

# Russ Hudson - The Ancient Spiritual Origins of the Enneagram as a Path for Self-Discovery & Wholeness 2022

During the 7 sessions of this wisdom-packed course, you'll also:

- Learn how **Enneagram teachings** are woven into the **early development of the mystical views of Christianity, Judaism, and Islam**, and are part of the history of Western faith traditions
- Develop a correct and **highly experiential understanding of the 3 centers** so you can expand your authentic personal development work with the Enneagram
- Be guided in **breath and sensation practices** to bring your attention to points of presence in your body, so you can develop its essential energies
- Begin the journey of **the heart to restore meaning and purpose** in your life
- Participate in practices to increase your awareness of others' hearts... and, with them, **access more kindness, truth, and real intimacy**
- Dive deep into the **relationship between meditation and prayer**, and the role of the latter in spiritual traditions
- **Cultivate "quiet mind" — the source of direct knowing and original creativity**
- Learn many of the important contributions of **modern psychology to Enneagram work**... and how to bring psychological insight into your self-awareness process
- Experience methods for expanding and deepening relaxation and **your capacity to be with whatever's arising in you and in life**
- And much more...



George Gurdjieff brought the Enneagram symbol to the modern world and the West to **guide humanity through a pivotal moment, much like the global crisis** we're currently enduring. Its goal was meant to help wake people up and keep them moving forward by **responding to circumstances in a more productive way — based in love.**

More dire than ever before, the Enneagram as a path to wholeness can assist you on *your* journey into *your* true humanity, *your* contribution, and a deep sense of truth and purpose — to help not *only* navigate, but survive these troubled times.

## What You'll Discover in These 7 Modules

In this 7-part transformational intensive, Russ will guide you through the fundamental wisdom traditions and practices you'll need to successfully develop your spiritual growth and find your presence, true essential Self, and purpose.

This course will feature teachings, training sessions, and experiential practices with Russ. 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 find your presence and create new ways of responding to others *and* the circumstances of your life — especially during trying times.

## Module 1: The Enneagram's Original Context — Its Roots & Rising From Spiritual Tradition



In this opening session, Russ will explain some of the original orientations that gave rise to the Enneagram teachings, and offer ways to make use of these orientations on your spiritual journey. You'll learn some of the history behind this system, and how it's informed mystics through the ages.

Russ will share how the Enneagram grew out of the contemplative practices of Western mystical traditions — such as early mystical Christianity, Judaism, and Islam — as well as Greek philosophy and even more ancient spiritual traditions.

And you'll learn that the Enneagram teachings represent an early form of psychology, which explicitly saw human beings as souls... and was more attentive to the mystery of our makeup than our psychological patterns and defenses.

In this overview module, you'll explore how:

- The Enneagram is part of a broader and deeper spirituality — a more expansive view of what human beings are and what our place is in the cosmos
- **Enneagram teachings are woven into the early development of the mystical views of Christianity, Judaism, and Islam**, and part of the history of those 3 Western faith traditions
- The purpose of the Enneagram is more about **guiding us to live a life of presence and compassion** than it is about defining who we are
- A correct and **experiential understanding of the 3 centers** is pivotal to achieving authentic personal developmental work with the Enneagram
- The knowledge of your type can be used as a key element in your spiritual practices, though it's **only the beginning of what the Enneagram teachings are about**
- The Enneagram exists within a deeper system of knowledge about opening yourself to the transformative power of grace — as part of **a movement to transform the way we live, relate, and work together**
- What the traditional terms in the Enneagram (passions, virtues, centers, etc.) actually mean and how they fit into this deeper context

## Module 2: Embodied Presence — Bringing Spirit Into the Living World (Body-Centered Types: 8, 9 & 1)



Western spirituality seems to overlook the importance of embodiment — the understanding that if we're really present, we're present in our bodies and in *this* world.

The more you live from a grounded relaxation in your body, the more sensitively you perceive the interconnectedness of life, and the subtleties of the spiritual realms beyond the physical.

In this second session, Russ will focus on this central teaching from spiritual tradition, while paying particular attention to types Eight, Nine, and One on the Enneagram. Each of those types offer lessons about the challenges and opportunities of awakening through your body.

