



Enneagram Alive

29th Newsletter January 2023 edition

Welcome to our first 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!

Somatics – Enneagram Type and the Body

My type pattern brings great gifts, but it takes a lot of energy to keep it in place. I notice how attached I am to the idealised view I have of myself, and how reactive I get when I perceive this is threatened. When my reactivity fires off it feels life-threatening not to respond to it. And yet, however much I revert to my type pattern to calm my reactivity, it's never enough to satisfy my type's need for clarity (I lead with 5).

I know that in 9 different ways we want more (reassurance, freedom, autonomy, comfort, order, appreciation, recognition, connection, clarity) than the world can provide. And I know my type pattern serves to protect me; it gives me a strategy for getting through the day. But if I try to relax it, it fights back even more strongly. If only I could press pause on my defence response. I'd love to be less compelled by my reactivity - my adaptive pattern is keeping me safe, but it's keeping me small.

The visceral strength of our reactivity shows us that our defence system is anchored in our body and emotions as well as in our mind. If we want to gain more freedom, to be less compelled, we need to work with all three centres (head, heart and body) – insight alone doesn't bring change.

Somatic Enneagram work is about getting to know the emotions and beliefs that we hold in our body based on past experience. When fight, flight or freeze get triggered, the inner work is to notice how our defence pattern is showing up right now, where it's physically located in our body. It's about turning towards our avoidance and allowing it to be present – without trying to change anything.

Grounded presence – feeling our feet on the ground and our body in space, will keep us safe from overwhelm. Our non-judgemental inner observer will keep us balanced – we can observe what's happening without buying into it. Shifting our attention to curiosity and compassion – and even a bit of playfulness, will help our reactive type child to feel safe and relax. Gradually we can build our capability to sit with all parts of ourselves that show up, without trying to change them.



This isn't a cop-out – a spiritual bypass where we simply float off into our happy place – it's a sophisticated, Enneagram and trauma-informed practice to counterbalance our type compulsion. It gives us somewhere else to go when we're triggered. The heart of this practice is not about analysing the past, it's about working with how our somatic patterns are operating right now.

It gives us the balance which enables us to work with our avoidances, moving towards them and away from them in a safe way which also starts to rewire our neural pathways – and that's what will lessen the compulsion of our type pattern.

I've attended 5 modules of Marion Gilbert's Somatic Enneagram Training and hope to certify in April 2023. I have been both profoundly moved and challenged. My reactivity fired off big time and making theories about it didn't make it go away – it just got stronger. I had to do the practices, to allow myself to experience my reactivity in all three centres and trust that giving it a voice would help it to be less compulsive within me ... and it does.

I've learned that I don't die when I go into my avoidance – and how to shift my attention in and out of the dark places so that I stay resourceful. It's such a relief to learn powerful practices that help me stay more deeply centred. I still get triggered but I'm more compassionate to myself and my body energy settles much more quickly than it did. It's making a difference to me, and hopefully those around me have noticed the difference too! I hope that you're intrigued and that I will see you at Marion's trainings in May 2023.

Heather Brown, Enneagram Training UK and Ireland.

Experiencing the Enneagram in a New Way

In November 2022 I attended an in-person 5 day retreat in London led by Beatrice Chestnut (Bea) and Uranio Paes, known as The Experiential Enneagram retreat. There were 29 of us in total, from countries all over the world including UK, USA, Columbia, Scandanavia, Germany, the Netherlands and Egypt. Bea and Uranio brought 3 additional therapists as part of their team.

People who attended this event knew their Enneagram type and subtype, and were there because they wanted to go deeper in their inner growth journey. It was the first time I experienced such a holistic and body oriented way of working with the Enneagram. We were each asked to tell the whole group a 10 minute personal story from our lives that illustrated a theme from childhood or an aspect we wanted to work on.

The first day and a half was spent listening to each person's story with Bea and Uranio offering a reflective response. We then did a physical energy-raising exercise to help us tune in to each other and open more consciously to the universal energy. This laid the foundation for the individual work that followed. Each person had the opportunity to work in depth on an issue in their lives and to receive the support and wisdom of everyone there.

I follow type one patterns which means that historically I have often had a mind/body split. I have avoided an open expression of emotions and instincts by going into the head and being very controlled. As a result, I have held a lot of tightness in my body. The somatic therapy that



was used on this retreat was therefore particularly helpful for me. I was able to release stiffness and pain in my neck and left shoulder blade that had been there for a long time. I also had a very strong headache which disappeared completely when I expressed strong emotion about a particular issue.

I was hugely affected by the powerful use of music on the retreat. Often at the end of an individual's session Uranio would play a cathartic or soulful piece of music that was just perfect for the person or the theme, and everyone would sing and dance. It was very freeing and helped me get out of my head, into my body and to open my heart.

