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# *The Changeworks Catalog*

## *The Enneagram, NLP, Ericksonian Hypnosis*

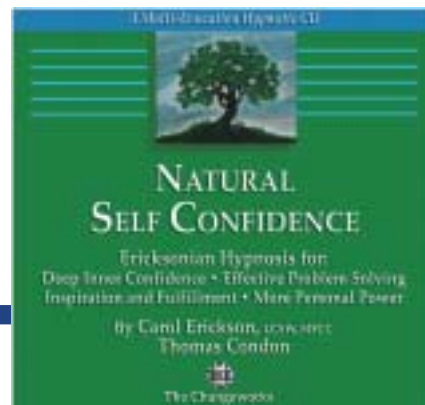
*Your Source  
for  
Quality CDs,  
Books and Videos*

*Workshops with  
Thomas Condon*

# Multi Evocation Ericksonian Hypnosis

Now on CD!

Featuring Carol Erickson  
and Thomas Condon



\$14.95 each CD or Tape 0.5 lb

## Carol Erickson L.C.S.W., M.F.C.C

Director of the Erickson Institute in Berkeley, California. Carol conducts workshops in the U.S. and Europe and is a faculty member at the University of California, Berkeley.

Carol is the co-author of *Natural Self Confidence*, *Deep Sleep and Sweet Dreams*, *Rapid Pain Control*, *Quick Stress Busters*, *Self Hypnosis* and *Easy Enhanced Learning*. The Erickson Institute offers individual and staff trainings for therapists, clinics and agencies. For further information, call: (510) 526-6846.

## Thomas Condon

Thomas Condon is an internationally recognized Enneagram teacher and author. He has taught over 400 workshops in the United States, Germany, England, Switzerland, Austria, Luxembourg, Italy and France.

Director of the Changeworks in Bend, Oregon, he has been an adjunct faculty member of Antioch University and the University of California at Berkeley. He is a certified Master Practitioner of Neurolinguistic Programming and had an NLP-based private practice for 11 years. Tom is the author of over 50 videos, audiotapes and books.

## CDs or Tapes to Help You

*Change with Changing Times* \* *Be at your best*  
*Discover your true potentials* \* *Live a fuller life*

## About Multi Evocation

Our audio programs are widely considered to be the very best of their kind. Over 90,000 have been sold and many people find them to be a valuable personal and professional resource. Our CDs and tapes use Ericksonian Hypnosis, NLP, stereo voices, metaphorical environments, and elaborate sound effects.

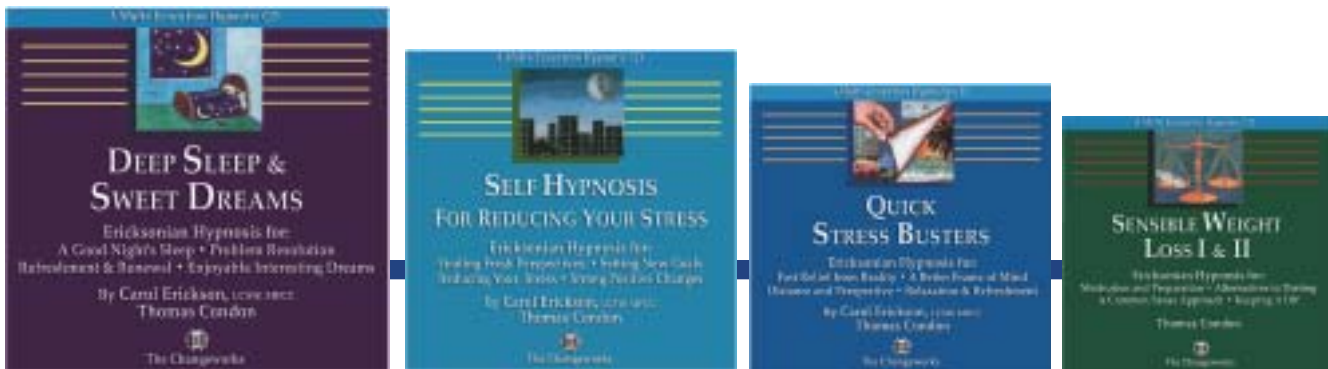
## Ericksonian Hypnosis

Ericksonian Hypnosis, also called “the new hypnosis,” is at once powerful and gentle. Based on the pioneering work of Milton Erickson, this style of hypnosis is open-ended, indirect, and respectful of the listener.

Our CDs offer many positive suggestions and techniques for you to choose freely. Our programs definitely *won't* tell you what to do. Instead, they assume your intelligence and integrity and speak to the best in you. The hypnotic messages are offered in a way that evokes powerful unconscious resources that you already have. We respect and trust your unconscious mind to do the rest in a way that's appropriate for your personality and needs. You can use our CDs in different ways at different times according to changing desires.

## Multiple Voices

Most Changeworks CDs feature two stereo voices speaking simultaneously during hypnosis. This is an innovative method which works especially well for rapid, easy trance induction and to help the analytical thinking mind to let go. The voices weave together in a musical way and the scripts use multiple levels of language including puns, poetry and wordplay.



## What People Say:

*"I find these tapes exquisitely choreographed in both words and music. This allows the content to penetrate deeply. They are very effective!"* — Virginia Satir, Family Therapy Pioneer

*"These tapes feature a sophisticated multi-evocation procedure with two voices alternately and simultaneously giving suggestions and telling stories. They're too much for my analytical mind, so I give up and have a very pleasant and refreshing experience."*

*"These fascinating and intriguing multi-voice tapes are an outstanding technical triumph in the art of suggestion!"*

— Charles Tart, PhD

*"Absolutely incredible ... it's very difficult to convey the kaleidoscopic view of meaning and healing one 'sees' when working with these tapes. We love to recommend them to adventurous people who are open to trying something really innovative and unique."* — Whole Life Monthly

## Metaphorical Environments

Most of our audio programs take place within metaphorical environments. Many are set in peaceful places in the natural world – a tropical island, a forest with a stream, a mountain meadow, a desert oasis, an inland sea. Others involve journeys to magical places like the Center of Time, the Secret Garden, a Crystal Dome. *Humor Power* takes you to meet the World Council of Comedians and Humorists while *Deep Sleep & Sweet Dreams* takes you on an overnight train trip on the Starlight Express.

Multi-Evocation CDs and tapes are made to be involving, entrancing, and fun to use. Each one is as different as possible from the next to give them greater value. Like old time radio dramas, many have plots in which you are a participant, taking part in an internal adventure that brings forth new powers.

## Special Effects

Most of our CDs have elaborate special effects and use highly refined recording techniques. They feature 3-Dimensional Sound — specially processed effects that sound like they are actually happening in your presence. Listeners report that the lifelike sound quality puts them more fully into their hypnotic experience.

