

The Sussex Dowzers

(Sunday 9th March 2:00pm)

THE ENNEAGRAM

Exploring the Energies That Drive Us

A fascinating interactive session with

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Heather Brown

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The Enneagram identifies 9 different patterns or energies which we all use. They have their roots back behind our behaviour, in our beliefs about how the world is & how we need to be within it in order to survive. We can use it to help us discern when to follow our automatic patterns & gifts & when these may get in our way. It shows us routes for freeing up our responses to life.

The Enneagram is not about putting us in a box, but rather about helping us to notice the boxes we have already put ourselves in & how to get out of them. It's a practical, compassionate framework which is invaluable for understanding ourselves & other people - without stereotyping!

About your facilitator: Heather Brown is co-director of Enneagram Training UK and has worked with the Enneagram for over 20 years.

Entry cost: £6 which includes a hot drink and biscuits.

The Sussex Dowzers warmly welcome new 'members'.

We do not charge a membership fee, so if you are interested in this talk, please do just come along.

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