



Sandra Smith, M.Div.
Enneagram Consultant

Theologically trained and certified in the Enneagram Personality System, Sandra engages individuals at the core of who they are in exploring their gifts and strengths as well as the issues that challenge them. She finds holy ground at the crossroads of personality and spirituality.

Spiritual experience arises in our receptivity. When we are in lockstep with our personality type, receptivity recedes and spiritual experience eludes us. As Helen Palmer teaches, “A receptive heart resides in us always, yet our focus of attention, emotional habit, and motivations keep us in the play of our personality type.”

Working with the client’s Enneagram type and personal spirituality, Sandra and the client craft specific spiritual practices that work to diminish the personality’s habitual patterns that lull us asleep to our lives. Transformation isn’t cognitive. A rewiring of our responses requires practices.

An embodied transformation has four components. In addition to our desire to transform we must have

- an intention,
- engage repetition
- pay attention
- seek and receive guidance and support.

Individual sessions with Sandra help clients to

*** Cultivate presence**

to become available to self, others, and the Divine

*** Create space for conversation with Divine Intelligence**

to engage the desires of the self and to set intentions

*** Honor the three centers of intelligence**

for a more balanced life

*** Identify core internal stories of the type structure and personal history**

to stretch beyond who we identify ourselves to be, becoming more fully who we are

*** Mine the inner resources of connecting points on the Enneagram map**

for more support and creativity in times of stress and transition

Individual one hour sessions are \$95/hour. These can be done in person or by phone.