

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.
- ❖ The 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.

Phase 1: The Enneagram as a Tool for Spiritual Growth

Facilitator: Nicholas Collura

Sept-October, 2022

[Videos of the lectures](#) now available on demand.

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.

Phase 2: Converting Vice to Virtue with the Help of the Enneagram

Facilitator: Nicholas Collura

Feb. 9, 16, 23 and Mar. 2, 2023, 6:30-8:30 p.m.

Location: Online

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

According to the legendary Enneagram teacher Helen Palmer, all of us have a connection to a vital "life force" that can carry us through difficulty. Yet this life force becomes constricted as we develop defense mechanisms to protect us from the hard edges of life.

In this series, the wisdom of the Enneagram will help us to discover the "vices," or driving emotions, that constrict the life force in each of the nine types. Through attention to the spiritual struggle and opportunities of each of the nine types, we will learn how to work with these constrictions. This is largely a matter of cooperation with grace. The Spirit safely and lovingly invites us into more receptive ways of being characterized by "virtues."

- Session 1 - Introducing the Theory of Vices and Virtues and Building a Learning Community
- Session 2 - Spiritual Work with Types 9, 1 and 2
- Session 3 - Spiritual Work with Types 3, 4 and 5
- Session 4 - Spiritual Work with Types 6, 7 and 8

This course will include teaching, group and partner work, mindfulness practices and demonstrations of the "panel" method of exploring participants' own experiences.

By the end of this course, participants will:

- Gain insight into the spiritual limitations and possibilities of their own personality structure;
- Identify the presence of the virtues and vices of other personality types within their own experience;
- Experience and practice concrete methods for personal growth and integration; and
- Feel more comfortable accompanying spiritual directees of a variety of type structures.

[WATCH CRANALEITH'S CALENDAR OF EVENTS FOR FUTURE PROGRAMMING.](#)