

EXECUTIVE 2006

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President's Message

Finally, spring has arrived, announcing the start of a promising summer.

As part of EN's commitment to enrich the Enneagram community; EN was honoured to have Mr. Russ Hudson come to Toronto in March 2006 to present his program, ***Psychic Structures and the Superego***. Over 65 Enneagram enthusiasts attended the full week-end workshop. People came from as far away as London (UK), Hong Kong, Korea, and even Regina, a truly international gathering. It was a wonderfully enlightening weekend!

In addition to Russ's workshop EN has more events scheduled, including;

- **Study Group Meetings** – these will continue to take place each month at the home of Ruthanne and George Wrobel. The current discussion topic is Sandra Maitri's book, "The Spiritual Dimensions of the Enneagram" and review of the soul types. Everyone is welcome to attend by simply calling the above number to check dates and times.
- Summertime Gathering—August 16, Wednesday at 6:30pm **Labyrinth Walk** downtown at Trinity Square between the Eaton Centre and the Marriott Hotel (Yonge and Dundas area). See you there!
- October 28 & 29, 2006 – Joan Mitchell will present a new workshop, **"The Enneagram of Spiritual Evolution"**. This will lead us from personality awareness to a consciousness of the soul. Details will be in your flyer.
- Spring 2007 – Dr. Belinda Gore Ph.D., Director of the Ohio Enneagram Centre, will be presenting, **"Tools for Transformation"**. Belinda has trained with Riso and Hudson and has been on the International Enneagram Institute faculty since 2003 and also presents at the IEA conferences. Please check out our website for more information.

This is my last newsletter as President of EN. It's been a wonderful time, although not without its ups and downs, and I've been more than pleased with the calibre of presenters that we have been able to offer and the excellent attendance of our members. I believe that EN has come a long way and will continue to do so under the able leadership of your new President, Moira Canes. Moira has been a Board Member for the past four years, is a psychotherapist, Buddhist Meditation teacher, and co-director of the Transpersonal Therapy Centre. Please extend a warm welcome to Moira and continue to offer her the support that you so graciously gave to me.

I want to wish everyone an amazing spring and summer and look forward to seeing all of you at the Study Groups and Workshops. Remember to check out our EN website at www.enneagramnorth.com for dates, times, and places.

Donna Achtem, President

What's Inside

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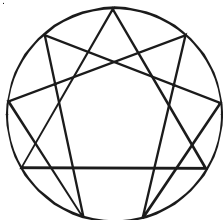
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Psychic Structures: a View from the Inside

by Ruthanne Wrobel

Early in March 2006, Enneagram enthusiasts met in Toronto, with renowned Enneagram teacher and author, Russ Hudson, who is one of the principal scholars and innovative thinkers in the Enneagram world today. He presented a workshop on The Psychic Structures and the Superego. Seventy people gathered from the Toronto area, and from as far away as England and Korea, for several days of information, insights and interactions that deepened our understanding of the inner dynamics of ego and superego, the critical voice within that keeps us reacting to childhood patterns, rather than actively engaging in present life experiences. While this workshop is one component of the Riso-Hudson training for certification, Russ made his teaching accessible to all participants.

On the first evening, Russ defined essential terms, explaining how the ego is a verb, an activity in consciousness, the caterpillar spinning the cocoon, taking on a shape to 'face' the world. The Superego, the Inner Critic operates as the ego's regulatory system, the police officer, security guard, watch dog within, ensuring that the ego is staying within certain boundaries. The superego formed within the child for good reasons, as the ego was developing, displaying the image we grew to assume was good, acceptable, respectable and welcome in the world. But later in our lives, the superego becomes less relevant. It keeps the ego in place, limits the range of what is allowed, and constricts our sense of ourselves to a narrow band of reactions to life experiences. The ego boundaries, superego messages, self-talk, perceptions of self and others, anxieties and projections – the psychic structures – are different for each Enneagram type. For the next two days, we were immersed in marathon sessions that took us deep into the psychological dynamics for each type. We were reminded that the energies and apprehensions of each type are familiar and accessible to all of us. We were given windows through which to view each type from the inside.

