 2 options:

1. No background in 1:1 work (eg coaching, counselling, spiritual direction etc)? Complete the 3-day workshop and supervised practice/assessment, and become a Certified Enneagram 1:1 Practitioner (NB this is not a complete coaching/counselling qualification) OR
2. Already a qualified coach, counsellor, or spiritual director? Come to the 3-day workshop as a standalone and receive a certificate of attendance in Enneagram 1:1 practice to put alongside your existing qualification.

**STOP PRESS** – price reduction of £200 because this is a new course! Available for November 2021 start date only

Dates: 5-7 November 2021, face to face at Hillscourt, Birmingham.

Full details at: <https://enneagramtraining.co.uk/one-to-one-practitioner/>

## BOOK REVIEW

### 'Coaching and Counselling to the Point' by Jeanette van Stijn

This book is a valuable addition to any coach, counsellor or psychotherapist's library and will be especially useful to those with a firm background in the Enneagram model.

Jeanette is one of Europe's leading Enneagram experts and she brings her wealth of coaching experience and Enneagram knowledge together in this book, now translated into English from the original Dutch. In it you will find not only clear explanations of the different approaches that clients from each Enneagram type, or point, need when being coached or counselled, but also a step-by-step, practical method for using the Enneagram process model.

I particularly enjoyed the sections providing lists of the frequent reasons why people with particular points seek support and the ways in which they tend to present themselves. There are also helpful tips on what decelerates each of the types and keeps them stuck and what accelerates and motivates the changes they wish to make.

My only quibble is with the definition Jeanette gives of the profession of psychotherapist. Whereas, in the UK there is much crossover between a counsellor and a psychotherapist and, indeed, many see the two terms as interchangeable\*, it seems that in The Netherlands a psychotherapist is more like a clinical psychologist, working in the healthcare system with people with more severe psychopathologies.

\*My understanding of the main difference is that counselling often focuses on one particular issue such as bereavement, abuse, relationship etc., whereas psychotherapy is generally longer-term and will range across the spectrum of a client's issues and their life's journey.

**Rosemary Cowan, MA, UKC**

# ARTICLES

## 2021 IEA Global Conference – Therese Ryan reports...

The 2021 IEA Global Conference Reaching Across with the Enneagram took place online in July. The conference offered a fantastic opportunity to listen to both new and well-known Enneagram names present on a mindboggling array of themes. There was something for everyone whether your interest was business, parenting, therapy, coaching, sport, creative arts to name but a few.

It will take a long time to listen to the huge number of webinars, workshops and panels. Some of the highlights for me so far follow.

In his presentation “Reaching across the world with love and the Enneagram” Robert Holden shared nine meditations on love, and asked the question “What is the gift the Enneagram has been trying to give me that I haven’t received yet?”

Trauma seems to be a big topic at the moment. Beatrice Chestnut and Uranio Paez in their talk “Reaching Across Time. Using the Enneagram to heal Childhood Trauma” discussed how trauma impacts the way in which type is expressed and how we can use our patterns as a starting point to intentionally heal trauma and move towards growth.

Ginger Lapid Bogda and her son Tres presented “Metaphor Enneagram and Story” based on their new book The Art of the Enneagram. Metaphor is a great tool for teaching the Enneagram because it says succinctly what we often spend hours trying to say. This was a great talk for Enneagram teachers. Ginger’s parting tip was to teach the Enneagram from your heart.

“Moving, Thinking, Feeling Centres with Gurdjieff Movement: Experiencing 3 Centres” was presented by Hera (Hyejin) Kim. This was an experiential workshop where we practised movements based on sensation, counting and music which were designed to help us understand the different functions of the centres and to integrate all three.

Russ Hudson’s talk was called “Really Getting out of the Box.” Russ came up with the analogy that the Enneagram doesn’t put you in a box. It shows you the box you’re already in and how to get out. Studying more and more about the box doesn’t get us out of it, a useful warning about the danger of using the Enneagram to avoid what we’re really feeling.

Voice Coach Cynthia Zhai’s presentation was “Reaching across from and to the Head Types (from the angle of the voice)”. Because it connects with the body and the heart, the voice is a way for the head types to access the other centres. The struggle, passion, fixation, past, present and potential of each person can be heard through the vibrational frequency of our sound, the voice.

