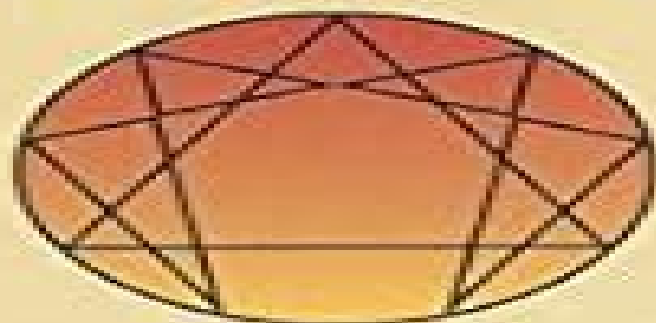


MY BEST SELF

Using the
ENNEAGRAM
to Free the Soul



Releasing the Power to Love & Create

**KATHLEEN HURLEY &
THEODORE DOBSON**

Authors of WHAT'S MY TYPE?

My Best Self Using The Enneagram To Free The Soul

Christopher L. Heuertz



My Best Self Using The Enneagram To Free The Soul:

The Enneagram of the Soul Nhien Vuong, 2025-04-07 A guide to your spiritual journey of transformation using the Enneagram The Enneagram of the Soul invites us on a journey of profound self discovery from the foreword by Russ Hudson bestselling coauthor of The Wisdom of the Enneagram The Enneagram of the Soul is inspired by over two decades of inner and outer work with the Enneagram by leading expert Nhien Vuong Nhien provides a path to wholeness for the self enabling the reader to be steered gently yet firmly away from the trap of solely identifying with their personality type so they can live more fully from their divine nature This book is divided into two parts Part 1 shares nine Enneagram informed principles that guide one s journey of transformation using the Enneagram nine contemplative practices to propel and support the transformational process and nine prayers to lend heart to the journey Part 2 offers forty activations which consist of very brief questions reminders or practices on forty different themes customized for each of the nine Enneagram personality types When we begin to access the wholeness of all nine Enneagram energies working in concert we experience a greater sense of inner peace purpose and fulfillment An important and uniquely useful contribution to the Enneagram literature in that she provides a pathway for the types built around practices and principles Beatrice Chestnut author of The Enneagram Guide to Waking Up

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this outflow into our relationships communities and world

The Everything Enneagram Book Susan Reynolds, John K Waters, Ronna Phifer-Ritchie, 2007-07-17 A Simon Schuster eBook Simon Schuster has a great book for every reader

The Sacred Enneagram Christopher L. Heuertz, 2017-09-05 Most of us spend a lifetime trying to figure out who we are and how we relate to others and God The Enneagram is here to help Far more than a personality test author Chris Heuertz teaches us that the Enneagram is a sacred map to the soul Lies about who we think we are keep us trapped in loops of self defeat but the Enneagram uniquely reveals nine ways we get lost as well as nine ways we find our way home to our true self and to God Whether you are an enthusiast or simply Enneagram curious this groundbreaking guide to the spiritual depth of the Enneagram will help you Understand the why behind your type beyond caricatures and stereotypes Identify and find freedom from self destructive patterns Learn how to work with your type toward spiritual growth Awaken your unique gifts to serve today's broken world Richly insightful and deeply practical The Sacred Enneagram is your invitation to begin the journey of a life transformed Praise for The Sacred Enneagram Integrated within these pages is Chris's extensive knowledge and understanding of this ancient tool along with depth in his teaching of contemplative spirituality as practiced by Jesus Readers are offered a powerful way forward in their unique journey of spiritual transformation through aligning Christian contemplative prayer postures to specific Enneagram types

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[The American Book of Living and Dying](#)

Richard F. Groves, Henriette Anne Klauser, 2015-12-16 For most people the thought of dying or caring for a terminally ill friend or family member raises fears and questions as old as humanity What is a good death What appropriate preparations should be made How do we best support our loved ones as life draws to its close In this nondenominational handbook Richard F Groves and Henriette Anne Klauser provide comfort direction and hope to the dying and their caregivers through nine archetypal stories that illustrate the most common end of life concerns Drawing from personal experiences the authors offer invaluable guidance on easing emotional pain and navigating this difficult final passage With a compelling new preface this edition also features an overview of the hospice movement a survey of Celtic Tibetan Egyptian and other historic perspectives on the sacred art of dying as well as various therapies techniques and rituals to alleviate suffering stimulate reflection and strengthen interpersonal bonds The American Book of Living and Dying gives us courage to trust our deepest instincts and reminds us that by telling the stories of those who have passed we remember honor and continue to learn from them

The Musician's Journey Jill Timmons, 2023-10-17 The Musician's Journey is a resource guide for musicians looking to develop their careers From the process to all the practical details that must be part of an effective career strategy any musician can embrace the vast array of resources provided in this helpful and accessible publication The new edition incorporates current brain research recent job trends in higher education insights from the COVID 19 pandemic and new true life stories from a diverse group of musicians as well as an expanded bibliography and a new chapter on grant writing

The Enneagram Goes to Church Todd Wilson, 2021-03-16 Can the Enneagram make you a better ministry leader Veteran pastor Todd Wilson learned that you need to understand how people work in order to effectively shepherd them Whether you are on a church staff or leading a small group you will find that the same Enneagram insights that help us grow in self awareness can also be applied to life in our faith communities [Preparing for Christian Ministry](#) David P.

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