

Jessica Dobb - The Living Enneagram

What You'll Discover in These 12 Modules

This advanced, groundbreaking course with Jessica Dobb, one of the world's most skilled depth teachers, synthesizes experiential practices with the exquisite guidance of the Enneagram.

During *The Living Enneagram*, you'll receive new insights, techniques, and processes. You'll learn about, and practice, the nine pathways to realization and embodied Essence, working in particular ways (including somatically) with the Shadow aspects and blockages of the types.

And so you can better connect with Jessica and her teachings, her sessions will be delivered via easy-to-use video. Or if you prefer, you can join her via audio through your Internet or telephone connection.

This course will feature teachings, training sessions, and experiential guided practices with Jessica. Each session will build harmoniously upon the previous ones so you'll develop a complete holistic understanding of the practices, tools, and principles you'll need to embody and sustain this profound awakening.

Module 1: Entering the Field of Awakening & Essence



Welcome to the Field of Awakening! Here, we'll build shared understanding of the landscape of nourishing, growing, and flowering ourselves, others, and the world. A community of inspiration, caring, and wisdom will be formed through exercises and sharing.

We'll explore the general concepts, practices, and visions of the journey, such as:

- A depth interpretation of a core wound and how it creates suffering, reactive ego, and Shadow
- How and why the core wound is differentiated in each Enneagram type
- The 9 essential Qualities
- How we'll be using understandings of core wound, ego, personality, fixation, integration, the 3 Centers, the Wings, inner work, presence, the Instincts, the Virtues, the Holy Ideas, Dynamism, the Missing Piece, the Transparent Veil, and Essence
- A non-egoic way to understand the Gift of each Enneagram type
- What is the Ego Project to Essence Project? The great work which goes against one's nature, Carl Jung's *opus contra naturam*
- What the Enneagram teaches us about the relational field, relationships, and relatedness, eros, and the 9 aspects of authentic love
- Physical embodiment of states of consciousness and cellular transformation — how the Enneagram can help us build a REAL body/vehicle of light and energy
- Aspects of vocation and purpose from the Enneagram
- Understanding and contacting the 9 Aspects of the Divine — towards a boundless, creative spirituality
- How the Enneagram can contribute to being a 21st century global citizen and developing the capacity to help shift global consciousness

Module 2: As Above, So Below

Our Instincts Arise From the Divine



Everything that we are, even what seems like the most base instincts, is reflecting and emanating from the fundamental frequency that moves and creates all things.

Becoming present with all aspects of ourselves, including our instinctual drives, allows us to harness the full power and intelligence of what we truly are — and to build a structure for higher consciousness within our body, heart and mind so that Essence can flow unimpeded through every aspect of our lives.

In this second module, we'll explicate and do inner work and somatic work with the Shadow and the higher aspect of the instinctual drives, using a methodology of unconscious instinct/healthy instinct/illuminated or awakened instinct.

A new practice will be introduced of consciously using all three instincts together to create new neurological circuits for integrated choices and actions.

In this session, you'll discover and practice:

- The awakened self-preservation instinct — the path from the drive to survive to the commitments to self-care of ourselves and our lives as sacred
- Blind spots and inertia of self-preservation instinct
- The awakened sexual instinct — the path from the drive to merge and assimilate to developing unimpeded attunement and dedication to what really matters and what generates emergence
- Blind spots and resistance of the sexual instinct
- The awakened social instinct — the path from the drive to be protected and belong to the developing stewardship and responsiveness to ALL
- Blind spots and distortions of the social instinct
- An emerging feminine and right brain perspective and orientation to the instincts that brings in new possibilities for the transformation

Modules 3-11 (Overview): The 9 Pathways From Shadow to Essence



In the following nine modules, you'll explore each Enneagram domain — from Shadow to Essence — physically, emotionally, cognitively, and energetically.

This perspective will inform and enrich the “three-centered” practices that allow you to be fully present to, and work with, the pathway of each type.

You’ll also discover how to access memories stored in neural pathways related to each type, and liberate your attention to, and investment in, the fixations of each type so you can access and experience the unconditioned Self and Essence.

You’ll learn how to awaken to the qualities of your own biology, psyche, and energetic field — AND learn how to play, work, be intimate with, and support the awakening of others.

Working with the Gifts and Shadows of each domain is essential to your awakening, liberation, empowerment, and manifestation of a fulfilled life.

