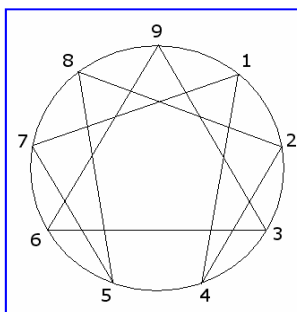


The Enneagram - What drives you?

If you could understand what drives you, (and the significant people in your life) it'd be easier to see what your choices are and where your actions can lead. Personality inventories (like *Myers-Briggs*) provide indicators of personality type that help us understand one-another better, use our strengths appropriately and take account of our weaknesses. My personal favourite though, is the Enneagram system. The origin of this system is unclear; some say it goes back many centuries, yet others say it was introduced by G I Gurdjieff in the 1920s. Regardless of that, it is a study of nine basic personality "drives". Each Type has a particular way of seeking to satisfy a drive; producing either a direction of increasing integration and wholeness or a direction of increasing deterioration. There are variations to the Types, each one tending to "lean" towards one of the Types either side of it so it's not as simple as it might first seem. For example, one of the Types, the *Achiever* (3) is driven to be productive, successful and avoid failure. This Type can lean either towards

being warm and sociable or towards being introspective and artistic. As a result, experiences in life are viewed through that filter. The integrative direction involved in satisfying this drive can produce unbelievable accomplishments while the deterioration produces only manipulation and per-



formance for the sake of status. We each have all of the nine Types within us, but only one of them will

be the driving force that directs our life through its skewed filter. If you want to explore this system further and make your own self-assessment check out the excellent website www.enneagraminstitute.com There are also several books, each taking a slightly different approach. For a fun introduction see "The Enneagram Made Easy" by Renee Baron and Elizabeth Wagele. For a more serious

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examination try Helen Palmer's "The Enneagram in Love & Work". It's important to note that these "drives" are what we've learned to DO, not who we are. They don't define us but explain our patterns of behaviour and way of looking at things in general. And EFT can smooth out the tough spots!

Making Mistakes

Did you suffer for your mistakes as a child - or did you have the extraordinary gift of parents who encouraged you to learn from them? Most of us experienced the former and we are still paying for it today. Not only that, our society fosters criticism and judgment (just watch TV for 5 minutes!). On the one hand we pay lip service to the idea that we all make mistakes - we *are* human after all and therefore will never be perfect, never fail-safe. Yet, whenever mistakes are made and our feet of clay become visible, the first thing that usually happens is to

accuse, blame, seek redress (better still try suing someone). As Dr. Phil says - "Is it working for you?". At first it may seem that it does work (especially if *you* win the law suit!) but, in truth, we are all poorer for it - and not just financially. I'm not talking here of irresponsible or intentional acts which are more likely to be a complete disregard for the wellbeing of other people, but rather the honest and unintentional errors of judgment of which we are all capable. Sometimes the repercussions genuinely are very significant but more often we just make them seem so. After all, why waste a good excuse to be right, or to get the upper-hand? Maybe it's

time to be more kind and accepting of one-another and of ourselves (self-criticism is never the answer) The simple fact is that we WILL all make mistakes.

The questions are:
Will we learn from them?
and especially
Will we forgive them?

Cosmic Quips

*Where you stumble,
there your treasure is.*

Joseph Campbell

Putting Your Heart Into It

Try this - keeping your focus in your head, think about someone for whom you feel great affection. Got it? Now send them thoughts of loving affection. Note how that feels.

Now, try it again, only this time keep your focus in your heart. Bring that same person to mind and send them feelings of loving affection from your heart.

What did you notice? When I do that, the experiences are entirely different. I can think thoughts of great affection but somehow they lack depth and real warmth. However, when I do it from my heart it feels deep, warm and very expansive. Best of all, **I** feel the loving affection more myself too - so it's a win-win

experience! Why am I bothering to mention this? Well, we can't feel with our heads, and if something's important to you it needs the emotional impetus that your heart can provide. We tend to do most of our goal setting from the head - all plans and action! But action is nothing without heart. If you can take something you want to accomplish - a goal of some sort - and imagine it embodied in front of you, then focus on your heart again and emanate the same loving affection towards it that you did before, you might just notice that you feel more inspired and connected to it.

Then get your head in on the act to find the ways and means to make it your reality.

TIP

You always have the option to **choose not to choose!** It's not something we usually consider these days - in the constant rush to make decisions and get things done, but the old adage to "sleep on it" is sometimes an excellent idea. The main thing is to decide whether this is something about which you can afford not to choose - at least for the time being!

Upcoming Events: (Please Phone or email for details)

- EFT Level 1, Thursday evening 19 Oct AND Sunday 22 Oct 2006
Early bird discount for registrations by 6 Oct 2006
- Small-group sessions \$20 or donation - first Monday evening each month at Doncaster (Numbers permitting - booking essential, payment on the night)

Useful Websites

EFT: www.emofree.com
Melbourne health centre:
www.yournaturalhealthcentre.com.au

If you've ever wanted to try either an Indian Head Massage or Reflexology then join the **Dare to Dream Team** for a chance to win a FREE session! Olive Lane, who is also a professional Bowen Therapist, will work on your head or your feet - your choice! Either way, you'll finish feeling relaxed and relieved of stress and tension. Naturally, if you've already enjoyed either of these paths to better health, you know what a pleasure you're in for! See below for entry to the draw. If you don't want to wait until the end of October and would like to book a session anyway, Olive can be contacted on 9886.7687 or check out her web page at www.thepathbetterhealth.com.au

Join the
"Dare to Dream Team"
before 31 October 2006

and be in the draw to

WIN!

**A Reflexology or Indian
Head Massage session
with Olive Lane**

Send your details either by email
to

linblack@netspace.net.au

with **"Dare to Dream Team"** in
the subject box

Or by post to the
Mulgrave address

You'll also be eligible for special
workshop discounts and **10% off**
the cost of private sessions.
More specials in future!

LOCATIONS

Available for private sessions at:

Your Natural Health Centre
The Peaceful Alternative
937 Doncaster Rd
Doncaster East 3109
Phone: 9841 5199

And

For private sessions and workshops at:

Monash Enterprise Centre
5a Hartnett Close
Mulgrave 3170

Contact Linda Black direct on:
0413.313.440

E-mail: linblack@netspace.net.au

**"Dare to Dream Team" garden
mosaic winner - Janne Bonnett from
Rosanna**

Name.....

Address.....

Phone.....

Email.....

Please enroll me as a member of
the

"Dare to Dream Team"

by 31 October 2006 and enter me
in the draw to **WIN a free
Reflexology or Indian Head
Massage session with Olive Lane**