



# Enneagram Alive

*28th Newsletter June 2022 edition*

Many thanks to those who responded to our theme of the Centres of Intelligence. We're delighted to include the following articles from a heart, head and body type.

## Elemental Black-berrying and the Three Centres

One of my favourite activities at this time of year is picking blackberries. As someone who identifies as Type 7, perhaps it satisfies my gluttonous desire for jam and crumbles during the winter months but actually there is more to it than that. Blackberry picking enables me to engage with the Body Centre through my connection to the elements and the senses, to access the Heart Centre through my emotions and by focusing, to still the mind and make space for intuition in the Head Centre.

For a number of years, I worked as a Yoga teacher. The philosophy of Yoga has helped me greatly on my journey into the Enneagram. According to Yoga philosophy, everything in Nature, including human beings, is made up of the five elements: earth, water, fire, air and ether. Each element is linked to one of the senses, i.e. earth to smell, water to taste, fire to sight, air to touch and ether to hearing. The elements are also connected to particular Chakras. The first three Chakras, the root, sacral and navel Chakras represent earth, water and fire respectively and reflect the physical body or Body Centre. The heart Chakra is equated with air and forms the Heart Centre, while the throat Chakra corresponds to ether and represents the Head Centre.\*

So, back to black-berrying. As I walk up the lane behind the house choosing the juiciest berries, I inhale their musty smell as they start to fill my box, thus connecting myself with the earth element. If I taste one, the juice on my tongue links me to water. When I focus on the colour of the berries, I use my sight to acknowledge fire. Walking on towards the next thicket of fruit, I feel the breeze against my skin. Here is air and as I reach for another berry, my sense of touch enables me to determine whether it is ripe for picking before I select it. When I become aware of the rustling of the wind in the trees or the sound of bird-song overhead then I am connected to ether through the sense of hearing. All my movements are governed by my breath which links all three Centres, from the nose via the throat and the heart to the belly and back again. Awareness of the five elements and the five senses helps me to be conscious of all three

Centres and turns fruit-picking into a meditative activity. In what seems like no time, my box is full. I feel part of the natural world and experience a sense of contentment and joy, which resonates in the Heart Centre. I am able to focus on my task and remain present to what is around me. In that state, if I'm lucky, my mind may be open enough to receive an intuitive idea, just like the subject of this article!

\*See David Frawley, *Yoga and ayurveda: self-healing and self-realization*, Lotus Press, 1999.

Steph Phillips Morgan



# Articles

## "She knows what she wants" - or so we all thought

One fascinating property of the instinctual centre is wanting — not wishing, or planning, or dreaming about, but wanting, as in being drawn to something. When I was younger, connecting to this raw, inner pull felt threatening to the ego. What if I wanted the wrong thing? What if I wanted something that I did not want to want, as it were? Then what?

It seemed much easier for me, as an Eight with a Seven wing, to just decide; to just choose something. Choosing was easy for me, as well as expressing my wants (well ...), and my opinions about things. Both I and the people in my life thought of me as the kind of person who "knew what she wanted." It was only many years later that I realised that being able to choose and knowing what you want are two completely different things. My strategic preference — surveying the options, and then choosing based on that — did not mean sensing into my gut. Obviously, it had its perks — I got things done, jumped on opportunities showing up in my way; such things.

But I started noticing that deciding and going ahead before first checking in — unprejudiced, as it were — to see what I felt drawn to was my head riding roughshod over the other two centres. My strategic stance came at the expense of connecting with myself, with my true desires — not to speak of my true longings. If my instinctual energy was hijacked by the ego, then the heart, in turn, was locked in the basement for storage! I realised that every time I let my head decide, using the gut for productivity rather than checking in with it properly and shutting the heart out of the equation altogether, I was subduing my true inner guidance further. The more I ignored it, the flimsier the connection grew — while at the same time, the ego grew stronger. And, there and then, I had my real-life demonstration of how the scrambling of the centres happen at point Eight.

Likewise, I could see the fixation that Russ Hudson so aptly re-named objectification: how I reduced myself and others to chess pawns in order to stay in control.

