

Spiritual Practices

FOR ENNEAGRAM GROWTH

INSPIRED BY THE SACRED ENNEAGRAM

*"Silence, solitude, and stillness
are workouts for the soul."*

SILENCE

Silence teaches us to listen.

*"My ego wants to be unaware -
but my soul needs to be alive."*

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SOLITUDE

Solitude teaches us to be present.

STILLNESS

Stillness teaches us restraint.
