

# The Enneagram as a Spiritual Resource:

An Online Series at Cranaleith Spiritual Center

## Why the Enneagram? Why now?

*Pursuing spiritual work without working on our personality typically results in a lack of resolution of deep-seated issues and a lack of true integration of our spirituality....*

*This perspective can profoundly shift our understanding.*

[Sandra Maitri](#)

After years of pandemic life, we are at a collective crossroads. Many of us have learned something new about ourselves or have found our lives taking a new direction – be it by necessity or by choice. As we begin to re-enter personal and professional relationships that were long put on hold, we may find ourselves experiencing conflict that was not there before. Our faith may have grown weaker or grown stronger, or perhaps it has simply changed.

The time may be right for spiritual renewal. Often, we know we need something new, something transformational, but we are not quite sure where to begin or how to work with the inner obstacles that keep us from taking full advantage of such opportunities.

The Enneagram can help. Commonly described as a set of nine fundamental personality types, it is more accurately a map of the human psyche. Our ego provides each of us a lens through which we view the world and the lens can get in the way of growth. The Enneagram enables us to recognize our lens and begin to expand our spiritual awareness to include other ways of seeing reality – and we may even understand other people better, too!

Because the Enneagram is so rich, we will offer two phases of programming.

- ❖ The first phase will introduce the Enneagram and lay out its nine personality types. By the end of this first phase, most participants will be able to identify their type and how its lens shapes their spiritual perspective. T
- ❖ he second phase will delve more deeply into how the Enneagram increases our effectiveness in areas that impact the world, like concern for the planet, nonviolence and decision-making.

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## Phase 1: **The Enneagram as a Tool for Spiritual Growth**

Facilitator: Nicholas Collura

Dates, 6:30-8:30 p.m.

Location: Online

Cost: \$75 for all 4 sessions. Scholarships available.

In the first part of Cranaleith's Enneagram series, learn about the nine personality structures in ways that are enlightening both to beginners and to those with some knowledge of the Enneagram.

- Session 1 - Introduction to personality theory and exploration of the human heart center where shame is powerful
- Session 2- Introduction to Enneagram history and exploration of the human head center where fear drives us

- Session 3 - Introduction to the inner dynamics of the Enneagram and exploration of the human gut center where anger rises
- Session 4 - Integrating session and finding ourselves on the Enneagram

Each session will involve a mindfulness exercise, interactive learning and discussion.

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