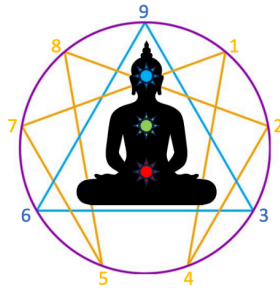




Insight Meditation
COMMUNITY OF WASHINGTON

Claymont Society
FOR CONTINUOUS EDUCATION



The Mindful Enneagram

A Five Day Retreat

At Claymont Court, Charles Town, West Virginia

September 18-22, 2024

The Buddha teaches us how to become free of “dukkha,” unnecessary suffering, and awaken to the deeper capacities of our true essential “Buddha” nature. He emphasizes the need for three levels of practice: mindfulness of body, feeling, and mind, as the “direct path” to liberation from dukkha. This is the Middle Way, a balanced Eightfold Path to inner and outer harmony, with the threefold practice of mindfulness at its core.

Similar to the Buddha, the Twentieth Century mystic, George Gurdjieff, taught that humans are “asleep” based on a fundamental imbalance between body, feeling, and mind. There are three types of this imbalance based on over-reliance and identification with one of these three centers. We all know someone who tends to overthink things or others who are particularly dominated by their emotions or their bodily impulses. Gurdjieff taught his students how to awaken and live from the higher capacities of all three centers. He also introduced the Enneagram, and it has become widely used as a rich map of nine basic ways this fundamental imbalance of the three centers occurs and specific paths to awakening based on our particular “type.”

This retreat will use mindfulness and the Enneagram to help us see clearly, in a practical way, our particular individual type of imbalance between thinking, feeling, and movement - the chief feature of our type that keeps us locked in the trance of dukkha. We will use the Buddha’s three core foundations of mindfulness practice and Gurdjieff’s Movements to actually see and experience our Enneagram type, how to awaken from it, and how to live in greater balance and harmony of body, heart, and mind.

This retreat will be led by Enneagram-certified IMCW meditation teacher, Rob Creekmore, Gurdjieff Movements teacher, Deborah Rose Longo, and the Executive Director of the Claymont Society, Amy Silver.

This retreat begins with dinner at 6:30 PM on Wednesday September 18th, and ends after lunch at noon on Sunday September 22.

Registration begins on May 21, 2024 at 4:30 PM EDT. For more information and to register visit the [Insight Meditation Society \(IMCW\) webpage here](#). For more information contact Rob Creekmore at rob creekmore@verizon.net.