

E NEWS APRIL 2021

WELCOME TO THE 23RD 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



EnneaFest 2021

The Enneagram in Action

DATE: 9-10 October 2021

VENUE: Hillscourt Conference Centre, Birmingham, UK

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

Registration is now open on the website via Eventbrite at <https://www.eventbrite.co.uk/e/enneafest-2021-tickets-103232318644>. Planning on attending EnneaFest 2021 but can't book right now? Register on the website and we will get in touch nearer the event.

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.



For regular Enneagram groups and events in: South West, London, the South East, South, West Midlands, East Anglia, the North West and Dublin, 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.

OXFORD

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

Full details from Liz West at: info@ninepathways

Enneagram Alive Groups continued on next page...

2021 EVENTS

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:

28th April - Type 3, The Achiever - Defence Mechanism is Identification

26th May - Type 4, The Romantic - Defence Mechanism is Introjection

30th June - 5, The Observer - Defence Mechanism is Isolation of Affect

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.



Enneagram Alive Groups continued...

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/

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

ENNEAGRAM ALIVE TEACHERS' FORUM: A GROWING COMMUNITY OF THOSE TEACHING AND COACHING THE ENNEAGRAM

Thursday May 13th 7.00 – 9.00pm (on Zoom)

Building your Enneagram Teaching or Coaching Practice

If you are involved with teaching or coaching in the Enneagram, please join us to explore how we can create or grow opportunities to use the Enneagram with others, whatever your experience and training thus far.

We will be inviting practitioners who are already working with the Enneagram in different ways so we can learn from their experience, whether it's about earning money with the Enneagram or working pro bono.

To book your place or to join the Forum, please contact Liz West on liz@ninepathways.co.uk

2021 EVENTS

ENNEAGRAM TRAINING PROGRAMME FOR 2021

Enneagram Training
Profound Development for Professionals and Individuals



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).

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

Foundations of Spiritual Awareness (FSA) 2021

Due to demand, we have set up an extra Foundations of Spiritual Awareness FACE TO FACE at Hillscourt in Birmingham, from 22-24 October 2021.

For details of FSA, please see: <https://enneagramtraining.co.uk/foundations-of-spiritual-awareness/>

Professional Training Programme

Typing Training 2021 ONLINE 3-4 July and 17-18 July 2021.

For full details, please see: <https://enneagramtraining.co.uk/enneagram-typing-practitioner/>.

Enneagram Training
Profound Development for Professionals and Individuals



NEW FOR 2021

Enneagram 1:1 Practitioner Training

Learn how to integrate the Enneagram into your 1:1 practice with others. 3-day workshop plus supervised practice and assessment.

For full details, please see: <https://enneagramtraining.co.uk/one-to-one-practitioner/>

FEATURED TOPIC - Somatics and the Enneagram

Articles by Therese Ryan, Anna Fra Gonzalez, Jill Foulger, Lynn Roulo & Phyllis Jordan

To turn our attention inward into the body is the way to a deeper knowing of "the whole self." Marion Gilbert

We begin with a report from the recent Teachers' Forum which discussed this topic and follow with some articles by teachers who use somatic practices in their enneagram work. We hope we will inspire you to explore some of these fascinating areas.

Report from the Enneagram Alive Teachers' Forum online meeting, 24th March 2021

Therese Ryan, Enneagram and Focusing Teacher, Sligo, Ireland

We dived straight away into break out rooms to discuss "What is body work and why is it important?"

Some interesting aspects arose in the general discussion which followed. Everyone was agreed on the many benefits of body work; it can lead us to deeper transformation, it can reveal what is going on in us, help us move into the heart, and help flush out other people's stuff. Body work is important in helping us connect and integrate our centres.

According to Terry Saracino and David Daniels, somatic work is one of the three pillars of personal development work along with psychological and spiritual work. Marion Gilbert uses body work to release type patterns held physically in the body. Gilbert's work focuses on completing the freeze fight flight response in order to let go of the blocked trauma every one of us holds to varying degrees in our body.

We discussed how we are using somatics in our teaching. Many practices and forms of body work were mentioned: qi gong, focusing, revolutionary trauma release process, Buteyko breath practice, meditation, clown work, use of mudras to get in touch with the energy of the types, bringing awareness to the different breathing patterns of the types, shaking, eight braids of silk. (Links at end of article).

