



# EnneaBYTES

Fall/Winter 2006-2007

## EXECUTIVE 2006 - 2007

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Directors  
*Ruthanne Wrobel*  
*Andrea Purcell*

## President's Message

I hope you have all had a joyful summer. As your new President, I would like to take this opportunity to send a warm greeting to you all. It's hard to believe that more than four years have passed since I first joined the Board. During that time, I watched our organization transform from a struggling chapter of the IEA into a new, independent, healthy, thriving community of Enneagram enthusiasts thanks to the vision, creativity and hard work of our past two presidents, Earl Brochu and Donna Achtem, and the dedicated board of directors – Joan Mitchell, Theresa Courneyea, Ruthanne Wrobel and our newest member, Andrea Purcell.

This year, we were privileged to have Russ Hudson wow us with his wisdom and brilliance. Our study group has been very instructive and well attended each month with people coming in from as far away as Guelph. The library has grown considerably thanks to the time, effort and generous contribution of a number of people, including a donation bequeathed to us by Agnes Vandergang who sadly passed away last December.

Next year, we will be bringing in Dr. Belinda Gore, a gifted psychologist, spiritual teacher and facilitator, who will be presenting a workshop "Tools for Transformation". I hope you will all take advantage of the rare opportunity to learn from, by all accounts, an excellent Enneagram teacher.

Studying the Enneagram is not the only thing we offer at EN. There are so many wonderful, interesting, knowledgeable, creative and kind-hearted people in our community. Getting to know some of them has been a real gift. So, I hope you will join us for the final event this year - our annual Christmas party, Thursday, December 7th. Check the notice for details and mark it in your calendar.

Enneagram North is your organization and, as your new President, I look forward to serving you. If you've any suggestions, please do not hesitate to call me at 416 481 6777, or email me at [mjcanes@sympatico.ca](mailto:mjcanes@sympatico.ca)

I wish you all a joyful holiday season!

Moira

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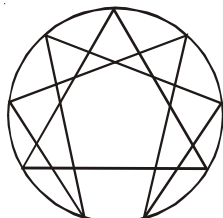
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## **Revised Date for our December Social 2006 Thursday, December 7th, at 7:15 pm.**

We remind you of our special session of Study Group to celebrate the season. We will meet for about 40 minutes to discuss plans for our studies in 2007.

Then we will enjoy a social evening with beverages and snacks.

We extend an invitation to those members who live out of town, or who may not attend on a regular basis.

Bring a savoury, or a sweet treat, or a beverage to share with friends.

Time: Thursday evening, December 7th at 7:15 pm.

Place: home of Ruthanne and George Wrobel

Please return materials borrowed from the lending library, for circulation to other members.

We look forward to seeing you!

Cheers,

Ruthanne & George

## **Study Group News, 2006**

In October, we concluded our nine-month study of Sandra Maitri's book *The Spiritual Dimension of the Enneagram*, (2000). We followed the order of chapters in Maitri's book, beginning with Point Nine and ending with Point Seven. In our discussions we have been intrigued and perplexed by the figure of the 'soul child,' the energies and aspects of ourselves that were not allowed, encouraged or nurtured in childhood. Our personality traits, tendencies and fixations that characterize our Enneagram identities today, developed in response to early rejection of the 'soul-child.' In adult life, our challenge is to accept, befriend and integrate these neglected elements into our minds, hearts and actions.

Sandra Maitri ends each chapter of *Spiritual Dimension* by reminding us to risk exploring or falling into the emptiness, the landscape of fear, pain and darkness deep within. Realizing that all personality, all fixations, are attempts to keep from falling into this black, empty space, we need to let go, and no longer cling to the attachments, the habits of mind which we have used to define and defend ourselves for so long. At first, we will feel disoriented, disturbed and despairing, but as we turn and return to these depths beneath the layers of mind and emotion, we will feel the emptiness becoming a spaciousness, and we will approach the core of Being and experience directly the eternal, true Essence of divine Love. Sandra Maitri's words do challenge and offer support to all who seek to begin or to continue this journey.