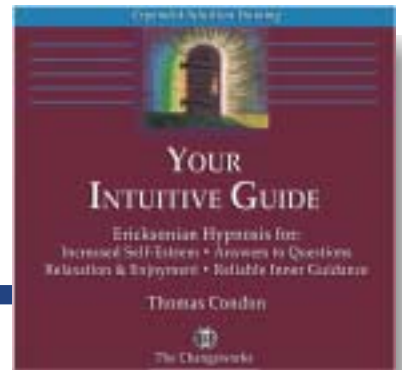
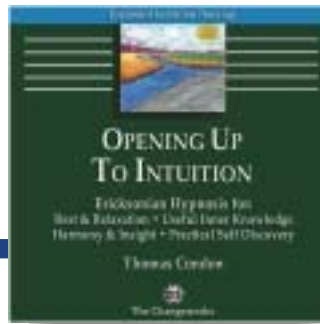
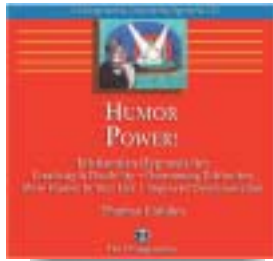
Multi-Evocation CDs are meant to be interesting enough to listen to often. Many self-help tapes promise miracles but are dull to listen to and deliver little. Often our customers report that they find new levels of meaning in our CDs even after months or years of use.

We work very hard to pack as much into our CDs as possible. This means the best that the “new hypnosis” has to offer plus many other useful and proven techniques to choose from. You can be assured of the quality and value of our audio products and we will back them with a 60 day unconditional money-back guarantee.

**To Order Call: 800-937-7771 or 503-228-4972**



To Order Call: 800-937-7771  
or 503-228-4972



\$14.95 each CD or Tape 0.5 lb

## 13 CDs / Tapes

### **“The Rolls Royce of Hypnosis Tapes”**

*“The Rolls Royce of hypnosis tapes! Carol Erickson, Milton Erickson's daughter, demonstrates her obvious independent mastery of hypnosis.”*

– Magical Blend

*“This is definitely a creative innovation in hypnosis tapes!”*

– Common Boundary

*“Your tapes are fantastic! To me they are more than just self-improvement tapes, they are works of art ... I find both your voices superb. The sound effects are also excellent in that they transport me and create that evocative mood so necessary in effective hypnosis.”*

– Bruce H. Charnley, Ottawa

*“Multi-Evocation hypnosis tapes are packaged beautifully and priced substantially lower than other tapes. They are soothing, comforting, relaxing and interesting. Natural Self Confidence is particularly recommended; it's a beautiful multidimensional achievement!”*

– Megabrain

### **Natural Self Confidence**

**For \* Reaching Your Goals \* More Personal Power  
Enhanced Self-Esteem \* Deep Inner Confidence**

A beautiful inspiring CD that offers a natural setting where you can experience the depths of confidence within your unconscious mind. Recommended to people new to Multi-Evocation. *Natural Self Confidence* continues to be one of our best-selling titles.

### **Self Hypnosis**

**For \* Finding Fresh Perspectives \* Setting New Goals  
Reducing Your Stress \* Strong Positive Changes**

For a relaxing time out. Journey to a magical place that can be anything you want it to be. For stress reduction, goal setting, enhancing inner resource states, and getting fresh perspectives.

### **Rapid Pain Control**

**For \* Relief from Pain \* Emotional Well-Being  
Inner Control and Comfort \* Relaxation and Enjoyment**

A comfortable drug-free alternative to all types of pain. From chronic pain that drugs can't touch to low level nagging aches to occasional trips to the dentist, *Rapid Pain Control* is a valuable resource. Brings fast relief to all kinds of pain and also works as an emotional mood elevator.

### **Quick Stress Busters**

**For \* Fast Relief from Reality \* A Better Frame of Mind  
Distance and Perspective \* Relaxation and Refreshment**

This CD offers you a number of brief trance experiences that can be easily included into the most hectic schedules. They are meant to be little “islands of peace” for times when you need fast relief in daily life.

### **Deep Sleep & Sweet Dreams**

**For \* A Good Night's Sleep \* Problem Resolution  
Refreshment and Renewal \* Enjoyable Interesting Dreams**

*Deep Sleep & Sweet Dreams* is designed to help with chronic insomnia as well as times when you just can't sleep. Once you are asleep, the CD will also enrich your dreams in especially enjoyable ways.

### **Easy Enhanced Learning**

**For \* Better Concentration \* Increased Self-Esteem  
Deepening Intelligence \* Rapid Enjoyable Learning**

To help you learn faster and retain more of what you learn. This CD is for students of all ages regardless of the topics or tasks you want to master, or when the rapid assimilation of new information is crucial to your success.

*“These tapes are technical masterpieces, using the technology of stereo and multiple recordings to create an inner world rich in sensory sound. They use music, sound effects, multiple voices all in harmony. The voices weave together in a musical way and the scripts use multiple levels of language including puns, poetry and word play. These tapes have received a standing ovation from the therapeutic community for both their conceptual soundness and technical virtuosity.”*

– National Catholic Reporter

*“Thomas Condon and Carol Erickson’s (Milton Erickson’s daughter) Multi-Evocation tapes are the most amazing 3-D and dreamlike sounding tapes we’ve heard. They contain rich entertaining metaphors so that you can use them often without boredom. True double-induction, excellent technical quality; these tapes have the edge over the others.”*

– Anchor Point

*“Multi-Evocation cassettes by Tom Condon and Carol Erickson are some of the most effective and skillfully produced tapes we have experienced. Each tape features gentle, open-ended and indirect suggestions in the style of Milton Erickson, as well as two voices speaking simultaneously during hypnosis. Highly Recommended.”*

– Interface Holistic Review

*“Excellent products!”*

– Forbes Magazine

*“Very unusual, highly effective hypnosis tapes can be used over and over again. Multi-Evocation is a brilliant synthesis of hypnosis, multiple voices, metaphorical environments and other special effects.”*

– Bookreader

## **Sensible Weight Loss I and II**

**For \* A Common Sense Approach \* New Alternatives to Dieting Help with Compulsive Eating \* Taking it Off and Keeping it Off**

This two-CD set offers honest actual support for appropriate weight loss. CD I is *Motivation & Preparation*. It will help you identify any hidden causes of overeating and evaluate any healthy lifestyle changes that may be necessary. CD II is *Acting & Maintaining*. It will help you begin to lose weight and naturally include the new changes into your daily life and future. We’ve had a great deal of positive feedback about this two-CD set. \$24.95 2 CDs 1.0 lb.

