

President's Message

EXECUTIVE
2007

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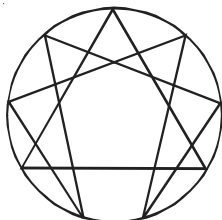
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Spring has finally arrived although, as I am writing, it feels more like summer. We have just had the honour and good fortune to have Dr. Belinda Gore present a workshop on *Tools for Transformation*. She came all the way from Ohio where she works as a business consultant and psychologist and is the Director of The Enneagram Institute of Ohio. Thirty people, consisting of both familiar and new faces, gathered together at Havergal College and engaged in a gentle transformative process. Belinda's warmth, guidance and presence helped all of us to connect more deeply with Essence. Thank you to all who participated and helped to make it the special event that it was.

I also want to thank the Board of Directors for all the hard work that they put in to make the event a success, and to Havergal College for providing the beautiful space, setting and delicious meals.

Since becoming President, there have been a number of positive developments worthy of note:

Our attractive, new 2007 Membership Directory has just been published thanks to Donna Achtem, our past President, Dara Church, our Administrative Assistant, and Peter and Verity Hobbs of Verity Graphics who continue to do a super job of managing our website.

More and more people are finding their way to our website, www.enneagramnorth.com, and more and more of our members are using the Enneagram professionally. We invite you to advertise your Enneagram workshops, courses and services on both the "Events" and the "Teachers" pages, respectively. Please contact me for more information.

The Lending Library is growing and is a great resource for research and study. You'll find the lists of books, DVDs, CDs and tapes at the back of your Directory and on our website. Our thanks to Ruthanne Wrobel who houses and manages it. The Study Group continues to thrive and provide an ongoing monthly opportunity to expand and deepen our understanding of the Enneagram, as well as connect with all the sincere and wonderful people in our community. On that note, we'd like to take this opportunity to welcome our new members and thank those who have renewed their memberships.

We hope you enjoy our Spring/Summer issue of EnneaBytes. If you have any thoughts or ideas about activities or events that you'd like EN to offer, or contributions of suitable poems, jokes, art, reviews or articles for future issues, please email me at: mjcanes@sympatico.ca, or call 416-481-6777.

Have a great summer!

Warmest wishes,

Moira

"Stay with friends who support you in these. Talk with them about sacred texts, and how you are doing, and how they are doing, and keep your practices together."

~ **Mevlana Rumi**

From Rumi Daylight: A Daybook of Spiritual Guidance

spiritual correction, and they will continue to do so until they finally achieve the correction once and for all. Your closest relationships are the place where your tikkun can really be completed — where you don't just find the person you were looking for, but literally transform yourself into the person you are meant to be.

June Kabbalah Study Group

Date: June 14th at 8pm

Location: Kabbalah Centre, 83 Yorkville Ave. Toronto

The next Enneagram study meeting scheduled for Thursday, June 14th will not take place at Ruthanne and George's as originally scheduled. Instead, we will meet at the Kabbalah Centre (see above) for a special lecture by Moshe Yogev, head of the Toronto Centre. He will be giving us an introductory lecture on Kabbalah, especially prepared for our group. You may wish to show up a few minutes early to browse the bookshop.

I urge you to come out and take advantage of this unique opportunity to find out more about what this ancient wisdom (studied by such varied people as Sir Isaac Newton, Plato and others throughout the ages) has to say about dealing with the ego. The Kabbalistic approach - totally compatible with the Enneagram - actually comes at ego from a different angle - opening up new opportunities to deal with type.

Please call Andrea Sinclair at 416-422-1329 if you have any questions or need more information. The following is an abridged excerpt from Kabbalah.com regarding relationships:

The purpose of our lives is to transform ourselves so that we can receive complete and ultimate fulfillment. We are here in this world to reach our potential and literally become like God, with giving and sharing as the foundation of our being. Yet the process of self-transformation is not something that happens on an abstract or theological level; instead, it takes place between ourselves and other people. Our relationships — especially those with the people to whom we are closest — are the real opportunities we are given to emulate the tolerance, sharing, and love that are the Creator's essence. These are the qualities that our relationships can teach us, and these are the qualities we most need to learn if we are to fulfill the true purpose of our lives.....