Many thanks to all members who attended study sessions during 2006, and who advanced our learning through a willingness to share experiences, perspectives, questions, examples and comments. In the spirit of the oral tradition, we look forward to continuing our learning and teaching together in 2007.

Please join us at 7:15 pm on December 7<sup>th</sup> for a planning session and a Holiday Social Evening. We will meet for about 40 minutes to discuss ideas for future meetings, and then refreshments will be served.

All meetings take place at the home of Ruthanne and George Wrobel.

*Presence* (awareness, mindfulness), *the practice of self-observation* (gained from self-knowledge), and *understanding what one's experiences mean* (an accurate interpretation provided by a larger context such as a community or spiritual system) are the three basic elements needed for transformational work. *Being* supplies the first, *you* supply the second, and *the Enneagram* supplies the third. When these three come together, things can happen quickly.

## Our Labyrinth Walk

On a warm, summer evening on August 16<sup>th</sup>, about nine people or more assembled in downtown Toronto to walk the Labyrinth pattern, laid out in stone, in Bell Trinity Square Park, at Bay and Dundas Streets. Ruthanne gave a brief introduction to the pattern and the process of turning and returning, then each person walked at their own pace along the pathways.

The labyrinth pattern is an ancient design that recurs in cultures throughout the world. It represents the journeys of life, from conception to birth and death, from confusion and complexity towards wholeness, and from outer appearances towards inner realities and back again.

After the walks, we met for vegetarian dinners and desserts at Le Commensal on Bay Street. We hope to enjoy this experience of walking, dining and talking together again next year.

There are many books and websites related to labyrinths. See for example:

<http://www.labyrinthnetwork.ca/toronto.htm>

<http://www.lessons4living.com/labyrinth.htm>

View this site to order the book: *The Labyrinth and the Enneagram: Circling into Prayer*, 2001.

<http://www.jillkhg.com/labandenneagram.html>

## VOLUNTEERS NEEDED

We are looking for 14 or more individuals to do phoning to announce upcoming workshops probably once or twice a year for about 15-20 minutes. Help support and connect with your Enneagram North community and volunteer as a telephone caller. Get to know the people who are part of your community of enneagram enthusiasts. Contact Donna Achtem at: 905-471-5570, or [donna.achtem@sympatico.ca](mailto:donna.achtem@sympatico.ca).

## Members

EN would like to welcome new members and renewing members for supporting the Enneagram North community.

Brian Burkett	Paul O'Neil
Gordon Cameron	Elaine Rapley
Mary Chris	Andrea Sinclair
Johanne Clair	Patti Snelgrove
Anne Marie Dunbar	Sheryl Trachter
Nancy Ernst Richards	Donna Quance
Rob Fitzel	Eva Ticktin
Helene Lemieux	B.J. McKeever
Marlene Morris	Moiria McCaskill

## April 21 and 22, 2007 Tools for Transformation: A workshop by Dr. Belinda Gore

"Belinda Gore is a gifted psychologist and spiritual teacher who is both powerful and nurturing in her teaching and presence. Belinda's warmth, dedication and connection to her audience are real and heart-felt, bringing the Enneagram to life in a direct and personal way. Anyone attending her courses will be guided and inspired by a teacher of depth and quality."

– Don Richard Riso, best-selling co-author (with Russ Hudson) of *The Wisdom of the Enneagram and Personality Types*

**See flyer on page 6 for details.  
Space is limited. Enroll now!**

## The International Enneagram Association Conference in Chicago August 2006

How does one summarize, in a few paragraphs, this past summer's IEA Conference in Chicago? The participants were drawn into 'the spiral of greater consciousness', the overall theme of the Conference in myriad ways, beginning with the global consciousness lens of Dr. Don Beck, the keynote speaker and ending with the self consciousness lens of endnote speaker Fr. Richard Rohr, "whose vision both affirms and negates any notion of higher consciousness".