In each of the following nine modules, you’ll discover and practice each type’s:

- Core wound and Shadow
- Unconscious fear and pain-driven responses
- Somatic blockages, openings, and practices for experiencing Essence
- A breathing style that restores the brain and self to that Essence and awakening
- Rewiring neural pathways from our history to the present to receive the authentic and healthy energy and behaviors of that realm
- Opening to the eros energy of that type
- What are the projections and resistances to releasing projections to other types and how to release them, transforming and embracing a re-constellated way of being in relationship
- Specific spiritual practices for this type’s awakening journey
- The archetypal purpose of this type for all of us — what it invites us all to remember
- The part of the human psyche and experience that this type is carrying for all of us
- Ways to use your natural gifts in vocation and service
- Key aspects to developing a personalized Ego to Essence Project for these types
- Examples of fruitful and successful Ego to Essence Projects of this type
- The aspect of the Divine and an example of mystical experiences in this realm
- What this realm can contribute to a shift in global consciousness

Module 3: Living as Immediate Power & Life Force

The Essence of Type 8 (April 26)



Neverending life force is always here in the present moment. It's boundless, this force and power throughout an infinite universe. This is the Essence quality that the Eight domain embodies, loves, and contributes to life.

In this highly experiential journey from the Ego to Essence Project, we both learn to hold and love Eights in their protestations, AND stretch ourselves to cultivate a deep life force of vitality in our bodies — and not settle for less. This is what Eights want from us. Life loves this, Eights love this, and our real selves love this.

Module 4: Living as Unified Peace & Harmony

The Essence of Type 9 (May 10)



The invitation to relax into the underlying being and Oneness of Everything is present in every moment. It's a unified phenomenon — all life is included. And it's boundless, this “peace that surpasses all understanding,” this embracing of everything to just BE throughout an infinite universe. This is the Essence quality that the Nine domain embodies, loves, and contributes.

In this highly experiential journey from the Ego to Essence Project, we both learn to hold and love Nines in their numbness, AND stretch ourselves to cultivate a capacity to see the belonging and use in everything, to reject nothing, to be changed by this contact — and not settle for anything less. This is what Nines want from us. Life loves this, Nines love this, and our real selves love this.

Module 5: Living as Sacred Alignment and Action

The Essence of Type 1 (May 17)



There's an inherent potential nobility to each moment, a doorway to goodness and the Sacred. It opens us to a sense of blessing and taking action on behalf of it. We can sense goodness and holiness in the birds singing, a voice, a plant, and how this energy wants to support a healthy and sacred action in situations such as pain, litter, or destruction.

This opening for basic goodness is always possible throughout an infinite universe. This is the Essence quality that the One domain embodies, loves, and contributes.

In this highly experiential journey from the Ego to Essence Project, we both learn to hold and love Ones in their straining and tension, AND stretch ourselves to cultivate a deep commitment and strong capacity to act on behalf of what we know brings health to ourselves and others — and not settle for anything less. This is what Ones want from us. Life loves this, Ones love this, and our real selves love this.

Module 6: Living as Loving Kindness & Attunement

The Essence of Type 2 (May 24)



So much flows to us in every moment and is given to us, even without our effort. We can sense the responsiveness of life to life in things like the sun interacting with the earth, gravity connecting things, the smile of another when they look at something or someone... and when there is pain — and the hope and effort for restoration and healing. This responsiveness is boundless throughout an infinite universe. This is the Essence quality that the Two domain embodies, loves, and contributes.

In this highly experiential journey from the Ego to Essence Project, we learn to both hold and love Twos in their fierce denial of in-body power, AND stretch ourselves to cultivate a deep caring and willingness to support every little blade of grass, every creature, and every atom of reality, even if our hearts break into a million pieces. This is what Twos want from us. Life loves this, Twos love this, and our real selves love this.

Module 7: Living as Priceless Radiance & Purpose

The Essence of Type 3 (June 7)



There's an infinite energy and life-giving force that can transform and make many things possible, even without our effort. We can sense this creative radiance in the sun, the moon, the stars, an idea, a piece of cloth. And it's boundless, this value, throughout everything in

an infinite universe. This is the Essence quality that the Three domain embodies, loves, and contributes.

In this highly experiential journey from the Ego to Essence Project, we both learn to hold and love Threes in their endless marathon and their fear that they are secretly nothing, AND stretch ourselves to cultivate reverence and unbroken commitment for developing the gifts and possibilities within us — and not settle for anything less. This is what Threes want from us. Life loves this, Threes love this, and our real selves love this.

