

You're Invited to Explore Your Inner Life.

You in the Loop



During this on-line (Zoom) small group interaction, we will explore our inner and outer worlds through the use of three helpful and overlapping models. This approach will help you understand yourself better, interact more mindfully, listen with compassion and discover new and deeper connections with others.

1. **Spiral Dynamics** is a development model built around values. The spiral levels highlight ways individuals and societies express themselves in our world at the eight different levels.
2. **Enneagram** is a framework of nine distinct personality types. Enneagram authors agree that we are born with a dominant type thus making connections to a core (spiritual) essence within each of us. To learn more or take the test to find out your type: <https://www.enneagraminstitute.com/>
3. **Group Spiritual Guidance** is an approach for people to be in prayerful and meditative community together. We create a safe environment, listen carefully to each member and the Divine, and hold in confidence that which is shared. Further info: <https://souljrnys.com/>

During this 12 month journey, Jane and Marv--graduates of Spiritual Guidance Training Institute-- will provide guidance for the group as we explore our inner lives together. We will meet by Zoom video conference for 90 minutes once per month, beginning January 20th.

The first two months will focus on overviews of the Enneagram and Spiral Dynamics. In each subsequent month, our focus will fall on each of the nine Enneagrams. Each participant will be asked to share their type and how they've

experienced the impact their type on their thoughts, emotions, motivations and core essence.

If you're new to any or all of these concepts, you are most welcome and we stand ready to discuss this with you to answer any questions you have. If you have experience with any or all of these concepts, we hope you will consider joining this group as we deeply explore this exciting inner space together!

Sliding scale cost available to accommodate all budgets.

Suggested \$50 per month or one time \$500 annual payment - \$100 deposit to reserve your spot

Pay on-line through Zelle to marv@souljrnys.com

If you wish to pay by check, please reach out via email.

Questions or Comments:

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