## **Opening Up To Intuition**

**For \* Rest & Relaxation \* Inner Knowledge Harmony & Insight \* Practical Self Discovery**

*From the Intuition Series*

Uses Multi-Evocation in a lovely natural setting to help awaken and motivate your intuitive abilities. Designed to sensitize and gently evoke your intuitive abilities.

*“Opening Up To Intuition is superb!”* – New Times

## **The Ultimate Library**

**For \* Useful Solutions \* Help with Decisions Access to Information \* Answers to Questions**

Go to a Library where the sum total knowledge of the universe is stored. Features a user-friendly talking computer named Akashic One. Ask him specific questions and receive useful answers.

## **Your Intuitive Guide**

**For \* Increased Self-Esteem \* Answers to Questions Relaxation & Enjoyment \* Reliable Inner Guidance**

Introduces you to your Intuitive Guide, a being of personal significance to you. The tape is long, rich and leisurely; it will increase self-esteem and lower stress. You can also ask questions of your Guide.

## **Creative Inspiration**

**For \* Spiritual Renewal \* Focusing Priorities Vision and Inspiration \* Meditative Reflection**

*From the Creativity Series*

*Creative Inspiration* will provide a refuge from the hectic pace of modern life. It offers a chance to relax and renew, consider priorities, or listen to “the still, small voice of the heart.” The most spiritual of all our programs.

## **Creative Problem Solving**

**For \* Ideas and Options \* Solutions to Problems Consultation and Support \* Relaxation and Enjoyment**

Gives you ideas and ways to carry them out in the world. It is designed to assist you with all kinds of problems, projects, questions and challenges. Takes place on a tropical island getaway.

## **Humor Power**

**For \* Creativity & Flexibility \* Overcoming Difficulties More Humor In Your Life \* Improved Communication**

This unique program uses Ericksonian Hypnosis to evoke the quality of humor within you and integrate laughter into both your personal and professional life. Although entertaining, *Humor Power* is not necessarily funny. Its purpose is to enhance your individual style and expression of humor – to make humor a resource you can count on.

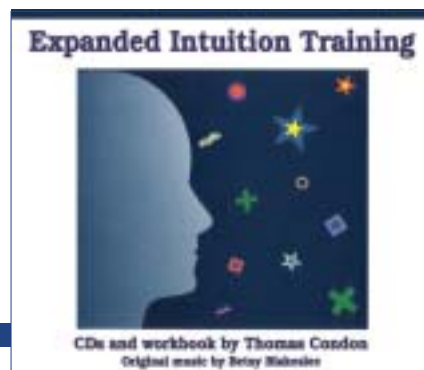
*“Helps tap the ability to see things differently, to stand reality on its ear!”*

– American Association of Therapeutic Humor

# Expanded Intuition Training

Audio Series by Thomas Condon

To Order Call: 800-937-7771 or 503-228-4972



\$69.95

CDs 2.0 lb Tapes 3.0 lb

## What People Say:

*"This tape series is an excellent way to recognize and expand on one's intuitive abilities and go beyond the 'normal' perceptions of everyday life. Recommended highly!"* – New Times

*"A pleasure to recommend! We predict that you will find the Intuition tape series a solid investment of your time and money."* – Inner Quest

*"I've just purchased your Intuition Training tape series and want you to know that I feel it is the best set of tapes I have ever worked with. Tapes 4 and 5 are incredible. Thanks a lot for providing a great product! I am very pleased."*

– Ron Marcellin, Teacher

*"I have purchased many, many hypnotic tapes over the past several years. Not one of them has matched the quality of production and content of yours. It's such a pleasure to find a product which is actually better than the ads make it sound."*

– Ronn Gladwin,  
Photo Lab Owner

## Now you can profit from your Intuition if you have ever wanted to:

- \* Have fast dependable access to information
- \* Find guidance for decision making
- \* Correctly judge and forecast
- \* Develop your inner life
- \* Understand and improve your relationships
- \* Challenge the limits of the possible

This Series is based upon Thomas Condon's Expanded Intuition seminars. It offers comprehensive and practical training in the use of intuition in your personal and professional life.

*Expanded Intuition Training™* combines a unique set of elements: Ericksonian Hypnosis, Multi-Evocation, Three-Dimensional Sound Effects, exercises and a workbook. It presents a wide range of tools and proven techniques for developing your natural intuitive abilities.

The Series will teach you how to:

- \* Identify your own "intuitive style"
- \* Allow intuitions to come through for you
- \* Know which signals to look for and trust
- \* Ask questions and receive guidance
- \* Have intuitions on demand
- \* Get quality information for any purpose

**1 : Opening Up to Intuition (3-D)**

**2 : Practical Intuition**

**3 : Blocks to Intuition**

**4 : The Ultimate Library (3-D)**

**5 : Your Intuitive Guide (3-D)**

**6 : Using Your Sixth Sense**

*“The quality and the methods used are no less than excellent. This is one of the only genuinely honest items I’ve come across for a long time. Keep up the good work.”*

– Warren Grier,  
Quality Assurance Engineer

*“Just to let you know how much I love your tapes! I recommend them to my own clients and friends and everyone raves about how helpful they are.”*

– Ann Marie Tessier, Therapist

*“Your products, in my estimation, have no equal. As a student of hypnosis I find your tapes not only great for inducing trances but as models for how hypnosis should be done!”*

– Michael Preissman,  
Northfield, New Jersey

*“Your tapes are just wonderful, personally caring and lyrically crafted. I am delighted to see more offerings and that your business is expanding – it deserves to! Thanks again for your magical and effective work.”*

– Susan B. Leake, Consultant,  
Training & Development

*“I have been using your tapes for several years, as well as recommending them highly to friends and clients. Each tape is truly a marvelous piece of work! Thank you for your quality.”*

– Gardner Wiseheart,  
Psychotherapist

*“I’ve been using your tapes almost nightly for the past two months and they are amazingly effective. I have been going through wonderful changes within myself that are being reflected in the outside world, changes I’ve been wanting for years. This is probably the best money I’ve ever spent.”*

– Becca Harber,  
Spencer, New York



## Reviews of this Series

To Order Call: 800-937-7771 or 503-228-4972

### From *Magical Blend Magazine*

“Most of us experience intuition as something that comes and goes, bringing useful information or spiritual insights – but in a random, mysterious way. This tape series starts from the premise that everyone has intuitive capacities that can be brought forth and used deliberately. Once you learn to recognize how your intuition communicates, you can then apply it to practical problem solving, understanding relationships, finding spiritual guidance and answering your own questions.

While this is not a new idea and many writers espouse the value of intuition, this tape series takes an experiential, how-to-do-it tack. And it works: *Expanded Intuition Training* is a fascinating, practical and intelligent approach to developing intuition. These tapes actually deliver more than they promise.”