I eventually learned that we can use a centre or we can inhabit it, living in true cooperation with its natural capacities. For me, getting more in touch with my true wants and instinctual needs required that I also re-connected to my shoved-out-of-the-way heart, so that I could allow vulnerability to happen and have self-compassion. This makes it easier to dare become aware of wants and needs before gauging the likelihood of them materialising — and although it still comes as a shock to my ego on occasion, this is actually a more preferable way to live!

**Cicci Lyckow Bäckman is a writer and inner work catalyst who lives and works out of Stockholm, Sweden**

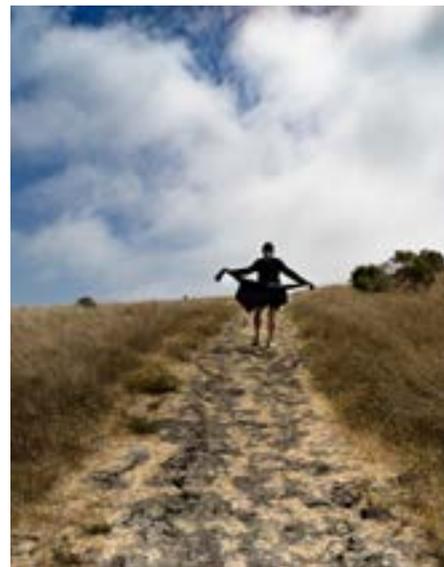


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# The centres of Intelligence

Let me set the scene: I am a heart type and as such, I experience the world through feelings and intuition. Connection with others is important to me, as is how I come across. The old saying "I am not who I think I am, I am who I think, you think, I am" is always at play. I also lead with self-preservation instinct so I am very aware of my survival via the body, my physical needs and comfort.

Let me set the context: summer 2022, I am with a group of friends on the West Highland Way, hiking 96 miles over the varied and demanding terrain with many ups and downs, mostly of the hilly kind. As I climb another ascent, I am in my familiar position at the rear, huffing and puffing, resting often, red faced. I know what happens on hill climbs- I spiral into a quiet anxiety, feeling my heart rate increase, I have a kind of panic which sets in and self-perpetuates. Physically I sense a heart rate increase, I panic, I might die! I am slow! I am letting others down! I can't do this! I panic! and so on. I battle on because I have to get up the hill.



Then I notice my friend from another centre of intelligence, enneagram 5, walking peacefully uphill at a steady pace but not breaking into sweat. I enquire of him, how do you do that? He shares a very simple piece of wisdom from the head centre - 'I count to 4, 1 - 2 - 3 - 4 and then I start again.'

So I continue to climb, '1 - 2 - 3 - 4 ' and realise that I can stay in my head as my mind focuses on the counting, the anxiety knocking on my door, but I stay focused my body free to do the climb.

So I am approaching this new season with a '1 - 2 - 3 - 4 'and thankfulness for my friend and his head-centred intelligence.

**Amanda Hedger**  
Therapist and Enneagram Facilitator

*Somatics is the hot word at the moment and we'd like to get your views on this theme for our next edition.*

*How do you experience your type patterns in your body?  
What practices help you notice and relax them?*

*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](mailto:helen.calder663@outlook.com)*

*The deadline for submitting notices of Enneagram events and articles is Monday 5th December 2022.*

*Please submit to [thereseaoe@gmail.com](mailto:thereseaoe@gmail.com)*

# Events

## Enneagram Training Inner Work Retreat, 28-30th October 2022

Would you value an opportunity to continue to explore your ongoing journey for growth?

Those of you who have completed the foundation Enneagram training and have been working with type structure, defences and virtues, may be interested taking a deeper dive in this new retreat. It will give us the space to share stories and process with others in a safe, empathetic place, the ways our type structure is triggered and how that limits our ability to relax and respond creatively and wisely from a grounded place. We will build on our core strengths, find resources and weave the strands of all parts of ourselves into all that we do, especially the parts we cut off when we are afraid of judgement or criticism or not belonging or however your type pattern arises in you.

