WELCOME ...

ENNEAGRAM
and
SPIRITUAL DISCERNMENT

With Richard Groves

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SACRED~PSYCHOLOGY

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ENNEAGRAM
AS MAP & EXPERIENCE

PERSONALITY
EGOIC EXPERIENCE

ESSENCE

SPIRITUAL
BEYOND CONDITIONED SELF
ORIGIN OF OUR ENNEATYPE

NATURE
NURTURE
CHOICE
The Enneagram Subtypes help us identify our path in life...

They are the intersection between our spiritual archetype and biological instinct
THREE INSTINCTUAL SUBTYPES

SX

SP

SO
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

   YOUR TRANSFORMATIONAL/HOLY IDEA  
   Compassion

7. DIVINE RHYTHM OF THE ENNEAGRAM  
   Heart-Head-Gut
Our Essential Self
ESSENCE
An intelligent living force that underlies our conditioned personality...
Who we innately were/are before exterior impressions influence us
**ENNEAGRAM CHART OF TRAITS**

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<th>ENNEA-STYLES AND THEIR TRAITS</th>
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12/2/2020
While we are born with each of the Holy Ideas available to the soul, one slant is innately more compelling, that of the Holy Idea of our particular point on the Enneagram... and in time, our point of view crystalizes around a limited point of view or fixation which becomes our personality. Thus we begin to lose contact with our Essence and consequently, with Great Being.
## Enneagram Chart of Traits

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SOUL CHILD AS HEALER

“HEART POINT”
THE DILEMMA

The Soul Child is not simply a younger version of ourselves as we are now.

It is the part of us that was not held, fully allowed and supported as children.

Its qualities (which reside in the Heart Point) were not acceptable in our childhood environment so we learned to suppress these aspects of ourselves...
THE HEALING

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

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

...when begin to re-member our Soul Child we will also encounter its associated Passion which once fueled our Ego-formation and now cries for reconciliation.
SOUL CHILD OF THE HEAD SPACE

AGAINST THE ARROW
“HEART POINT”

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SOUL CHILD OF THE HEART SPACE

AGAINST THE ARROW
“HEART POINT”
SOUL CHILD OF THE BODY SPACE

AGAINST THE ARROW
“HEART POINT”

E8  →  E2
E9  →  E3
E1  →  E7
SOUL CHILD OF TYPE #8

TEMPERANCE (Strength)
LUST (Challenge/Passion)
ARROGANCE (Avoidance)

HUMILITY (Strength)
PRIDE (Challenge/Passion)
MY NEEDS (Avoidance)
ENNEAGRAM CHART OF TRAITS

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4TH CENTURY MANUAL
FOR SPIRITUAL DISCERNMENT
ANTIDOTES TO (FALSE) JUSTICE

#2 Only a Power greater than ourselves can restore our sanity

#4 Make a searching and fearless moral inventory of our self

#8 Make amends whenever possible…
COSMIC POWER

TRUTH

8

ESSENCE

2

FREEDOM
TRANSFORMATIONAL IDEA:

HOLY TRUTH

How does re-membering that truth that exists in every being help me lessen my need to dominate others?
“Forgive others as quickly as you expect God to forgive you.”

Leviticus 19
Matthew 6:14
SOUL CHILD OF TYPE #9

DILIGENCE (Strength)
SLOTH (Challenge/Passion)
CONFLICT (Avoidance)

TRUTHFULNESS (Strength)
VANITY (Challenge/Passion)
FAILURE (Avoidance)
LOVE

GROWTH

FREEDOM

COMPASSION

MYSTICAL UNION

HOLY IDEAS

TRUTH

CO-CREATION

NATURE

TRUST

Growth

Holy Ideas

Truth

Co-Creation

Nature

Trust
SPIRITUAL DIRECTION
Raymond Lull  13th c

Your Passion is
your greatest Teacher?
ANTIDOTES TO SELF ABASEMENT

KNOW WHEN YOU ARE CHECKING OUT

NAME YOUR DESIRE

WHEN IN DOUBT, ENGAGE
TRANSFORMATIONAL IDEA:

HOLY LOVE

How does authentic love invite me be vibrant and engaged with life?
THE GREAT COMMANDMENT

“Love others as you love yourself...”

Leviticus 19:18
Matthew 22:39
SOUL CHILD OF TYPE #1

Serenity (Strength)
Anger (Challenge/Passion)
Imperfection (Avoidance)

Soberity (Strength)
Gluttony (Challenge/Passion)
Pain (Avoidance)
Holy Ideas

LOVE

FREEDOM

COMPASSION

MYSTICAL UNION

GROWTH

CO-CREATION

TRUTH

TRUST

NATURE

1 2 3 4 5 6 7 8 9

12/2/2020
SPIRITUAL EXERCISES OF ST IGNATIUS
“Finding the Divine in all things”

*Enneagram: The Enneagram and Ignatian Spirituality
Consolation
Desolation

Spiritual Law
of dissipative structures...
ANTIDOTES TO PERFECTIONISM

Locate where the tension is in your body and keep your attention there...