### From *Body, Mind & Spirit*

“*Expanded Intuition Training* is a set of six audio programs plus workbook designed to help you learn your own intuitive language – whether it be in words, feelings or imagery – and which signals to trust when using your intuition.

The tapes are of high quality and incorporate Ericksonian hypnosis in the form of “multiple voice” hypnosis. This technique features at least two voices speaking simultaneously during various meditations and serves to disengage the conscious mind. Also incorporated are exceptional 3-D sound effects which further heighten the hypnotic experience.

Great care has been put into the tapes’ scripts. You’ll pick up on puns, cross references and “inside” phrases as the tapes are used and reused; this helps keep the listening experience from becoming stale. The sound quality of the tapes and the narrative voice are excellent. A comforting, spacious and protective atmosphere is created that is highly desirable for the kind of inner work the series is designed to accomplish.”

### From *Medical Self-Care*

“Intuition can be a powerful tool. It is an essential component of the creative process, and also can play a significant role in the workaday world. Problem-solving, decision-making, and developing new insights are all enhanced by intuitive skill. This remarkable series uses state-of-the-art recording techniques and a sophisticated hypnosis procedure to help tap these intuitive powers.

I began by listening to this series as a reviewer. I ended up with a whole new appreciation for – and relationship to – my intuitive faculties. And I’ve got a hunch that others will have a similar experience.”

### From *Yoga Journal*

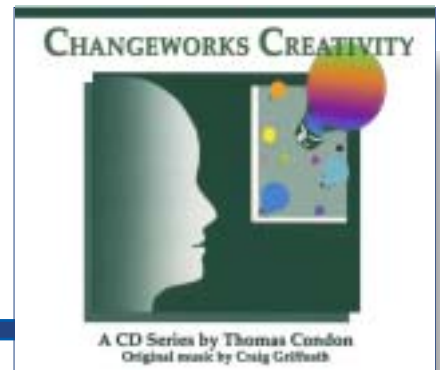
“We’ve all experienced those brief moments when a flash of insight lets us know intuitively how to respond to a given situation. Yet we often consider this “sixth sense” a phenomenon over which we have no control. This series teaches us how to recognize and communicate with our intuition. Each tape focuses on a particular aspect of intuitional development, from learning your intuitive language to meeting your intuitive guide.

We recommend this series to those who want to explore and heighten their intuitive capacity. It provides a vehicle for developing confidence, clarifying perception, and becoming more attuned with a deeper decision-making process.”



# The Changeworks Creativity Training

Audio Series by Thomas Condon



\$69.95  
Tapes Only 3.0 lb

## What People Say

*“This audio-cassette Series, by Thomas Condon, provides the listener with a set of well-conceived tools for expanding one’s creativity, solving real problems, finding and eliminating creative blocks, and focusing on essential elements of a project, issue or question. The series consists of six well-produced tapes that use a variety of hypnotic techniques, along with sequenced exercises and lectures.”* – Creative Mind

*“My wife and I have been enjoying Creative Inspiration which was given to us as a gift by one of our close friends. Tom Condon’s expression combined with the quality of the mixing is spectacular. We send our heartfelt appreciation to you all. Currently we are composing our first novel and we have been using the tapes quite regularly with excellent results!”*

– Covington, LA

*“Thomas Condon’s voice is mellow and quiet, considerate and inspiring of trust. Nicely done!”* – Heartsong Review

## A Series to help you:

- \* **Unlock your creative potential**
- \* **Find solutions, ideas, and options**
- \* **Be more creative in your life and work**
- \* **Get through creative blocks**
- \* **Access high performance states**
- \* **Find more inspiration for creative living**

Whether you are a therapist, artist, executive, parent or anybody, times arise when you need creative ideas and solutions at the snap of a finger.

This tape series will give you dependable access to your creative resources. It will open you up to your creative potential and help you apply creativity to practical problems, daily situations, long range goals, etc.

The tapes also offer inspiration and support for projects, inventions, and artistic pursuits. They will take you through each stage of the creative process — from coming up with ideas, to deciding which ideas are good, to acting on them effectively.

The Changeworks Creativity Training uses Ericksonian Hypnosis, Multi-Evocation, and 3-D Holophonic Sound along with sequenced exercises and lectures. The tapes are for anyone wanting new possibilities for professional success and personal self expression.

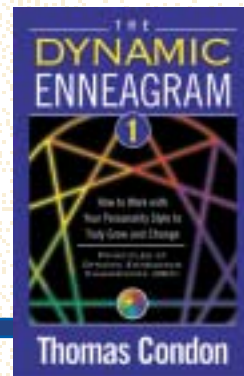
- 1 : Creative Inspiration (3-D)**
- 2 : Creative Personal Power**
- 3 : Beyond Creative Blocks**
- 4 : Creative Problem Solving (3-D)**
- 5 : Creative Brainstorming**
- 6 : Humor Power (3-D)**

**To Order Call: 800-937-7771 or 503-228-4972**



# The Dynamic Enneagram

Book by Thomas Condon



*How To Work with Your Personality Style  
To Truly Grow and Change*

Coming in 2003

## About the Enneagram:

*“As a guide to human character, behavior and motivation, it has no equal. More practical than typologies derived from conventional psychology, the Enneagram provides a clear and easily recognizable map of nine distinct personality patterns. For most people, it simply rings true.”*

– Yoga Journal

*“Now after lurking on the fringes of mysticism and pop psychology for more than 20 years, the Enneagram is turning mainstream and respectable. Last year the Stanford University School of Business course called ‘Personality, Self-Awareness and Leadership’ focused on the Enneagram for the first time; the class proved so popular that it will be expanded from 40 to 50 students next winter. The CIA now uses the Enneagram to help agents understand the behavior of individual world leaders. The U.S. Postal Service recently turned to the Enneagram to help employees resolve conflicts. Clergy from the Vatican signed up for an Enneagram seminar last year. And the First International Enneagram Conference, with 1,400 participants who came to Palo Alto, Calif., from as far away as Japan, was cosponsored by Stanford Medical School’s department of psychiatry.”*

– Newsweek

## Freedom To The Core

The subject of several recent best-selling books, the Enneagram is an elegant, powerful overview of human psychological types. It describes nine distinct personality styles, their inner motivations and relationships. Each personality style is characterized by a consistent set of themes – scripts people live out that repeat conflicts as well as strengths and possibilities for growth. Newcomers to the Enneagram are often amazed to find accurate portraits of themselves and everyone they know.

From a celebrated Enneagram teacher, this is the first book of its kind. Presenting a fresh and practical approach to the Enneagram, Tom Condon shows you how to explicitly use the system as a tool for personal growth, change and fulfillment.

