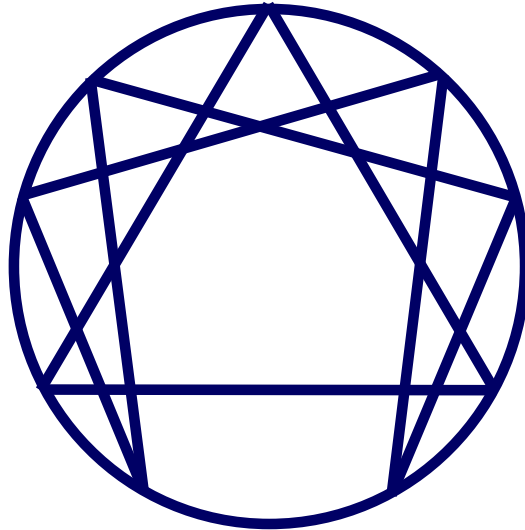


European Spiritual Enneagram Retreat with Helen Palmer

(following directly after Richard Rohr's Conference on
The Enneagram and Paradox *)

in Assisi



Presence and the nine Spiritual Antidotes

Date: 1st – 4th June, 2008

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Organisation Assisi: Enneagram Germany, Pamela Michaelis, Hamburg, in co-operation with
Nuala Ahern – Ireland, Karen Webb – England,
Jeannette van Stijn – Holland

www.enneagramworldwide.com

www.enneagram.com

www.enneagramgermany.com

Invitation to

Presence and the nine Spiritual Antidotes* – with Helen Palmer

(*Antidotes – medicine, healing)

You are invited to join us for a European Enneagram Retreat 1st – 4th June, 2008 with Helen Palmer in the beautiful historic Italian town of Assisi. Helen describes Presence as our living link, a vital contact with Spiritual experience that can only be received. Presence is awareness without thought, concepts, emotion, imagination or the passage of time. An awareness that is permanent rather than transitory, that deepens with spiritual practice and – like all forms of intelligence - continues to mature with further practice. Present time awareness is obscured by the activities of type. But when those patterns recede, a lucid non-thinking Presence remains.

The Practice

To be Present means being mindful of the present moment. It's a simple practice of returning awareness to "Now" that quiets the mind's automatic focus on the next moment in time. Being Present to "Now – without next" relaxes conditioned patterns, allowing a receptive state of mind to emerge.

Receptivity reflects reality as it is. It is the unconditioned ground of consciousness that responds to what is actually happening "Now", much like a child's response to reality, as they know it, rather than the conditioned reality that we see through adult psychological filters. Inner receptivity acts as a stress free zone that's peaceful, physically restorative, and permanently present whenever the barriers to it recede. The practice of Presence to "Now – without next" lets us voluntarily enter a receptive state of mind as active participants in our own awakening.

Spiritual antidotes for the Loss of Presence

The Enneagram Triads may well be the most sophisticated description of psychological barriers to spiritual experience on the planet. Rooted in the mechanics of attention, the Triads point out placements of attention that oppose a receptive state of mind. We hear about placement of attention on basic panels: Twos attend to other's needs but not to their own, Fours see what's missing but not what they have, Fives contract against intrusion while neglecting the safety that lies within, and so forth.

Yet *How* we pay attention doesn't come up much on panels, because it requires acute self-observation of the embedded habits that make our personal story seem true *Now* instead of the way it was *Then* or might be true *Next*.

The utter believability of our subjective point of view isn't just about what we pay attention to, it also resides in the pattern of *How* we selectively perceive the focal issues that drive us – what attracts us, what we avoid, and what we consistently omit.

The Feeling Triad (Types Two – Three – Four) moves toward life *Desiring* identity in the eyes of others, *Aversion* is typical of the Mental Triad (Five – Six – Seven), which moves away from a hazardous world. The Body Based Triad opposes reality with an angry attitude of *Not Knowing* - the denial of Eight, the self-forgetting of Nine, and Ones who judge life as it is. Desire, Aversion and Self-forgetting each respond to an awareness practice that has the profound effect of letting us witness and relax the cognitive/emotional loop that makes us suffer, rather than acting mechanically.

This retreat is focused on the practice of Presence and the Spiritual Antidotes for Desire, Aversion and Self-Forgetting. Please come with a willingness to sit quietly for 20 minute periods at intervals during the retreat – which is open to all Enneagram schools, and to those who seek development. This retreat will be translated into German and French.

When

There will be two periods for registration on arrival at the conference centre.