It was a remarkable and memorable experience to watch Russ Hudson at work. He began with Eights on Saturday morning at 9 am and proceeded through Nines, Ones and Twos during the next nine hours. On Sunday, we examined types Three to Seven, from 9 am until after 7 in the evening. As a presenter, Russ gave so much of himself, and asked so much, as he imparted information, explained the nine imaginative, revealing diagrams, guided us through meditations, gave directions for reflective interactions, and responded to questions in thorough, thoughtful ways. We knew we were in the presence of a scholarly, masterful teacher. Russ expected much from his audience, as he demonstrated his own powers of concentration. We learned more about life as a Five, watching someone with the mental capacity to keep observing, investigating, probing, instructing, long past the hours when other types would need to take breaks to stretch the body, rest the vocal chords and relax the brain!

Russ kept reminding us to be present, to notice, to be aware, to be here, to feel within us what is happening, and to relate to those around us. He guided us through a short meditation into a core issue for each type. There were several opportunities to work with two or three others, to listen to each other, to respond to repeating questions, to reflect on what we were learning and to experience ourselves in the presence of others with open, supportive acceptance. Participants were impressed by and appreciative of these moments of being attuned to the emotional truths of our lives.

Russ did assign several homework assignments. For example, he said to write down five things you have always wanted to do or be. Read the list over. Then write about how these possibilities make you feel. Now write down reasons why you have not chosen these paths in life. Let as many reasons as possible come to mind. Read them over. Then journal about how these limitations makes you feel. You will learn more about how your Superego operates through this exercise.

Many thanks to the dedicated board members at Enneagram North who made possible this extraordinary week-end. Moira Canes, Theresa Courneyea and Donna Achtem spent countless hours and made special efforts on our behalf, and we deeply appreciate their commitment of time, energy and attention. We trust that insights gained from this experience of listening and learning with Russ Hudson will enhance understanding as your journey of self-discovery continues.

For more information on this workshop and others, consult these websites:
www.EnneagramInstitute.com and www.enneagramnorth.com



Enneagram of Spiritual Evolution

A workshop designed for those who wish to go beyond the Enneagram of Personality to discover new and exciting concepts that can lead to a truly transformational process of personality awareness into a consciousness of soul.

You will learn how the Enneagram is much more than a static description of personality types; you will discover how it illustrates the evolution of the individual personality from birth to maturity and beyond to the transpersonal realm.

Learn how the relationship of personality types to the Divine aspects of Soul can make your life's journey clearer and more meaningful.

*Presented by **Joan Mitchell**, psychotherapist and teacher who has been involved in the Enneagram North community since its inception serving for many years as President and Board member. She combines the wisdom of the ancient mystics with modern gestalt therapy creating an atmosphere of wonder and aliveness. Joan is provocative, supportive and realistic; a person whose life and teachings are inseparable.*

Dates:

Saturday, November 11, 2006, 9:30am – 5:00 pm

Sunday, November 12, 2006, 10:00am – 4:30 pm

Place: 119 Merton Street (Yonge & Davisville area), Toronto

Cost: \$ 125.00

To register or for further information contact:

Joan Mitchell at 905-841-6615 or email: jamit@aci.on.ca or

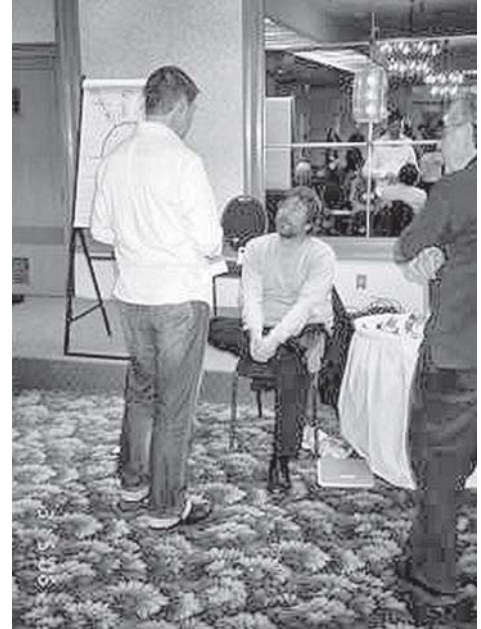
Theresa Courneyea at 416-657-1756 or email: tcourneyea@sympatico.ca

This will be a small group so registrations must be made by October 15, 2006.