...Too often our focus is on meeting the right person, on somehow discovering that one-in-a-million human being who exactly fits our needs and specifications. But Kabbalah teaches that this is putting the emphasis in the wrong place. Becoming the right person — not finding the right person — is the real key to loving relationships....

If you keep experiencing the same relationship problems over and over again, it's because you haven't realized where the real problem lies. You're still waiting for others to change without really correcting the aspects of yourself that you need to transform. Making this correction is a fundamental aspect of our spiritual work. There's even a Hebrew word for it: tikkun. Completing your tikkun is why your soul is in the world in this lifetime. In fact, the Kabbalists explain that souls come to the world many times in order to attain their

Study Group News – Spring 2007

During our first three meetings of 2007, our studies were enriched by contributions from Paul Rockman, assisted by Monica Jacome. Paul Rockman is a Psycho-transformational Teacher and Therapist in Toronto. He prepared materials about the three Centres from his extensive knowledge of and experience with the teachings of Gurdjieff and Bennett. Each of our first three meetings this year focused on one of the three Centres, beginning with the Moving-Material-Instinctive Center of types Eight, Nine and One, followed by the Reactional-Emotional Centre of types Two, Three and Four. Then, we discussed the Thinking-Intellectual Centre of types Five, Six and Seven. Through the Thinking centre, we become aware of our Divided Self. We access the conscious energy within that seeks to understand and to be free from the confining patterns of sensitivity and reactivity of the other two centres. As Paul summarized in his notes from March, 2007:

The Divided Self is also our power to observe ourselves — that is the level of consciousness we have regarding the reality of ourselves, but it operates regardless of whether we are present to that or not. It has a great influence on what will be possible for us and the more we can observe ourselves and strengthen the Divided Self the more choice we may have about what will be possible.

Study sessions with Paul included detailed instruction on the Centres, and guided meditations to help us locate and experience sensations of each centre in the body.

We thank Paul and Monica for their contributions to our learning. To learn more about Paul's work, you may contact him at 416-533-3505 or paulrockman@sympatico.ca.

Many thanks to members who attended study sessions, 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 later this year.

Please join us at 7:15 pm on Thursday, June 14th for a special session at the Kabbalah Centre. Check the notice for details and mark it on your calendar.

Regular meetings will resume in August. You are welcome to attend at the home of Ruthanne and George Wrobel.

TOOLS FOR TRANSFORMATION

Belinda Gore Workshop

April 21 & 22, 2007

This workshop was an exciting and inspirational learning event. Belinda is a Riso Hudson certified Enneagram teacher who established a great rapport with the workshop participants. Belinda had a gift for working with questions, always bringing the workshop back to focus on transformation.

As the title of the workshop indicates, this weekend was about transformation. The first morning was didactic in nature and Belinda covered the Riso Hudson Nine Levels of Development, as well as the Summary of Basic Fears and Desires, and a brief Summary of the Strengths and Entanglements of the types using key word descriptors per type. *Entanglement* is the word Belinda uses in preference to the word *weakness*.



Belinda explained that 60 to 75% of people live in the average range 60 to 75% of the time. At this level, we have defense mechanisms and some degree of ego fixation, but we are also seekers. We all live on a continuum throughout the day and, depending on what happens that day, we can drop down to unhealthy for a time, or rise to health or journey with presence at the highest level for a time. Presence was defined as personalized essence. Then, we eventually return to our anchor point in the healthy range.

Transformation requires us to move up the levels of development by working on attaining a level of development above the one we are in. Usually, this is one step higher, but each step gives us easier access to even higher levels of development.