*The Dynamic Enneagram* goes beyond simply providing insight into the Enneagram’s nine personality styles. Tom brings 20 years of experience in workshops around the world to show you how you can apply that insight to maximize your strengths, temper your weaknesses and fulfill your true potential.

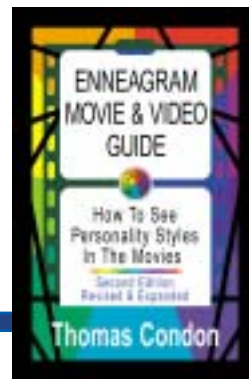
Tom has selected techniques from different psychotherapies – NLP, Ericksonian Hypnosis and Brief Therapy – and adapted them to the needs and dilemmas of each Enneagram personality style. The result is a “tool-set” for personal change – useful practices and ideas that you can adopt to transcend limits, resolve conflicts and improve relationships.

Newcomers will appreciate Tom’s vivid descriptions and real-life examples of personality styles. Those familiar with the Enneagram will enjoy a new perspective on the system, one that emphasizes growth and possibility. Those with therapeutic or “people-helping” backgrounds will find a range of new techniques for promoting deep, enduring change in their clients.

Using humor, teaching stories and case histories, Tom reveals the life scripts that bind each of us and identifies how anyone can optimize her or his own life story.

# The Enneagram Movie & Video Guide

## Book by Thomas Condon



\$16.95 1.0 lb

### How to See Personality Styles in the Movies

#### 2nd Edition, Revised & Expanded

#### What People Say:

“Not since Helen Palmer broke the ice with her classic work *The Enneagram* has learning this fascinating system of personality types been so easy. Considered to be one of the oldest forms of psychological assessment, the Enneagram has remained elusive to many, but, thanks to Thomas Condon, here is a format finally that anyone can understand.

“This book illustrates the nine Enneagram types by reviewing the personality types of almost one thousand movie characters. The Guide is an easy read and an admission ticket to a realm in which we can gain a deeper understanding of movie characters and personality types.

“This book is a must for people who already know the Enneagram – it will help them to deepen their insights – and it is a great introduction for the newcomer. The actors and movies are clearly indexed so readers can easily find their favorites and delve deeply into the movie characters’ psyches. No stuffy psychobabble, just clear descriptions about using our most celebrated medium – film – as a tool of psychological discovery.”

– New Age Retailer

#### See Your Favorite Stars in a Whole New Light

Whether you are a movie lover, aspiring actor, storyteller, student of psychology or Enneagram enthusiast, this spirited and original book will alter the way you see movies forever. From classics to independent films to mega-hits like *Titanic*, personality types are everywhere in the movies – if you know how to see them.

*The Enneagram Movie & Video Guide* is a must for any reader interested in Enneagram personality styles – or the movies. It features dozens of in-depth movie reviews plus over 1000 listings of movie characters grouped according to personality style. Also included are the Enneagram styles of over 800 famous real-life people.

Written in a lively, entertaining style, *The Enneagram Movie & Video Guide* will help you grasp the Enneagram quickly and apply it towards your personal and professional needs. This book is an indispensable source for movie buffs, students of human behavior and the Enneagram alike. It is also an excellent guide to character motivation for actors, screenwriters and students of film.

The Second Edition is updated and enlarged, including additional reviews, a new Master Index as well as advanced Enneagram distinctions like *wings* and *subtypes*.

“A real find! Condon's movie guide provides not only a snappy introduction to the Enneagram's personality types, but write-ups of about 1000 movies focusing on the main characters and their behaviors. A series of movies exhibiting one type will give the reader a great sense of both the basic issues and their variations for that type. Condon provides capsule reviews plus good viewing and study suggestions.” – Inner Journeys

“In becoming a psychotherapist it was always clear that reading great novels taught me more than any psychology course. Thomas Condon has taken film – the art form of our time – to show the mind, heart and bodily experience of each Enneagram style. Truly a great book!”

– Margaret Frings Keyes, Author, *Emotions & The Enneagram*

# Enneagram Applications

Edited by Thomas Condon and Clarence Thomson



\$17.95 1.0 lb

## Personality Styles in Business, Therapy, Medicine, Spirituality and Daily Life

### What People Say:

*“The delightful variety of subjects covered in Enneagram Applications will surprise you. I recommend this informative, practical, and enjoyable collection by highly respected Enneagram teachers and writers, including editors Thomson and Condon.”* – Elizabeth Wagele, co-author of *The Enneagram Made Easy*, author, *The Enneagram of Parenting, Beethoven Enneagram*

*“With a vast array of refreshing, entertaining and informative topics, Enneagram Applications has something for everyone. Featuring articles by leading Enneagram thinkers and writers as well as people using the system in their daily lives, this is a satisfying read for both newcomers and veterans of the field.”*

– Andrea Isaacs, Co-Editor, *Enneagram Monthly*

*“This is good stuff! Condon and Thomson have gathered a wealth of informed and insightful writings highlighting the genius of the Enneagram. Clearly, the ancient Enneagram is moving beyond esotericism to a practical and much needed daily wisdom. The genie is out of the bottle!”*

– Richard Rohr, author, *Discovering the Enneagram*

### See the Enneagram at Work and Play

The Enneagram is a fascinating, powerful system of psychology that describes the nine personality styles that human beings most favor. This new book shows you the many ways that people are applying this dynamic system to their personal and professional lives to improve communication, solve problems, enhance relationships, become more productive and fulfill their potential. Discover from their examples how the Enneagram can work for you.

*Enneagram Applications* features articles by a medical doctor, a CEO, a pharmacist, therapists, executive coaches, corporate heads, psychotherapists, a Buddhist monk, a nun, a school teacher, and a graphologist. All have applied the Enneagram to their area of expertise and show how you can apply it to yours. The subject areas are as diverse as business, psychotherapy and self-help, medicine, literature, film, spiritual counseling and handwriting analysis.

Thomson and Condon, two well-respected Enneagram teachers, have assembled a richly informative sampler – both practical and entertaining – to show the Enneagram in action. Learn how successful practitioners use it to improve their lives – and how you can too.

Contributors: Grant Aaseng, Carolyn Bartlett, Mary Bast, Paul Boroff, Thomas Condon, David Daniels, Mary Ann Giordano, Michael J. Goldberg, Janet Levine, Teresa Malcolm, Brenda Reed, Gail Regan, Vimala Rodgers, Santikaro, Judith Searle, Brenda Schaeffer, Jennifer Schneider, Patricia Simmons, Clarence Thomson, Susanne Zuercher.

