

# THE CENTER FOR SPIRITUAL LIFE

To Whom It May Concern:

As Director of the Center for Spiritual Life (CSL), I am very pleased to have Matt Schlegel serve as the Director of our Enneagram Studies program for the past two years. Having studied the Enneagram for several years, Matt has taken the core teachings and expanded them in directions that help our study group participants gain self-awareness, particularly with regard to how we each view, and then interact, with the world. His work within CSL has been truly transformative—both on an individual and community level. Matt leads with humility, humor, clarity, and wit in his facilitation; he has a way of engaging with the group that enables members to elicit insight from within. Matt's enthusiasm and ability to create a comfortable, open environment allow for personal insights to surface, which are then shared with the group, so that we all learn from each other. I find these discussions of great value, not only to myself, but to our members as well.

For example, in one workshop, Matt developed a framework for how each of us relates to time—whether we tend to focus our energy on the past, the present, or the future. He also discussed how each of us can have a different sense of time, whether we view it as scarce or abundant. These differences in the processing of the concept of time can be very complementary when working together or can lead to conflict. Helping us to identify our own tendencies with respect to how we relate to time gives each of us a better understanding of the other's perspective.

In another workshop, Matt and the group explored how the challenges that we address in our work lives can often bring out the most positive aspects of our character. We were all somewhat amazed and delighted to realize how this was happening in each of our individual experiences. Having that realization at a conscious level allows us to appreciate our own positive transformations and helps us to nurture those positive aspects in ourselves.

I am delighted that Matt serves as the Director for our Enneagram study group. Also, I greatly appreciate the valuable insights that he elicits from us. Matt is a skilled facilitator who helps people not only learn from each other, but also appreciate each other's unique contributions.

Yours truly,



Brynn Saito, M.A., M.F.A.  
Director, Center for Spiritual Life  
4243 Manuela Ave., Palo Alto, CA 94306  
brynn.saito@gmail.com