





# WELCOME ...

## ENNEAGRAM and SPIRITUAL DISCERNMENT

With Richard Groves



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# Nine Faces of God

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# Our Essential Self

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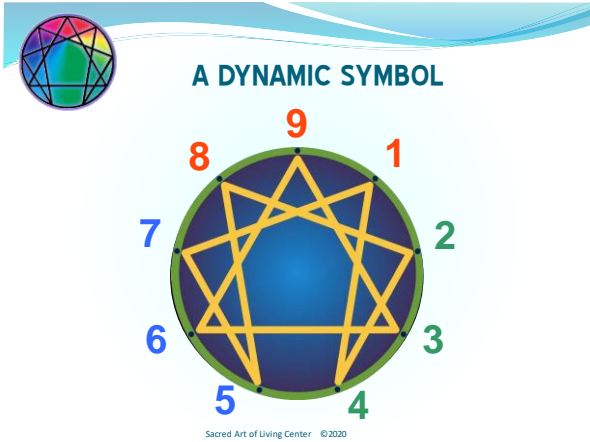
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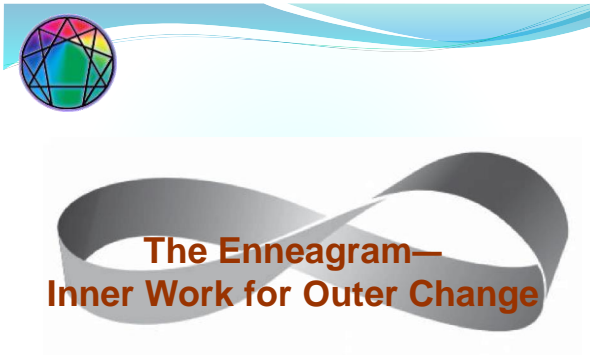
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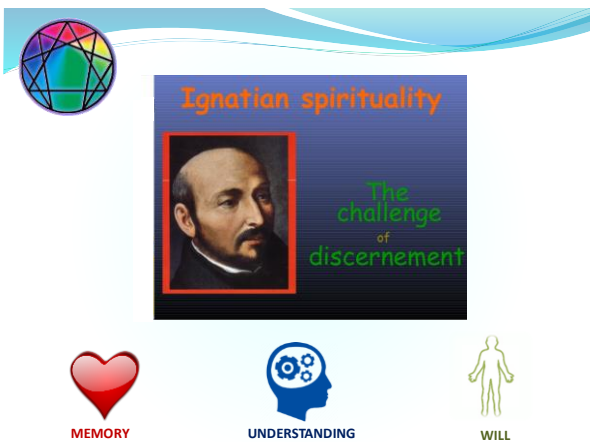
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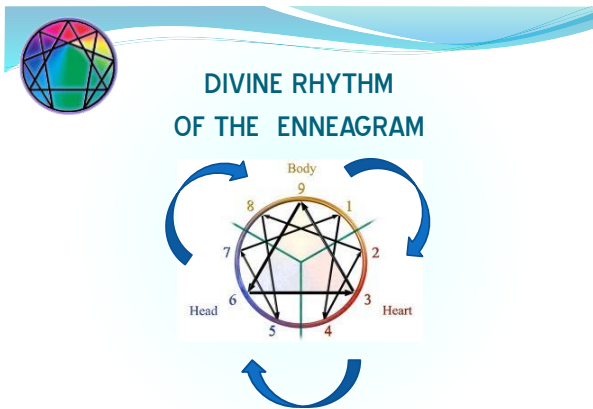
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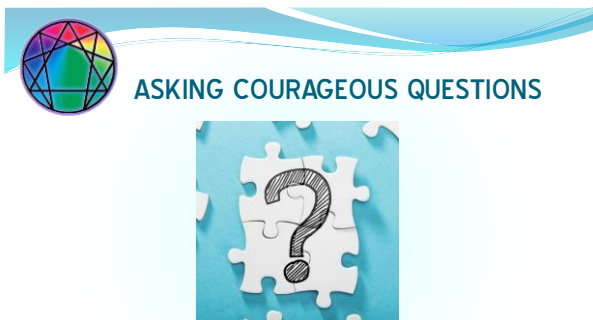
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NAME SOMETHING IMPORTANT IN YOUR LIFE AROUND WHICH  
YOU ARE STRUGGLING FOR CLARITY AND DIRECTION  
(A TRAGIC GAP)