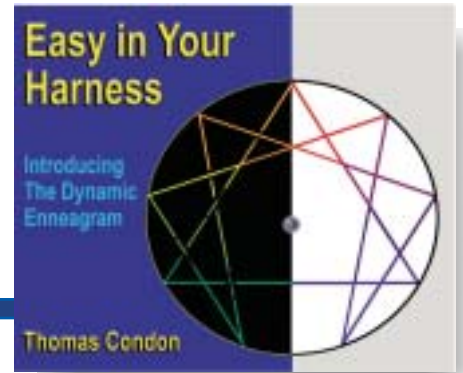
**To Order Call: 800-937-7771 or 503-228-4972**



# Easy In Your Harness

## The Dynamic Enneagram Live Audiotape / CD Series

Edited Workshop by Thomas Condon



\$79.95

CDs 2.0 lb Tapes 3.0 lb

### Reviews:

*“Because of the clarity of the examples and the masterful use of metaphor and humor, Condon is easily understood by beginners, even though this is advanced material for his audience of practicing therapists and teachers. He is also effortlessly entertaining.”*

– National Catholic Reporter

*“Before signing up for a course on the Enneagram, buy these tapes. Thomas Condon does a good job of filtering the Enneagram through NLP training. You'll acquire some great tools for your profession and learn about yourself first!”*

– Anchor Point

*“Condon interviews people, applies NLP techniques and behold: like a pattern under the heat of an iron, the Enneagram styles appear and you KNOW them in a way you'll never forget. Condon mixes 20 years of Enneagram familiarity, with NLP /hypnosis practice and what apparently is a genetic gift to make the Enneagram types vivid and real. And during it all he is extraordinarily helpful.”*

– Enneagram Educator

### An Edited Workshop to Help You:

- \* Understand yourself and others
- \* Combine NLP & Ericksonian tools with the Enneagram
- \* Resolve conflicts and improve communication
- \* Find new avenues and techniques for personal growth

This series, edited from a Lifethemes workshop, is an excellent introduction to the Enneagram and offers powerful tools for therapeutic change.

Newcomers will appreciate Thomas Condon's vivid descriptions and everyday examples of personality styles. Those familiar with the Enneagram will enjoy a new perspective on the system – one that emphasizes growth and change and possibility. Those with therapeutic or “people-helping” backgrounds will find a large range of new techniques for promoting change and working well with others.

The Enneagram is an excellent guide for personal evolution and this series offers many ideas for making changes, improving relationships, and enhancing the gifts of your style. It offers a rich mixture of lecture, case histories, interviews and discussion. The series is for anyone seeking new horizons in your personal or professional growth.

*“Thomas Condon has been studying and working with the Enneagram for over 20 years and his depth of understanding is apparent. Through examples, stories and analogies he conveys a clear understanding of each personality type. His fascinating, rich descriptions of each personality style allows for an easy recognition of your own.”*

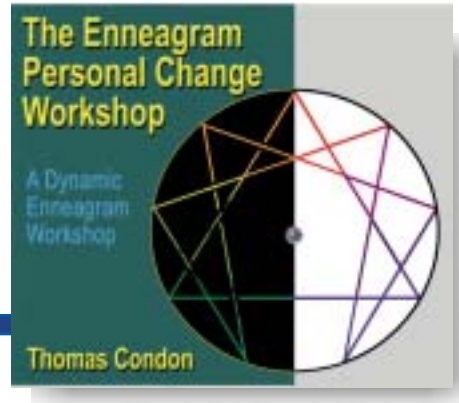
*“Easy In Your Harness was taped at a live workshop. In order to demonstrate his method of using NLP combined with the Enneagram, Condon actually does changework on the tapes. He has an informal, conversational style that makes both listening and learning a pleasure.”*

– Inner Quest

# Enneagram Personal Change Workshop

## Audiotape / CD Series

**Stay Home and Go to a Workshop!**



\$79.95  
CDs 2.0 lb Tapes 3.0 lb

### What People Say about these Workshops

*“The workshop was dynamite! Tom’s skill combined with his caring and humor makes his workshops easy to recommend to anyone who wants to change and grow.”*

– Hal Harber, Retired Banker

*“This really helped put my NLP skills into context. The workshop gave me a much better model for integrating specific NLP techniques for each personality style. The interviews and demonstrations were particularly useful!”*

– Robert Roundtree, M.D  
author, *Immunotics*

*“Tom’s indepth knowledge, presence, timing, grace and humor are magical to experience. What a gift.”* – Susan Nordyke,  
Vocational Counseling

*“Tom Condon is a gifted teacher, perceptive and intuitive as he worked with each of us. His kindness, tact, and compassion were evident throughout the weekend, which built trust and rapport. It was a joy to watch him work with others and be a recipient of his insights and help.”*

– Beverly Sorensen,  
Enneagram Teacher

### An Edited Workshop to Help You:

- \* Apply effective therapeutic tools to Enneagram dilemmas
- \* Enhance your relationships and improve communication
- \* Learn an original perspective on the Enneagram
- \* Find direct paths to your personal and professional goals

This new CD series, edited from an Enneagram Personal Change Weekend, is an entertaining, informal mixture of lecture, demonstrations and discussion. It combines techniques from Brief Therapy, and Ericksonian hypnosis to focus the Enneagram as a tool for personal change.

The series features experiential exercises and powerful practices that alter negative self-images, limiting beliefs, and Enneagram compulsions. It will help you truly *apply* the Enneagram – to enhance your strengths, temper your weaknesses and fulfill the potential of your style.

*“Tom has a lively intelligence, a sly wit, a subversive sense of humor, and an actor’s sense of timing. I’m so thoroughly entertained that the valuable lessons learned seem almost beside the point.”* – Sandee Renault,  
Family Planning Practitioner

*“People gather. Tom talks. Things happen. At first it’s hard to see the relationship between the talk and the happenings, but by the workshop’s end, it is clear that this talk is eclectically informed and idiosyncratically brilliant, thus producing unexpected changes in people open to change.”*  
– Mary Nelson, Spiritual Director

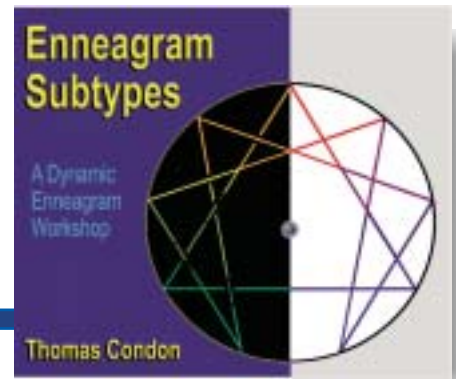
*“The Enneagram, and particularly Tom’s interpretation, is one of the greatest personal growth tools I’ve come across.”*