Practical details

Timings: 9.30am Friday to 4.30pm Sunday, 28-30 October 2022

Venue: Woodbrooke Quaker Study Centre, Birmingham  
<https://www.woodbrooke.org.uk/the-woodbrooke-centre/>

Cost: £250.00 plus your accommodation at Woodbrooke (£296.00 full board)

Facilitators: Heather Brown and Jill Foulger

To enrol or to talk about the workshop: contact Heather Brown at [heather@enneagramtraining.co.uk](mailto:heather@enneagramtraining.co.uk)

## Enneagram Growth Day 8th October 2022, 10am-4.30pm

Venue: New Barn, Christ Church, Abingdon, OX14 1PL

Led by Jeanie Honey and Helen Watts

In this workshop we will map the journey we can take towards our Essence, our true self. More than any other personality typing system the Enneagram offers specific guidance about the path of transformation. We will look at how we can live into a better and truer version of ourselves than the one we have unconsciously settled for. For further details contact Helen: [helen@wattsyourpathway.co.uk](mailto:helen@wattsyourpathway.co.uk) or Jeanie: [exeterenneagram@gmail.com](mailto:exeterenneagram@gmail.com)

## 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](http://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](mailto:jordanphyllis@hotmail.com) or [thereseaoe@gmail.com](mailto: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](mailto:rosemaryjcowan@gmail.com)

### North West

Meeting in central Manchester. Contact [jane@enneangel.com](mailto:jane@enneangel.com) or book a place via [Meetup.com](https://www.meetup.com).

## Monthly enneagram group online

An online group led by Helen Watts. It is part of the Oxford Enneagram Community but since it is online, others are welcome to join. We are working our way round the enneagram and this autumn will be moving onto the head types. Meetings mostly on 2nd Monday of the month, 8-9.30pm. Dates for the autumn:

10th October: Type 5

14th November: Type 6

5th December: Type 7

Contact: [helen@wattsyourpathway.co.uk](mailto:helen@wattsyourpathway.co.uk)

## Oxford Enneagram Community.

### Enneagram Stances and Time

26th October 2022 10.00-4.30 at Stanton St John Village Hall, just outside Oxford.

Here is another 'relationship of three' that we love to explore through the Enneagram. The three stances within the Enneagram model define our social style and how we get what we need or want. They influence how we see and interact with our world in various ways. We will explore the three stances – aggressive, withdrawn and dependent and see how they effect our relationship to time – past, present and future. Another wonderful insight as we seek to relate to others who are different from ourselves and help in our growth path as we seek to gain balance in these relationships of three.

Led by Liz West and Helen Watts

For more information please contact Helen on [info@ninepathways.co.uk](mailto:info@ninepathways.co.uk)

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



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

## Going DEEPER – Working with the Centres (starting Oct 11th)

This is an experiential online course in 7 modules, focusing on the three centres of intelligence and how to work with and balance them. Some knowledge of the instinctual drives will be helpful. The course mixes teachings, exercises, guided experiences, and open work.

Starting: Oct 11th (then every Tuesday for 7 modules) Time: 6–8 pm, Central European Time (UTC+2, after end of Oct UTC+1) Join: Register and find out more at <https://lyckowbackman.se/product/going-deeper-inner-work-with-the-centres-ht22/>

Cicci Lyckow Bäckman has been working with experiential inner growth, within and outside of the Enneagram context, for more than 20 years. She is certified with the Enneagram Institute.

## London Enneagram Centre Online Panels

In 2022 our 20th year, we are exploring the journey towards the Higher States and loosening the grip of our Type, so as to be freer and happier.

28th September: Type 7, The Adventurer, whose Virtue is Constancy and whose Holy Idea is Holy Work

26th October: Type 8, The Protector, whose Virtue is Innocence and whose Holy Idea is Truth

30th November: Type 9, The Mediator, whose Virtue is Right Action and whose Holy Idea is Love

Contact Rosemary Cowan [rosemaryjcowan@gmail.com](mailto:rosemaryjcowan@gmail.com) for the Zoom link and PayPal donation link to contribute £5 (or more if you feel like it!)

## Exploring the more of who we are with Focusing

Focusing is a gentle and natural practice during which we bring a compassionate curiosity to our felt sense of a situation, allowing something new and fresh to emerge. We experience the “more” of who we are, beneath the patterns of our type. This experiential workshop will help you bring Focusing to your Enneagram work.