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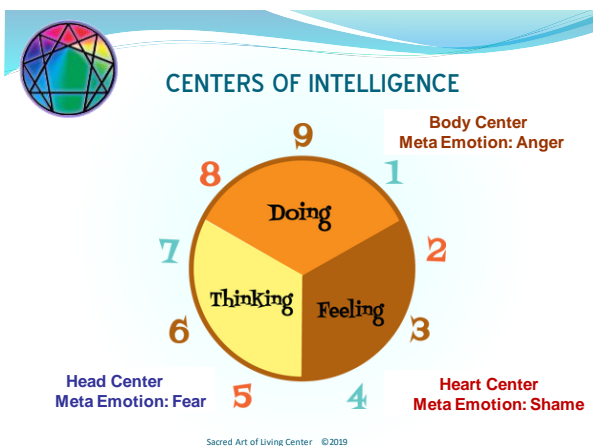
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## IDENTIFYING YOUR ENNEA-PROFILE

(SAMPLE)

- |   |                  |
|---|------------------|
| 1. YOUR STYLE & CENTER OF INTELLIGENCE              | E3/Heart Center  |
| 2. YOUR DOMINANT PASSION & AVOIDANCE                | Vanity/Failure   |
| 3. ASSESS YOUR DOMINANT WING (1=Weak 5=Very Strong) | E4 = 5           |
| 4. ENNEAGRAM OF HARMONY/DOMINANT LIFE FORCE         | 3-6-9 Active     |
| 5. YOUR DOMINANT INSTINCTUAL SUBTYPE                | One-on-One       |
| YOUR SECONDARY & REPRESSED SUBTYPES                 | Social/Self Pres |
| 6. YOUR TWO INTEGRATION POINTS                      | E6/E9            |
| YOUR HEART POINT/SOUL CHILD/ESSENCE                 | E6/Wisdom        |
| 7. YOUR TRANSFORMATIONAL/HOLY IDEA                  | Compassion       |
| DIVINE RHYTHM OF THE ENNEAGRAM                      | Heart-Head-Gut   |

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## IDENTIFYING YOUR ENNEA-PROFILE



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- YOUR HEART POINT/SOUL CHILD/ESSENCE
7. YOUR TRANSFORMATIONAL/HOLY IDEA
- DIVINE RHYTHM OF THE ENNEAGRAM

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## THE ART OF DISCERNMENT



MOVEMENT #1

HOW DOES THE 'META EMOTION' OF YOUR PRIMARY CENTER  
OF INTELLIGENCE SHOW UP IN YOUR TRAGIC GAP?

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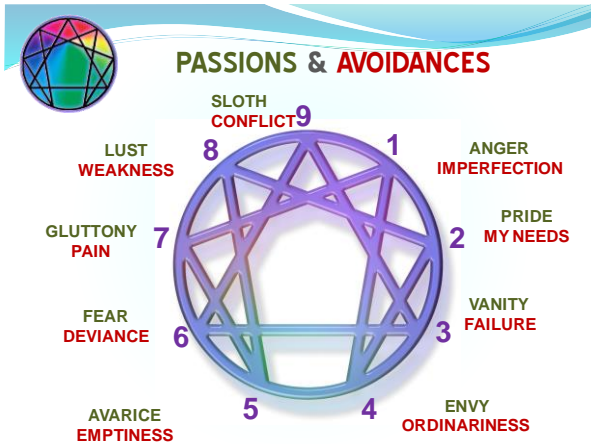
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**ENNEAGRAM CHART OF TRAITS**

	Style 1	Style 2	Style 3	Style 4	Style 5	Style 6	Style 7	Style 8	Style 9
core nature	Repression	Manipulation	Over-competence	Melancholia	Withdrawal	Paranoia	Planning	Vengeance	Sloth
self-image	I am Righteous	I am helpful	I am Successful	I am Elite	I am Wise	I am Loyal	I am Char.	I am Competent	I am Comfortable
inner/hidden	Serenity	Humility	Truthfulness	Equanimity	Non-attachment	Courage	Sobriety	Simplicity	Giggle
inner/hidden	Anger	Pride	Vanity	Envy	Singleness	Fear	Over-indulgence	Avarice	Indifference
inner/hidden	Reaction	Repression	Identification	Introjection	Isolation	Projection	Rationalization	Denial	Self-Narrativization
inner/hidden	Formation								
inner/hidden	Imperfection	My Needs	Failure	Ordinariness	Emptiness	Deviance	Pain	Weakness	Conflict
inner/hidden	Perfection	Service	Efficiency	Authenticity	Knowledge	Security	Idealism	Justice	Self-Abasement
inner/hidden	Error	Others' Needs	Tasks and Goals	Missing Element of Happiness	Detaching to Observe	Worst Case Thinking	Best Case Thinking	Mocking is to Take Control	Others' Agendas
inner/hidden	Growth	Freedom	Compassion	Mythical Union	Guidance of Nature	All-embracing Trust	Co-Creation	Genuine Truth	Unconditional Love
inner/hidden	Purity	Altruism	Love	Joy	Peace	Vision	Absorption	Cosmic Power	Awareness