In between, our learnings were enriched by seasoned and new teachers alike. The operative word for the Conference was 'dynamic' and so the workshops were abuzz with large and small groups, type and subtype work, organizational workshops, early morning meditation, including personal breath work, evening entertainment with Elizabeth Wagele on piano and Andrea Isaac's, spectacular College Dancers, who made the Enneagram types come to life on stage.

The silent auction alongside the Chicago deep-dish pizza was a huge success culminating in the Saturday night 'Dress-up and Dance Party' featuring popular hits from the 50's and 60's. New friendships were made, old acquaintances renewed, and there was even time left after the long goodbyes to experience the streets, skyline and lakeside parks of downtown Chicago, courtesy of its light rapid transit system. (Is it called the LRT?). All in all, it was a fun-filled and fulfilling weekend for all. I can hardly wait until next year's 'On the Path to Global Unity' Enneagram Conference, taking place from August 2-5 in Redwood City, the San Francisco Bay Area.

Margaret Rao, First-time visitor to Chicago and to an IEA Conference outside of Toronto

## Helen Palmer Workshop: Spiritual Strategies for People in Relationship

On the weekend of September 16th and 17th, 2006, six Enneagram enthusiasts from Enneagram North took a ten-hour trek to Cincinnati, Ohio to attend a workshop with Helen Palmer entitled *Spiritual Strategies for People in Relationship*. It was a unique opportunity to exchange ideas and experiences with one another and the Cincinnati Enneagram community under Helen's elegant and masterful tutelage. We felt very welcomed.

The workshop highlighted people in relationships. It consisted of panel interviews in the narrative tradition of couples, spouses and family members who were seated on stage as pairs. Helen illuminated many of the key transactions that occur in relationships, focusing on type. Helen's intuitive questions helped us experience the pairs interacting with one another, as we paid special attention to what they said and where their awareness was placed as they spoke.

The lively format also consisted of lectures, meditations, written exercises and type group breakouts, all of which were focused on the spiritual task of relaxing into receptivity "on the spot" instead of reacting mechanically. It was demonstrated that the structure of each type guards each type's vulnerability while, at the same time, these identical defenses obstruct each type's "being in the now". We learned from Helen that meditation is an antidote for the fight, flight or freeze responses in relationship and that our aim is to relax in and down when resistance is triggered, rather than being carried away. Through this practice we can attain authentic emotions that bring us alive to each other.

We came away from our weekend together feeling inspired and fulfilled. We look forward to future events presented by the Trifold School with Helen Palmer, David Daniel and Associates. For more information, contact [www.EnneagramWorldwide.com](http://www.EnneagramWorldwide.com).

Donna Achtem and Andrea Purcell

### Cancelled Workshop: The Enneagram of Spiritual Evolution

We regret having to disappoint those people who were hoping to attend **Enneagram North's** presentation of a workshop *The Enneagram of Spiritual Evolution* with **Joan Mitchell** scheduled for November 11<sup>th</sup> and 12<sup>th</sup>, 2006. Unfortunately, due to low registration, we were forced to cancel the event. There may have been some confusion regarding the sponsorship by Enneagram North of this workshop and, for this, we apologize. Whether for local teachers or well-known authors, we need membership support to bring you the best in new and diverse aspects of the Enneagram. Hopefully, we can prevail upon Joan to offer this workshop in the future.

# EN Library News: October 2006

Take note of these new additions to the **EN Lending Library**. Thanks to recent donations, we now have extra copies to lend of a number of popular titles. We appreciate these gifts and invite you to borrow and share these resources.

## Enneagram Introductions

Horsley, Mary. *The Enneagram for the Spirit: how to make peace with your personality and understand others*. London: Gaia Books, 2005.