– Mair MacKinnon, Alternative Health Practitioner

**To Order Call: 800-937-7771 or 503-228-4972**

# Enneagram Subtypes

The Subtle Drivers of Unconscious Behavior  
Audiotape / CD Series



\$79.95

CDs 2.0 lb Tapes 3.0 lb

## From a Review:

*“Available in both CD and cassette, Enneagram Subtypes was taped live at a subtypes workshop, and includes lecture, discussion and panel narratives from representatives of the types. As a result, listening to it is an entertaining as well as an enlightening experience.*

*“Each section starts with a brief overview of the central strategy of the Enneagram style, and the ways in which this strategy is expressed through subtypes. Using anecdotes and examples, generously laced with humor and wit, Condon describes the differences between the Intimate (One-to-One), Social, and Self-Preservation subtypes, and the behaviors that each produces within a particular Enneagram style.*

*“If I have any disappointment in this audio series, it's that I wasn't able to be there in person to join the fun. When you are presented with an opportunity to experience one of Tom Condon's workshops first-hand, take it! And add Enneagram Subtypes to your library. I've already listened to many of the CD's a second time, and will long appreciate the wealth of information this series provides.*

*“Enneagram Subtypes is designed to meet the needs of a wide audience, from people just learning about the Enneagram to more advanced students wanting to enrich their understanding of Enneagram types.”*

— Enneagram Monthly

## An Edited Workshop to Help You:

- \* Deepen your understanding of the Enneagram
- \* Improve your ability to recognize Enneagram styles
- \* Precisely identify unconscious motivations
- \* Discover new resources in yourself and others

This new audio series, taken from an Enneagram subtypes workshop, is suitable for beginners as well as advanced Enneagram students. It offers a comprehensive look at the Enneagram's subtypes with a special emphasis on their positive attributes. The series is edited to preserve the vivid atmosphere of a live workshop and includes panels of exemplars who share their reactions to Tom's penetrating descriptions.

Each Enneagram style has three further *subtypes* that influence people's experience of their dominant personality style. Your subtype is determined by whether you are unconsciously preoccupied with personal survival (self-preservation), one-to-one relationships (intimate) or whether your style of relating includes a lot of people (social). Subtypes relate to three key realms of life – how we take care of ourselves, the realm of close relationships and how we relate socially to the larger world.

Understanding subtypes is exceptionally useful for discovering what further motivates people within their core Enneagram style. Subtypes are subtle but powerful drivers of unconscious compulsive behavior. Working directly on a subtype issue often leads more quickly to freedom and change. Knowing about subtypes will also help you resolve common mistypings and clarify the confusing variety of expressions that can occur among people with the same Enneagram style.

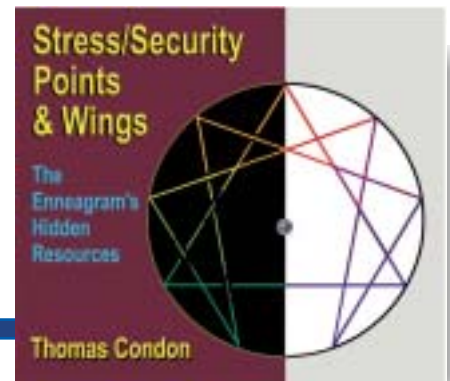
**To Order Call: 800-937-7771 or 503-228-4972**



# Stress/Security Points & Wings

The Enneagram's Hidden Resources

## New CD Series



\$79.95  
CDs only 2.0 lb

### More about these Workshops

*“A wonderfully integrated workshop that combines both theory and practice while exploring the virtues and vices of Enneagram personality types.”*

– Karin Leperi, Federal Executive

*“As always, Tom made it a safe place for deep and compassionate self-examination, as well as occasional raucous laughter. I find his insights illuminating and very convincing. Both his involvement in personal process work, and the detachment he brings to Enneagram diagnostics, are invaluable.”*

– Jane Kimbrough, Actress/Writer

*“Thomas Condon presents a compelling and vivid description of each personality type. With a respectful humor and a gentle, focused style, he inspires people to see that there are always choices. I would recommend this workshop for those who feel ready for change.”*

– Jeanette Ezzo, Mediator

*“The workshop was very powerful for me. I'm not exaggerating when I say that my primary relationship has taken on a whole new glow based on the things that I learned. I'm also finding it easier to express myself and have a clearer view of what I want.”*

– Patrick Callahan, Teacher

### An Edited Workshop to Help You:

- \* Understand yourself and others
- \* Identify your unconscious talents and hidden resources
- \* Deepen your understanding of the Enneagram
- \* Discover the Enneagram's depths and dimensions

Each Enneagram style has built-in relationships to four other styles, called Stress and Security Points and Wings. As you work with the Enneagram, you'll recognize an intuitive, unconscious link from your core style to these additional styles. These connections reveal natural aptitudes that you can cultivate and develop as well as potential traps to be identified, worked on or avoided.

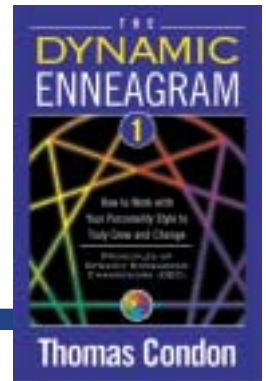
This CD series explores these subtle dimensions of the Enneagram, focusing on how to identify and effectively work with them. Edited from a live workshop, it includes panels of exemplars who share their reactions to Tom Condon's descriptions. Learning about Stress and Security Points and Wings will give you an unusually clear and detailed map of your character. Far from revealing static 'types,' the workshop presents the Enneagram as a kind of dynamic liquid mosaic.

Tom also applies his unique blend of Ericksonian hypnosis and NLP techniques to illustrate ways to use these distinctions in the service of change. Therapists and counselors, especially, will discover more about how clients get stuck and the hidden resources that can free them. Each of these connections represents a “direction of health” that can be used to lead yourself or others more quickly to freedom and change.

**To Order Call: 800-937-7771 or 503-228-4972**

# Dynamic Enneagram Videotapes

by Thomas Condon



## Videotapes to help you:

- \* See the Enneagram in action
- \* Combine NLP & Ericksonian tools to work with Enneagram issues
- \* Improve your skill at recognizing personality styles
- \* Discover how to alter negative self-images and limited beliefs
- \* Find new techniques to enhance the gifts of your style

\$24.95 each  
1.0 lb per video

## Video Review:

*"I was delighted to discover a new videotape series by Tom Condon that illustrates his enhancement of Enneagram typology with techniques from NLP and Ericksonian hypnosis.*

*At the most basic level, the observer can glean new information about Enneagram types. The clients are frank and disclosing without seeming rehearsed or inhibited, and give us an opportunity to read energy and body language as well as listen to their words.*

*On a more complex level, each tape is a rich vein of information on interviewing style itself. The healing potential of the Enneagram unadorned is amazing; when it is set as the jewel in Condon's multi-faceted approach, we begin to see how much more is possible. NLP gives the interviewer clues to assess the state of mind of the client, and techniques to measure the impact of events and assertions. Body posture, tone of voice, pacing, line of vision – all combine to*

If you are a student of the Enneagram or just want to learn how to apply the system's insights and diagnostic power, these new videotapes are for you. Edited from Thomas Condon's Lifethemes workshops, the videos offer a powerful new vision of the Enneagram plus clear demonstrations of its potential as a tool for personal growth.