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**IDENTIFYING YOUR ENNEA-PROFILE (SAMPLE)**

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YOUR HEART POINT/SOUL CHILD/ESSENCE	E6/Wisdom
7. YOUR TRANSFORMATIONAL/HOLY IDEA	Compassion
DIVINE RHYTHM OF THE ENNEAGRAM	Heart-Head-Gut

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## IDENTIFYING YOUR ENNEA-PROFILE



1. YOUR STYLE & CENTER OF INTELLIGENCE
2. YOUR DOMINANT PASSION & AVOIDANCE
3. ASSESS YOUR DOMINANT WING (1=Weak 5=Very Strong)
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5. YOUR DOMINANT INSTINCTUAL SUBTYPE  
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6. YOUR TWO INTEGRATION POINTS  
YOUR HEART POINT/SOUL CHILD/ESSENCE
7. YOUR TRANSFORMATIONAL/HOLY IDEA  
DIVINE RHYTHM OF THE ENNEAGRAM

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## THE ART OF DISCERNMENT



### MOVEMENT #2

NOTICE HOW THE PASSION AND AVOIDANCE OF YOUR ENNEATYPE ARE INFLUENCING YOUR RELATIONSHIP TO YOUR TRAGIC GAP

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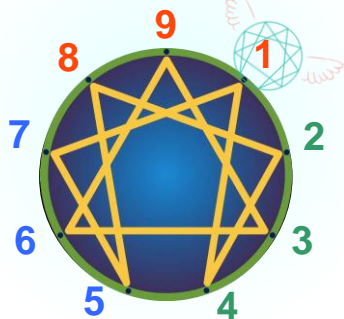
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## WINGS: INFINITE POSSIBILITIES



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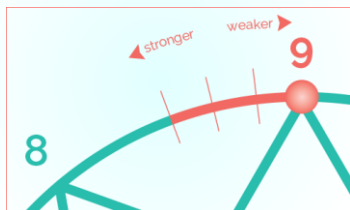
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## EIGHTEEN WING SUBTYPES



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## IDENTIFYING YOUR ENNEA-PROFILE (SAMPLE)

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| DIVINE RHYTHM OF THE ENNEAGRAM                      | Heart-Head-Gut   |

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YOUR HEART POINT/SOUL CHILD/ESSENCE
7. YOUR TRANSFORMATIONAL/HOLY IDEA  
DIVINE RHYTHM OF THE ENNEAGRAM

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## THE ART OF DISCERNMENT



### MOVEMENT #3

HOW/DOES YOUR DOMINANT ENNEAGRAM "WING" PROVIDE INSIGHT  
INTO HOW YOU NATURALLY APPROACH YOUR "TRAGIC GAP"?

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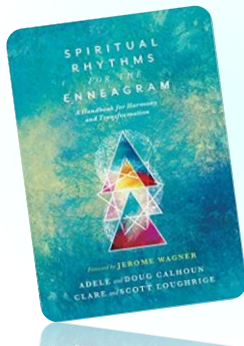
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## Enneagram of Harmony

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## Enneagram

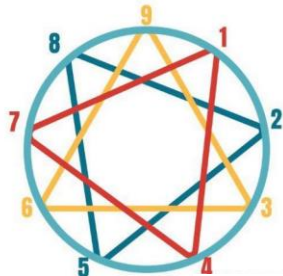
### HARMONY TRIAD MODEL

#### HARMONY TRIADS

1-4-7

2-5-8

3-6-9




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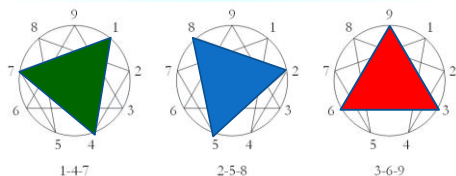
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## The HARMONY Triads




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## THREE VITAL LIFE FORCES

ACTIVE or yang energy, the lead energy of

### TYPES 3-7-8

flows outward into assertive and decisive action that is unrestricted and expanding. These are the types that most readily reach out and make things happen in the world. This has been called the **ASSERTIVE** energy of the Enneagram

RECEPTIVE or yin energy, the lead energy of

### TYPES 4-5-9

flows inward as openness and receptivity and outwardly as flexibility of action. This vital energy is under developed in our busy modern world. This has been called the **WITHDRAWN** energy of the Enneagram

BALANCING or yin/yang energy, the lead energy of

### TYPES 1-2-6

represents a reconciling energy harmonizing both active and receptive energies. This energy allows us to thrive efficiently and effectively. This has been called the **COMPLIANT** energy of the Enneagram.

