

Jessica Dobb & Russ Hudson - The Experiential Depth Approach to the Enneagram

What You'll Discover in These 17 Modules

In this Enneagram training, you'll be guided by Russ Hudson, one of the foremost and unique articulators of the Enneagram Teachings; and Jessica Dobb, one of the foremost and innovative creators of experiential practices in the Enneagram field.

Together, they will present an original evolutionary program to support your wholeness, consciousness, and awakening through the multidimensional guidance and transmission of the Enneagram.

Russ and Jessica will illuminate and articulate the higher aspects of the Enneagram, beyond type — sharing innovative practices to help you integrate and *embody* what you discover, in your daily life.

They'll also explicate and build the architecture of what actually happens to your **body, heart and head as you activate the deeper qualities** of not only your own type but *all* nine types.

During this 17-step journey into the sacred dimensions of the Enneagram, you'll discover:

- The original purpose of the Enneagram that takes us far beyond mere descriptions of our character structures
- The real meanings of the passions, the fixations, the centers, the instincts, the Virtues, the Holy Ideas, as well as of Essence and Personality
- The nature of experiential work in the context of the Enneagram
- The role of presence in working with the patterns of personality/ego.
- The innate life qualities called Instincts — and how they appear in nature and in you
- The deep qualities of Instincts as *felt sensations*, which are part of your body's wisdom
- How the core suffering of the heart shows up in the Instincts, and interferes with their natural functioning
- A customized set of experiential practices for working with your Instincts and creating better balance between them
- The definition and meaning of the Holy Ideas
- The Holy Ideas' relationship to the Virtues and the essential qualities and gifts of each of the 9 types
- How these deeper states of consciousness or nondual awareness relate to your mental patterns or "fixations."
- Psychological patterns that tend to dominate our relationships

- Relationship as a structure necessary for life, but not able to bring the heart what it truly seeks
- How to open to new qualities of genuine relatedness: appreciation, aliveness, and kindness
- Sensations and energy flows in your body that occur when psychological patterns are relaxed
- Practices for working with a current important relationship and recognizing the patterns you're bringing to it
- Each Enneagram point as an expression of Essence and an aspect of the Divine
- Release your egoic perceptions of the Divine

The ancient wisdom of the Enneagram can aid in true psychological and spiritual integration — and serve the compelling need of our species to develop in unimaginable ways so we can address, and heal, the collective wounds of our times.

This immersive training will be an stimulating, cutting-edge *and* personal. Each teaching and discussion session will build harmoniously upon the next and feature at least one of the two faculty.

Module 1: Opening to Your True Potential: The Promise of a Depth Approach to the Enneagram *With Russ Hudson & Jessica Dobb*



The experiences and qualities of life which are most fulfilling and significant for our journey often get overlooked or forgotten because we spend our days more focused on other matters and activities... and often doing so from a contracted state of fear, separation, or inertia.

Many of us have the capacity to contact the deeper layers of our heart and soul, yet we haven't learned to *stay* connected to this parts of us as we move through our busy lives.

Why it is so difficult to stay connected the sacred? Why do fear, separation and inertia tend to be our default modes?

While often we will learn about the Enneagram as a classification system for human beings — simply finding out which of nine types best fits us — it is actually intended as a study of bringing the depth of our awareness and kindness to the patterns in our psyche that lead us to forget our essence and disconnect from the Divine.

In this first module, you'll discover:

- The depth approach to the Enneagram and how it differs from other approaches
- Components and tools of this unique approach
- The real meanings of the passions, the fixations, the centers, the instincts, the Virtues, the Holy Ideas, as well as of Essence and Personality
- The original purpose of the Enneagram that takes us far beyond mere descriptions of our character structures

Module 2: The Inner Marriage of Personality and Soul: Discovering, Navigating and Cultivating Being & Inner Space

With Russ Hudson & Jessica Dobb



In its original sense, the Enneagram does not describe “who we are” but invites us to look at what we are usually “taking ourselves to be.” Through the cultivation of presence in our bodies, hearts, and minds, we develop the capacity to actually see and feel the psychological patterns that usually dominate our experience.

