

The Wisdom of The Enneagram Workshop

Beyond Personality - Towards Presence



Facilitated by
Grahame Morgan-Watson

MetaMe

Training and consulting for people to be more...

The Wisdom of The Enneagram Workshop

Day One 9:30 am to 6:00 pm

Day Two 9:30 am to 6:00 pm

Exploring the dynamics between the *Self Image*, *Essential Quality* and *Wake-Up Call* for each Enneagram type, this workshop provides participants with a *Direct Experience* of the nine *Paths of Transformation*.

By directly sensing all nine types within us, the behavioural motivations for each type become more personally vivid, and from the perspective of the ego-self, more understandable. Such *Gnosis* is a foundation from which compassion arises to see and work with our own personality structure.

- *Why knowing your Enneagram type is helpful*
- *The key to maintaining presence for each type*
- *Using the Enneagram to support personal and spiritual development*

From previous participants

"A real mixture of experiences...a cross between a workshop and spiritual awakening." P. Young. .."a useful way to explore the spiritual elements, which could be missed if someone just read about it" P. Heskell. "Awareness of the Enneagram seems to me to be a foundation stone for any personal growth.for anyone thinking of starting transformative work, this is an excellent place to start." ".it has expanded my understanding of human nature." "insightful, enjoyable, revelatory, integrated."

This Workshop will focus on exercises to help us see through the veils of our personality structures to have a more direct experience of our *Essence*, our true spiritual nature. We will look at the personality types as nine distinct aspects of human nature that can be found in all of us regardless of our type. We will see how these different parts of ourselves manifest personally in our lives, and how, when rightly understood they can lead us to deeper inner resources and lasting joy. In particular, how to recognise the triggers that can lead to identifiable stress related attitudes.

The Format will include conversational teaching and exercises for each type, as well as music, meditations, and practices that will help bring our *Centres of Intelligence* (Thinking, Feeling, and Instinct) into greater alignment, thus opening us to the transformative action of Spirit. We will focus primarily on the spiritual gifts of each type.

If you are interested in finding more effective ways of using the Enneagram in your personal and spiritual practice, or if you are interested in exploring the underlying meaning and Wisdom of the Enneagram, this Workshop will be highly relevant to you.



This workshop is facilitated by **Grahame Morgan-Watson** Enneagram Institute Authorised Teacher, Riso-Hudson accredited Teacher and Authorised Nine Domains Facilitator. Grahame is the 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

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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 price range

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_Workshops.htm

The Enneagram Institutesm Network—Southern England

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.

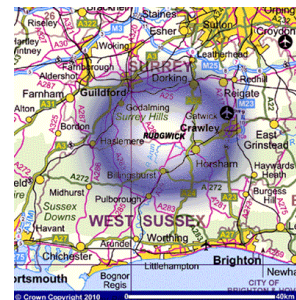
The Vault is our exclusive private room, especially designed to host our work in of Enneagram Workshops, Coaching, Feldenkrais Method, Vocal Awareness and NLP . The maximum workshop capacity is nine people, and participants will be welcome to enjoy our garden during rest and refreshment periods. There 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 Guildford 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 Wisdom of The Enneagram Workshop
Date 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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