

# Out of the Box Coaching Newsletter

## Transcend and Include, by Mary Bast

*Transcend and include — each moment transcends (or is external to) the previous moment, which becomes internal to (or enfolded in) the new moment. Ken Wilber*

For about a year, Clarence and I have suggested at the end of each newsletter that you visit our blogs, hoping to engage you in a transition from newsletter to blogs, one that will be easy even for the least Internet-savvy among you. Now it's time for the transition.

When we sent our very first newsletter in March 2001, we were writing our book, and wanted to include subscribers as part of the process (<http://www.breakoutofthebox.com/FirstNewsletterYear.pdf>). Here are two excerpts from that issue:

We've used a number of personality assessments in our coaching practice that are great for measuring behavior. But they don't get at the self-created ruts that prevent people from breaking free to enjoy fundamental change — to see the world in a whole new way. Then we discovered the Enneagram — a personality system that spells out with astonishing clarity and detail the ways in which people can be tied in knots by their unconscious patterns. ... when people of intelligence and experience are blocked on what for others might seem to be simple things, just changing some behavior is not going to be enough. If it were, they wouldn't need coaching. They've read the books, why don't they "just do it?" The answer: When otherwise competent people are malfunctioning in a cluster of important behaviors, it's because they're trapped in their Enneagram style. We call this trap their box and we call what we do "out of the box" coaching.

Now our baby has grown up, and so has the Internet. After eight years and two editions our book is still selling, in paperback and Kindle versions. The Enneagram Coaching group I started at LinkedIn a year ago now has 400+ members. (If you're on LinkedIn and haven't joined, please do so. You'll be part of fascinating discussions with Enneagram coaches and enthusiasts from all over the world.)

Most relevant to this transition, free blogs that are already formatted have become available through Blogger and Wordpress, something we couldn't even have imagined 10 years ago. Now Clarence and I can each do what we love and do best, write about coaching and about the Enneagram — no time spent formatting, uploading to our web sites, maintaining lists of subscribers. This is easier for you, too. Your subscription is automatic, safe, and you can unsubscribe at any time, also automatic.

To see how this works, go to my Coach Mentor blog at <http://mentoringforcoaches.blogspot.com>, enter your e-mail address in the SUBSCRIBE BY EMAIL window in the upper right-hand corner, and click on SUBMIT.

Now go to Clarence's Enneagram Central blog at <http://www.enneagramcentral.com/blog> and look on the upper right for "Subscribe to receive new blogposts." Enter your email address and press "Subscribe."

For each blog, you'll receive an email notice asking you to confirm. Click that link and you're now a subscriber. You'll receive email notices when there are new posts on either blog.

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**Transcend and Include (continued)**

It hasn't been easy to think of ending this newsletter format. We have sent out an issue on the 1st of each month, without fail, for almost 11 years. This is why Ken Wilber's philosophy is so appealing — the idea that as we develop we transcend, going beyond what went before and yet including what went before.

So, nothing essential is changing. Clarence is still there in Kansas coaching and writing about the Enneagram. I'm still here in Florida, coaching and writing about the Enneagram. And — as are all of you — we're part of a growing, worldwide connection of coaches, counselors, spiritual advisors, teachers, and friends.

You'll be receiving the same news as always; only the format is different.

We hope to “see” all of you as subscribers at our blogs.

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<http://www.enneagramcentral.com/blog>



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