You'll also explore how the process of embodiment is crucial to entering into authentic relatedness with others... and is foundational in creating the kind of society our spiritual traditions present as a possibility.

During this session, you'll discover:

- The body as the key to all authentic centering practices, and how **body awareness is the most efficient pathway into the experience of presence**
- How **sensation and breath are the keys to awakening the belly center**
- That the lessons of the belly center aim to **bring your spiritual awareness into the way you live**
- **How the three instincts (self-preservation, sexual, and social) help you learn to balance the energies you need** to live your life... and have less to do with being a type
- **Breath and sensation practices to bring your attention to points of presence in your body**, so you can develop its essential energies

### Module 3: Practices for Embodiment & Conscious Living



*This module will feature breathwork facilitator and Enneagram teacher Jessica Dobb.*

In order to transform your life, awareness needs to integrate with physical experience. Only then can your responses, choices, and actions flow powerfully and gracefully from the strength of physical reality... the fullness of feeling connected to life... and the transmission of your spiritual nature.

In this class, Jessica will provide *some* instruction... but the primary focus will be on experiential learning.

She'll guide you through various practices to **strengthen your living sense of vitality and the intelligence of the life force itself — using breathing, sensation, movement, and sound**. In this way, you'll receive the full flow of life energy and its innate wisdom.

Through these practices, you'll also develop a sense of aliveness, relaxed groundedness, harmonious engagement, and inner balance and alignment.

In this experiential module, you'll learn and experience:

- Ways to **use breath and sensation to restore and deepen your experience of presence**
- Pathways to invigorate and **feel into your sense of aliveness** — sensing life itself in your body
- Methods for expanding and deepening relaxation and **your capacity to be with whatever's arising in you and in life**
- How it feels to inhabit your inner alignment, through **a dynamic approach to more balance and connection**
- Specific **practices you can customize and integrate into your daily life** as part of your ongoing inner work and self-actualization

#### **Module 4: The Awakening of the Heart — Integrating Compassion & Loving-Kindness Into Your Humanity (Heart Types: 2, 3 & 4)**



The heart is a central theme in most spiritual traditions, and its importance can't be underestimated. However, it can't fulfill its specific role and purpose in our transformation without us having a correct relationship with the intelligence of the body and true mind.

Presence changes the experience of all three centers... certainly the heart center.

In this session, you'll discover that emotions aren't just feelings... they're also characteristic of presence and Spirit. Presence shifts us from emotional reactivity to a deeper well of compassion, patience, kindness, positivity, and love.

Here, Russ will address the ideas of the *passions* and *virtues*, and how they arise from early Christian teachings... as well as from elements of Greek philosophy.

You'll explore how these ancient ideas pertain to you — here and now — and how to experience the alchemical transformation of the heart described in the practices and teachings of Western traditions.

In this middle module, Russ will guide you to discover:

- **The heart as the seat of transformation...** and how “a change of heart” is accomplished



- How to **move out of reaction and efforts to control**, to a sincere surrender to grace and to a deeper reality
- That the **traditional role of the passions and their transformation into the virtues** can become a central part of your practice
- Aspects of presence, such as **the power of real contact and connection**
- Why the journey of **the heart restores meaning and purpose** in your life
- A deep dive into what's often called "**The Beloved**" — the great mystery at the core of our consciousness

## Module 5: Practices for the Purification of the Heart



*This module will feature breathwork facilitator and Enneagram teacher Jessica Dobb.*

When you reconnect the heart with your embodied presence, you can hold your emotional reactivity and remaining unresolved issues with kindness, compassion, and a healing response.

The work with the heart center is often described as a process of purification. In this session, Jessica will share how, although your true heart, your deeper heart, is always here... it's often overshadowed by the intensity and persistence of your emotional patterns and issues. Through practice, you learn to recognize the subtle yet oceanic depths of the heart and bring them forth to heal the egoic patterns you encounter.

Jessica will enhance this work through breath, sensation, movement, and voice practices. You'll directly experience your responsiveness to the hurts and contractions of your heart, as well as the energies of your heart's life force and yearning.

