

# E NEWS JANUARY 2021

WELCOME TO THE 22ND 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)



Reconnect in person at **EnneaFest 2021**  
**NEW DATE:** October 9-10, 2021, Birmingham, UK

Whilst the 2020 world of Zoom and virtual learning has been fantastic in many ways, that personal element has been missing. Enneagram Alive is passionate about bringing people back together in person once again. So, we have put together a special weekend programme of discussions, idea sharing and socialising with Enneagram professionals, students and anyone working with the Enneagram for their own personal and spiritual development.

Visit [www.Enneafest.co.uk](http://www.Enneafest.co.uk) for details of this diverse and packed programme of stimulating events and register your interest or to book your place.

## MAKING THE ENNEAFEST HAPPEN – CAN YOU HELP?

We have a steering group, a project plan, and team leaders to take forward most areas of planning – see the list below. We're now looking for volunteers to join those teams!

We hope you'll find an area that excites you and that you'd like to contribute to! To find out more, please contact Teresa Daniels at [teresamarydaniels@gmail.com](mailto:teresamarydaniels@gmail.com) for the customer service team, and Angela Scott at [angelapascott@gmail.com](mailto:angelapascott@gmail.com) for all other teams. We need your help to make the Enneafest a reality – please join us!

**Programme:** Programme adjustments Speaker liaison.

**Communications:** Comms strategy & plan. Social media, Website etc.

**Customer Service & Bookings:** Handling inquiries, monitoring bookings.

**Finance:** Monitoring expenditure against budget and income.

**Venue liaison:** Use of facilities, menus, reception, trouble-shooting.

**Technical:** Sound, presentation equipment, photography.

**Materials:** Hard copy programme, name badges, signage, banners, tote bags etc.

**On-the-day Management:** Gaffer, speaker hosting, front of house.

**Steward Management:** Organising stewarding team for the two days.



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](http://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](mailto:rosemaryjcowan@gmail.com)

## MALVERN, WORCESTERSHIRE

Monthly Enneagram study group with Karen Webb.

Full details from Karen at: [www.theenneagram.co.uk](http://www.theenneagram.co.uk)

## 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...

# 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:

27th Jan - Type 9, The Mediator - Defence Mechanism is Narcotisation

24th Feb - Type 1 The Reformer - Defence Mechanism is Reaction-Formation

31st March - Type 2, The Helper - Defence Mechanism is Repression

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: [rosemarycowan@gmail.com](mailto:rosemarycowan@gmail.com) or 07884 490 218.

Tickets £5 per session available a week beforehand via Billetto: [www.billetto.co.uk](http://www.billetto.co.uk). The Zoom link for the session is provided on the ticket.



## 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](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/lifespacercircle/](http://www.meetup.com/lifespacercircle/) 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 EVENTS

## WHAT YOUR BODY KNOWS: WEAVING THE 5AS WITH FOCUSING TO DEEPEN ENNEAGRAM WORK

The 5 As (awareness, acceptance, appreciation, action, adherence) of the Universal Growth Process was developed by Dr David Daniels as a model for self-development. It is a practical process which guides us to well-being and wholeness and is widely used by students of the enneagram.

Focusing is a natural, gentle practice of tapping into your vast three-centred intelligence through the messages of your body. It is an empathic and compassionate way of being with yourself. Tapping into this body knowing enables you to access the depth and richness of your whole self.

This workshop integrates Focusing with the 5 As to deepen our enneagram work, enabling effective and lasting change.

**When:** 5 Saturdays – February 27th, March 6th, 13th, 20th, 27th

**Time:** 10am – 12noon

**Where:** Online using zoom

**Cost:** Payment after event – any amount reflecting your gain- according to your means.

**To register:** Numbers limited. Please email [thereseaoe@gmail.com](mailto:thereseaoe@gmail.com) by February 13th to book your place.

**Facilitator:** Therese Ryan is a certified Focusing professional with the International Focusing Institute. To find out more about focusing go to <https://www.focusing.org.uk/> or <https://focusing.org/>

## OXFORD ENNEAGRAM COMMUNITY

We will continue looking at aspects of the Growth Path.