The retreat brought home to me that to move beyond the personality we have identified with, we have to be prepared to let go of everything that's made us feel safe but has kept us stuck. Part of this inner work may involve revisiting early traumas in order to heal them. When that burden is lifted, we are freer to change and true shifts in consciousness become possible.

Jeanie Honey

www.exeterenneagram.com

'The Dynamic Enneagram' Webinar with Helen English (16 November 2022)

Helen entitled this interesting and informative webinar 'The Dynamic Enneagram' and its core theme was that the Enneagram symbol is far from a static diagram but a moving creative instrument to challenge and break down the fixed patterns of thinking and behaviour that so often characterise human personality. Naturally therefore, Helen's chief focus was on the wings and arrows connected with each type. Having the patterns of type 5, I hastily reminded myself of the wider connections to my core base. The wings and arrows enabled me to access the creative and purposeful energies of types 4, 6, 7 and 8. Helen explained that this gives a more expansive, rounded and indeed nuanced picture of who we are.

We were helpfully reminded that the western mindset tends to lean towards identifying, fixing and labelling things as an aid to analysis, whereas Eastern spiritual traditions draw attention to movement and flow not just within the human person but throughout creation.

This enables us to see the true essence of the Enneagram image. One has only to think of the 'dance of Shiva' from Hindu culture as one example of this. Helen reminded us that Gurdjieff sometimes taught his students through the medium of dance.



In a broader discussion on the power of symbols Helen drew our attention to iconic images that have been important through history, including the Dao (Yin and Yang), the Bagua (also used in Daoism and Feng Shui), and the Kabbalah. She reminded us that Jung taught that we need to experience the power behind symbols. Perhaps we are a little more used to doing that with the Enneagram, but even here, learning to feel the energy that emanates when we journey around the Enneagram is still something we need to explore more fully. A subject for future webinars perhaps.

Helen guided us in an exercise during which we used the Enneagram symbol to explore the energies of our wing and arrow points, which we were able to discuss further in break out rooms. As always, the need to be conscious and aware in our Enneagram journeys to wings and growth points was made clear.

We thought about a couple of specific examples of the dynamic Enneagram. Helen drew attention to a tendency in type 1 patterns to sometimes display a certain rigidity of thinking, but when actively and consciously connecting to the energies of types 4 or 7, the experience in her word was 'wow'! The expression left us all in no doubt that exciting possibilities emerge. She also spoke of the connections between types 2 and 8, and beautifully described the characteristic of 'soft power' that seems to be naturally created when these type energies are explored together.

As a type 5 with a fairly strong 4 wing, I sometimes describe my home point as 4.8! Probably not that helpful really. In the years I was a church leader, I could often feel myself somewhere on the line between types 5 and 8. The suggestion emerged (just a suggestion) that perhaps our home base points do sometimes feel as if they are somewhere on the Enneagram lines rather than the numbered places.

Helen always explains the Enneagram in very creative ways and is never averse to new possibilities. There was certainly lots to consider in this thoughtfully presented session.

Warwick Lydiate gives regular presentations on the Enneagram at The Sangha House - a Health and Wellbeing Centre based in Taunton.

In our May 2023 newsletter we will continue to explore the theme of SOMATICS. Please send us your articles describing your bodily experience of your type patterns and/or the somatic practices you've found helpful on your Enneagram journey.

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

If you have an idea for an article that you would like support with, please reach out to helen.calder663@outlook.com

The deadline for submitting notices of Enneagram events and articles by the 30th April 2023.

Please submit your events to thereseaoe@gmail.com

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

If you are a certified Enneagram teacher and have an idea for an article about a particular area of interest, please get in touch.

Report from Enneagram Alive Practitioners' Forum meeting December 2022

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

December 2022's topic was - What ideas do we have about how/why our type patterns formed; what are the factors that influence the shape of our type..... and does it matter?

We had a stimulating and very worthwhile discussion including "Is it even helpful to ask this question - is it more helpful to keep it vague and encourage people to explore?" We certainly agreed that both nature and nurture are at play. We discussed object relations theory and all agreed that type isn't a sin or a mistake; it's a set of strategies we developed to help us get through life, but they also limit us because we over-use them.... So it's really important to be compassionate with ourselves and others. There's a sense that we're unique in the universe and that's very positive - type is part of that specialness but it has its own shadow - we need to uncover the beauty that's underneath.

We then discussed how we work with these points when we're with other people. This discussion was equally stimulating, to the point where we decided to continue in the next session - see details below!

The next meeting of the Practitioners' Forum is 8th March 2023 7-9pm on Zoom. The working title for the session is "How do we help others to work compassionately with their patterns and their sense of their childhood?"

Come with specific examples from our own journey and of our experience of working with others.