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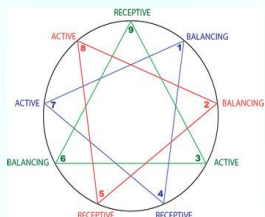
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## INTER-DEPENDENT ENERGIES




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6. YOUR TWO INTEGRATION POINTS	E6/E9
YOUR HEART POINT/SOUL CHILD/ESSENCE	E6/Wisdom
7. YOUR TRANSFORMATIONAL/HOLY IDEA	Compassion
DIVINE RHYTHM OF THE ENNEAGRAM	Heart-Head-Gut

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7. YOUR TRANSFORMATIONAL/HOLY IDEA
- DIVINE RHYTHM OF THE ENNEAGRAM

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### THE ART OF DISCERNMENT



MOVEMENT #4

HOW MIGHT YOUR PERSONALITY'S INNATE VITAL FORCE BE BALANCED  
WITH THE OTHER TWO ESSENTIAL FORCES  
WHEN HOLDING YOUR "TRAGIC GAP"?

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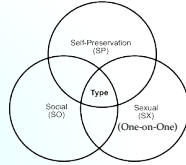
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The Enneagram Subtypes help us  
identify our path in life...

They are the intersection between  
our spiritual archetype and biological  
instinct

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## INSTINCTIVE SUBTYPES

- The subtypes are the 27 personalities –more specific, more nuanced versions of the main type, with distinct traits and patterns—that you get when you multiply 3 x 9. Rather than being just “added” together — as in Type X + Instinct A = Type X who does Instinct A behaviors, the mixture of the main Type passion and patterns with a specific dominant instinct (and even mores an “instinct sequence” — which is first, second, and repressed — is more alchemical. The work of Claudio Naranjo in discerning and articulating these very accurate and revealing subtype descriptions, in my view, cannot be overstated.

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## THREE INSTINCTUAL SUBTYPES




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## ONE-ON-ONE

We each have a drive to project ourselves into the environment, form alliances and extend ourselves through the generations – either literally by passing on our DNA or more symbolically by passing on ideas, leaving a legacy. This instinct focuses on the intensity of experiences and one-on-one relationships, driving us to actively seek out opportunities that promise strong energetic connections with others.




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## SELF PRESERVATION

We each have a self-preservation instinct, to preserve our body, its life and effective function. This instinct, therefore, focuses us on physical safety, well-being, material security and comfort. Anxiety or stress may combine with this instinct to drive us to conserve or hoard energy and resources in response to demands from the environment or other people.




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## SOCIAL

We each have a social instinct to get along with others and form secure social bonds. This brings a focus on interactions and relationships with communities and groups and a high 'social awareness' of norms and status levels in groups. This instinct focuses energy on belonging and working towards shared purpose and the greater good.




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| YOUR HEART POINT/SOUL CHILD/ESSENCE                 | E6/Wisdom        |
| 7. YOUR TRANSFORMATIONAL/HOLY IDEA                  | Compassion       |
| DIVINE RHYTHM OF THE ENNEAGRAM                      | Heart-Head-Gut   |

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## IDENTIFYING YOUR ENNEA-PROFILE

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6. YOUR TWO INTEGRATION POINTS
- YOUR HEART POINT/SOUL CHILD/ESSENCE
7. YOUR TRANSFORMATIONAL/HOLY IDEA
- DIVINE RHYTHM OF THE ENNEAGRAM




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## THE ART OF DISCERNMENT



MOVEMENT #5

HOW DOES YOUR INNATE BIOLOGICAL ORIENTATION  
(INSTINCTIVE SUBTYPE) SUPPORT OR HINDER  
HOW YOU ARE HOLDING YOUR "TRAGIC GAP"?

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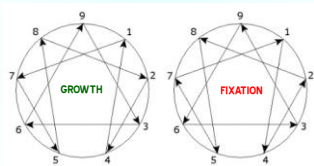
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## INNER FLOW OF THE ENNEAGRAM



AGAINST THE ARROW  
"HEART POINT"      WITH THE ARROW  
"TRANCE POINT"

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## OUR HEART POINT

The nature of the **Heart Point** correlate to one of the most problematic structures in our soul called the **Soul Child** (Almaas/Diamond Approach)

Our soul child is a part of our consciousness that was arrested when we were very young

The **Soul Child** feels to the Ego-self like it is a part of us that is still a child...