**On:** 6th March 2021

**At:** Stanton St John Village Hall (just outside Oxford) or on Zoom if we cannot gather

**Time:** 10.00 – 4.00pm

Contributions of £20 to cover expenses for the day. Hot drinks provided.

**For more information or to book in please contact Hilary on:**  
[info@ninepathways.co.uk](mailto:info@ninepathways.co.uk)

**LYNN ROULO** is introducing a YouTube playlist of Kundalini Yoga kriyas and meditations for each Enneagram type. You can go here to find the yoga set and meditation for your type. All content is free.

[https://www.youtube.com/playlist?list=PLOTSIXp2ToiwmzNjNQYtsR\\_cge5Y39W](https://www.youtube.com/playlist?list=PLOTSIXp2ToiwmzNjNQYtsR_cge5Y39W)

# 2021 EVENTS

## ENNEAGRAM TRAINING PROGRAMME FOR 2021



### Intensive Growth Journey

9-13 April (online) and

21-23 May (face to face)

### Typing Training

24-25 April and 8-9 May

(online), details of other dates on the website.

### Foundations of Spiritual Awareness

25-27 June (face to face)

### Panel and Teacher Training

17-19 September (face to face)

### Growth with the Subtypes

22-24 October (face to face)

**Please see Enneagram Training's website at:**

[www.enneagramtraining.co.uk](http://www.enneagramtraining.co.uk)  
for further details of all workshops.

# FEATURE ARTICLE

## SELF-OBSERVATION – WHAT HELPS?

Therese Ryan

Is self-observation a part of your life? How do you practice it? What works for you? How does it help you? In the spirit of learning from and being inspired by each other we invited enneagram friends to describe their personal experiences of self-observing. We hope to prompt you into examining the part self-observation plays in your life. We would love to share more of your responses in the next issue. Let us know how you use the inner observer and the practice of self-observation on your enneagram journey.

## WHAT IS SELF-OBSERVATION?

*"If you don't get the inner observer you don't get the enneagram."*  
Helen Palmer

Self-observation, the practice of focusing our attention inwardly to notice what goes on inside is essential for those of us committed to making the enneagram a real lived experience. In order to release our type patterns we have to awaken our inner observer to recognise these patterns in our everyday lives. For most of us though, it is easier to keep busy than to make space to see ourselves honestly. Observing how our mind works, what our hearts feel and what our bodies experience requires us to pause, and each of the types fears this pause differently.

I (Therese) pause myself, reluctantly. It would be easier in a way to keep ploughing on at this task. I notice how anxious I feel writing this, fear about getting it right. I notice the thoughts that come, "Is this true, am I sure about that, how long should this be, do I know what I'm talking about?" I become aware of the current of uncertainty and the paralysing fear that accompanies the thoughts. Also, the tension in my body, a stiffening.

I stop typing and sit for a moment, with this awareness. "This is how it often is for me", is what comes, and with that some space, a softening. When I start typing again something is different.

Dr David Daniels said that although self-observation becomes easier with practice, it never becomes habitual. Here are four stories about what self-observation is like; many thanks to our contributors.

## SHAUN'S EXPERIENCE FROM THE TYPE 4 SPACE

When thinking about self-observation, I find myself wondering what gets in the way of being able to observe my thoughts, feelings and experience of the world. I'm sure most of us would prefer to be in a constant state of self-observation, that is to say, not being swept away by the habitual patterns of our type. Instead we might wish to be poised to the moment, reacting from a place of choice rather than habit. Yet the unpredictable nature of life seemingly pulls us out of the present moment, and into another space, where our capacity for self-observation falls away and we're running on autopilot. There is a frustration present when I can observe myself operating from my type, and yet seem unable to stop myself from yelling at my boss or shutting out loved ones. What I find helps me most in these moments feels counter intuitive. As someone who wishes to incorporate the lessons of the Enneagram into my daily life and evolve beyond the patterns of my type, it's very easy to fall into a critical space when I notice that I'm reacting from my type, or worse, am plummeting into a shame spiral. Therefore, making an offering of self-compassion seems like the last thing that would help. How could I possibly deserve compassion when I'm doing such a rubbish job of being present? This, perhaps, is what makes self-compassion so powerful. Dr. Kristin Neff, a