.... And finally - news from the group, and upcoming events

- Liz West and Rosemary Cowan - Marriage Refresher April 29-30 Oxford, contact Liz at liz@ninepathways.co.uk
- Samantha Taroni - Intuitive Creativity (and the Enneagram) the Soul Shed - trio of online sessions Jan-Feb 2023 see <https://www.thesoul-shed.co.uk/currentevents>
- Marion Gilbert is coming to Birmingham in May 2023 to run Somatic Enneagram Modules - see www.enneagramalive.com for details

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

Upcoming - Events

Refreshing your Relationship: The Enneagram for Couples 29/30th April 2023

At Stanton House, Pound Lane, Stanton St John, Oxford OX33 1HF, led by Rosemary Cowan and Liz West, qualified trainers with The Narrative Enneagram. Rosemary is also a Couples' Counsellor and Psychotherapist.

Building a friendship within marriage starts with a deep understanding of one another. The Enneagram is ideal to bypass years of niggles, misunderstandings and stuck places within a relationship. It helps us appreciate each others' strengths and negotiate subconscious reactions and bring more lightness and fun to our interactions. In this weekend we draw on the work of the world's leading couples' researchers, to create new levels of connection, love and intimacy.

For more information please contact Liz on liz@ninepathways.co.uk

Enneagram Training UK and Ireland - Profound Development for Professionals and Individuals

We're pleased to announce our 2023 training programme, which includes online and face to face workshops:

Foundation Programme

Intensive 14-18 April face to face

Deepening Spiritual Awareness 23-25 June face to face

Instincts and Subtypes 22-24 September face to face

Professional Pathways (for those who have completed the Foundation Programme)

Typing Practitioner Training 19 – 20 and 26-27 May 2023 and 7 – 8 July & 21 – 22 July 2023 online

Panel and Teacher Training 3 – 5 March and 17 – 19 March 2023 online

One to One Practitioner Training 3 – 5 November 2023 face to face

You can find full details at <https://enneagramtraining.co.uk/foundation-programmes/> and <https://enneagramtraining.co.uk/professional-pathways/>

Or for a chat before enrolling, contact Enneagram Training at heather@enneagramtraining.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.

Introduction to the Enneagram workshops in Derbyshire 2023

This program of four introductory workshops will be led by Jill Foulger. You are welcome to attend all or any of the workshops, each one is a standalone workshop.

1 Introduction to the Enneagram Saturday January 21st 2023

2 Introduction to Instinctual Subtypes Saturday 4 March 2023

3 Expanding Our Understanding of Type Patterns & Defences Saturday 22 April 2023

4 Growth and Transformation Saturday 10 June 2023

Venue - Over Haddon Village Hall,
School Lane, Over Haddon DE45 1JE

www.ohvh.org for directions and parking

Cost £30 per person per workshop.

Further information contact:

Margaret Pike: margaretpike@hotmail.co.uk or

Jill Foulger: jillfoulger@btinternet.com

Oxford Enneagram Community Led by Liz West and Helen Watts

We will have three in-person days together in 2023, on March 4th, June 17th and November 18th.

Details on topics nearer the time. Please get in touch with Helen via info@ninepathways.co.uk if you would like to find out more or be added to the mailing list.

Also as part of OEC, Helen runs monthly zoom calls on the second Monday of each month.

In 2023 we will be diving deeper into the subtypes and the influence they have on relationships.

Contact Helen at helen@wattsyourpathway.co.uk for more information.

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/lifespacemembers/ 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

Helen English is offering a range of open workshops in 2023 for newcomers and more experienced players alike. The approach blends a Narrative Tradition paradigm with influences from Taoism and Systemic Constellations. Grounded in hands-on, mat-based methods the workshops bring the material to life in the intimacy of a small group setting.

<i>Positive Space - Open Workshop Programme 2023</i>	
Date	Workshop Title
March 7-9 Tues 7th - Thurs 9th	Enneagram at Ammerdown, Frome, Somerset Loving Life with The Enneagram - Part 1/foundation
March 31 - April 2 Fri 31st - Sun 2nd	Enneagram in the Wild, Glastonbury, Meet the Enneagram: a foundational workshop to discover or re-affirm your Base.
June 5-10 Monday 5th - Fri 10th	Dante Florence and The Enneagram Beatrice Chestnut, Helen English, Mauro Vedevello and Teresa Daniels
June 20-22 Mon 19th - Weds 21st	Enneagram at Ammerdown, Frome, Somerset Enneagram Subtleties: Instincts and Subtypes. Part 2 workshop taking Enneagram learning further and deeper. For people who've already done a 'Part 1' workshop or equivalent.
October 20-22 Fri 20th Oct - Sun 22nd	Enneagram in the Wild, Glastonbury Meet the Enneagram
November 7-9 Fri 17th - Sun 19th	Enneagram at Ammerdown, Frome, Somerset Loving Life with The Enneagram - Part 1/foundation
www.positivespace.co.uk email helen@positive-space.co.uk for more info & booking	