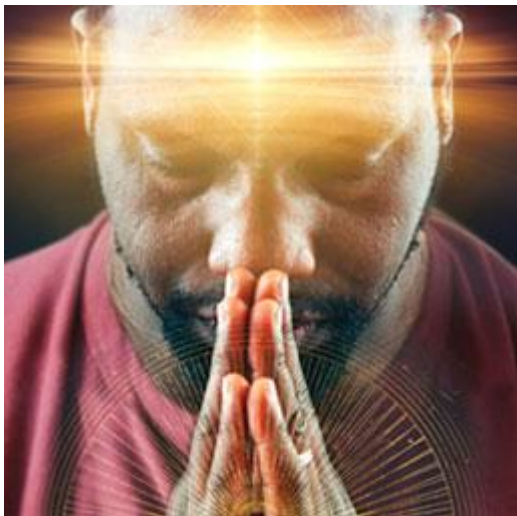
You'll learn how to build the capacity to focus on what arises in your chest and in the overall field of feelings and emotions... and use it as grist for the purification process.

In this experiential session, you'll learn and experience:

- A process of relaxation into the holding, tender, and responsive aspects of presence — **the natural sense of Loving-Kindness** — and how it can heal your pain and reactivity

- Methods to harmonize the heart with your physical embodiment of presence
- Ways to be with **the core suffering of your passion, and experience how it can be transformed into your virtue**
- **Practices to contact the intrinsic value in yourself and all of life**, and allow it to guide you into the depth of your heart and the mystery of life
- Practices to increase your awareness of others' hearts, and **access more kindness, truth, and real intimacy** with them
- The **relationship between meditation and prayer**, and the role of the latter in spiritual traditions

## **Module 6: Cultivate the Receptive Mind — Prayer & Receptivity to Receive Guidance (Mind Types: 5, 6, 7)**



In many modern versions of spirituality, the mind is often given short shrift. Some teachers will even say, “You don’t need your head. Just follow your heart.” But this presupposes a capacity to listen to the heart... and listening is a function of the head center.

Spiritual realization occurs in the mind. We begin to see reality and ourselves in a new way. And, it’s through the awakened mind that we discover new, creative ways to address the challenges in our lives and in our world.

In this session, Russ will show the relationship between the ordinary, personality-based mind and the deeper mind — which is the source of most of your innovation and creativity... as well as your sense of inner guidance and discernment.

You’ll explore the relationship between your inner mental activity and what Russ refers to as the “ground of mind” — which has always been a focus of any real spiritual tradition. You’ll look at how the Holy Ideas of the Enneagram fit into an ancient context, and engage in practices and orientations that facilitate access to your source of inner silence, peace, and direct knowing.

In this class, you’ll discover:

- How the **fixations of the Enneagram types** are specifically the ways our mind becomes stuck in patterns that limit our perception and our capacity for direct *knowing*
- Ways to **cultivate “quiet mind” — the source of direct knowing and original creativity**
- The **function of the Holy Ideas** within the larger scheme of the Enneagram teachings
- What **“non-duality”** means within the context of the teachings you’ve been exploring, and **its place within the Enneagram framework**
- **How the heart and mind work together** when they’re in relation with each other

## Module 7: Ancient Teachings in the Modern World — The Immediacy of Bringing It All Together



We live in an extraordinary time. Not *only* do we have many ancient teachings and practices readily available to any sincere seeker. We *also* have discoveries of modern psychology and science that offer profound new vistas of the inner worlds these traditions were exploring.

Modern Enneagram work partakes of both. We’re rooted in the clear vision of these teachings, but also acquiring new tools, methods, and insights from developmental psychology, evolutionary biology, modern physics, and many other sources.

It’s becoming increasingly apparent to more and more of us that we need to make a leap in human understanding and behavior, so we can co-create new systems for navigating the rapidly changing global situations now upon us.

Gurdjieff, who brought the Enneagram teachings to the attention of the modern world, openly asserted that this work is being brought to the public *at this time* to assist us in this transition.

So, how does this work help us contribute to a sane and equitable future? How will it help us create sustainable societies that our descendants can thrive in? How can this work help us access and put into action the necessary changes of habit and behavior that are demanded of us?



As this profound program wraps up, you'll begin to see that your inner work is *not* an act of selfishness, but a way to support you in opening to a larger sense of purpose and contribution.