Friday 30th May from 2 pm for those who also wish to attend Richard Rohr's conference prior to this retreat, and from 11.00 am on Sunday 1st of June for those who wish to attend only Helen's retreat. Helen's retreat will begin Sunday 1st June in the afternoon. We are hopeful that Richard and Helen may present together on Sunday, you will be informed of the exact

timing later, together with confirmation of your registration and payment. The retreat will end after lunch on Wednesday 4th June however those wishing to see more of Assisi may choose to stay on for an extra day or two. It is possible before and after the conference, as long as rooms are available.

Venue

Although it is an uphill town, Assisi is easy to get around and its streets are filled with a special atmosphere. We are very lucky to be hosting this spiritual retreat in the Cittadella, in the same venue and following directly after Richard Rohr's conference. It is a stunning place built on the side of the mountain within the town walls. Rooms in the Cittadella are limited so we ask you to book your room directly with them as soon as possible, at ospitalita@cittadella.org **Please give a credit card number and due date with the booking.** Please mention Enneagram in your booking.

Cost at the Cittadella for Enneagram Participants

Single room: € 60 p/P/day **inclusive of board and room**
Double room: € 52 p/P/day **inclusive of board and room**
Three bed room: € 47 p/P/day **inclusive of board and room**

When full the Cittadella will book rooms for you in surrounding Hotels (+ €10 p/P/day).

Registration Form for Retreat with Helen Palmer, Assisi 2008

(please type in your details and print out if you are sending by post)

Name: _____

Street: _____

Postal Code

City:

Country: _____

Telephone: _____

Fax: _____

E-mail: _____

Name on badge: _____

Type: _____

Are you registering for Richard Rohr's Conference? _____

By sending in this form, I agree with the following conditions:

- The fee is **€ 240 by registration and payment before 15th March, 2008.**
- After 15th March the fee is **€ 280, payable by 15th May, 2008**
- A cancellation fee of € 50 will be retained, plus bank fees if applicable. Cancellations after 15th May are not refundable, you may pass your place to another interested person.
- After you have registered and made payment you will receive confirmation of your participation in this retreat.

Signature _____

Date _____

Please send this application form by fax, e-mail or post to:
Pamela Michaelis, Isestraße 55, D-20149 Hamburg (Germany)
Fax: +49 40 480 17 87 Fon : +49 40 480 80 99 Email: pamela@gainpower.de
Please make payment to Pamela Michaelis, Iban: DE98200505501009767201
Bic code: HASPDEHHXXX, Name of Bank: HASPA, Klosterstern 5, D-20149 Hamburg

This event is being organised by Enneagram Germany in co-operation with Nuala Ahern, Ireland - nuala@nualaahern.com, Karen Webb, England - enneagramwebb@mac.com
Jeannette van Stijn – Holland - jvanstijn@planet.nl
Eric Salmon will be supporting this event in France - eric@enneagramme.net

***Richard Rohr: 30th May – 1st June ENNEAGRAM and PARADOX**

Richard believes that the ancient wisdom of the Enneagram, like few other tools other than contemplation itself, is one of the clearest ways to teach non-dualistic thinking. It is also a wonderful "bottle opener" for people who mistrust spirituality or who are embarking on a spiritual path. It invites wary people into the first stages of both God mystery and self discovery.

Richard is a wonderful speaker, a truly heart opening teacher, when he shares his deeper truth you feel enriched simply by listening to him. He is particularly interested in Spirituality and Politics and you will catch enlightening glimpses of his message throughout this conference. We hope you will take this chance to meet him. To register for his event please go directly to the Enneagram and Paradox button on his website www.cacradicalgrace.org - please note there will also be a pre-conference day, **Francis and Clare: Meeting God in Space and Time**, beginning May 29, 2008 at 2pm.

Travel Arrangements

When arriving by car it is possible to unload the suitcases at the Cittadella and then they will tell you where to park. There are two outdoor parking areas (moderate daily charges) available within walking distance of the Cittadella.

AIRPORTS

There are many low priced airlines flying to Italy nowadays. Pisa, Florence and Rome are all a train ride away – and a beautiful one at that.

The closest airport to Assisi is **S. Egidio, near Perugia** with two daily flights from Milan. The airport is about 10 km from Assisi (taxi or mini-van are available).

From Rome: (Fiumicino airport) there is a regular train service from the airport to the central train station in Rome, Stazione Termini, (about 40 minutes ride). Or change at Tiburtina for train to Assisi.

From Stazione Termini (central train station), Rome there are trains to Foligno (change) and then to Assisi. (The Cittadella is about 5-10 minutes, ca € 12 by taxi, or €1 on the bus). The journey from Fiumicino - Stazione Termini – Assisi takes about 3½-4 hours

From Pisa: Train takes around 4 hours, changing at Arezzo

From Florence: Train takes around 2,5 hours, direct or changing at Arezzo

Useful link: Italian Train Transport: <http://www.initaly.com/travel/info/tranlink.htm>