Enneagram Alive monthly webinar series continues:

Rosemary Cowan Wed 15th February 2023, 19.30-21.00

Are you my Type, Am I yours? The Enneagram in Relationships

Marion Gilbert Wed 15th March 2023, 19.30 -21.00

The Somatic Enneagram

Henrie Lidiard Wed 12th April 2023

Title to be announced

For further details and to book see enneagramalive.com

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 2: Caregiver; Lover; Ambassador	January 24th
Type 3: Entrepreneur; Movie Star; Politician	February 22nd
Type 4: Creative Individualist; Drama King/Queen; Critical Commentator	March 29th
Type 8: Judge/Justice; All-or-Nothing Partner; Patriarch/Matriarch	April 26th
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

Monthly online Enneagram Panels exploring Relationships and Communication with Narrative Enneagram teachers Phyllis Jordan and Therese Ryan based in the West of Ireland.

Our panels take place on 2nd Monday of the month from 7.30-9pm.

Contact jordanphyllis@hotmail.com or thereseaoe@gmail.com if you would like to be on the mailing list.

February 13th Type 9	Exporing relationships and communications
March 13th Type 5	Exporing relationships and communications
April 10th Type 3	Exporing relationships and communications
May 8th Type 1	Exporing relationships and communications

West of Ireland Enneagram online courses

Phyllis Jordan is a Narrative Enneagram teacher based in the West of Ireland. She will be offering workshops via zoom in the New Year. Sessions will contain a mix of grounding meditations, teachings, videos and spaces for reflection, writing and discussion. Phyllis's teaching is influenced by her background in spirituality, body-based energy healing and her work as a speech and language therapist.

Contact: Phyllis Jordan at 087 2314018 or email jordanphyllis@hotmail.com or [Facebook page](#)

An Introduction to the Enneagram

This workshop will run over four Tuesday evenings starting on January 31st from 7.30 to 9.30pm

When: Tues evenings - January 31st and February 7th, 14th and 21st

The instincts and subtypes

Dates to be confirmed

Using the Enneagram arrows as a guide on our journey

Dates to be confirmed

Connecting our Inner and Outer World— A Journey towards Wholeness

What if you had the time and space and guidance to really listen to and 'be with' your embodied experience in a gentle and compassionate way?

What if you began to reconnect with your true nature, one of wholeness and belonging? And perhaps started to re-weave your life into the whole wild web of the living world?

Join us for a 3-day residential workshop using the Narrative Enneagram, Focusing, and Nature Connection to explore the more of who we are. Together we will create a safe space to discover, feel, wonder & wander into our own lived experience. By beginning to gently uncover our habitual patterns and reactivities, and through guided time with our somatic experience and with nature – we will explore new ways of being in relationship with ourselves, with others, and with the more-than-human world.

When: 5th- 7th May 2023 (Fri evening to Sun late afternoon, residential)

What: Facilitated 3-day workshop, including work individually, in pairs, and as a group

Where: Beech Hill, 295 Northwich Rd, CW8 3AN

Therese Ryan is an Enneagram trainer in the Narrative tradition, a Certified Focusing Professional and an Iyengar Yoga teacher based in Sligo, Ireland.

Mungo DalGLISH is a practicing NO HANDS® Massage therapist & apprentice Wilderness Rites of Passage guide, He co-founded Beech Hill, a 27-acre Natural Farming & Permaculture project in Cheshire where he lives and runs mythopoetic & spiritual ecology workshops and retreats.

Places limited. For further information please contact mungo.dalGLISH@gmail.com

The Somatic Enneagram Training

Tue 9 May 2023 - Sun 14 May 2023

Hillscourt, Birmingham, UK

Enneagram Alive is delighted to bring Marion Gilbert and the transformative Somatic Enneagram Training to the UK in 2023. Marion will run the first three modules of the Somatic Enneagram Certification programme at Hillscourt Conference Centre in Birmingham, UK.

Modules 1-3 deepen your understanding and appreciation of your own somatic processes; Modules 4 and 5 and the certification process practise the skills to enable you to use the process with others. Modules 1-3 can be taken without committing to certification or can lead on to Modules 4-5.

Want to know more about this training before signing up?

Join Marion Gilbert and Heather Brown on a Zoom call and Q&A session to learn more about this training on

January 23, 2023 17.00 GMT / 18.00 CET

Join Zoom Meeting: <https://us02web.zoom.us/j/84608274151>

Meeting ID: 846 0827 4151



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



Enneagram Alive is a collaborative non-profit organisation run by volunteers. Use the Enneagram Alive website to find trusted information, professional support, like-minded friends, community events and more. <https://www.enneagramalive.com/>