In this way, we begin to participate in an inner marriage of soul and personality. This brings about not only spiritual experiences, but a genuine transformation of our lives through a genuine transformation of what motivates our choices and actions.

In this class, you'll discover:

- The nature of experiential work in the context of the Enneagram
- The role of presence in working with the patterns of personality/ego.
- The “alchemical gold” of inner work — the results of cultivating our true inner life
- The difference between realization and actualization

- How to “be with” your experience rather than rejecting or judging it
- The correct roles of the three centers: body, heart, and head.
- The relationship between the ego’s strivings and a deeper wish for authentic qualities of being
- How different approaches to inner work can support your journey

Module 3: Inner Work & The Instincts: Bringing Presence to Your Instinctual Drives

With Russ Hudson & Jessica Dibb



The Instincts (or subtypes), and the roles they play in our lives and in our development, are one of the “hottest” topics in the Enneagram field. And while there are many teachers involved with this subject, presenting different theories, applications, and perspectives, the role of the instincts in inner work is seldom presented.

Here we will have the beauty of Russ and Jessica bringing together different facets of this teaching arising from the different elements of this work that they have focused on. Together they will weave a rich immersion in the topic, not to give final answers, but to launch all involved on a deeper investigation of how these fundamental intelligences operate in our personal lives.

The three basic Instincts as described in Enneagram theory and in Fourth Way teachings are nature’s intelligence acting through us. When these instinctual drives combine with our primary Enneagram pattern, it produces a primary “subtype,” with a particular set of behaviors. First, though, it’s important to recognize the Instincts as *specific energies* and sensations in the body.

In this module, you’ll explore the sense of all three drives and how they manifest in particular behaviors in your daily life. While one of these drives may be more prominent than the others, all three are operating in you in some way.

A big part of inner work is learning to recognize the deeply ingrained habits in relation to your instinctual drives — and to also acknowledge the areas of life you’ve unwittingly neglected.

As you develop awareness and more balance among the Instincts, you create a stable platform for opening to the deeper mysteries of your heart and mind. From this foundation, you can more easily integrate these expansive, spiritual experiences into daily life.

We will explore the direct experience of each instinct and look at common ways that it appears in daily human behavior. And a practice will be introduced of consciously using all three instincts together to create new neurological circuits for integrated choices and actions.

- The innate life qualities called Instincts — and how they appear in nature and in you
- How to recognize and experience the deep qualities of Instincts as *felt sensations*, which are part of your body's wisdom
- How to recognize Blind spots and inertia in each of the instincts
- 9 Zones within the Instincts that reveal different arenas of life in which these natural intelligences play out
- How the core suffering of the heart shows up in the Instincts, and interferes with their natural functioning
- How to create a set of customized practices for working with the Instincts and creating better balance between them
- How the Instincts are transformed from supports for the ego, to support for your soul realization and maturation
- An emerging feminine and right brain perspective and orientation to the instincts that brings in new possibilities for the transformation

Module 4: The Virtues as the Signs of Genuine Transformation (Points 8, 9, 1, and 2) *With Russ Hudson & Jessica Dobb*



From a depth approach, each Enneagram point, beyond being a type of person, represents particular qualities of presence. When these finer qualities of presence come to bear on our ego patterns and their inherent suffering, they create an alchemical reaction, the result of which are the nine Virtues.

The Virtues are thus the *result* of inner work, and become the natural expression and way of being for a person. They represent a strength and fullness of heart, as distinguished the human tendency to get caught in endless reactivity or numbness.

In actualizing not only our own type's Virtue, but all nine, love becomes the organizing principle of your thoughts, decisions, relationships and communities.

The first big step in this spiritual alchemy is learning to be compassionate with ourselves. The presence we have cultivated supports us in being with the inner hurts and reactions that have driven so much of our behavior.