In this final course session, you'll discover:

- Some of **the important contributions of modern psychology to the Enneagram work...** and how to bring psychological insight into your process
- How to progress from working on yourself to **working more consciously with others for the sake of a better world**
- Ways in which **the insights of science can open you to a reality far beyond our usual perception** of the world
- The importance of “taking an aim,” and how your capacity to practice is directly related to the impact and power of your aim
- How to create new forms of community based on a more **inclusive, immediate, heartfelt, and awakened mode of communication and cooperation**

## **What Graduates of Russ' Courses Are Saying...**

**“... helped me beyond imagination, to truly embrace the inherent traits of my type...”**

Russ' course coincided with the tragic breakup of my relationship due to my own lifelong defensive patterns of behaviors. Following this course has helped me beyond imagination, to truly embrace the inherent traits of my type (4) as biased by the instinctual drives. I would go so far as to say this course was life-changing and I cannot thank Russ enough.

— **Mark Drax**, *London, England*

**“My spiritual life is shifting away from ‘dogma’ into a clearer understanding of how marvelous and amazing creation is...”**

Working with the Enneagram has been life altering, and Russ Hudson's courses (including his latest) have opened up new avenues of thinking for me. My spiritual life is shifting away from “dogma” into a clearer understanding of how marvelous and amazing creation is — and how our diverse views are all part of that. I look forward to continuing to work with the insights that these Enneagram teachings have brought me.

— **Harriette Heibel**, *Martinez, California*

**“... uplifting and healing at the same time.”**

Russ Hudson is the best Enneagram teacher I know. His knowledge, presence, warm humor, and genuine caring is uplifting and healing at the same time. One learns so much new about the Enneagram in every module, and at the same time you also have this amazing feeling about getting this deeper understanding about yourself and others. Thank you, Russ!

— **Sari Heiskanen**, *Finland*

**“... clues and practices on how to go deeper spiritually and move forward in life.”**

Russ has such a deep and experiential connection with the Enneagram and such an open mind that I came away after each session with a deeper understanding, more clarification around my stuckness, and more clues and practices on how to go deeper spiritually and move forward in life. It opened my mind to more questions, my heart to more relatedness, and, for the first time, the simple, repetitive practices engaged my body in my process of transformation.

— **Mary**, *South Africa*

**“...helped me value my humanity...”**

With in-depth practices, I was able to use the tools from this class to effect significant shifts in some of the important interactions of my life. And now that I’ve been able to see and feel the effects, it will be easier to continue to use the practices in other situations where I would normally get caught up in reaction or avoid stepping out into the unknown.

— **Mary Jane**, *Centre Hall, Pennsylvania*

**“... listening more deeply to my way of being in the world...”**

Deepening understanding and trusting the wisdom of the Enneagram. Using it gently and wisely as I live life, listening more deeply to my way of being in the world, and noticing my blind spots with gentleness and compassion.

— **Susannah**, *New Zealand*

**“Deeply insightful and no-nonsense Enneagram teaching.”**

Deeply insightful and no-nonsense Enneagram teaching. Thank you so very much, Russ.

— **Isabelle**, *Belgium*

**“It is impossible to take a course on the Enneagram with Russ and not grow!”**

— **Anonymous**

## **More Praise for Russ Hudson...**

**“... the best Enneagram teacher...”**

Russ is the best Enneagram teacher for his presence and dedication to the Enneagram world. I highly recommend learning with him if you’re looking for a transformational experience and what the Enneagram really is meant to be.

— **Pongsathorn**, *Bangkok, Thailand*

**“Puzzles I had been pondering for years... were resolved...”**

I was able to grasp what happens to pull me away from my experience of presence, as well as the operation of all of the nine Enneagram energies in me. Puzzles that I had been pondering for years about my relationship to receiving were resolved, as I experienced the energy of my “missing piece.” The term “life-changing” is used a lot, I know. But I can’t think of another one that more accurately describes my experience.

— **Ann Kirby**, *RH, certified teacher, EnnCourage, Inc.*

**“A very exciting new level...”**

I am a longtime student and certified teacher of the Enneagram, as well as a seasoned meditator. This workshop... leveraged my understanding of the Enneagram as a spiritual path to a very exciting new level, both for myself and in working more strategically with my coaching clients.