Leggett, Richard. *Personality Types: The Psychology of the Enneagram*. Leatherhead, Surrey, UK: Neptune Publishing, 2005.

Riso, Don Richard and Russ Hudson. *The Enneagram Cards*. Stone Ridge, NY: The Enneagram Institute, 2005.

Riso, Don Richard and Russ Hudson. *Understanding the Enneagram: the practical guide to personality types*. Revised edition. Boston: Houghton Mifflin, 2000.

Rohr, Richard and Andreas Ebert. *Discovering the Enneagram*. New York: Crossroad, 1990.

## Enneagram Applications

Levine, Janet. *The Enneagram Intelligences: Understanding Personality for Effective Teaching and Learning*. Westport, CT: Greenwood Publishing Group, 1999.

## Enneagram Spirituality

Jaxon-Bear, Eli. *The Enneagram of Liberation: from fixation to freedom*. Bolinas, CA: Leela Foundation, 2001.

## Audiotape Cassettes and CDs

### **IEA 2006, Conference Recordings, August 2006**

- Carr, Leonard. *The Integral Alignment Model of Personality*. discs 1 & 2
- Condon, Tom. *Changing Enneagram Patterns in Subtle, Powerful Ways – Reframing and Emanation Techniques*, discs 1 & 2
- Daniels, David. *Lasting and Fulfilling Relationships, Part 2*, discs 1, 2 & 3
- Riso, Don and Russ Hudson. *Traditional Enneagram in the Light of the Levels*. Discs 1, 2 & 3.
- Riso, Don and Russ Hudson. *Virtues*, discs 1 & 2
- Rohr, Richard, *IEA Conference Closing Speaker*, disc 1
- Whittaker, Carole. *Integrating Inner Consciousness: Paths to Wholeness*. discs 1 & 2

**Condon, Tom. *Enneagram Subtypes: A Dynamic Enneagram Workshop***. set of 11 discs.

- *Introduction*, disc 1
- *Subtypes of Types 1 through to Type 9*, discs 2 to 10

**Rohr, Richard. *The Enneagram: The Discernment of Spirits***. set of 7 discs.

- *Introduction and Foundations*, discs 1, 2 & 3
- *Traits and Energies of Types 1 through to Type 9*, discs 3 to 7



## **“Tools for Transformation” with Belinda Gore April 21 & 22, 2007**

All of us who study the Enneagram are responding to the evolutionary call to Wholeness. We all seek Love and Freedom.

### **In this workshop you will learn:**

- The teaching of the Levels of Development based on the work of Don Riso and Russ Hudson
- How deeply identified we are with Basic Fear, our personality structures and defenses
- Practical tools for engaging Basic Love to move up the Levels of Development toward liberation

### **Cost:**

Members: \$225 (after Feb 23: \$275) Non-members \$295 Students \$199  
(Lunch and refreshments included)

### **Hours:**

Saturday: 9 am – 5 pm;  
Sun 9:30 – 5:00 pm.

### **Location:**

Havergal College, 1451 Avenue Rd., at Lawrence Avenue W., Toronto

Belinda Gore, Ph.D., is the Director of the Enneagram Institute of Ohio. She has been working as a psychologist and business consultant for over twenty years. Dr. Gore was certified as a professional instructor by the Enneagram Institute in 1994. For more information, visit [www.enneagram-ohio.com](http://www.enneagram-ohio.com)

“Belinda Gore is a gifted psychologist and spiritual teacher who is both powerful and nurturing in her teaching and presence. Anyone attending her courses will be guided and inspired by a teacher of depth and quality.”

Don Richard Riso, best-selling co-author (with Russ Hudson)  
of *The Wisdom of the Enneagram and Personality Types*.

**To Register call: Theresa Courneyea at 416-657-1756  
or email [tcourneyea@sympatico.ca](mailto:tcourneyea@sympatico.ca)**

**Visit [www.enneagramnorth.com](http://www.enneagramnorth.com)**