As we look deeper, we may notice that the core of suffering in our hearts was created by a deep disconnection from Source, however we choose to define that. We discover how much of our ego's motivation has been seeking ways to handle this core of suffering and to be able to get on with our lives despite it.

But if we keep looking, we see again and again, that as soon as we come home to ourselves and the living moment, real healing occurs. Our spirits can flower, and our capacity to be a vehicle of love and truth in each moment becomes REAL, sustainable and embodied.

You'll discover:

- The specific relationship between the heart's suffering, and qualities of presence and grace
- The alchemy of restored presence bringing about a turn of the heart towards its true source, the "Beloved."
- The Nine Virtues as doorways to another kind of human life and community — the alternative to fear as an organizing principle
- How the Virtues reflect the qualities of a real teacher — the signs of someone who has actually been on the authentic journey of awakening
- The core suffering of the heart that is at the root of the passion of lust
- The real meaning of the passion of Sloth, which isn't "laziness" but rather, habitual state of withdrawn attention, normal for egoic life
- The core suffering of the heart that is at the root of the passion of Angry Resentment
- The real meaning of the passion of Pride, often misunderstood, and a major challenge for those in helping professions

Module 5: Practicing Virtues Somatically, Emotionally, Cognitively & Spiritually

With Jessica Dobb



Realization is awareness of a truth, and it does partially transform us. Actualization is a permanent and enduring state of transfiguring the body, heart, and mind. In this class, you'll experience somatically, emotionally, cognitively and spiritually, the virtues of points eight, nine, one and two.

Jessica will guide you to experience in all three centers, these heart qualities within you:

- Innocence
- Engagement
- Serenity
- Humility

Module 6: The Virtues as the Signs of Genuine Transformation (Points 3, 4, 5, 6, and 7)

With Russ Hudson & Jessica Dibb



We continue our journey, learning to bring Presence and Essence to our hearts, transforming them into the qualities of the awakened heart. In this module, we will focus on the virtues of

point Three (authenticity) point Four (equanimity), point Five (non-attachment) point Six (courage), and point Seven (sobriety).

You'll discover:

- The core suffering of the heart that is at the root of the passion of Vanity, and its corresponding virtue of Authenticity
- How to recognize and experience more deeply the qualities of Equanimity in your daily life, and how they are related to the passion of Envy
- The real meaning of the passion of Avarice, which is generally *not* the withholding of knowledge, and how it opens to the Virtue of Non-Attachment
- How to recognize and experience more deeply Courage in your daily life, and to learn how it is the result of the transformation of fear and anxiety.
- The core suffering of the heart at the root of the passion of Gluttony, and its transformation into Sobriety — the great stillness and intelligent sensitivity of heart.

Module 7: Practicing Virtues Somatically, Emotionally, Cognitively and Spiritually

With Jessica Dibb



Now that we have discovered something of the qualities of the Virtues for points Three through Seven, Jessica will take us through a multi-textured experiential journey through these qualities. Practices will bring somatic, emotional, cognitive, and spiritual intelligence to bear on the Virtues of points Three, Four, Five, Six, and Seven, embracing all of ourselves from Essence, conception, gestation, birth, childhood, adulthood, now and the future as:

- Authenticity
- Equanimity
- Non-attachment
- Courage
- Sobriety

Module 8: Awakened Mind and the Holy Ideas *With Russ Hudson & Jessica Dibb*



Throughout the ages masters and teachers have talked about the potential of human beings to recognize and build a vehicle for higher consciousness within our body, heart and mind so that Essence can flow unimpeded through every aspect of our life, every breath.

The triadic intelligence of the Enneagram shows us how we can awaken, build and flower these dynamics by doing Inner Work with the awakened instinctual drives, the higher emotional capacities (the Virtues), and the higher intellect (the Holy Ideas). In the next four classes we will focus on the transformation of mind — from inner chatter boxes and dull states of consciousness, to bright, peaceful and spacious qualities of direct knowing. These qualities are referred to as the Holy Ideas, nine perspectives or vantage points of nondual awareness or of the Higher Intellectual Center, George Gurdjieff's term for the Illumined Mind.

