

Revelations of Essence

Fulfilling the Promise of Your Enneagram Type

with Carl Marsak, M.A.



Sat. February 4th, 2012
9 am - 6 pm.
Ashland Public Library,
410 Siskiyou Blvd,
in the Gresham Room.

Admission: \$35.00-75.00 sliding scale

Please note that lunch is not provided.

"We study our character and others' for revelation of essence." --James Hillman

In this practical all-day workshop we will look at how we can fulfill (not avoid, destroy or transcend) our innate personality type. We will be working with the Levels of Development of Enneagram pioneers Don Richard Riso and Russ Hudson, which "offer a way of observing and measuring our degree of identification with our personality structures. Further, they make crucial distinctions between the types possible, and also within each type. They add the 'vertical' dimension to an otherwise 'horizontal' categorical system." We will look at the nine Enneatypes when they are evolved and healthy and when, under conditions of stress, they are sliding down the levels into dysfunctional patterns of thinking, feeling, and behaving. Specific Wake-Up Calls, Red Flags, and Social Roles will also be discussed so that we become more aware of our own progression or regression along the levels of our own Enneatype.

Using self-observation and simple psychological and spiritual practices we will learn to relax through our reactivity in order to gain access to the specific gifts of type—and thus fulfill its spiritual promise. We will also gain insights about and develop compassion for the issues and dilemmas of the other eight types. This workshop includes: teaching pieces, guided meditations, small group work, and a special DVD showing of the theatrical production *Is Ennybody Home?* No previous experience with the Enneagram or knowledge of your own type is necessary, although reading *The Wisdom of the Enneagram* by Riso and Hudson is strongly suggested.

For more information about and to pre-register for this workshop (required)
please contact Carl at marsak@sbcglobal.net or cell: (415) 297-3174