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## DISCOVERING OUR SOUL CHILD



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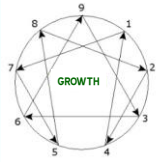
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### SOUL CHILD OF THE HEAD SPACE



AGAINST THE ARROW  
"HEART POINT"

E5 → E8

E6 → E9

E6 → E9

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### SOUL CHILD OF THE HEART SPACE



AGAINST THE ARROW  
"HEART POINT"

E2 → E4

E3 → E6

E4 → E1

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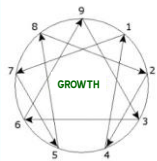
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### SOUL CHILD OF THE BODY SPACE



AGAINST THE ARROW  
"HEART POINT"

E8 → E2

E9 → E3

E1 → E7

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- DIVINE RHYTHM OF THE ENNEAGRAM Heart-Head-Gut

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## HOLY IDEA & ESSENCE

ENNEA-STYLES AND THEIR TRAITS									
	Style 1	Style 2	Style 3	Style 4	Style 5	Style 6	Style 7	Style 8	Style 9
OVERVIEW	Reformist	Manipulation	Over-Censorship	Melancholia	Withdrawal	Paranoia	Planning	Vengeance	Sloth
REALIZATION	I am Righteous	I am Rightful	I am Successful	I am Elite	I am Wise	I am Sharp	I am Competent	I am Comfortable	I am
INTERNAL/HEART	Serenity	Humility	Truthfulness	Equanimity	Non-attachment	Courage	Sobriety	Simplicity	Diligence
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## ASKING COURAGEOUS QUESTIONS



### MOVEMENT #6

HOW DOES THE "ESSENCE" OF YOUR SOUL CHILD  
AND YOUR OWN "HOLY IDEA" ILLUMINATE YOUR TRAGIC GAP ?




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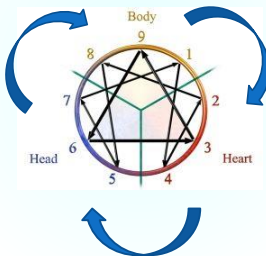
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## DIVINE RHYTHM OF THE ENNEAGRAM




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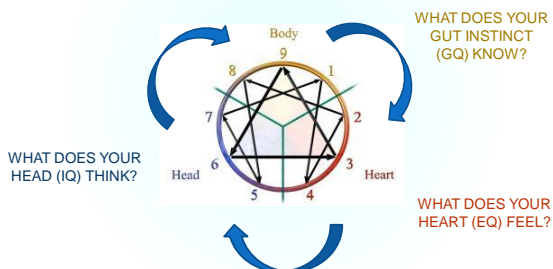
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## ENNEAGRAM OF HARMONY



What Harmony Comes From These Three Ways of Knowing?

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## ASKING COURAGEOUS QUESTIONS



### MOVEMENT #7

HOW DOES YOUR COURAGEOUS QUESTION SHIFT

WHEN YOU INQUIRE ABOUT YOUR

"TRAGIC GAP" CONSULTING ALL THREE CENTERS OF INTELLIGENCE ?




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## SPIRITUAL EXERCISES OF IGNATIUS

### ADVICE WHEN MAKING MAJOR LIFE DECISIONS

- 1) At the level of Will, no hesitation is possible...  
'You cannot say NO to your decision'
- 2) When there is freedom, light and peace in spite of all Consolation and Desolation
- 3) Never change a decision in desolation that you made in consolation




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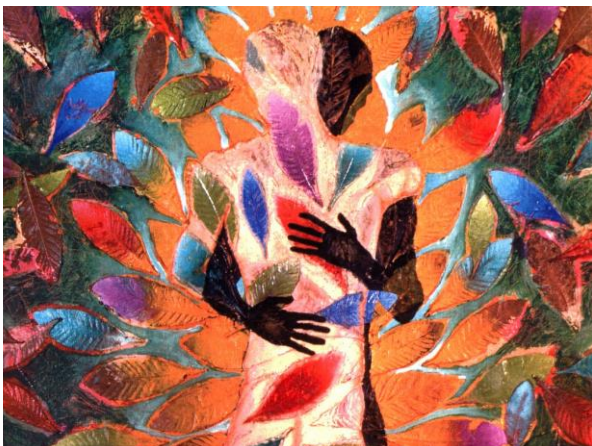
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Enneagram Studies




Sacred Art of Living  
*Center for Spiritual Formation*




SACRED ART OF LIVING & DYING  
WORKSHOP SERIES



THE Anamcara PROJECT



Co-Founders Richard & Mary Groves  
Bend Oregon, 1996



Soul & Science of CAREGIVING

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