



Moving Beyond Your Habits of Emotion and Defenses

Saturday, July 24, 2021
9:00 am - 2:30 pm AZ/PDT
Online via Zoom | \$125

AEA Membership Discounts / Young Adult Rate Apply

Personality Type is a set of beliefs, behaviors and reactions that have been tried out and reinforced over time creating automatic, unconscious patterns and habits. Some of these patterns serve us well, others do not. The good news is, it's possible to move beyond these habits.

Through teachings, exercises, practices and dialogues you will learn:

- To identify what inner observation is and how it works in the transformation process
- The habitual emotional pattern (Passion) of your Type
- The relationship between your Passion and your behavior
- How your defense mechanism both serves and hinders you
- How to loosen the hold these automatic patterns have on you

The benefits of increased awareness and loosening of your defensive barriers and emotional habits are:

- Greater spiritual, psychological and emotional freedom
- More ease in your life and your relationships
- The ability to access the Virtue of your Type (e.g. Equanimity, Courage, Serenity)

MORE INFORMATION / REGISTRATION



Renée Siegel has been an integrative wellness provider for over 40 years. She holds licenses and certifications in various disciplines. She was introduced to the Enneagram over 15 years ago and it was "love at first sight". She specializes in three areas: relationships, addiction and wellness. Renée describes the Enneagram as the "blueprint for health one can utilize when understanding the underlying energetic patterns that distract us from our journey in returning to wholeness."