Learn how the psyche’s 9 distinct patterns of thinking, feeling and acting operate in your life to:

- Better understand yourself by incorporating a type-based mindfulness approach
- Improve your relationships with others by cultivating receptivity
- Find greater meaning, fulfillment and joy in life through present-moment awareness

You will learn why Fortune 500 companies, psychologists, church leaders and thousands of people worldwide have found the Enneagram to be one of the most powerful, insightful psychological tools for transformational change.

We will look at your connection to all 9 types, what motivates each type, gifts of each type, coping strategies, keys to personal development, why people of similar types differ and much more. The class will consist of games, short lectures, DVDs, readings, group discussion and interviews with people of different types.

**BOOKS**

David Daniels, *The Essential Enneagram: The definitive personality test and self-discovery guide*

**CLASS SCHEDULE**

**WEEK 1**—Watch *Breaking Out of the Box: Discovering the Enneagram with Helen Palmer*; group discussion of the Enneagram and how its concept of awareness and the inner observer is connected to mindfulness. *Next week:* Read Pgs. 1-19; take the Enneagram test

**WEEK 2**—Play the *Enneagame Card Game*; Group discussion of game and type: Discuss Enneagram Dynamics—Centers/Wings/Arrows; Read Pgs. 24-31

**WEEK 3**—Types Two and Three INTERVIEWS: Read Pgs. 32-39; class questioning of interviewees

**WEEK 4**—Types Four and Five INTERVIEWS: Read Pgs. 40-47; class questioning of interviewees

**WEEK 5**—Types Six and Seven INTERVIEWS: Read Pgs. 48-55; class questioning of interviewees

**WEEK 6**—Types Eight and Nine INTERVIEWS: Read Pgs. 20-23; class questioning of interviewees

**WEEK 7**—Type One INTERVIEW with class questioning of interviewee; Pass out *Mindfulness Centering and Awareness* practices for each type and discuss in small groups. Read Pgs. 71-81

**WEEK 8**—Mindfulness, Aging and the Enneagram—Ways to cultivate the inner observer. If time permits, review core concepts, discuss levels/instincts; look at energy patterns for each type.