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HEALTH & WELLNESS



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**July 27th 2017: 9 Prisons One Key Series with Susan Olesek: Type 5, The Observer/Investigator**

The Enneagram is an incisive tool for self-knowing. It gets to the heart of our recurring patterns of thoughts, feelings, & behaviors – those things we repeatedly do, some of which we wish we didn't. Our habits are so hard to drop precisely because they are conditioned into our survival strategies as children. Actually, we are all in a prison of our own making in the ways we suffer our personalities. Sometimes, we really think our habits ARE all of who we are, but actually, we are so much more. People can grow & change. But, we cannot change what we cannot understand, what we cannot see. Seein

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