researcher and self-compassion expert, suggests that there are three elements to self-compassion. The first is to recognise our innate humanity. No human is flawless - we all make mistakes, experience difficulties in life and fall short of the ideals we hold for ourselves. This reality can be met with judgement and self-criticism, or acceptance and kindness. What often follows from such self-attack is a feeling of isolation - that we alone are the ones who are flawed, whilst everyone else seems to be getting it right. Yet the second element of self-compassion is to recognise our shared humanity. The very fact that we are human means we are prone to suffering. The Enneagram reveals that whilst others may not share our version of suffering, all types experience their own challenges and difficulties from day to day. The goal here is not to disregard our suffering, but rather to recognise that we are not alone in our struggles. And the final element is to return to mindfulness. In the recognition of our innate and shared humanity, we can "zoom out" from our circumstances and see something bigger at play. Our suffering is part of the ebb and flow of life, much like the change in weather or season. The practiced observer will often be able to recognise the initial signs that warn them they are losing their capacity for self-observation. In this "in-between" state, we can make a return to the present moment through self-compassion, rather than judging ourselves and falling back into the patterns of our type.

### **JOANNA'S EXPERIENCE FROM THE TYPE 1 SPACE**

A very practical tool is to place reminders around your home or workplace. One example would be to place post it notes on the bathroom mirror or by the kettle. Decide what you most need to be reminded to be aware of. Your reminder might say 'What am I feeling?' or 'What do I need?'; 'How do others experience what I'm doing?'; 'Am I tense?' or just 'What am I aware of right now?'

Another useful practice is journaling: taking time to write down and reflect on what you notice so that firstly you have a regular habit of noticing and secondly you can look back and see patterns of behaviour (and hopefully growth over time). Journals/ patterns can also be taken to a therapist, spiritual director, mentor or accountability group who can provide objective feedback and helpful input.

A different take on journaling is to draw instead of write, or to write with your non-dominant hand, without editing. This accesses a different part of your brain and can reveal ideas or wisdom that you were not in touch with before. You can have a dialogue between

the sides of your brain, with your dominant hand writing questions and the other hand answering, or you can write a question and draw the answer.

### **PAUL'S EXPERIENCE, FROM THE TYPE 9 SPACE**

A jam jar, mud and water. An elderly lady once plopped some mud into a jam jar of water and shook it, producing a swirl of cloudy, mucky water spinning in frantic motion. She told me that all of us risk having cloudy swirling inner lives unless we can learn to simply sit and be still. We then proceeded to sit in stillness for what felt like a back-achingly long time but was probably only 45 minutes. During that time of stillness, I watched the swirling slow and become still, the mud settle to the bottom, detritus float to the top, and finally the water become beautifully clear. This short lesson has taught me one of the simplest and most effective paths towards the inner clarity needed for self-observation; extended stillness. I tend to find physical stillness and silence reasonably easy but really struggle to quiet my mind and to bring my focus inward. I need help to centre my scattered thoughts.

Fire. I have always found fire or even a single flame opens a pathway to stillness and self-observation. As a social 9 my attention is continually drawn outward to sensing others, trying to feel the flow of relationship, feeling for possible disruption and