Combining the spontaneity and excitement of a live workshop, *The Dynamic Enneagram* presents an NLP-based perspective that moves the Enneagram from theory into practice. You'll see personality styles in action and learn ways to use the Enneagram to transcend limits, solve problems and truly grow and change. The videos range in length from 40 to 100 minutes.

## 18 Videotapes Available: Lectures

In the **Lecture Series** you'll discover a rich, wide-ranging perspective on the Enneagram. These lectures are often used in Enneagram discussion groups and are perfect for home study.

### **The Dynamic Enneagram Introduction**

Discover how your personality style is many things at once – a hypnotic trance, a strategy for making sense of reality, a skill, a story you tell yourself, a host of talents, a set of defenses and an array of potentials.

### **NLP and the Enneagram**

NLP identifies the structure of subjective experience as a first step to changing it. In this tape, Tom uses NLP to identify the sensory scaffolding that supports Enneagram styles. He demonstrates the famous NLP eye movements and other non-verbal cues that reveal internal states. This is followed by a lively discussion of the biases of different therapies and how they often minister to the problems of specific Enneagram styles.

*create a psychic roadmap of the interview in process.*

*When using the techniques of Ericksonian hypnosis, the practitioner leads the client respectfully to an open door of insight and then politely waits until the awareness gathers sufficiently for the client to be ready for the next step. When these graceful and subtle techniques are combined, the potential for revelation is enormous.*

*Condon's style is relaxed, casual and warmly humorous. He gauges the moment when he can nudge the process forward, and often does so with a comment that in less-skilled hands might have produced a burst of outrage or tears, or triggered an anenome-like retreat. But the gentleness of his manner and his indirect, non-invasive position create an extraordinarily safe space for making big moves in a short time.*

*Though this is not a 'how-to' tape set for any of the modalities employed, it is a lesson that invites us to further investigation. And for those of us who will probably not attain Condon's level of proficiency with NLP or Ericksonian hypnosis, there is an immediately-realizable benefit. In my own client interactions, and in my daily life, I now bring forward my recollection of the pace and tone and atmosphere that Condon creates, and find myself able to incorporate more centered, grounded, and effective strategies."*

*– Courtney Behm, Editor,  
NINE POINTS*

*The Newsletter of the International Enneagram Association*

## **Secondary Gains**

Secondary Gains are the hidden motives and unconscious needs that drive neurotic behavior. Here Tom reveals the secondary gains most commonly present in the personality compulsions described by the Enneagram.

## **What's My Style?**

Working with several small panels and equipped with little information, Tom offers his impressions of each panelist and tries to discover their Enneagram style. A useful exercise in typing.

## **Emotional Trios Overview**

Tom presents his latest insights into the similarities shared by groups of Enneagram styles. These include: ruling paradoxes, core sensory biases and new material about the Enneagram and hypnosis.

## **Twos, Threes and Fours**

In this video, Tom offers unique insights into the dynamics of Enneagram styles Two, Three and Four, detailing their shared childhood themes, emotional habits, sensory strategies and worldviews.

## **Fives, Sixes and Sevens**

Using the same approach, Tom explains the inner dynamics of Fives, Sixes and Sevens.

## **Eights, Nines and Ones**

The inner dynamics of Eights, Nines and Ones.

## **Demonstrations**

In the **Demonstrations** you'll see an individual move from their Enneagram compulsion to greater freedom as Tom uses a therapeutic technique customized to the dilemma of their style. The demonstrations are sometimes entertaining, sometimes intense, usually producing a visible before and after difference in the client.

### **Working with a One**

### **Working with a Two**

### **Working with a Three**

### **Working with a Four**

### **Working with a Five**

### **Working with a Six**

### **Working with a Seven**

### **Working with an Eight**

### **Working with a Nine**

## **The NLP Technique of Anchoring**

Anchoring is a powerful, easy-to-learn NLP technique that when applied to Enneagram-related difficulties can make a significant difference to fixated or compulsive behavior. This demonstration – with a Five – is comprehensive, self-explanatory and dramatic.

**To Order Call: 800-937-7771 or 503-228-4972**







# ***The Dynamic Enneagram*** ***2003 Workshops with Thomas Condon***

## ***Workshops to help you:***

- *Better understand yourself and others*
- *Combine NLP & Ericksonian therapeutic tools with the Enneagram*
- *Enhance your relationships*
- *Sharpen your people reading and diagnostic skills*
- *Comprehend difficult people*
- *Find direct paths to your personal goals*

Dynamic Enneagram Workshops use the Enneagram as a springboard to personal change. You'll learn how to apply the system's insights to find movement, vitality and especially *choice* in how you respond to the world through your personality style.

Dynamic Enneagram Workshops combine the diagnostic insights of the Enneagram with the therapeutic tools of Ericksonian hypnosis, imagery, Brief Therapy and NLP. This is a powerful marriage that blends a deep understanding of people with highly effective techniques for positive change.

Each workshop offers a context in which to truly grow and change. In every training, Tom works with individual participants to demonstrate powerful ways to change Enneagram related problems. If you've worked with Tom before, you know the vivid impact of his lectures, demonstrations and exercises. If you haven't, come and experience fresh insights and new choices.

## **2003 US Workshops**

### **The Dynamic Enneagram**

Dallas/Ft.Worth Mar 15-16

### **Stress/Security Points and Wings**

Tucson, AZ Mar 22-23

### **Enneagram Demonstrations**

San Francisco, CA April 5

### **The Dynamic Enneagram**

Asheville, NC April 25-26

### **The Dynamic Enneagram**

Chicago May 10-11

### **Enneagram Subtypes**

Minneapolis May 17-18

## **Euroland Workshops**

### **Intuition / NLP Training**

Zurich / Sept 5-7

### **Stress/Security Points and Wings**

Zurich / Sept 12-14

### **Therapeutic Metaphor**

Black Forest / Sept 19-21

### **Humor Power**

Zurich / Nov 28-30

### **The Dynamic Enneagram**

Zagreb, Croatia / Sept 26-28

### **The Dynamic Enneagram**

Split, Croatia / Oct 3-5     Zurich / Dec 4-7

### **Enneagram Subtypes**

Split, Croatia / Nov 14-16