

# The Enneagram and the Spiritual Journey



**Led by The Revd Dr. David Rake**

**Friday 10th May 2019**

**10am—4pm**

Once we have learned the basics of the Enneagram and have discovered our place within it we begin to understand the ways in which we individually live out our type. On this study day we shall see how the characteristics of the three centres can help us become more aware of our inner movements so that we can use them positively on our journey towards integration and wholeness. In particular we shall look at prayer, worship, some stages on the spiritual journey and spiritual direction, both from our own perspective and from that of other Enneagram types.

Those coming on this day should have attended an introductory course on the Enneagram and so have a knowledge of the nine types.

Cost: £18 including a light lunch, hot drinks and course materials. Booking essential—please contact the office to reserve your place.

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