The Holy Ideas aren't to be strived for; nor is there a finish line in this process. Yet, as we bring more presence to the habitual patterns of our thoughts and perceptions, alternative views of reality can empower us to open to a much broader range of understanding and response, softening rigid ego patterns, without rejecting them.

In Module 8, you'll discover:

- The definition and meaning of the Holy Ideas
- The Holy Ideas relationship to the Virtues and the Essential Qualities or Gifts of each of the 9 types
- How these deeper states of consciousness or nondual awareness relate to your usual mind and mental patterns, described in Enneagram teachings as the Fixation
- The Holy Ideas of Enneagram points Eight through Two
- The Law of Three from which you can discern ordinary knowing from growing awareness of the deeper qualities of Mind
- Body-centered principles and techniques which support an opening to Higher Mind and help you live truly in the moment

- The specific relationship between the mind's ego fixation and the direct experience of unity of being

Module 9: Living from a Boundless Perspective: An Experiential Journey Through the Holy Ideas of Points 8 9, 1, and 2 *With Jessica Dibb*



The Holy Ideas cannot be grasped in the usual ways that we understand things, and indeed they are an experience of Mind beyond our usual mental activities. They are not qualities, and not exactly any felt sense.

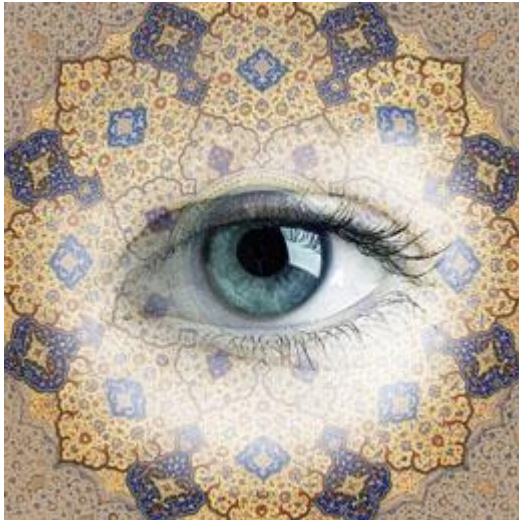
Yet without an ability to abide in our felt sense, they remain elusive. We come to understand that these qualities of Mind need to be experienced directly, and that all of our centers are needed for this to occur. In this module, Jessica will help us come to deeper realizations and experiences of these perspectives.

In this class, we will bring somatic, emotional, cognitive, and spiritual practices to support the realization of this non-dual ground of our consciousness, embracing all of ourselves from Essence, conception, gestation, birth, childhood, adulthood, now and the future.

We will explore presence from the perspectives of:

- Holy Truth
- Holy Love
- Holy Perfection
- Holy Will
- Holy Freedom

Module 10: Awakened Mind and the Holy Ideas:



In this class, we'll continue our exploration of the Holy Ideas, discovering the non-dual perspectives of points 3, 4, 5, 6, and 7.

We will explore presence from the perspectives of:

- Holy Hope & Holy Harmony
- Holy Origin
- Holy Omniscience & Holy Transparency
- Holy Faith
- Holy Plan & Holy Wisdom

