



## What is Somatic Enneagram™ Practice?

So often we are not able to change the way we react and find ourselves repeating behaviors that are not giving us internal fulfillment nor contribute to creating lasting relationships. The promise of the Enneagram is that we can recognize patterns of behavior in ourselves and in others, according to nine different views. This can help us have a greater understanding and compassion for the different ways we think, feel, and sense. As we have added the Somatic (Soma means “body” in Greek) aspect of the cognitive-emotional map, transformation can take place through an integration of the three centers of intelligence: Head, Heart, and Body.

At the heart of our work with the Enneagram is the process of increasing awareness of ourselves — how and why we react as we do and where this is experienced. A critical part of this awareness is the “felt sense” in the body. We are often able to obscure and deceive ourselves by following our highly conditioned cognitive-emotional patterns. By listening to the body, we can access these operating patterns at their roots. This enables us to free ourselves from automatically following these impulses and reenacting our type patterns.

This program teaches how to skillfully use the Somatic Awareness Practice. This practice strengthens our capacity to stay present longer to the uncomfortable sensation of the highly defended aspect of our type structures in order to free the life force contained within it. Ultimately, this leads to a more peaceful and resourceful state of being with greater resilience, restoration and balance, and a grounded platform of receptivity in which we can experience our lives from present-moment awareness. The relationship within reflects the relationship we have without. When we have the capacity to open ourselves to our lives, we can experience a greater connection with the original state of who we are meant to be: open-minded, open-hearted and compassionate, plus, grounded in our physical presence, and fully in touch with the free-flowing life force, sustaining us and connecting us with spirit.

**The Somatic Enneagram training can be taken with or without culminating with certification.**

**Prerequisites To Participating in the Somatic Enneagram™ training for our own enrichment:**

- A sufficient, basic understanding of all nine types of the Enneagram system is advisable
- This is a sequential program, from Module 1–5, and it is not a beginner’s program. Good self-awareness and sufficient knowledge of one’s own correct Enneagram type is necessary.
- This program is for those who want to dive more personally and deeply into their own growth and learning, as well as for those who want to pursue certification for their own professional or personal application.
- The program calls for a commitment to personal and professional growth and the desire to deepen understandings of the obstacles to self-observation, automatic patterns of behavior, somatic defense system, and the reactivity associated with one’s own type.
- This program calls for a commitment to an Inner Practice and its significance for creating the capacity to relax type structure.
- Participants are willing to take full responsibility for one’s psychological health and physical well-being and have the wisdom to seek professional support as needed. Participants also know when to send one’s clients to seek support from additional coaches, consultants, and/or counselors.

## 5 DISTINCTIVE TRAINING MODULES

### **MODULE 1: Basic Introduction to Somatic Awareness Practice (2 days)**

Learn about the foundational elements and methods of the Somatic Enneagram through personal and panel inquiry. In this practice, we learn to use our body’s intelligence to relax type structure and cultivate inner resources, allowing ourselves to return to a grounded and receptive way to experience a more open way to meet ourselves, others, and the world at large.

### **MODULE 2: A Somatic Approach to the Defense System of the Enneagram (2 days)**

Learn to use somatic intelligence to recognize our automatic defense mechanisms and the adaptive strategies of our type. This gives us greater freedom and choice in how we respond and react to our life circumstances. Understanding what is driving our reactions and behavior and being able to contact them at the point of arising is what the focus of this workshop. Our neurobiology is a hierarchical system and is designed to respond to first-needs first; it determines the automatic reactivity we seem to repeat until we build the capacity of “felt sense” awareness, which builds our resources.

### **MODULE 3: The Enneagram — Experiencing Essence and Survival Strategies of Type (2 days)**

This module focuses on a somatic approach to distinguish the experience of essence (Enneagram of Harmony) from the categories of perception of Enneagram type (Enneagram of Process) — understanding the interfacing of the Law of Three and the Law of Seven. Working with accessing the deeper wisdom of the Enneagram gives us an appreciation for and a connection to qualities of inherent wisdom. Learn how to activate these energetic wisdom centers in order to help us metabolize the deeper patterns of automatic behavior.

### **MODULE 4: Certification Mentoring Program (2 days)**

This module consists of practicing and developing the skill level required to recognize the obstacles to relaxing our type structure’s reactivity, from a somatic point of view. Training focuses on learning how to conduct the somatic-inquiry method and how to identify the client’s, as well as our own, non-verbal signals, including learning to listen to the language both we and the client use, and to commit to using this specific language in the facilitation process. This module teaches us to utilize the Somatic Awareness Practice — the foundational pillars and the method — and how to facilitate the transformation process with one’s self and one’s client.

### **MODULE 5: Enneagram of Transformation (3 days)**

A retreat format with a three-centers approach, moving around the circle counter-clockwise and clockwise. Experience how we developed and formed our type through the counter-clockwise movement. When we realize that there is more to life as we live it and decide to look for a deeper understanding, then we then begin the renewal of our development in the clockwise direction and explore the invitation of conscious transformation. This prepares us for the shock points at point 3, 6, and finally, between 8 and 9. Guiding people to a freer way of being and offering the support needed to choose a different, less-conditioned way of responding than the automatic behavior — according to type — is possible with an awareness of the somatic underpinnings of these patterns at the shock points.

MODULE 5 may be followed by the Competency for Certification program for those interested and qualified to pursue certification as a Somatic Enneagram™ Facilitator.