Pictures from the Russ Hudson Workshop



Workshop visitors from England



Russ Hudson (centre) with attendees

Members

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

Linda Marion
Bert Rose
Bill Maclean
Kevin Lee
Len Nicholson
Sandy McMullen

Chris Kastein
Mercedes Cobham
Barbara Leonard
Dianne Leigh
Vicente Gannam
Alistair Macrae

Jen Vyselaar
Mary Ann Heywood
David McNorgan
Sue Guttstein
Betty Szilva

Enneagram Materials for Sale:

1. Riso and Hudson CDs \$10.00
 - The Reformer
 - The Investigator
 - The Challenger
2. Riso and Hudson Typing Cards \$45.00 per set.

Enneagram North Library Resources

Listed below are books and resources that members may borrow from the Enneagram North Library. Books have kindly been donated for this purpose. Enneagram North does not promote or endorse certain authors or approaches to the Enneagram. Please contact us if you have Enneagram materials you would like to donate for circulation among members. Materials may be borrowed for up to four weeks.

Enneagram Introductions

- Baron, Renee, Elizabeth Wagele. *The Enneagram Made Easy*. 1994.
- Beesing, Maria, Robert Nogosek, Patrick O'Leary. *The Enneagram: a Journey of Self Discovery*. 1984.
- Brady, Loretta, *Beginning Your Enneagram Journey with Self-Observation*, 1994.
- Daniels, David and Virginia Price. *The Essential Enneagram: The Definitive Personality Test and Self-Discovery Guide*. 2000.
- Hurley, Kathleen, Theodore Dobson. *What's My Type?* 1991.
- Hurley, Kathleen, Theodore Donson. *My Best Self: Using the Enneagram to Free the Soul*. 1993.
- Keyes, Margaret. *Emotions and the Enneagram*. Rev. Ed. 1992.
- Nogosek, Robert J. *The Enneagram Journey to New Life*. 1995.
- Palmer, Helen. *The Enneagram: Understanding Yourself and the Others in Your Life*. 1988. (2 copies)
- Riso, Don Richard and Russ Hudson. *Discovering Your Personality Type: the Essential Introduction to the Enneagram*, revised and expanded. 2003.
- Riso, Don Richard with Russ Hudson. *Personality Types revised edition*. 1996.
- Riso, Don Richard and Russ Hudson. *The Wisdom of the Enneagram*. 1999.
- Riso, Don Richard. *Personality Types: Using the Enneagram for Self Discovery*. 1996.
- Wagner, Jerome. *The Enneagram Spectrum of Personality Styles*. 1996.

Enneagram Applications

- Condon, Thomas, *The Enneagram Movie & Video Guide: How to See Personality Styles in the Movies*, second edition, 1999.
- Goldberg, Michael. *Getting Your Boss's Number*. 1996.
- Mortz, Mary E. *Overcoming Our Compulsions: Using the Twelve Steps and the Enneagram as Spiritual Tools for Life*. 1994.
- Palmer Helen. *The Enneagram in Love and Work: Understanding Your Intimate and Business Relationships*. 1995.
- Searle, Judith. *The Literary Enneagram: Characters from the Inside Out*. 2001.