Module 11: Living from a Boundless Perspective *With Jessica Dibb*



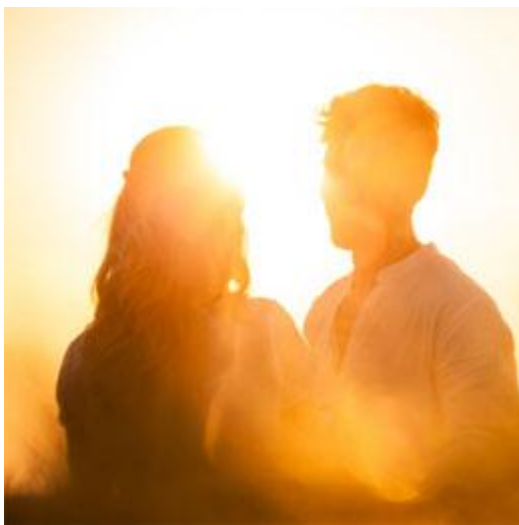
At some point, it becomes clear that the Holy Ideas cannot be grasped in the usual ways that we understand things, and indeed they are an experience of Mind beyond our usual mental activities. They are not qualities, and not exactly any felt sense. Yet without an ability to abide in our felt sense, they remain elusive. We come to understand that these qualities of Mind need to be experienced directly, and that all of our centers are needed for this to occur. In this module, Jessica will help us come to deeper realizations and experiences of these

perspectives. We will bring somatic, emotional, cognitive, and spiritual practices to support the realization of this non-dual ground of our consciousness, embracing all of ourselves from Essence, conception, gestation, birth, childhood, adulthood, now and the future.

We will explore presence from the perspectives of:

- Holy Hope, Harmony, and Law
- Holy Origin
- Holy Omniscience & Transparency
- Holy Faith
- Holy Plan & Wisdom

Module 12: From Relationship Structures to Shared Presence *With Russ Hudson & Jessica Dibb*



We've spent many weeks opening pathways to the true depth of what we are, practicing embodying presence and integrating its many qualities into our lived lives. We have of necessity focused on our own internal work as a necessary foundation for this development.

However, if we truly want to live from our essential being, we must learn to stay present with other people — which for many of us is a more challenging journey.

Most of us may be able to stay awake and focused in meditation or other solitary spiritual practices, but quickly revert to our egoic patterns when other people are around or when we need to accomplish tasks with them. So we need to understand and experience presence and radical relatedness with others.

This relatedness is alive and ever-changing. We encounter ourselves, others, and reality freshly moment by moment, and it is in the immediacy of this encounter that we gain much greater freedom from our egoic patterns, but also come to a deeper love and appreciation for our lives and for the people in them.

In this module we will:

- Learn to recognize some of the psychological patterns that tend to dominate our relationships
- Come to recognize and appreciate relationship as a structure — necessary for life, but not able to bring the heart what it truly seeks
- Work through some of the patterns to open to new qualities of genuine relatedness: appreciation, aliveness, and kindness
- Explore the feeling of relatedness through experiential practices
- Learn how relatedness can become a powerful tool in maintaining our inner work and development

Module 13: Relationship as the Root of Ego AND the Doorway to Awakening With Russ Hudson & Jessica Dobb



If we take in the learning from the previous module, we can see the disparity between our persistent relationship patterns and the actual experience a true relatedness. The Enneagram teachings offer a uniquely effective way of recognizing and holding these patterns with compassion. For most of us, each significant encounter has been a way of keeping our ego self intact and unaffected.

We may even be drawn to people with whom we can continue to play out these patterns as a way of keeping our familiar self going, even when it causes us great suffering. Thus, working with them can be a fast track for awakening to a new Self. As we are liberated from our historic identity systems, we are more able to listen, to share, to love, and to show up authentically for others and for ourselves.

In this class, you will:

- Explore more deeply the psychological patterns which shape your historic self concept and relationship needs, working with temperament and type reactivities
- Review some of our key relationships to understand how these patterns play themselves out in our personal lives
- Experience how the sensations and energy flows in your body when these patterns are relaxed
- Welcome what arises in the heart when these patterns are relaxed

- Notice what opens in our orientation, perspectives, and thoughts about self and others, when these patterns are relaxed
- Work on a current important relationship, seeing the patterns we are bringing to it, and considering what might happen if we were free from those patterns with that person
- Recognize that in the journey into union, the usual sense of self AND the usual sense of other dissolves. If we truly realize oneness, what is relationship?