If you're interested in using the Enneagram with other people, and want to discuss topics like these, why not join the Enneagram Alive Teachers' Forum? The next meeting is on 13th May 2021, and the topic is "Building your Enneagram Practice". To be on the Teachers' Forum mailing list, contact Liz West at liz@ninepathways.co.uk

Some links to specific somatic practices:

- ❖ Find out more about the somatic work of Marion Gilbert at <https://mariongilbert.com/>
- ❖ Shaking as a trauma release/relaxation and the work of Peter Levine. Robert Bailey sends a link to a video to show you how to do this for yourself - which also contains a caveat about using it with others. <https://youtu.be/FeUioDuJfI>
- ❖ From Andrea Hindson Enneagram Teacher, Qigong and Meditation Leader. Huddersfield, West Yorkshire UK. There is a qigong style exercise called 8 braids of silk, or 8 brocades. One of the 8 movements includes "shaking" the body to settle the energy. You can isolate single movements, or perhaps just a couple, rather than do the full series of 8 as part of your Enneagram teaching. There are lots of adaptations and varieties and you can view these on YouTube to see them in practice: <https://www.youtube.com/watch?v=3K-oJpiJu-o> with a good commentary to introduce you to the sequence and how it benefits the body and mind.

<https://www.youtube.com/watch?v=cwlvTcWR3Gs>

No commentary but it is in a beautiful setting, with nature sounds.

- ❖ Focusing is a gentle practice of listening to your body wisdom. Read more at <https://www.focusing.org.uk/> or <https://focusing.org/> Therese Ryan is a Certified Focusing Professional and Enneagram teacher. Contact her at thereseaoe@gmail.com

Breathing Patterns and Posture of the 9 Passions

Anna Fra Gonzalez, Enneagram teacher, Shiatsu Therapist, MS Clinical Psychology

I have worked as a Shiatsu Therapist for 20 years. I was first attracted to Shiatsu as I saw an alluring promise to answer THE question that had led me to study Psychology at University 9 years before and to the Enneagram after. The question of who human beings are and how to understand our human experience in all its dimensions.

While studying Traditional Chinese Medicine, it made so much sense that each emotion related to a different organ, body tissue, season of the year. It could be affected by certain foods and points in the body and had a correspondent spiritual dimension. It made a lot of sense to see the connections between the physical, emotional, natural and spiritual realms rather than separating them into unrelated fields of study.

What I'm presenting here comes from the desire to see deeply into our wholeness in the energetic expression of the passions through the body.

The following patterns of breathing and posture come from Beatrice Chestnut and Uranio Paes CP Online Academy chapter dedicated to the Manifestations of the Passions of each Enneagram Type, and some of my own observations.

Anger: Breathing into upper abdomen rather than the whole hara to avoid contacting instinctual impulses from first chakras. SX₁, sudden inhaling to fuel anger.

Posture: Tight jaw, shoulders and abdomen, determined, jerky and sudden movements. Talks with certainty.

Pride: Breathing out more than in, matching an active reaching out to others. Less inbreath as a rejection of help from outside and to not bring attention to one's own needs.

Posture: Chest inflated and directed towards the other person, shoulders back, nose up.

Vanity: Breathing out more than in to keep attention outside and away from the inner state. Also, faster breathing to mirror and keep up the fast pace required for achieving.

Posture: Puff out chest, smile according to others' expectations.

Envy: Breathing in more than out specially when in the presence of the object of envy to engulf the other in order to feel whole, bring the experience in and also when introjecting.

Posture: Push chest and shoulders in, concave upper body.

Avarice: Breathing less than necessary matches the not giving nor receiving policy and confirms not having much energy or resources.

Posture: Contracting the chest, heart chakra or emotional area, minimising movements and energy expenditure.

Fear: Anxious breathing: short, quick with more air than needed, distrusting instinctive processes, feeling the heart as shaky, not resting in the chest. Breathe out more when projecting.

Posture: En Garde, eyes darting, ready to fly or fight. The fearful person changes course of action, dithers while searching for certainty or charges in a counterphobic manner.

Gluttony: Breathing in and out excessively, as if afraid of missing out. When feeling thrilled, more breathing in to take in the experience and ideas.

