



THE ENNEAGRAM

DEEPENING SELF-AWARENESS

A NINE PANELS WORKSHOP

October 7 & 8, 2017

**DRURY INN
BATON ROUGE, LA**

*Saturday, 9:00am -4:00 pm
Sunday, 9 am-4:00 pm*

The Enneagram Personality System will guide us as we explore nine personality types and related paths for enriching our spiritual lives. Each of the personality types has particular barriers and gifts for opening the heart and living more intentionally. Often, automatic response replaces presence and our experience of the sacredness of life is diminished. This workshop combines poetry, body awareness and inquiry as participants learn to shift from automatic patterns of perception and behavior to a receptive awareness. Spiritual experience occurs when we allow ourselves to *receive* reality as it is rather than *perceiving* through the filter of personality.

Unlike others systems, the Enneagram addresses the underlying “why” of our behavior. Insight into the motivations behind our perceptions and actions helps us see a bigger picture and opens our eyes to alternate ways of interpreting events of our lives. This understanding can be a powerful tool for personal development and transformation-a way to “unstick” ourselves from fixed and limiting patterns.

During the introductory workshop, participants will learn:

- **An overview of the Enneagram**
- **Gifts for the journey of each type**
- **Challenges & barriers to growth for each type**

Identity consciousness allows us to welcome more of who we are and brings a greater appreciation of other. Moving from pattern to Presence, we discover that the only appropriate response to ourselves and others is compassion.

Cost: \$325 includes materials and lunches both days. For more information contact 888.304.0627.



Sandra Smith, M.Div., teaches the Enneagram throughout the country leading workshops and staff trainings using the Enneagram as a map for deepening self understanding. She is an Affiliate of the Association of Enneagram Teachers in the Narrative Tradition founded by Helen Palmer and David Daniels, MD. She mentors candidates for certification in the Enneagram Professional Training Program and has taught at the East Coast Professional Training program.

To learn more about Sandra's work, visit her website at AlchemyWorksEvents.com

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