Module 14: The Divine is Everything: From Poverty to Treasure in our contact with the Divine (Part 1)

With Jessica Dibb & Guest Teacher Cynthia Bourgeault



Something is more vast, more intelligent, more capacious than our individual sense of self and life. It is the Divine, God, Goddess, Source, the All that is. Whatever one may call it, our quest to be in contact it is limited by the blind spots of our personalities. The Enneagram offer us an immediate way of seeing and exploring the ways we have avoided contact Divine, as well as how the personality devalues certain expressions of it. The Enneagram invites us to immerse ourselves in the many qualities which are reflections of the Divine and that contribute to our wholeness.

From our fear, and the defenses and lenses of our unexamined personality reactions, we will have a poverty stricken relationship with the Divine. However, from the examined personality and through the cultivation of Presence in our bodies, hearts and minds, we become more receptive and available to the fullness of God.

In this class, Cynthia Bourgeault will join Jessica Dibb to guide you in a deep exploration of the Divine and the ways it is reflected in each of the nine types.

You'll discover:

- How the Enneagram invites us to a more whole relationship with the Divine, including the Law of One, Three and Seven

- How the Enneagram invites us to a more whole relationship with the Divine, including the Law of One, Three and Seven
- How each Enneagram point is an expression of Essence and an aspect of the Divine, and how it invites us to see and release our egoic perceptions of the Divine.
- How Point 8 is a reflection of the Divine
- How Point 9 is a reflection of the Divine
- How Point 1 is a reflection of the Divine

Cynthia Bourgeault is a modern-day mystic, teacher and Episcopal priest, and the internationally renowned author of *The Wisdom Jesus: Transforming Heart and Mind*, *The Heart of Centering Prayer: Nondual Christianity in Theory and Practice*, and *The Meaning of Mary Magdalene: Discovering the Woman at the Heart of Christianity*.

Module 15: The Divine is Everything: From Poverty to Treasure in Our Contact with God (Part 2) With Jessica Dibb & Guest Teacher Cynthia Bourgeault



In our work with the Enneagram, we can come to sense, love and know the Divine with its infinite faces, expressions, qualities and possibilities. In this class, Cynthia and Jessica further illuminate the ultimate purpose of the Enneagram: To restore us to our intimate contact with Source and learn to live from this Truth.

You'll be guided to explore and open to the ways in which:

- Point 2 is a reflection of the Divine
- Point 3 is a reflection of the Divine
- Point 4 is a reflection of the Divine
- Point 5 is a reflection of the Divine
- Point 6 is a reflection of the Divine
- Point 7 is a reflection of the Divine

Module 16: As Above, So Below, As Inner Work, So Outer Work With Russ Hudson & Jessica Dibb



Anyone sincerely being transformed by this work will be engaged in a process of dissolving their usual polarities. We stop rejecting parts of ourselves and our world, and begin seeing, loving, and experiencing the unitive nature of reality.

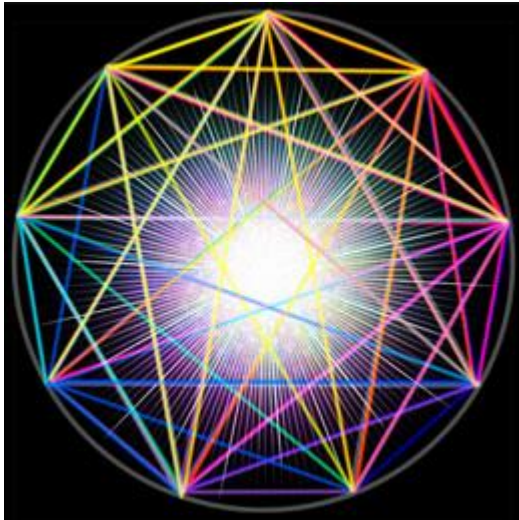
Perhaps more than ever, we appreciate the value of the differentiated ways of being and the diverse intelligences of people, creatures. We can now contextualize the situations we find ourselves in, relating to them to the richness of a new reality.

Similarly, the usual pull between inner and outer work softens and begins to dissolve. We see that our inner work requires heartfelt commitment and collaboration with others, as well as a growing awareness that our soul matures in proportion to our sense of service.

