

Enneagram & The Nature of Mind

Date & Time: Sat & Sun, May 1st & 2nd, 10 am - 6 pm

Cost: \$200 for full weekend, \$125 for one day (in cash only, please)

Location: Sydney Stretch Therapy - Suite 13, Level 3, 88 Pitt Street, Sydney NSW 2000

The *Enneagram* is an ancient teaching system, a tool used to facilitate expanded awareness of the Self. Whether you are very familiar with the Enneagram, or you've never heard about it, the information presented during this weekend will be new.

The ego-mind has certain aspects which tend to lead us towards upset and suffering, while telling us that these are pathways to happiness. It will attempt to divide our experiences of life in half, desiring or clinging to some aspects, while repressing or avoiding others. This sets up a dualistic pattern of relating to life where the ego 'leads the show'. These ego patterns never lead to a lasting satisfaction, happiness, or peace. They tend to lead us into repetitive patterns that we identify as 'who we are'.

For a more detailed description, please see the section below '[Registration and Contact Information](#)'.

Saturday: the reactionary ego-habits will be described. Teachings re. 'Nature of Mind' will lay a solid foundation for Sunday.

Sunday: the 'ways back' to our simple inherent peace or happiness, beyond the ego-mind, will be illuminated.



Lawrence Graziose will be the teacher for the weekend. He has over 30 years experience with Zen and Tibetan Buddhist, shamanic, Sufi, and other spiritual traditions, and became a Dharma Teacher in the Kwan Um Zen School in 1983. Lawrence has worked with and received blessings to teach from Zen Masters, Sufi and Tibetan teachers, shamans, Indian Gurus, and is an adopted spiritual-son of a Cheyenne (Native American) healer. All that he has learned and experienced is included in the way he teaches the Enneagram. It is taught as a way to directly perceive the ego structures, and put an end to the useless upset and suffering these ego-patterns have the tendency to create. The Enneagram can help you change your experience of life, and also help you set yourself free.

To Register, please contact Bek or Cherie:

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'The Nature of Happiness' (which is directly related to the 'Nature of Mind')

Ramana Maharshi, a well-known and much-respected Indian Guru/Saint, once said:

'A human being's true nature is happiness itself'. If this is true, why isn't it our experience? If happiness is our true nature, then why do we suffer? During this weekend, we will explore what obscures and hides our innate happiness or peacefulness.

'The Enneagram'

The Enneagram is an ancient teaching system, a tool used to facilitate expanded awareness and self-inquiry. One aspect of this system is the detailed description of nine ego-fixations or personality types, commonly known as the Enneagram of Personality. Each of the nine types have very specific patterns of thinking and feeling. These patterns or fixations create and sustain behaviors, reactions and limited perspectives that often create upset, dissatisfaction or suffering for ourselves in our everyday lives. Human 'free will' is usually most apparent when we perceive that we can change the *experience* of our lives.

On a deeper level, they blind us to who we really are. The Enneagram of Personality gives us a clear picture of the ego's inner workings, as well as the underlying energy patterns that tend to keep the dysfunctional aspects of ego in control. As a spiritual tool, it shows us where we get stuck, and also how we can free ourselves from these habitual patterns. The nine ego types have very definite conceptual frameworks under which they operate. What one type might see as valuable, another type sees as useless. What one sees as a negative quality or attribute, another might see as a positive personality trait or gift.

This is also true for the 'medicines' or 'antidotes' for a particular ego fixation. What is useful for one type can be detrimental to another. For example, it might be very helpful for one person to get in touch with and express their sadness, while for another this might be the path of an infinite ego-trap (simply: an attachment to sadness, which then creates a 'woe is me').

These habitual patterns will continue to create dysfunction and suffering as long as they remain in control of the Being. They have no true power, other than that which we give them. When we can see the patterns and choose not to feed them, their illusionary control will vanish. With awareness, we can become free from the useless suffering created by the ego fixation.

All human beings want happiness and want to avoid suffering. Our ego patterns will tell us that satisfaction can be found in particular circumstances, behaviors or ways of being, and point us in the wrong direction. A trick of the ego is to lead us towards things that will distract us, taking us further away from our True Self, while telling us that these distractions are the very things we should be looking for. This ego trickery comes in nine flavors, and we all have one favorite. Essence, our True Self, is that which exists underneath the layer of ego, beyond the habitual patterns of thinking and feeling that pretend to be in charge. Ego obscures Essence and creates suffering. Essence is here and now, never separate. When we clearly see our patterns and recognize them for what they are, we can wake up.