

E NEWS JULY 2021

WELCOME TO THE 24TH 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



It's time to register for EnneaFest 2021

BOOK HERE NOW...

<https://www.eventbrite.co.uk/e/enneafest-2021-tickets-103232318644>.

DATE: 9-10 October 2021

VENUE: Hillscourt Conference Centre, Birmingham, UK

Now that restrictions are lifting, we urge you to secure your place at the conference by buying your ticket and securing your spot as soon as possible. Places are filling up and we already have a lovely, vibrant group of people signed up to learn more about the Enneagram from a range of inspiring teachers.

So don't delay book today!

Please note accommodation is being offered on a first come-first-serve basis as there is limited availability at Hillscourt conference centre. The Enneagram Alive team is excited to meet and welcome you in Birmingham on the **9th - 10th of October** to what is guaranteed to be an educational and uplifting celebration of the Enneagram. We look forward to seeing you there.

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



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

www.enneagramalive.com

IRELAND

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

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

NORTH WEST

Meeting in central Manchester.

Contact jane@enneangel.com or book a place via Meetup.com.

Enneagram Alive Groups continued on next page...

Enneafest 2021

We are committed to running this conference as a live event in a COVID secure way. We promise you an inspiring mix of presentations, case studies, success stories, workshops, dialogue and interactive opportunities in an open and friendly environment.

2021 EVENTS

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

Online weekly workshop starts September 2021, with Therese Ryan. To express interest or for further information please email Therese at: 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 4th September 10.00-4.00pm** and

Saturday 6th November 10.00- 4.00pm

Contributions of £20 towards expenses please.

Liz and Helen invite you to join us as we continue our focus on the Growth Path. Please contact Hilary on:

info@ninepathways.co.uk to let us know you are coming.



Enneagram Alive Groups continued...

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/lifespacercircle/ 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

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 EVENTS continued

LONDON ENNEAGRAM GROUP

The London Enneagram Group was set up in 2012 and has been running ever since. Now it has moved online, due to the COVID pandemic, it is no longer restricted to Londoners or those who can reach the city easily and has become not only national, but international!

This year's topic is the Defence Mechanisms, which keep the type structure in place. Our defence system locks in our emotional fixations and habits of mind, separating us from others and from our true selves and our higher purpose.

While we needed defences to protect us when we were growing up – and we still need them from time to time – they are by now over-used and often cause us to become unnecessarily reactive. The Enneagram offers us a route map to learn how to manage them, giving us the opportunity to become more flexible, to connect better with others and to achieve our full potential. Once we know our type, we know what we need to work on and, although defences are not easily relaxed, a commitment to personal growth makes a huge difference.

We will begin with Type 9, The Mediator, and work our way around the Enneagram in a clockwise direction. At each session there will be exemplars of the type under discussion to bring the type structure to life and Rosemary will facilitate them to explain how the defence works. This way we hear from the experts, explaining how things work from the inside, which is a great way for people to learn about themselves and for others to learn about the types.

If you would like to volunteer to share your experience when it's the turn of your type, please contact Rosemary, who is always looking for representatives of the type under discussion. Confidentiality guidelines are set out at each session, and nothing is recorded.

SCHEDULE FOR 2021 (online until further notice)

All on Wednesdays 6.30-8.00pm:

Summer Break during July and August

29th September - Type 6, The Questioner - Defence Mechanism is Projection

27th October - Type 7, The Adventurer - Defence Mechanism is Rationalisation

24th November - Type 8, The Protector - Defence Mechanism is Denial

For further details and to sign up to the mailing list, contact Rosemary Cowan: rosemaryjcowan@gmail.com or 07884 490 218.

Tickets £5 per session available a week beforehand via Billetto: www.billetto.co.uk.

The Zoom link for the session is provided on the ticket.

MONTHLY ONLINE PANELS

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.

Type 7

Monday 6th September 7pm

Type 4

Monday 4th October 7pm

Type 9

Monday 1st November 7pm

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

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

jordanphyllis@hotmail.com

or thereseaoe@gmail.com

Dream work with Veronica Whitty

A bi-monthly dream group for those who know their Enneagram style.

We often find hints to aid transformation in our dreams. The dream-maker is clever at suggesting transformative possibilities.

To find out more, please contact Veronica on:

veronicawhitty@hotmail.com.

2021 EVENTS continued

ENNEAGRAM TRAINING PROGRAMME FOR 2021

Foundation Programme – Growth with the Subtypes 2021

Course is now ONLINE, and will take place on...

3-5 September & 24-26 September

(6 x 4-hour sessions).

Come and learn about the three core survival instincts:

Self Preservation, One to One and Social. These instincts colour the way our Enneagram type shows up in the world, and according to which ones we focus on, we can have very different priorities in life and handle relationships very differently. In order to live a happier, more healthy and complete life we need to balance all three domains in our life and in ourselves.

