



**Kevin Billett: The Enneagram - Ancient Wisdom, Modern Insights**



Kevin Billett is a world leading expert in conscious life transformation, positive living and authentic leadership. He is cofounder and CEO of The Journey Group of companies. Discover what he shares about the ancient wisdom of the Enneagram and how it can be used as a model to attain results in life.

**TOP EMBODIMENT TIP:** Tell the truth of who you really are and stop telling the lie of the masks, of the fixated behaviors and patterns.

**What is the Enneagram? It is a description of the nine different ways in which our ego can manifest.**

- The direction into which we come into life sets the next spiritual lesson, or ego unlocking, that we need to face.
- Kevin proposes using the Enneagram as a model of self-introspection that uncovers the obstacles we set for ourselves.
- The Enneagram is a description of the ego, often mistaken with a description of personality.

**The Initial Mistake: At birth, pure consciousness mistakenly identifies as body, emotion or mind.**

- Identification as BODY provokes anger and rage, and behaviours try to meet the need of control.
- Identification as EMOTION(S) provokes feelings of worthlessness, and behaviours seek others' acceptance and validation of us.
- Identification as MIND provokes fear and terror, and behaviours seek to absorb knowledge and find certainty.

**What Fears Tell Us: There is a specific fear to each type, which tends to oppose the surface behaviours.**

- BODY identification has an underlying fear of physical attack. EMOTION identification suffers an underlying fear of abandonment. MIND identification fears insanity, chaos and the unknown.
- This identification exists for life and drives our impulsive behaviours. It is a real indicator of what life is inviting us to explore and free ourselves from.

**Different Channels of Expression: Inflation, Deflation or Rigidity.**

- There are three variations on how the initial mistake manifests. One identification can have three different types of expression: inflated, deflated or rigid. As the Enneagram is a dynamic pattern, we can tend in different directions depending on our state.
- The key point of the Enneagram is to ask "Why do I do that?" and use it to gain freedom.

**Resources**

- ❖ **Books:** [Consciousness: The New Currency](#) with Brandon Bays, and [Light in the Heart of Darkness](#).
- ❖ **Courses:** [events.thejourney.com/enneagram-interested](https://events.thejourney.com/enneagram-interested)
- ❖ **Website:** [thejourney.com](https://thejourney.com)



**Kevin Billet**





## All Coaching & Therapy Presentations are Proudly Sponsored by

Dylan Newcomb, [UZAZU Embodied Intelligence](https://uzazu.org)



**UZAZU**  
Embodied Intelligence

**Dylan Newcomb:** Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

**UZAZU Embodied Intelligence** gives you a clear, integrative model & method for understanding how STATES work: how to identify State Imbalances and how to rapidly shift & re-pattern them, using a set of simple postures & movement patterns. As a Helping Professional, UZAZU gives you **a comprehensive, highly adaptable, embodiment-based methodology** for effectively working with clients on almost any issue—in a way that easily integrates with and amplifies the potency of your existing skill sets.

**UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21**, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients. **UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment**, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. Visit [Uzazu.org](https://uzazu.org) for details!