Taking place on zoom starting Wednesday 2nd November for 5 weeks from 7pm to 9pm. Cost: €100

Therese Ryan is a Narrative Enneagram teacher and a Certified Focusing Professional. Contact: [thereseaoe@gmail.com](mailto:thereseaoe@gmail.com)

## Marion Gilbert Somatic Enneagram Training - FACE TO FACE in the UK in 2023

Enneagram Training are very excited to bring Marion and this transformative training to the UK in 2023.

Many of you will know Marion's ground-breaking work on Somatic Awareness and the Enneagram. This training will give you profound awareness of how we hold Type patterns in the body and how to build our capacity to release them. It's the missing piece to help us get unstuck when our reactivity and defence system fight back.

*"Working with the architecture of capacity and compassion," as I call it, is the understanding of the inborn, the inherent wiring and the conditioned wiring – architectures – that reside within us. They are all resources. We are wired to experience our own capacity. Whether hugely resourceful and abundant, or limited and shut down. Our capacity "is the experience of self."*

*My work takes us through three centers of awareness and resourcing – the mind, heart, and body, a triadic approach to mapping the who and the what of how we were initially designed and then conditioned. Somatic Awakening is the conscious feeling, sensing, and engaging with what's coming up from our bodies, from the deepest parts of self, and "awakening" to it. Only when we are "awake" can we accept, understand, and transform.*

(extracted from <https://mariongilbert.com/somatic-approach/>).

Marion will run Modules 1-3 at Hillscourt in Birmingham, on 9-14 May 2023. (see <https://mariongilbert.com/certification-program/> for details of each module's content). The first 3 Modules can be taken without committing to certification, and will give you profound techniques for working with your own type structure and helping others to work with theirs.

For more details on the programme, to enrol, or to add your name to be kept informed as costs are finalised, please contact Heather Brown at [heather@enneagramtraining.co.uk](mailto:heather@enneagramtraining.co.uk). Hold the dates, watch this space and keep in touch!

## Online Enneagram Panels in Ireland

Facilitated by Phyllis Jordan and Therese Ryan both Enneagram teachers in the Narrative tradition. Tickets €10 on Eventbrite and proceeds go to charity. Our theme for our next round of panels is "Relationships and Communication".

Type Two on October 10th

Type Eight on November 14th

Type Seven on December 12th

Contact [jordanphyllis@hotmail.com](mailto:jordanphyllis@hotmail.com) or [thereseaoe@gmail.com](mailto:thereseaoe@gmail.com)

## The Enneagram in parenting 1

5th - 17th November 2022 at Ashburnham Place, near Battle, Sussex.

The aim is to parent more consciously. Whether you have children still at home or if they have already flown the nest, this residential workshop focuses on the parenting styles of the different Enneagram types, with their strengths and areas of challenge. We will see how the 7 habits of type effect the choices we make as parents and the effect on our children.

Led by Liz West and Andy Proudfoot. For more details:

<https://www.ashburnham.org.uk/events/enneagram-in-parenting/>

## Enneagram Alive Webinar Series

We have an inspiring Autumn and Winter programme planned. Details will be published and emailed as soon as they are finalised but in the meantime, you can SAVE THE DATES.

Helen English: 16th November 2022, 19.30-21.00

Getting creative with the flow of Life. Moving with Wings, Arrows and the Dynamic Enneagram

Veronica Whitty: 11th January 2023, 19.30-21.00

The Enneagram and Dreamwork

Rosemary Cowan: 15th February 2023, 19.30-21.00

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

For more details and to book, go to <https://www.enneagramalive.com/copy-of-what-s-on>

## Enneagram Alive Practitioner's Forum

This online forum is for anyone who is interested in using the Enneagram with others - teachers, coaches, counsellors, spiritual directors and/or people using the Enneagram informally with friends, family or colleagues. We have so far discussed a wide range of topics, including tips for setting up a business, type bias when working with others, the transformational journey. We meet quarterly online.

If you are interested in using the Enneagram with others and would like to join this Forum, please email Liz West at [liz@ninepathways.co.uk](mailto:liz@ninepathways.co.uk).