Module 8: Living as Deep Beauty & Intimacy

The Essence of Type 4 (June 14)



Every moment is infused with mystery, something so deep, awesome, beauteous, beyond words. We can sense the infinite mystery that leads to the endless depth in just a grain of sand, a leaf, a tear, a harsh word, a hand, a galaxy... And it's boundless, this magic through an infinite universe. This is the Essence quality that the Four domain embodies, loves, and contributes.

In this highly experiential journey from the Ego to Essence Project, we both learn to hold and love Fours in their despair, AND stretch ourselves to become a lover of the depth of everything and everyone, even if it tears us part — and not settle for less. This is what Fours want from us. Life loves this, Fours love this, and our real selves love this.

Module 9: Living as Clear Truth & Knowing

The Essence of Type 5 (June 28)



Even without our effort, Life is paying attention to everything, to itself. Life is not random, there is an inherent and infinitely dimensional intelligence and awakens as each moment unfolds from and responds to the next. We can sense the vividness and suchness of everything when we are fully present.

It's awesome to be in perpetual discovery, and it's boundless, this seeing, clarity, and attention throughout an infinite universe. This is the Essence quality that the Five domain embodies, loves, and contributes.

In this highly experiential journey from the Ego to Essence Project, we'll both learn to hold and love Fives in their terror, AND stretch ourselves to cultivate a deep curiosity and awareness for everything in existence, the light, the dark, the known, the unknown — and not settle for less. This is what Fives want from us. Life loves this, Fives love this, and our real selves love this.

Module 10: Living as Grounded Faith & Guidance

The Essence of Type 6 (July 5)



Just as the wave cannot exist for itself, but is ever a part of the heaving surface of the ocean, so must I never live my life for itself, but always in the experience which is going on around me. — Albert Schweitzer

Existence has an endless capacity, a grounding force, that keeps recentering, stabilizing, reforming, and building — a steadying presence. We can sense the connectedness of everything in that grounding. And it's boundless, this communication amongst everything as to how to move, be, and dance with each other and everything throughout an infinite universe. This is the Essence quality that the Six domain embodies, loves, and contributes.

In this highly experiential journey from the Ego to Essence Project, we'll both learn to hold and love Sixes in their anxiety, AND stretch ourselves to cultivate a deep listening to all things so that the truth becomes a collective truth, and faith in possibilities for the highest good — and not settle for less. This is what Sixes want from us. Life loves this, Sixes love this, and our real selves love this.

Module 11: Living as Abundant Joy and Creativity

The Essence of Type 7 (July 12)



Each moment, no matter what's happening, is infused with celebration, joy, and possibility, without our effort. When we relax into presence, we meet an endless energy to generate, to experience, and to receive the fulfillment of life. It's everywhere, this delight throughout everything in an infinite universe. This is the Essence quality that the Seven domain embodies, loves, and contributes.

In this highly experiential journey from the Ego to Essence Project, we'll both learn to hold and love Sevens in their franticness and fear of limited life, AND stretch ourselves to cultivate the capacity to see "the infinite in a grain of sand," to experience the joy of just being alive for no reason, to carry this positivity into everything we do — and not settle for less. This is what Sevens want from us. Life loves this, Sevens love this, and our real selves love this.

Module 12: The Ongoing Flowering of Ourselves, Our Lives & the World



By the final module, you'll have put into practice some or all of the elements of your personalized Essence Project! You'll be deeply engaged with Depth Awakening teachings and practices. You'll have created a new inner terrain, making you available to embody love, wisdom, and presence in every moment. And you'll have noticed changes in your relationships, work, spiritual development, and empowerment as a change agent.

Living with the implications of this is a journey of profound change, and in this culminating module, we'll explore together:

- How our lives have changed
- Themes of integration
- Challenges of integration
- Ongoing practices
- Personal stories of change and challenges
- The Mystery...

The Living Enneagram Bonus Collection

In addition to Jessica's transformative 12-module virtual course, you'll receive these powerful training sessions with leading visionaries and teachers. These bonus sessions complement the course — and take your understanding and practice to an even deeper level.

NEW BONUS TEACHINGS JUST ADDED

Receive Two New BONUS Conversations With Jessica Dibb and Enneagram Pioneer Claudio Naranjo — just exclusively recorded for participants of this 12-module program.