Enneagram Spirituality

- Addison, Rabbi Howard A. *The Enneagram and Kabbalah: Reading Your Soul*, 1998.
- Bergin, Eilis and Eddie Fitzgerald, *An Enneagram Guide: A Spirituality of Love in Brokenness*, 1993.
- Gotch, Carol Ann, David Walsh, *Soul Stuff: Reflections on Inner Work with the Enneagram*, 1994. (2 copies)
- Hannan, Peter. *Nine Faces of God*, 1992.
- Henry, Kathleen M. *The Book of Enneagram Prayers*, 1987.
- Hurley, Kathy, Theodore Donson, *Enneagram for the 21st Century: The Modern Seeker's Guide to Fulfilling Relationships and Spiritual Vitality*, 2001.
- Metz, Barbara, and John Burchill. *The Enneagram and Prayer: Discovering Our True Selves Before God*. 1987.
- Nogosek, Robert. *Nine Portraits of Jesus*. 1985.
- O'Sullivan, Rosaleen. *Enneagram Dialogs on Prayer*, 1998.
- Riso, Don Richard. *Enneagram Transformations*. 1993.
- Riso, Don Richard and Russ Hudson. *The Wisdom of the Enneagram The Psychology & Spirituality of Transformation*. 1999.
- Rohr, Richard, *Enneagram II: Advancing Spiritual Discernment*. 1995.
- Thomson, Clarence. *Parables and the Enneagram*. 1996.
- Tickerhoof, Bernard. *Conversion and the Enneagram*. 1991.
- Tolomeo, Diane, Pearl Gervais, Remi de Roo, *Biblical Characters and the Enneagram: Images of Transformation*, 2001.
- Zuercher, Suzanne. *Enneagram Spirituality*, 1992.
- Zuercher, Suzanne. *Enneagram Companions: Growing in Relationships and Spiritual Direction*. 1993.
- Zuercher, Suzanne. *The Enneagram Cards: Find your triad, Identify your space, Discover your gifts, Recognize your compulsions*, 1994.

Library Resources (continued from page 5)

Related Works

- Bennett, J.G. Enneagram Studies. 1983.
- Blake, Anthony. The Intelligent Enneagram. 1997.
- Kopp, Richard R. Metaphor Therapy: Using Client-Generated Metaphors in Psychotherapy. 1995.
- Sufi Magazine, published four times a year in London, England. Devoted to the study of mysticism in all its aspects. 4 issues available: Winter 99/2000; Winter 2000/01; Autumn 2000; Summer 2003.
- Vollmar, Klausbernd, The Secret of Enneagrams: Mapping the Personality, Rockport, MA, 1997.
- Vollmar, Klaus. The Enneagram Workbook: Understanding Yourself and Others. 1998.
- Yogananda, Paramahansa, Wine of the Mystic: The Rubaiyat of Omar Khayyam: a Spiritual Interpretation, 1996.

Enneagram Monthly

- Complete issues available for years 2001, 2002, 2003, 2004.
- Some issues available for 1999, 2000, 2005.

Audiotape Cassettes

IEA 2004, 10th Anniversary Conference, August 2004

1. Arthur, Kristin, Enneagram-Based Marriage and Family Therapy.
2. Chernick, Katherine, David Favre, Fears and Desires of the Types of Intimacy.
3. Daniels, David. Anger in Our Lives and Relationships.
4. Dibb, Jessica, Journey to Essence.
5. Fox, Matthew, Creation Spirituality Meets the Enneagram.
6. Gore, Belinda, How to Use the Enneagram in Psychotherapy.
7. Goldberg, Michael, Consulting with the Enneagram.
8. Levine, Janet, Knowing Yourself Helps Your Child, tapes 1 and 2.
9. Naranjo, Claudio, Exploration of Subtypes, tapes 1 and 2.
10. Panel Discussion, Enneagram Perspectives on 2004 American Politics.
11. Pangrazzi, Arnaldo, Death, Dying and Type.
12. Riso, Don and Russ Hudson, The Virtues and the Holy Ideas, tapes 1 and 2.

Compact Discs

IEA 2005, Conference in San Francisco, August 2005

1. Burke, Russell, Ethics and the Enneagram. CDs 1 and 2.
2. Howe-Murphy R. and Wieland-Mark B. Women's Midlife Journey. CDs 1 and 2.
3. Pangrazzi, Arnaldo, Forgiveness and the Nine Types.
4. Seigel, Daniel, Attachment Theory and the Enneagram. CDs 1 and 2.

Videotape Cassettes

Condon, Tom, Enneagram Workshop, A Ten Part Series

- Tape 1: Working with a One
- Tape 2: Strategy Two
- Tape 3: Strategy Three
- Tape 4: Strategy Four
- Tape 5: Strategy Five
- Tape 6: Strategy Six
- Tape 7: Strategy Seven
- Tape 8: Strategy Eight
- Tape 9: Strategy Nine
- Tape 10: Discussing 2s, 3s, 4s

DVDs

- Daniels, David and Courtney Behm, Nine Points of View: Nine Paths to a Productive and Fulfilling Life; the Enneagram in the Workplace.
- Palmer, Helen. Nine Points of View: Men on Relationships; Women on Relationships.