

Published on *National Catholic Reporter* (<https://www.ncronline.org>)

August 27, 2009 at 5:11pm

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## Using the Enneagram in Prayer: Sr. Suzanne Zuercher -- Part 1

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Sr. Suzanne Zuercher

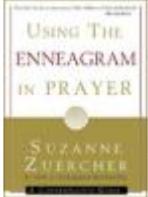
### **Episode 1: An introduction to the Enneagram** (24 min.)

Zuercher says the Enneagram helps people understanding something very basic about their personalities, "a basic reality, a basic incarnation." She tells Tom Fox that the Enneagram, therefore, "is a very incarnational approach to prayer and spirituality, because it is all imbedded in our persons, completely imbedded in our persons." Then Zuercher explains the personality types of the Enneagram and how these types approach, use and enhance contemplative prayer.

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## Using the Enneagram in Prayer



Sr. Suzanne Zuercher is a member of the Benedictine Sisters of Chicago. She is a pioneer in the spirituality of the Enneagram and has presented workshops and programs on the subject around the world. She talks with Tom Fox about her latest book: *Using the Enneagram in Prayer*, published by Ave Maria Press ([www.avemariapress.com](http://www.avemariapress.com)) in April.

### More about the Enneagram

The Enneagram divides people into three groupings: the 8/9/1 people who are called feelers, the 2/3/4 people who are called doers or imitators, and the 5/6/7 people who are called perceivers or observers. Each of these triads faces different issues and challenges according to their energy, emotions, motivations, and behaviors.

The publisher says this about *Using the Enneagram in Prayer*:

Zuercher believes that we are all called to be contemplatives and that the One Who Is Without Limits speaks to us in many different ways. She explores the approaches to the interior life recommended for each of the three groupings and then moves on to methods of prayer: focusing, image and symbol, nature and creation, working with dreams, and Eastern prayer. Zuercher makes a good case for using the Enneagram to deepen our self-awareness and to open to grace and personal growth as part of the contemplative journey.

Other books by Zuercher include *Enneagram Companions: Growing in Relationships and Spiritual Direction* and *Merton : An Enneagram Profile*.

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