— **Anne Wotring**, *certified Palmer-Daniels teacher*

**“I was completely impressed...”**

Having had the privilege of studying this material with a number of teachers, I was completely impressed with Russ’ quality of training and input on this topic. His willingness to be present, open, and incredibly allowing and compassionate whilst staying totally on track with the content was fantastic.

— **Marie Pierre Cleret**, *Sydney, Australia*

**“Russ is a master...”**

Russ is a master in the Enneagram and in heartfelt understanding, respect, and kindness to fellow beings... In his presence, something pure inside gets awakened.

— **Sajili**, *Mumbai, India*

## About Russ Hudson



**Russ Hudson** has established himself over the last three decades as one of the top teachers and developers of the Enneagram personality typology in the world today. Actively involved in the Enneagram community, Russ is the co-founder of the Enneagram Institute and President Emeritus as well as a Founding Director and former Vice-President of the International Enneagram Association, a global organization advancing knowledge of the subject. He has been writing and teaching full time with The Enneagram Institute as well as on his own since 1991.

He’s co-authored with Don Richard Riso five bestselling books on the subject, including *The Wisdom of the Enneagram* and *Personality Types*. These books are widely considered to be not only groundbreaking contributions in the field of Enneagram studies, but also important contributions to the literature of psychological type. The pair developed a scientifically

validated test instrument, the Riso-Hudson Type Indicator (RHETI), now considered a standard test in the Enneagram field. The RHETI has been used by numerous Fortune 500 companies.

Russ has a solid background in science as well as in studies of philosophy and religion and has approached his work with the Enneagram holding both perspectives. He originally encountered the Enneagram through the Gurdjieff Work and sees it as a map for personal development and awareness more than as merely a system for categorizing people. He has emphasized the importance of cultivating presence and mindfulness as a foundation for authentic work with the Enneagram, and has worked to align the study of the Enneagram and spiritual practice and bring their mutual benefit into greater public awareness.

He has appeared on *Good Morning America*, and *The CBS Morning Show*, as well as on several dozen radio and television shows as an expert on personality type. He has become a popular speaker at conferences and retreat centers around the world, including the Esalen Institute, the Wisdom 2.0 Conference, and the Science and Non-Duality Conference (SAND).

### **About Guest Faculty Jessica Dobb**



**Jessica Dobb** is founder, spiritual director, and principal teacher of the Inspiration Consciousness School and Community, dedicated to promoting personal, relational, and planetary wellness. For over 25 years Jessica has designed and facilitated workshops, classes, and ongoing breath-centered trainings that are grounded in an integrated model of psychospiritual healing and development to support self-actualization. Her teachings assist people in cultivating consciousness through all stages of life, from conception onward. Using integrative breathwork, psychodynamic principles, movement, meditation, expressive modalities, the Enneagram, and many other established and emergent wisdom teachings, Jessica facilitates embodied awareness of each moment.

Her intuitive teaching style — individualized and attuned to her students — along with an integrative approach, helps to facilitate long-lasting transformations. She teaches nationally and internationally, including teaching integrative breathwork at the Psychotherapy Networker Conference for over a decade, and being a principal presenter at the International Enneagram Conference for 20 years. Jessica is also co-director of the Global Professional

Breathwork Alliance (GPBA) and current chair of the GPBA's Ethics Committee. She is founder and host of the annual Enneagram Global Summit, and co-host of the *Breathwork Summit* in 2012 and 2020, (also produced by The Shift Network). Jessica was the weaver and visionary behind the innovative conferences: Breath Immersion — From Science to Samadhi, at Omega Institute and Kripalu Center for Yoga and Health. She initiated the understanding of the Unified Breath Field. Jessica is currently writing a book on integrating breathwork into psychotherapy.

Jessica is also a founding member of the board of Convergence, a nonprofit organization working to promote dialogue and innovative solutions for challenging social issues of our time. She was an advisor to the US-Muslim Engagement Project, and served on the board of the United States Consensus Council for Search for Common Ground.

Her deepest passion is to support evolving creativity and positive possibilities on our planet by supporting awakened consciousness, and the embodiment of love, wisdom, and presence in every moment... for all life.