Posture: Flexible, good coordination, playful smile and excitement in the eyes.

Lust: Breathing both in and out more than necessary mirrors excess patterns. It also serves to project own energy, have easier access to anger and feel energised and alive.

Posture: Energetic expansion of the body, using lots of energy to move, more space.

Sloth: Breathing out more than in to avoid going inside oneself and as a reflection of and to keep the energy going outside of oneself. Breathing slowly to narcotise anger.

Posture: Relaxed abdomen, harmonious, soft, unhurried movements.

The Polyvagal Theory

Jill Foulger, Narrative Tradition Enneagram Trainer, Counsellor and Spiritual Director

I discovered The Polyvagal Theory in working with trauma. Understanding this theory has far reaching implications. It can help us in our Enneagram practices and in our day-to-day interactions by enhancing understanding of ourselves, our relationships and reactions.

This is a brief introduction to Polyvagal Theory by Stephen Porges which is a fascinating explanation of how our body handles emotional stress. This feels pertinent when our lives have been impacted by the Covid pandemic and the increased amounts of stress. As Enneagram practitioners, we are aware of the importance of the mind/body connection to help observe our internal self and listen to the signals our body sends out about pain, discomfort or imbalance.

Polyvagal Theory describes the ways that our stress-response system works on a biological level. It teaches that we have evolved to default first to "fight or flight" mode, and then, if that doesn't work, move into freeze mode, elicited by our more primitive brain. The Vagus nerve plays a central part in regulating our emotional and physical health and counterbalances the fight or flight system by triggering a relaxation response in our body. It runs from the brain through the face and thorax to the abdomen and 80% of the fibres are sensory, which means it is giving critical information on the body's wellbeing.

The Autonomic Ladder by D Dana (below) illustrates the Polyvagal Theory. We work our way up and down this ladder all the time in small and large shifts and not unlike our shifts along the connection lines in the Enneagram. The ladder is dynamic, moving between emotional states and knowing where you are on this ladder helps us make conscious choices and encourages flexibility in those shifts.

The theory describes how the autonomic nervous system evolved into three parts:

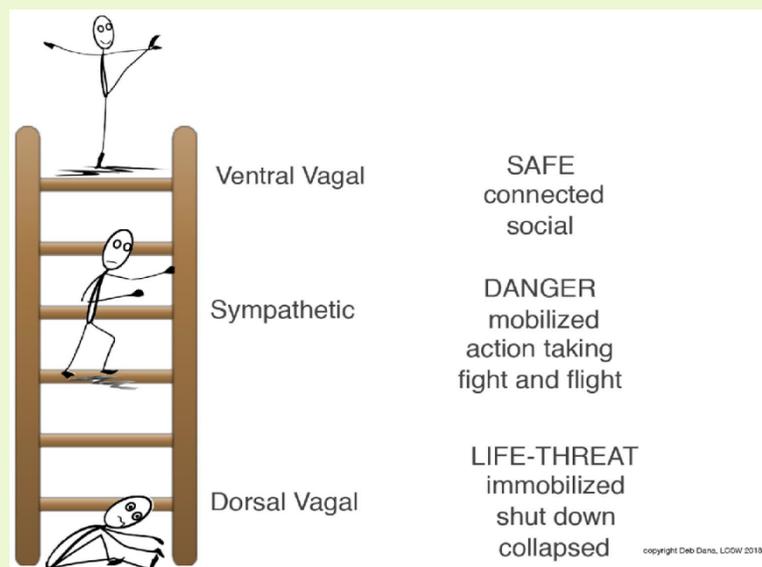
Ventral Vagal. Safe and connected. Can be described as connected, warm, open-hearted, curious, compassion, joy, engaged, flow, capable, organised, present, passionate, at ease. The green light for normal life.

Sympathetic. Fight/ flight /mobilisation. Survival strategy response and assessing danger. Can be described as out of control, overwhelming, angry, confrontational, ready to run, anxiety, worry, fear, and panic.

Dorsal Vagal. Freeze/immobilized/ shutdown. Our emergency survival state can be described as feeling hopeless, stuck, shut down, disconnected, out of focus, cold, numb, silent, dark, foggy, conserving energy, depression, dissociate.

