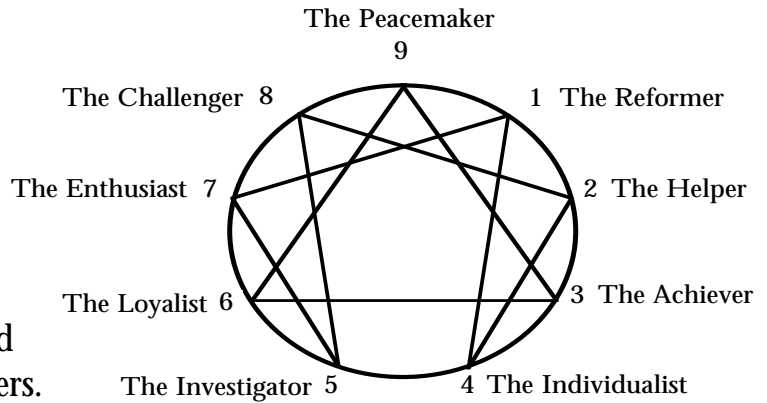


# Enneagram Teachings

## Introductory Workshop

**March 6th-7th, 9-4:30**

The Enneagram Personality Typology is a profound system of spiritual psychology describing nine distinct personality styles. Enneagram knowledge deepens awareness and helps you better understand yourself and others.



Riso-Hudson Enneagram Type Names

This workshop will introduce the 9 personality styles and cover the following:

- Tips on how to discover your Enneagram “land”
- Internal motivation, fear and gift for each type
- Nine habits of attention that filter how we perceive the world
- Soul approach to the Enneagram which increases your authentic compassion & personal freedom

Format includes meditation, teachings, video panels and experiential exercises. Workshop Fee is \$200.

## Enneagram of Holy Ideas

**Thursdays, March 11th - May 20th, 6 - 8:15 p.m.**

We explore the Enneagram of Holy Ideas and the practice of Presence through the teachings of A.H. Almaas ~ author of Facets of Unity and founder of the Diamond Heart School.

*According to Almaas, the Holy Ideas are the 9 rays projected by the Divine One, the Holy Mind, through humanity. He says that no amount of work on personality can free us. We must learn to change our mind at a level beneath personality to open to the Essential States and Highest Qualities of our True Nature.*

The class format includes a meditation, a teaching, an inquiry exercise, group sharing and homework (a focus of attention for the week). The fee is \$250 for 10 weeks.

**Space is limited. Please call or email to register today.  
Kristen9@mho.com or (541) 787-9246**



**Kristen Tussey, MA, LPC**  
**AshlandTherapy.com**

Kristen has worked with the Enneagram since 1986. She trained with world famous Enneagram teachers including Don Riso, RussHudson and Sandra Maitri. She has taught the Enneagram at Naropa University and in small group, community and business settings; and applies the teachings within her life and counseling practice. She is a transpersonal counselor in Ashland and a member of the Diamond Heart School under A.H.Almaas.

**Ashland Transpersonal Counseling Center**  
**233 4th Street • Ashland**