potential breaking of flow. In a recent conversation the idea of g's having a shattered heart wound made a lot of sense to me in describing the scattered and dispersed nature of the continual giving away of bits of my heart to maintain a state of harmony. This constant scattered focus and draw outward works against my ability to turn inward and self-observe. Setting a fire in our local woods or lighting a candle draws my attention and energy in and down in a way little else does. As I sit in front of the flame(s) I have the gentle company of a non-human yet alive, ancient but newly born light that helps still my racing mind and slowly but surely invites me to a quieter more reflective inner state. Naturally, my head will wander off as I sit in silence but the flame is a steady reminder to return to the centre. After a while of sitting - either in a comfy chair with a candle or on the woodland floor with my back against a tree and smoke curling up through the limbs overhead – my inner swirling slows as I let go of the need to balance my environment, my anxious anticipation of the future subsides and I release, at least for a short while, those I love or am fearful of to the greater love. On a good day I find myself in those moments of grace where I see myself, I notice some of the ruts I have become grounded in, I become aware of entanglements and the 'elephant in the room' I've been desperately trying to ignore. This 'still place' noticing is not the usual rushed glimpse that comes with a sense of hopelessness and self-critique but a more face-on, calm acceptance of those ruts, entanglements and elephants. What is most noticeable for me in those moments is the quiet whisper of hope that comes with the calm acceptance; hope that there is something beyond me that knows and loves; hope that recognises that I can get really quite stuck but also accepts that there is a grace-filled path through. And all the while the flame burns on, like me, alive and fragile.

I believe those self-observing noticing moments are powerful and sufficient in and of themselves; that those times of still waters open me up to a grace that transforms. However, I have also learnt that there is much to be gained in some intentional processing of self-observation, for me that is nearly always most effectively done with pen and paper. Getting some of my deep internal journey out and on to paper seems to make it more real, more concrete. Writing my observations down gives me something to return to in the rush of life and reminds me, re-invites me. It is also the thing that helps me to share my inner-working with those who most deeply love me. I often struggle to express my deepest, sometimes disruptive inner journey with those closest to me but find reading something manageable and meaningful.

Knowing all this is true, I wonder why I don't spend time with flames, jam jars and mud more often!

### **ANDY'S EXPERIENCE FROM THE TYPE 1 SPACE**

I remember all too well the sinking feeling in my stomach 15 years ago when I initially discovered that I identified with the patterns of an Enneagram type 1. This experience may have been different for you, but I could not stop myself thinking, was I really this judgmental? Was I really this inflexible? Was my Ego really this large! As the penny dropped it dawned on me why I am so hard on myself. This self-realisation felt like a dark night of the soul, painful but tinged with hope. Hope rooted in the fact that the Enneagram offered me a helpful lens to understand myself, how I came across to others and why I was so consistently demanding of myself. It offered a pathway to self-reflection.

Self-reflection begins with trying to notice my anger and reframing it in my mind as a healthy emotion. An emotion that is neither positive nor negative. An emotion that can serve myself and the world. Self-reflection is about noticing my usual patterns of trying to hide from anger, push it away, or pretend it's not there. I find it helpful daily to find a moment of stillness and ask myself a series of questions:

- Am I angry about anything today?

- What is my body telling me?
- Am I feeling tight across my shoulders?
- Am I feeling irritable in my mind?
- Am I being short with my wife, children or colleagues?

These questions expose my anger and help me to face it. Then I say out loud "I am angry about X". This helps me to own my anger for what it is, a normal everyday emotion, that is NOT inherently bad. Finally, I attempt to diffuse some of the negative energy surrounding my anger by asking myself further questions about the situation I am feeling angry about:

- How else could I view this situation?
- How else could I react to this situation?
- Is it true I am the only one who can resolve this situation?
- Is it really important?

Self-reflection is a catalyst for retraining the mind. I am growing to view my anger as a raw diamond that needs to be polished, rather than a destructive emotion that needs to be hidden. I have learnt to ask myself, what do I want to do with my anger today? How can I use this raw energy to positively impact my life and the lives of those around me?

My growth journey of the last 15 years can be summed up in one word 'noticing'. Can I notice how I come across to others? How I treat myself? How I speak? How I feel? How I act? Noticing these habitual patterns of behavior and thought enable me to try to change them for the better and become a happier, healthier, nicer human being!

The broad, brush stroke journey for me as a type 1 is to transition from a place of negative anger to positive serenity and ultimately holy perfection. Every now and again I get a glimpse of what this holy perfection feels and looks like, and it's beautiful.

I hope and believe that ultimately this process of self-reflection serves to realign myself with the truth of my true identity, my true essence in the world. That I am a beautiful human being, full of potential, life, hope, peace, and love to give to myself and to be poured out on all those I come into contact with every day.