The different parts work together in optimal balance and rhythm regulating energy to create a healthy 'vagal tone' that allows us to respond with resilience to the ups and downs of life. How safe and connected or fearful and shut down we feel depends on which system is activated. The key goal is to learn what it feels like when we are in Ventral Vagal, the safe and connected state, and what we need to do when we leave this place of

connection and activate a different state. This may mean we move out of flight/fight or shutdown mode and back into the safe and connected state.



At times we spend more time further down the ladder and have a harder time “climbing” up. Our aim is to avoid rigid response patterns so that if we leave our connected state, we can begin to recover more easily from stress rather than feeling stuck in a difficult place.

How do we develop flexibility and resilience? If we can stimulate the Ventral Vagal it triggers a relaxation response in our bodies which is calming and de-stressing. We can regulate the functioning of the Vagus nerve and come ‘up the ladder’ by altering the rhythm of breathing and by movement.

The moment we anticipate stress in any form, most of us tend to stop breathing and hold our

breath. Breath holding activates the fight/flight/freeze response; it tends to increase the sensation of pain, stiffness, anxiety, or fear.

We should aim to breathe more slowly (aim for six breaths per minute) and more deeply, from the belly. Think about expanding your abdomen and widening your rib cage as you inhale. Exhale longer than you inhale. It’s the exhale that triggers the relaxation response and brings more Ventral Vagal energy into the system- like a ‘sigh’, an intentional ‘sigh’. The Enneagram provides a unique illustration of how each personality responds to stress differently and Peter O’Hanrahan has specific conscious breathing practices for each Enneagram type. www.theenneagramatwork.com/conscious-breathing-practices.

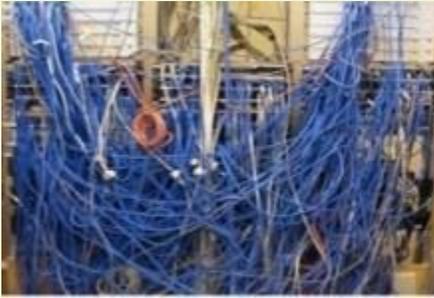
In addition, introducing body movement is a great way to reconnect the body and mind into the present moment and can include stretching, big breaths, laughter, touching another (connection), massage, practising mindful body awareness, and yoga.

The Polyvagal Theory supports the transformational work we are already doing with the Enneagram through our current embodiment and conscious relationship with the instincts and the centres of intelligence. The theory enhances how we can bring our wisdom, our personality type insights and awareness in our bodies and integrate these aspects of ourselves.

Kundalini Yoga as the Key to Unlocking the Power of the Enneagram

Lynn Roulo enneagram trainer and Kundalini Yoga teacher I became a Kundalini Yoga teacher as the unintended consequence of a relationship breakup. I first started taking Kundalini Yoga classes to get through that difficult period and a year later, I enrolled in Kundalini Yoga teacher training “just to learn more.” That was 9 years ago, and I’ve since changed my life completely, moving from San Francisco, California to Athens, Greece and trading a 20+ year career as a CPA and finance consultant to teach a combination of Kundalini Yoga and the Enneagram. Along the way, I’ve become more and more convinced that Kundalini Yoga is the key to unlock the true power of the Enneagram. I’ve also become convinced that some habits, patterns, and issues can’t be resolved in your head—you have to physically get them out of your body.

Your brain before Kundalini Yoga



Your brain after Kundalini Yoga



My brother is a structural engineer, and he inspired this analogy – he told me to Google “rat’s nest wiring” to see what a data centre in a disorganized environment looks like. Then he told me to Google “structured wiring” to see the difference.

Our brains are essentially the same – we all start off with our initial wiring, or in Enneagram terms, “our habit of attention.” But through training, you can relax your habit. And when you relax your habit, your true self – your essence – comes forward. And the fastest, most effective method I know to relax your habit of attention is Kundalini Yoga. It helps you rewire your brain.

Kundalini Yoga is often referred to as the yoga of awareness. It is essentially a technology of energy and energy management. Unlike many forms of yoga, Kundalini Yoga places a large emphasis on the breath and the development of the nervous system. I often refer to it as the yoga for “people who think they can’t do yoga” because the starting position is always the breath. If you can breathe, you can do Kundalini Yoga.

Why is the breath important?