The basic tasks for personal change were defined as:

1. Self Observation
2. Self Understanding
3. Willingness to Change
4. Developing the Capacity for Presence

These tasks require an environment of safety and support. Belinda encouraged people to be part of a support group, study group or likeminded community.

Transformation involves overcoming our basic fear and, regardless of the level we are at, basic love is the cure.

The practices that help us with living in the present and connecting to basic love tend to work by centre. Fear keeps all types from undertaking the journey of transformation into unknown realms.

1. Gut – stay in touch with the inner body
2. Head – practice stillness with no ego drive to do or be
3. Heart – acceptance and surrender to shifting points of view and less than best final outcomes

Throughout the weekend, we did experiential exercises, including the repeated question and a monologue from the Diamond Heart tradition. These showed that we can access higher levels of development and that reaching presence is not a mysterious process available only to monks. Practice makes it available to all of us.

We thank all participants for caring and sharing with each other throughout the workshop. Many thanks to Belinda for sharing her gifts with grace and wisdom. We hope to welcome you again to Enneagram North.

Theresa Courneyea



VIRTUES OF THE HEART

The Vice to Virtue Conversion

Helen Palmer Workshop

April 28 & 29, 2007

On the weekend of April 28th and 29th, 2007, a group of us from Enneagram North attended a workshop in Detroit, Michigan lead by Helen Palmer. Helen's in-depth knowledge, clarity and grace, as well as her thorough grounding in contemporary psychology, inspired and strengthened all of us who seek to use the Enneagram for spiritual direction. As always, it was a joy to be a recipient of her insights and, for those of us who had also attended Belinda Gore's workshop the weekend prior, an ideal adjunct.

This workshop highlighted "the vice to virtue conversion", a spiritual strategy that relaxes cognitive/emotional habits instead of fighting them, fleeing from them, or numbing out. We accomplished a deep personal examination of our own emotional habit and its conversion through contemplative practice, dyad inquiry exercises, type group breakouts and panel interactions about the conversion from the perspective of other types.

We learned that it is through our virtue that the beneficial qualities of life force sustains our joy of living. For each type, there is right action and healing from vice to virtue. The conversion for each type is:

<u>TYPE</u>	<u>VICE</u>	<u>VIRTUE</u>
ONE	Anger	Serenity
TWO	Pride	Humility
THREE	Deceit	Honesty
FOUR	Envy	Equanimity
FIVE	Avarice	Non-Attachment
SIX	Fear	Courage
SEVEN	Gluttony	Sobriety
EIGHT	Lust	Innocence
NINE	Acedia (Sloth)	Right Action

We highly recommend any one of the various workshops and courses that are offered by the Trifold School with Helen Palmer, David Daniel and Associates. For more information, contact www.EnneagramWorldwide.com.

Andrea Purcell and Donna Achtem

POEMS FOR ONE AND ALL?

We are as the flute ...

We are as the flute, and the music in us is from thee;
we are as the mountain and the echo in us is from thee.

We are as pieces of chess engaged in victory and defeat:
our victory and defeat is from thee, O thou whose qualities are comely!

Who are we, O Thou soul of our souls,
that we should remain in being beside thee?

We and our existences are really non-existence;
thou art the absolute Being which manifests the perishable.

We all are lions, but lions on a banner:
because of the wind they are rushing onward from moment to moment.

Their onward rush is visible, and the wind is unseen:
may that which is unseen not fail from us!

Our wind whereby we are moved and our being are of thy gift;
our whole existence is from thy bringing into being.

*Masnavi Book I, 599-607, by Jelaluddin Rumi (Author)
E.H. Whinfield (Translator)
<http://www.rumi.org.uk/poems.html>*

Who are we?

Do you feel yourself to be the flute or the music? the mountain or the echo?
Which affects / affirms / challenges you most – victory or defeat?
What factors that are seen / unseen operate in our life?
Think of metaphors for our existence inspired by the spirit of these words.