

# Postures, Practices & Prayers working with our Dualities

## THE ENNEAGRAM SYSTEM AS MAP

October 21, 2017

Saturday, 9:00 am-4:00 pm

St. John's Cathedral, Knoxville, TN

PARKING AND  
GREAT HALL ENTRANCE  
414 W. CHURCH AVE.

The major world religions speak to the understanding of oneness, or non duality, as a key piece of spiritual growth. In deepening our self-understanding, we realize that our beliefs in duality arise from unaccepted and unwelcomed parts of ourselves that we, if not aware, project onto others. Naming these parts and welcoming all of us "home" is key to our healing and growth and to dissolving and "us" and "them" mentality. When we as individuals are internally divided, we shrink spiritually. These times invite us, if not beg us, to heal our internal divisions in order that we may become more compassionate participants in our world.

This workshop will offer safe space for participants to explore their Enneagram type's internal stories that create dualities which diminish us spiritually. The concept of the "idealized self" will serve as a springboard for type group discussions, dyad inquiry, and exercises designed to help reshape internal beliefs and outward postures. Also, we will consider the strengths of our Essence and our Personality that we might resource for integration of all of who we are. How does an integrated self pray? What practices support this integration?

Join us as we become present to the courage, curiosity and compassion within ourselves that support us in healing ourselves and our communities.

**Cost: \$130 before October 10 and \$150 after October 10.** Cost includes workshop materials and Saturday lunch. Vegetarian and gluten free options available.

*Participants need a working knowledge of their Enneagram type to participate fully in this workshop.*

### Workshop Facilitator



**SANDRA SMITH, M.Div.**, is an international teacher of the Enneagram system. Certified in the Narrative Tradition and a Certified IEA Professional, she offers this system as a tool for personal and spiritual growth, dissolving patterns that prevent authentic connection with self and other. Sandra has presented at the International Enneagram Association

Conferences and at the Spiritual Directors International Conferences. She works with individuals as an Enneagram consultant and spiritual companion and is an international mentor for candidates for Enneagram teaching certification.

### Guest Facilitator



**LEE ENSIGN, Ph.D.**, a clinical psychologist in private practice in rural East Tennessee, brings to her training a lifelong fascination with exploring the interface of psychological, spiritual, and somatic experience. She is a certified Enneagram teacher in the Narrative Tradition, has trained in the Somatic Experiencing approach to the

treatment of trauma, and incorporates decades of meditation practice into her work. Lee's work has particular focus on treatment of trauma, mood and anxiety disorders Her work engages others in listening to the body's subtle wisdom in support of their healing process.

For information about the workshop content and focus, contact Sandra Smith at 828-684-2339 or [sandraCsmith@charter.net](mailto:sandraCsmith@charter.net).

**For information on logistics (or to arrange a scholarship) call: Thom Rasnick or Chris Hackett at (865) 525-7347. To register on line, go to [www.stjohnscathedral.org](http://www.stjohnscathedral.org).**