Both of these exclusive newly-recorded conversations with Claudio and Jessica will help you integrate and embody the transformations you experience during the 12 modules.

The Enneagram Subtypes in Light of the 3 Poisons & Animal Symbols

Audio Dialogue With Jessica Dibb and Claudio Naranjo



In this collaboration and conversation between Jessica Dobb and renowned Chilean Psychiatrist Claudio Naranjo, a founder of the modern Enneagram movement, you'll discover a fascinating, never-before discussed topic: **The Enneagram subtypes, the Buddhist Three Poisons, and animal power and symbology**. Listen and experience how each particular subtype, a Buddhist poison, and a resonant animal invite us into a felt sense of how we're manifesting and who we can become.

Fixing the World

Audio Dialogue With Jessica Dobb and Claudio Naranjo



Claudio Naranjo has lived for decades on the cutting edge of understanding the human psyche and what it takes to develop an authentic soul-infused life. He has counseled, taught, and inspired tens of thousands of people throughout his life. **This spontaneous conversation between Jessica and Claudio is their love offering to you.** Listen in on one long-time seeker and teacher's integration of wisdom applied to the world — to be inspired to agree, disagree, converse, explore, and empower your own visions and actions for "Fixing the World."

Dr. Claudio Naranjo is a Chilean psychiatrist who became a leader in the human potential movement and was part of the early Esalen Institute. He is one of the successors of Fritz Perls, founder of Gestalt Therapy. Dr. Naranjo developed the psychology of enneatypes, founded SAT Institute for personal and professional development, and became an activist for the transformation of education worldwide — the work for which he was nominated in 2015 for the Nobel Peace Prize.

A Conversation on Consciousness by Candlelight

Video Dialogue With Jessica Dibb and Russ Hudson



In this special bonus, Russ and Jessica will co-create live a conversation on consciousness in the moment to inspire you to have Essence conversations, and thereby become more porous to real insight, and more of a vehicle for emergent wisdom, creativity, and love to flow into life.

For many years, Russ and Jessica have had conversations about awakening and consciousness in the moment. And they've done their best to teach from whatever is arising in each of them and their individual journeys, in the conversation between them, in the field of relatedness with themselves and all their Beloveds, and in the culture. They challenge each other to keep the conversation embodied, connected, clear, real, nuanced, unified, surrendered, and completely emergent in the moment — nothing canned or clichéd from the past. Out of these conversations have come many realizations — some surprising, some challenging, some integrating, some inspiring — about the personal, the relational, and the collective.

Russ Hudson is co-founder of The Enneagram Institute, and is one of the principal scholars and innovative thinkers in the Enneagram world today. He is also President of Enneagram Personality Types, Inc. He's been co-teaching the Enneagram Professional Training Programs since 1991, and is a founding director and former vice-president of the International Enneagram Association. Russ is also co-author of *The Wisdom Of The Enneagram, Personality Types, Understanding the Enneagram, Discovering Your Personality Type* and *The Power Of The Enneagram*. Russ also assisted Don Riso in writing

Enneagram Transformations. He holds a degree in East Asian Studies from Columbia University in New York, from which he graduated Phi Beta Kappa.

Living Your Purpose & the Enneagram

Robert Holden and Jessica Dobb in Conversation



Ten-time bestselling author Robert Holden will team up with Jessica Dobb to teach a powerful bonus session. Robert's work on psychology and spirituality is widely acclaimed and we're happy to present this teaching with him on living your purpose and the Enneagram.

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*, *Lovability* 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!*

9 Types Meditation

Audio Meditation With Russ Hudson and Jessica Dobb



In this original meditation, Russ and Jessica will guide you through this unique meditation designed to support and illuminate each type. This meditation will highlight the most important growth areas for your personal journey and help you better understand and relate to others. You'll find this meditation to be a unique and powerful addition to your journey.

3 Centers Meditation

Audio Meditation With Russ Hudson and Jessica Dibb



Your orientation to life and each moment is profoundly impacted by your ability to be present in each of the 3 Centers — Body, Heart, and Head. In this special session, you'll be guided through a potent meditation that cultivates awareness and consciousness in each center and its various gifts and capacities. As you learn to do this and to increase the communication and integration of the centers, the strengths of your types can function more radiantly — unimpeded by unconscious habits and reactions. Your gifts are then infused with greater vibrancy, enabling them to more ongoingly participate in, and contribute to, reality.