



The Journey of Growth Workshop:

Working with the Dynamism and Levels of the Enneagram (Levels Workshop)

The Vault
Rudgwick, West Sussex

Facilitated by
Grahame Morgan-Watson
Enneagram Institute Authorised Teacher



Training and consulting for people to be more...

Journey of Growth Workshop:

Working with the Dynamism and Levels of the Enneagram (Levels Workshop)

Times : Day one 9:30 am to 7:00 pm
Day Two 9:30 am to 6:30 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.



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

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.

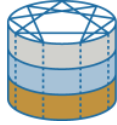
The Levels of Development innovation is the only Enneagram work to be specifically endorsed by Ken Wilber, who has stated that only with this vertical dimension taken into account, does the Enneagram system move toward being a complete psychology. Don Riso and Russ Hudson are the only Enneagram authors 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;
Enneagram Institute Authorised Teacher
Founder of MetaMe, Riso-Hudson Certified Enneagram Teacher Hons. Authorised Nine Domains Facilitator, 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



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

The **Enneagram**
Institute
Authorised Workshops



Times See Schedule page for Dates

www.metame.co.uk/courses.php

Two Days 9:30 am to 6:00 pm

Sussex Venue

The Vault, Rudgwick, West Sussex, RH12 3EF

Price See Schedule page for current prices

www.metame.co.uk/courses.php

To Book

Email info@metame.co.uk

Tel +44 (0) 1403 823 283

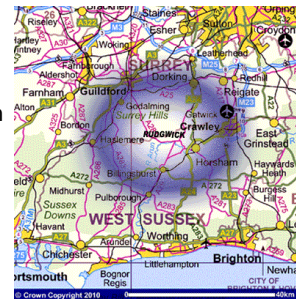
or book online from the course page

www.metame.co.uk/enneagram_journey_of_Growth_workshop.htm

From previous Participants...

"This workshop will help you to be in the present which is real. Not being in the present means that life is slipping through your fingers" Susan. "An eye opener" Joy. "This is an excellent introduction to the Enneagram both useful at a personal level as well as in my work" Bruce. "Inspirational-I would recommend this course to anyone-light bulb moments!" Anne

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. There is a co-op in the village for sandwiches, or we recommend picking up something from M&S foods in Cranleigh Village, about 10 minutes drive north.



Location

20 Miles South of Guidford and 10 miles West of Horsham, in West Sussex, Southern England. 35 minutes by car from London Gatwick Airport & one Hour 15 minutes from London Heathrow Airport. Nearest Rail Station, Horsham. Taxi coast around £18. each way.

Accommodation choices are available on our web site : Participants will be sent full directions prior to attending. Local Bed and Breakfast accommodation start from £30. per night within a 7 minute drive. The nearest recommendations for people without a car; Mucky Duck 01403 822300 from £67. or Linacre Lodge 01403 823522, both around £70. per night and about 4 minutes drive.

MetaMe

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Booking Form and Policy

The Journey of Growth

Date of Workshop you are booking? _____

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.

- Early Bird discounts only apply where a booking and deposit is made by the date stated
- Bookings will only be secured with a 20% deposit
- The balance must be paid 14 days prior to the event commencement date.
- Deposits are not refundable after 14 days, unless by arrangement with MetaMe. However, payments may be carried over to another workshop by arrangement with MetaMe.
- In the event MetaMe have to cancel a workshop, all workshop payments made will be refunded in full. MetaMe cannot be held responsible for any additional losses incurred from this action.
- A Bursary is granted to people who are in full time education, OAP's in retirement and people who are unemployed. Places are limited and MetaMe reserve the right to withdraw any offers or extend the criteria subject to application and advanced notice.
- Further discounts and special offers do not apply to Bursary bookings.
- MetaMe reserve the right to change prices without prior notice

Cheques Payable to METAME.

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G C & R J Morgan-Watson t/a MetaMe**