Carl Marsak spoke about “Psychological Bypassing and the Repression of the sublime”. This was a fascinating exploration of spiritual and psychological bypassing, psychosynthesis and our drive to repress our higher unconscious.

Ingrid Hurwitz’s wide-ranging presentation on the Inner observer was based on her PhD research on this topic from perspectives in cognitive science, adult ego psychology and mysticism. Ingrid shared some practices from various traditions which help enhance our inner observer.

The Endnote session was a wonderful tribute to Retired IEA Founder Helen Palmer. The session entitled “The Enduring Power of our Narratives to Unite and Transform Us” was hosted by Ginger Lapid Bogda and presented by Terry Saracino and Peter O’Hanrahan. It offered a lovely insight into Helen’s life and her unique legacy.

I hope these headlines have given you some ideas to whet your appetite and some names and topics to Google!

## Covid Brain – Jill Foulger writes...

Just a few months ago many of us were experiencing relief and joy as we began to resurface from lockdown, meeting face to face, heading towards a 'new normal' and summer breaks, a sense of "let's get out and do everything we want to do". Now, as we come to that place of transition as we slip from summer into autumn, in tune with the academic year everything ramps up, the world is trying to make up for lost time.

We are coming into this new season with 'Covid' brain, with a new set of feelings and anxieties - after 18 months of pandemic and lockdowns some of us are observing how we can be more distracted, unfocused, overwhelmed and lose the plot of a simple task. Trauma, uncertainty, and isolation take their toll together with current messages on keeping safe.

Our brains and bodies are tired and recalibrating new circumstances is a challenge and we rely on our 'surge capacity', a collection of adaptive systems both physical and mental, for short term survival in acutely stressful situations. The response can only keep us going so long and eventually we deplete our surge capacity, so we need a break to recharge.

How did your summer go? Did it provide the recovery and recharging of batteries you needed? What did your soul need most, and did you get it? Was the summer enough to fill your tanks and depleted soul? We all rest in different ways and need a long-term view for this 'Covid marathon'. What is your prescription that can bring kindnesses to your soul?

I have been reflecting on the need for all to have a break, space that we need for recovery from the pandemic as the world reopens and not to rush in and 'binge'. For me summer has been full on, intense and busy with lots of good things but as a Type Four I absorb the emotion around me both global and personal and it is a draining experience. I am so aware, after the solitude of lockdown, how important it is for me to carve out time for contemplation, stillness and breathe work and know that, after a busy time, we do have to consciously seek space to restore ourselves to presence and grounding.

We all rest in different ways, but what does intentional rest look like that balances our core motivations and individual needs? We are all taking in so much information, social media and the FOMO (fear of missing out). At the end of a working day watching box sets, for example, can help but we can still feel tired and unrefreshed having not done the things our body needs.

Create some space for soul care, including taking time to rest, replenish and discover things that breathe life into your soul that will have lasting impact with our everyday rhythms of life. Here are some ideas of Nine types of soul rest:

**One** – time away is not always possible but time to find space in nature and permission to put the do list to one side and relaxing the need to be continuously active and embrace uncertainty as an adventure.

**Two** – allow yourself to care for your own joys and things you love without being helpful and pulling into yourself rather than extending your thoughts and energy to others.

**Three** – how do you rest and fill your soul with joy with urge for forward movement in mind and body? Do tasks without an end goal and discover things which you might not be good at simply for fun.

**Four** – filling your soul might mean feeling okay and being grateful with how things are just as they are and finding space to make a connection to arts and nature.

**Five** – grounding yourself in your body to access vitality, inner resource and reserves and use solitude to recharge, not thinking very much about anything and enjoy peace of mind and heart.

**Six** – true courage means knowing when to act and when not to, give yourself a break from responsibility and give your active mind a rest, filling your soul taking wonderful walks and enjoy nature.

**Seven** – slow down how quickly you move, walk, and talk and find stillness to decompress and become grounded, find a sense of freedom, delight and joy in what is and what's possible.

**Eight** – find a safe, beautiful space that nourishes you while allowing yourself to let go of the need to save people and situations for a while.

**Nine** – soul rest is being awake to what's important for you, respecting your own feelings, thoughts, and desires whatever the responses of others.

If you'd like to discuss this topic further, do email me at: [jill@enneagramtraining.co.uk](mailto:jill@enneagramtraining.co.uk)