This course will help you to understand your own preferences and focuses not just on the knowledge and insights you can gain, but also on practical ways in which you can work with this for yourself, in your relationships at home and work, and with your clients.

For further details, please see: <https://enneagramtraining.co.uk/growth-with-the-subtypes/>

or contact Enneagram Training at Heather@enneagramtraining.co.uk.

Enneagram Training's next Intensive

On: 1-5 April 2022

At: Hillscourt Conference Centre, Birmingham.

To find out more, please see: <https://enneagramtraining.co.uk/courses/intensive-growth-journey/>

or contact Heather@enneagramtraining.co.uk

Enneagram Training also runs a number of professional trainings:

Typing Training, Panel Facilitator and Teacher training, and 1:1 Practitioner Training.

To find out more about these, please see: <https://enneagramtraining.co.uk/further-professional-training/>

or contact Heather@enneagramtraining.co.uk



Resource Recommendations

For this newsletter we asked you to share resources that are inspiring you, and this is what you sent us. We'd like to continue this as a regular feature of future newsletters, so please do keep sending us links to what you're finding helpful on your journey!

Know Your Parenting Personality by Janet Levine I have enjoyed this book on Parenting through the lens of the Enneagram. Several of the books on this subject focus on the type of the child and how best to parent them. I have concerns about typing children too early and as far as my research has led me, the jury is still out on what age it is possible to reliably type our children without biasing their final outcome. Janet Levine's book looks at us as parents, the strengths and concerns of the parenting styles of our type and what to be aware of. It's an easy read with good stories and possibly a way of introducing parents to the Enneagram as Chapter 1 enables the reader to discover their type through their parenting styles.

Liz West

My two main **podcasts** are **Enneagram 2.0** and **Big Hormone Enneagram**. Both are insightful. The first is grown up and PC. The second is irreverent and sometimes rude, but manners aside they always bring good content. Although they have a valid point, for me they crossed the line in the way they criticised Beatrice Chestnut's book and countertype theory.

I also listen to **The Practical Enneagram**. In one of the more recent episodes Ingrid Hurwitz and Renate Landman are interviewed.

And for insights into social justice, the sweet Milton Stewart in his podcast **Doing it for the Gram** has been insightful. He has also covered all the main topics on the Enneagram. Check out the Defence Mechanisms. I find Type 5 teachers very clear.

The interviews with **Naranjo on YouTube** as well as any interviews, webinars and **podcasts with Russ Hudson** are so engaging.

The **podcast Enneagram in a Movie** is available on Spotify. They analyse types in various movies.

Anna Fra Gonzalez

I have found the website **enneagramlabs.org** helpful as a basic introduction to the Enneagram personality types. It was created by a friend of mine who introduced me to the Enneagram. Still being quite a newbie to the Enneagram it massively resonated with me when I read the description of my type and I've found it really helpful in understanding myself.

Jen Scott

The Art of Growth Podcast has recently gone through all the nine types interviewing panels of the specific subtypes for each one. I've found that useful for understanding just how differently the types present depending on the subtype.

Belinda N

I loved the **YouTube clip where Catherine Bell interviews Russ Hudson** on the instincts and zones. I find it so helpful to tune into the felt sense of the instincts and to understand that the instincts are evolutionary survival drives. It reminds us of the intelligence of the instincts and that they get distorted by our lead Enneagram types.

Phyllis Jordan

Dr David Daniels facilitating an Enneagram panel of children at the 2003 IEA Convention (video). I watched it recently-so heart-warming and incredible how clear these kids are about their enneatype. I think it's worth sharing again with the Enneagram community. The answer to...do kids understand and recognise their type? And a lovely tribute to David Daniels.

<https://www.facebook.com/pat.ohanrahan/videos/10211956285798561>

Angela Scott

Inner Knowing edited by Helen Palmer. I only came across this book recently though it was published in 1998. It's a collection of writings by different authors exploring consciousness, creativity, insight and intuition. I haven't come across any mention of the enneagram, but everything here is deeply relevant to enneagram work. There are many names you will recognise- Carl Jung, Aldous Huxley, Jack Kornfield, Pema Chodron, Krishnamurti as well as many lesser-known writers, to me at any rate. It's a fascinating anthology to dip into. I love the variety of topics and authors and there is a great section on developing awareness.

Therese Ryan

The Power of Modern Spirituality by William Bloom and **Soul Shifts by Barbara de Angelis**. Neither of these is an Enneagram book, but they both have tips for the personal development/spiritual journey that I have found very helpful. In particular, they both talk about resistance and how to work with it compassionately (William Bloom's chapter on the challenges of spiritual growth, and Barbara de Angelis on expanders and contracters). Uplifting and encouraging both!

Heather Brown