

# Finding Ourselves Within Ancient Wisdom Traditions

## Part I: Enneagrams with Jennifer Manlowe

**Saturday  
May 4**

**10:00 am - 12:00 pm**

### Location:

Suquamish UCC Church  
18732 Division Ave NE  
Suquamish, WA 98392

### Cost:

\$20 by May 1  
\$25 thereafter  
or at the door  
*(No one will be turned away  
for lack of funds)*

The Enneagram\* is a tool of spiritual transformation combining ancient wisdom with modern psychology and spirituality.

Firmly based on the belief that we have gifts that are necessary parts of the whole, Enneagram is simply a tool that can assist us in returning to the person we are at the core. From here, we contribute to the whole.

Enneagram has identified nine "core personality types" and provides ways to help us discover which type we are (or ways we can be in relationships).

In this introductory workshop, you will:

- Recognize the personality types of people in your life as well as your own personality.
- Discover more effective ways of working with and relating to others.
- Grow to recognize Grace in others and celebrate each one's unique contribution to the whole.



**\*Enneagram** is a Greek word – ennea (meaning "nine") and gram (meaning something written or drawn) – and refers to the nine points, nine basic personality types described.

**[www.SoundSpirit.org](http://www.SoundSpirit.org)**  
or call (360) 598-4434

The mission of  
Sound Spirit is to  
awaken and nurture  
the deepest yearnings  
of the human spirit  
through events, classes,  
and conversations in a  
supportive community.

### Jennifer Manlowe, PhD, MDiv,

is an author, spiritual director and writing mentor.

She has been a professor of psychology, religion, and philosophy since 1993.

Her published titles include *Faith Born of Seduction*, *Polishing the Mirror*, *Cracking Up*, and *Loving Life As It Is: One Breath At A Time*.

A Certified Publishing Coach (CPC), Voice Dialogue and Enneagram Facilitator, she helps people bring out their authentic voice through writing and publishing.



# SOUND SPIRIT INITIATIVE