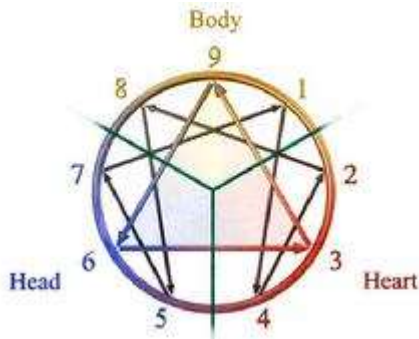


# Would you like to deepen your understanding of self and others?



**The Enneagram** (9-sided figure) is a tool of sacred psychology and has become one of today's most popular systems for developing a deeper and more expanded understanding of self and others.

*"Determining our type through the Enneagram does not put us in a box, but instead helps us see the box from which we view the world,"* says Dr. David Daniels, MD, Stanford University,

author of *The Essential Enneagram*.

## **Having authentic relationships requires a willingness to attain deep understanding of yourself and others....**

Authentic people are aware of the full range of their abilities: they don't apologize for their gifts nor hide their difficulties. In authentic relationships you are able to deal with conflict and difficult situations by speaking with courage and compassion along with a willingness to listen in a way that the other feels heard.

## **Would you like to lessen the "angst" and complaints you have about yourself and others?**

## **Would you like to be less reactive and develop your "wise self"?**

**Developing your "wise self" requires a more complete understanding of self and others.** With enhanced understanding, your accumulated wisdom may be shared with kindness and a sensitivity to and respect for the reality of the other...making you a person around whom others flourish. Join our introductory workshop and follow up series.

**Deepen your understanding far beyond what you already know to be true about yourself.**

**Workshop facilitator:** Sandy Lundahl, MPH, MA. Certified teacher of the Enneagram in the Narrative Tradition.

Sandy says "Panels are simply the best way to get to know the unique worldview of each type. Participants of like-type panels explore their commonalities and discover their unique expression of their type. The purpose for the audience is to listen and learn about each type, which requires you to, above all else, to be curious....and to remain receptive with an open mind and an open heart to hear what life is like from each type's point of view."

**Sponsored by All Saint's Lutheran Church Just Grace Committee**