The breath is essentially the steering wheel for your thoughts. When you change your breath, you start to rewire your brain. Most of us breathe between 16 to 20 breaths per minute as we go throughout our day. We’re having a rapid, shallow breathing experience. As you become more trained, you can breathe as little as one to two breaths per minute. And when you slow your breathing down to four cycles or fewer per minute, you automatically change the way your brain processes information. You become more positive in your thinking, more relaxed and expansive, more receptive to

information, and you feel more in control.

You can use the image above as a metaphor – the horses are your thoughts, the chariot is your life, and the rider is your soul or your Higher Self. For most of us, the horses (your thoughts) are driving the chariot (your life), and they are running amok. To get the rider (your soul) back in control, you need to use reins. And from a yogic perspective, the reins are your breath. The key to managing your thoughts is your breath, and Kundalini Yoga specifically teaches breath control.



Another benefit of Kundalini Yoga is that it develops your nervous system. The nervous system is a combination of the brain, the spinal cord, and the nerve endings throughout the body. Think of the nervous system as a container. When your nervous system is weak, it is like having a thin, paper cup as your container. Life events come in and quickly overflow the container, leaving you feeling overwhelmed, stressed, and exhausted. When your nervous system is strong, it is like

having a thick metal pot as your container. The same life events occur, but now your container has space for

them, so you feel more relaxed, at ease, and strong. Having a strong nervous system makes you a happier, more relaxed person. And when the nervous system is developed enough to hold pain, you can heal. As a practice, Kundalini Yoga places a large emphasis on strengthening the nervous system. In Enneagram terms, a strong nervous system means that when you are trying to relax your habit of attention, it doesn't feel as uncomfortable to make changes.



What happens when you combine a study of the Enneagram with a physical practice of Kundalini Yoga? I describe it in my book as imagining you are lost in a forest and trying to find your way out. The Enneagram gives you a great map to use, but it doesn't give you the supplies to make the journey. Intellectually, you may now know the way out of the forest, but you might not have the power to make the journey. On the other hand, Kundalini Yoga gives you the supplies but doesn't provide you with a clear map of where you need to go. It gives you power to make the journey but speaks less

about the trail you need to follow. When you combine the two, you suddenly have everything you need—it is like you get off a bus and onto a high-speed jet. <https://www.lynnroulo.com/>

The Buteyko System

Phyllis Jordan, Enneagram Teacher, West of Ireland

The Buteyko system originated from the work of a Russian scientist (Professor Konstantin Buteyko) in the 1950s who made a link between over-breathing and ill-health. It is based on the idea that "The perfect man breathes as if he does not breathe" (Lao Tzu - 6th century B.C. philosopher). It encourages silent nasal abdominal breathing where the breath becomes gentle, calm, rhythmic and regular. The upper chest and neck muscles relax and become still, and the movement happens in the abdomen. The programme suggests various exercises and practices to retrain the body to breathe in this way. Many of these exercises involve practicing reduced breathing/ smaller breaths while still maintaining deep breaths in the abdomen.

I have done some of these practices and I am truly amazed that after a lifetime of mouth breathing Buteyko has helped me to change to nose breathing. I am also off my asthma inhalers although the trainers emphasise that this isn't the purpose of the programme and that any reduction in medication is done under medical supervision. The second gift of Buteyko for me is that I can now sit in meditation and let my breath drop to a place of restful flow which allows my whole body and nervous system to relax. When I first started trying to meditate, I felt intense anxiety around my breath. My breathing was irregular, noisy and in my upper chest and it was very difficult to meditate.

In my Enneagram classes I don't talk about Buteyko but I use the techniques when leading the grounding practices. This helps me to bring my breath down into my abdomen (a deep breath but not a big breath) and to calm my nervous system. Buteyko influences my language as I lead the practices eg "Notice your breath without trying to change it. Notice if your breath is fast or slow, if your chest is moving, if it's regular or irregular. Now let your breath drop down into your belly. Place a hand on your tummy and the other hand on your chest. Feel your tummy moving in and out. Feel your chest relaxing and becoming still. This isn't about taking a big breath. It's about taking a deep breath - deep in the body. We let the breath move in and out in an easy gentle rhythm without effort. Rest into the breath. Let your body rest. Let yourself be breathed."

Reference: "Close your Mouth - Buteyko clinic handbook for perfect health" by Patrick McKeown.