



JANUARY, 2012
ON LINE

Journey to our Deeper Selves *the Enneagram and Daily Practice*

*a 28-day ON LINE exploration with
journaling questions, conversation partners
and an individual consulting session*

Re-connect with your Deeper Self, your Essence, as you engage a 28-day structured exploration of your spiritual journey and how the gifts of your Enneagram type can support this process. Develop a daily spiritual practice and apply the insights of the Enneagram to deepen your self-understanding. Through companionship, journaling, discussions, and daily practice, participants can better mine their inner resources to bring more balance and wholeness into their lives. In the dark days of winter, what better way to journey with others than in the comfort of your own home.

What to expect in this 28-day journey

- Encouragement e-mails with journaling questions related to the nine Enneagram types
- Five-1 hour telephone calls on Tuesdays (you select morning or evening-see below)
- Strategies for developing Three-Centered Awareness for greater inner balance
- Support for your daily spiritual practice

Participants who gain the most from this experience will

- Be curious to know how to apply their Enneagram type to their daily life
- Commit time for a daily practice.
- Share weekly results and insights via email
- Participate in telephone calls
- Clearly identify a realistic intention for this time period

Engage this program to

- Gain insight on how “type” sabotages and limits you
- Listen to your body and trust your own wisdom
- PLAN LIFE, NOT TIME
- Explore and claim your own needs and desires clearly

Two Groups of 10 participants beginning in January, 2012

All Enneagram types are invited to participate. This program requires a working knowledge of the Enneagram and is not an introductory course.

TUESDAYS, JANUARY 3, 10, 17, 24 & 31 *(Select the time that best works for you)*

Telephone conference call times: 7:45 am-8:45 am Eastern Time
7:30 pm-8:30 pm Eastern Time

Register by December 1: \$195 After December 1 and before December 30: \$225

Facilitator Sandra Smith, M.Div. is a certified Enneagram consultant in the Palmer/Daniels Narrative Tradition who leads retreats, staff development trainings and offers spiritual direction using the Enneagram as a guide to the deeper Self.

Sandra Smith, Certified Enneagram Consultant 828-684-2339 sandraCsmith@charter.net AlchemyWorksEvents.com

**Registration Form for On-line 28 day Program
Journey to our Deeper Selves
the Enneagram and Daily Practice**

Name _____ **Type** _____

Email Address (clearly please!) _____

Mailing Address _____

Telephone _____ **Amount enclosed** _____

Telephone Time you want to participate: am____ pm____

Briefly, share why you want to participate in this program.

Where do you feel the most powerful invitation to grow spiritually at this point in your life?
