

## Enneagram - Path to Light 3/23/11 - Wed Gathering in Rockville

Posted At : March 17, 2011 8:54 PM | Posted By : Michael Smith

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This Wednesday [Sandbox gathering](#) we join Leonard Rosenbaum and learn about the Enneagram. How can you understand yourself, family and partners better? What if you sometimes do or say things that seem to be stuck in a pattern? How can we grow and transform faster in these rapidly changing times?



The enneagram is thought of as a personality-typing system, though enneatypes are much deeper than "personality types." Our enneatype reflects our primary drives, passions, underlying motivations, "energy," focus of attention, and perspective /orientation to the world. It also is related to the psychological (and physiological) armor we wear, the lenses through which we view the world, and our manner of relating to the world. Our enneatype is a prism/filter that overlays our true self. Each of the 9 enneatypes reflects a psychospiritual trauma and deficit for which we take measures to compensate. Each enneatype also brings psychological and spiritual gifts, as well as a path toward growth and transformation.

Leonard will give an overview and enactment (role-play) of each enneatype, provide opportunities for attendees to discover their enneatype, and facilitate a discussion in which we will explore ways in which our enneatypes affect our relationships and ways of being in the world, as well as paths toward transformation.


### The main personality types include:

- 1. The Perfectionist** – Productive, organized, wise, ethical and reliable, this type of personality is concerned with doing things right, living right and improving themselves and things around them. They can be judgmental, critical, controlling and anxious as well.
- 2. The Helper** – Generous, insightful and caring, Helpers must be loved to feel their value and react positively to others. They can also be martyr like and possessive, and sometimes overly accommodating.
- 3. The Achiever** – A pretty self-explanatory personality, the achiever is driven by success and hates failure. At their worst, Achievers can be vindictive, narcissistic and pretentious.
- 4. The Romantic** – A key character in almost every plot line, the Romantic is addicted to emotion and must experience her feelings. She doesn't wish to be ordinary and can sometimes be self-conscious, moody or self-absorbed.
- 5. The Observer** – At their best, they are analytical and consumed with knowing and understanding the world around them. At their worst, they can come off as critical of others, intellectually arrogant and negative.
- 6. The Questioner** – "Do I fit in?" is a common thought for the Questioner, a personality driven by the need for security. While they can be compassionate and warm, they can also be paranoid, defensive and rigid.
- 7. The Adventurer** – True adrenaline junkies, No. 7's thrive on activities, want to contribute to the world and don't enjoy suffering. Their confidence and spontaneity can sometimes be interpreted as narcissism and lack of discipline.
- 8. The Asserter** – The Asserter doesn't want to take "no" for an answer and wants to be self-reliant. Authoritative, energetic and loyal, No. 8's can also be rebellious, self-centered and aggressive to avoid feeling inferior or dependent.
- 9. The Peacemaker** – Nines hate conflict and want to smooth things over, but their emotional responses to various situations can vary from genteel and polite to obsessive and forceful. (from <http://www.necessarywriters.com/?p=890> )

Bio:



Leonard Rosenbaum is a holistic health coach and energy healer who serves as a board member of the Intl. Primal Assn. ([www.primals.org](http://www.primals.org)), Intl. Assn. of Cancer Victors & Friends ([www.cancervictors.net](http://www.cancervictors.net)), and BestAnswerForCancer.org. He is the director of Alternative Cancer Information Resources, which is a clearinghouse of information on alternative treatments for cancer and other health conditions. Leonard's academic background includes clinical psychology and

 psychoanalysis. His interests include nonviolent communication, primal therapy, contact improv, massage, sacred intimacy, and tantra. Leonard can be reached at leonardleonard1 (at) earthlink.net or 202-393-2885.

The workshop begins after dinner at 8pm. I invite you to join us, though as always what ever choice you make you will be honored in.