

Introduction to the Enneagram (lecture)

Have you ever wondered why you think, feel and act the way you do, and why other people think, feel and act differently than you? Then you will definitely want to learn more about **the Enneagram**! The Enneagram is a life-changing personality system that identifies the basic fears, desires, and unconscious motivations of nine distinctly different personality types. Everyone has one Enneagram type that filters how we view reality. The amazing benefit of the Enneagram is that it allows us to see how our old childhood behavior patterns still operate in our everyday lives, particularly when we are under stress. With awareness of your Enneagram type, you can consciously learn to detach yourself from these early patterns and cultivate new beliefs and behaviors that liberate you from your old unconscious compulsions. After a brief introduction, you will be able to take an Enneagram self-assessment that will help you hone in on **your** particular Enneagram type. Then sit back and enjoy as Russell delves into the 9 “types” and offers his profound insights into this life-transforming system.

If you have any questions before class, please feel free to e-mail me at grussrowe@cox.net or call me at (619) 347-5440.