The Enneagram offers real tools for collective creativity, functioning, wisdom, and guidance.

- Where this is going and what do I really want my inner work to be serving?
- What roles am I called to play as I awaken to my gifts?
- What happens as I see more of the vast potential in the people around me?
- An understanding of the power and applications of Gurdjieff's First, Second and Third Line of Work
- An exploration of the Sufi practices of listening and dialogue
- An exercise to contact your calling in the world, and practice "harmonically" so you can support its impact.

Module 17: Depth, Breadth, Height, Everything, and Nothing at All



This course is very comprehensive and Jessica and Russ, sincerely hope that Love, Wisdom, Presence and Essence have had their way with you, and taught you many things, as well as created pathways in you that are unique to your life and manifestation.

In this final session, we'll spend the whole 90 minutes in dialog with the class about the healings, insights, transformations and emergent surprises that have happened for you.

Russ and Jessica will listen, reflect back and offer any guidance, experience and wisdom that may flow through them. This last class together will be a celebration and experience of our collective growth.

The Experiential Depth Approach Bonus Collection

In addition to the transformational 17-part virtual course, you'll receive these powerful training sessions with leading visionaries and teachers. These bonus sessions complement the course — and promise to take your understanding and practice to an even deeper level.

Actualizing Deep Dyadic Love for Couples Through the Enneagram

Audio Recording With Jessica Dibb and Guest Couples



This original audio features several couples explaining how learning about their own type and the their partner's type transformed their relationships, overcame seemingly intractable issues and brought an enhanced level of communication and co-creativity.

In Their Own Voices: The Types Speak

Audio Recording From Jessica Dibb and Voices of the Enneagram



In this original audio recording, two people of each Enneagram type share what has been the the most powerful transformational impact for their lives because of working with the Enneagram. Listening to the voices of that type using their own language to describe significant change brings us a visceral sense of the journey of that type.

The Enneagram & Purpose

Audio Dialogue With Russ Hudson and Robert Holden



One of the most important elements of a human life, and one which is often addressed in coaching and counseling, is the issue of purpose. In this audio dialogue, Robert Holden and Russ Hudson will explore the sense of purpose and meaning using the perspectives of the nine Enneagram points to illuminate different aspects of it. So rather than simply saying for example, "Type Eight gets a sense of purpose by X," they will look at what the deeper teachings around Point Eight tell us about finding our own sense of purpose. What energetic part does each type play? Robert and Russ are old friends, and approach the work with camaraderie, humor and gentleness.

Robert Holden teaches a powerful *Leadership & the Enneagram* program for some of the world's biggest brands, including Dove and the Real Beauty campaign, Unilever, IBM and Google. His work has been featured on *Oprah*, *Good Morning America*, a PBS special *Shift Happens!* and in two major BBC documentaries. He's the author of *Happiness NOW!*, *Shift Happens!*, *Authentic Success*, *Be Happy*, *Loveability* and *Holy Shift!: 365 Daily Meditations from A Course in Miracles*. His latest book is *Life Loves You* co-written with Louise Hay, and he hosts a weekly show on Hay House Radio called *Shift Happens!*

Can the Diversity of the Enneagram Support Diversity Wellness in the World?

Audio Dialogue Hosted by Jessica Dibb

With Rev. Dr. Shelley D. Best, Alex Senegal, Chief Mike Alexander, Deborah Threadgill Egerton, PhD & Tracy Cooper



This very special session is a 90-minute panel of five inspiring African American leaders, coming together with Jessica to discuss pivotal, important, tender, painful, and transformative issues facing people of color using the Enneagram in underserved environments, as well as confronting head on the issues people of color encounter in interfacing with the current professional Enneagram community. This is a deeply welcomed conversation because many in the Enneagram field have felt the poverty of lack of representation of people of color in the professional community. This is an authentic, raw, and unplugged conversation amongst six people who are speaking from radical love and listening.