



Journey of Growth: Working with the Dynamism and Levels of the Enneagram (Levels Workshop)

November 5, 6, 7, 2010
The Vault
Rudgwick, West Sussex



Facilitated by
Grahame Morgan-Watson

An Enneagram Institutesm Authorised Workshop

Journey of Growth: Working with the Dynamism and Levels of the Enneagram (Levels Workshop)

November 2010
Friday 5th Evening 6:00 pm to 9:30 pm
Saturday 6th & Sunday 7th 9:00 am to 5:30 pm

The Journey of Growth Workshop is about harnessing an understanding of the vertical dimension of the Enneagram, with all the dynamic inter-relationships of the types, to help us in our journey of psycho-spiritual growth. We explore how the Levels of Development, which provide a vertical dimension to the personality types, make clear the "inner logic" of each type and reveal how the various type traits and motivations as well as the movement along the arrows form an interrelated whole. All of these complex inter-relationships weave a subtle and profound web of inter-connections between the types which gives us guidance for our inner growth.

At their most profound, the Levels are the measure of each person's degree of fixation within his or her own type, that is, the degree with which they are able to be Present vs. being swept away by past conditioning, reactivity, and defences.

Working mindfully with the Levels not only provides recognition for where we are in our journey of growth, but also guides us toward greater health and transformation.



Please Note: This is the same Workshop we formerly named the "Levels of Development." We have changed the title and description to align them with the material being

The Levels were discovered by Don Riso in 1977 and subsequently further developed with Russ Hudson. The Levels provide a way of tracking each type's movement along a continuum toward more freedom, consciousness, expansiveness, and Being in the higher Levels—or toward more reactivity, mechanicality, and self-destructiveness in the lower ones. By introducing this "vertical axis" to the types, the Levels explain some of the most important things that we find in human nature—fluidity and change, resistance and conflict, freedom and compulsion—among many human qualities.

In this Workshop, we explore how people "move" from one Level to another, along with other complex "horizontal" movements predicted by the Enneagram. We also see how the main characteristics of each type are related to the degree of contact with Essence as seen in the Levels. Exercises, music, and meditation are used as a way of grounding the information in our personal experience and to deepen our understanding. This Workshop is particularly valuable for those who wish to have more clarity and insight for using the Enneagram in personal growth.

The Levels of Development innovation is the only Enneagram work to be specifically endorsed by Ken Wilber, who has stated that only with this vertical dimension taken into account, does the Enneagram system move toward being a complete psychology. Don Riso and Russ Hudson are the only Enneagram authors to write and teach about the Levels, thus giving their work an extraordinary explanatory power and making a wide range of practical applications possible.

Facilitator Grahame Morgan-Watson;

Founder of MetaMe, Riso-Hudson Certified Enneagram Teacher Hons. Master Practitioner of Neuro-Linguistic Programming (NLP). INLPTA Certified NLP Trainer . Certified Consultant -Trainer of Language And Behaviour (LAB) Profile . Graduate of The Feldenkrais Method®, Student of Ridhwan UK

MetaMe
a triadic approach to well being

Journey of Growth: Working with the Dynamism and Levels of the Enneagram (Levels Workshop)

November 2010

Friday 5th Evening 6:00 to 9:30 pm
Saturday 6th & Sunday 7th
9:00 am to 5:30 pm

Venue

The Vault

Rudgwick, West Sussex, RH12 3EF,
*Book early as space limited to
9 Participants*

Price £225.

Includes Teas-Coffee and Workshop Handout.

**Early Bird £175. before 01/10/10
5% Discount for double bookings**

To Book

Email info@metame.co.uk



Enneagram Institutesm Authorised Workshops

*These workshops have been specially designed by Don Riso
and Russ Hudson to help participants explicitly focus on
practical applications of the Enneagram Insights.*

*This workshops is facilitated by Riso-Hudson accredited
Teacher and Enneagram Institutesm Authorised Workshops
Trainer Grahame Morgan-Watson.*



The Vault is our exclusive private room, especially designed to host our work in of Enneagram Workshops, Coaching, Feldenkrais Method, Vocal Awareness and NLP

The maximum workshop capacity is nine people, and participants will be welcome to enjoy our garden during rest and refreshment periods.

Location: Rudgwick village is on the B2128, via the A281, 18 miles south-east from Guildford and 6 miles west of Horsham.

From M25 unction 9 or 10 19 miles /35 minutes. From Brighton via A23/A272/A24/A281 30 miles/60 minutes.

Rail: Nearest Station Horsham via Victoria/Portsmouth line.

Air: Gatwick Airport 45 minutes by taxi. Heathrow 1:30 by Taxi.

Accommodation choices are available on our web site:
www.metame.co.uk/hotels_and_directions_to_venues.htm

Participants will be sent full directions prior to attending.

MetaMe
a triadic approach to well being

+44 (0) 1403 823 283

info@metame.co.uk

www.metame.co.uk

Diffirs Church Street Rudgwick West Sussex RH12 3EFUK

Booking Form and Policy

Ref: JOG1110RV

The Journey of Growth West Sussex, November 5,6,7, 2010

Name	
House	
Address	
County	
Town	Post Code
Home Telephone	
Mobile Telephone	
Email	

Please provide contact information for additional delegates or if you wish to be invoiced differently from the above address.

Booking Policy

A deposit equivalent to 50% of the workshop fee is required when you register. Early Bird Payments must be paid in full before the date shown. Only bookings made with a deposit will be deemed as secure and places will remain open until such time as a deposit has been received. **The full balance is then due one month before the start of the Workshop.**

Deposits for workshops are fully refundable up to 2 weeks before the start less an Administration Fee of £15. Cancellations made from 14 days before the start of a workshop result in the loss of the entire deposit.

Transfers from one Workshop to another one month (31days) or more before the start of a Workshop will be made for the £15. Administration Fee. If for any reason MetaMe have to cancel the workshop, all deposits and administration fees will be returned in full. This would not normally happen within two weeks prior to commencement. Whilst every effort will be made to ensure delegates are kept informed of the possibility of cancellations, MetaMe cannot be held responsible for any additional losses incurred by participants as a result of having to cancel a workshop. The full name and address of every participant is required for attendance.

Cheques Payable to METAME.

Diffirs Church Street Rudgwick West Sussex RH12 3EF UK

BACS NATWEST plc 60-06-19 30539854

IBAN GB81 NWBK 6006 1930 5398 54