Allow your breath to release tensions in body, heart and mind

Where and with whom can you lighten up…
CO-CREATION

PURITY

GROWTH

ESSENCE
TRANSFORMATIONAL IDEA:

HOLY PERFECTION

How can I discover
the beauty in what is
imperfect?
“This is not right. I have faithfully served you for years without receiving so much as a thank you while this brother of mine…”
IDENTIFYING YOUR ENNEA-PROFILE
(SAMPLE)

1. YOUR STYLE & CENTER OF INTELLIGENCE
   E3/Heart Center

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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
Enneagram of Harmony
The HARMONY Triads

1-4-7

2-5-8

3-6-9
INTER-DEPENDENT ENERGIES
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.
DIVINE RHYTHM
OF THE ENNEAGRAM
What Harmony Comes From These Three Ways of Knowing?

WHAT DOES YOUR HEAD (IQ) THINK?

WHAT DOES YOUR GUT INSTINCT (GQ) KNOW?

WHAT DOES YOUR HEART (EQ) FEEL?

What Harmony Comes From These Three Ways of Knowing?
ASKING COURAGEOUS QUESTIONS

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

BEGIN QUESTION WITH “HOW”

AVOID USING “I” IN YOUR QUESTION

KEEP IT SIMPLE... FROM THE HEART OR GUT
ASKING COURAGEOUS QUESTIONS

- HOW DOES GROWTH SHOW UP WHEN FACED WITH FAILURE?
- WHY CAN FEAR AND ANXIETY MOTIVATE HEALTHY CHOICES?
- WHAT DOES RESILIENCE LOOK LIKE WHEN FACED WITH A CRISIS?
ASKING COURAGEOUS QUESTIONS

MOVEMENT #7

HOW DOES YOUR COURAGEOUS QUESTION SHIFT WHEN YOU INQUIRE ABOUT YOUR “TRAGIC GAP” CONSULTING ALL THREE CENTERS OF INTELLIGENCE?
ASKING COURAGEOUS QUESTIONS

HOW CAN MY BROTHER’S SPECIAL NEEDS BEST BE SUPPORTED BY ME DURING HIS TIME OF CRISIS?
ASKING COURAGEOUS QUESTIONS

MOVEMENT #6

HOW DOES THE “ESSENCE” OF YOUR SOUL CHILD
AND YOUR OWN “HOLY IDEA” ILLUMINATE YOUR TRAGIC GAP?
## ENNEAGRAM CHART OF TRAITS

The ENNEAGRAM, or nine-pointed diagram, is a model that describes personality types and traits. Each type is associated with specific traits, characteristics, and behaviors. The chart below outlines the ENNEAGRAM styles and their corresponding traits:

### ENNEA-STYLES AND THEIR TRAITS

<table>
<thead>
<tr>
<th>ENNEA</th>
<th>Style 1</th>
<th>Style 2</th>
<th>Style 3</th>
<th>Style 4</th>
<th>Style 5</th>
<th>Style 6</th>
<th>Style 7</th>
<th>Style 8</th>
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</thead>
<tbody>
<tr>
<td>MAJORITY FEATURES</td>
<td>Resentment</td>
<td>Manipulation</td>
<td>Overcompensation</td>
<td>Melancholia</td>
<td>Withdrawal</td>
<td>Paranoia</td>
<td>Planning</td>
<td>Vengeance</td>
<td>Sloth</td>
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<tr>
<td>GENERALIZATION</td>
<td>I am</td>
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<tr>
<td>RESOURCES</td>
<td>Righteous</td>
<td>Helpful</td>
<td>Successful</td>
<td>Elite</td>
<td>Wise</td>
<td>Ugly</td>
<td>Okay</td>
<td>Competent</td>
<td>Comfortable</td>
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<tr>
<td>PHOBIA</td>
<td>Serenity</td>
<td>Humility</td>
<td>Truthfulness</td>
<td>Equanimity</td>
<td>Non-attachment</td>
<td>Courage</td>
<td>Sobriety</td>
<td>Simplicity</td>
<td>Diligence</td>
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<td>PASSION</td>
<td>Anger</td>
<td>Pride</td>
<td>Vanity</td>
<td>Envy</td>
<td>Arrogance</td>
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<tr>
<td>DEFENSE</td>
<td>Reaction</td>
<td>Regression</td>
<td>Identification</td>
<td>Intrusion</td>
<td>Isolation</td>
<td>Projection</td>
<td>Rationalization</td>
<td>Daniel</td>
<td>Self</td>
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<td>MECHANISM</td>
<td>Formation</td>
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<tr>
<td>AVERSENESS</td>
<td>Imperfection</td>
<td>My Needs</td>
<td>Failure</td>
<td>Absurdity</td>
<td>Excess</td>
<td>Deviance</td>
<td>Pain</td>
<td>Weakness</td>
<td>Conflict</td>
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<tr>
<td>TRAP</td>
<td>Perfection</td>
<td>Service</td>
<td>Efficiency</td>
<td>Authenticity</td>
<td>Knowledge</td>
<td>Security</td>
<td>Idealism</td>
<td>Justice</td>
<td>Self</td>
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<tr>
<td>OBJECT OF</td>
<td>Error</td>
<td>Others</td>
<td>Tasks and Goals</td>
<td>Moving Behind</td>
<td>Detaching to</td>
<td>Worst Case</td>
<td>Best Case</td>
<td>Moving into</td>
<td>Others</td>
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<td>ATTENTION</td>
<td>Needs</td>
<td>Observe</td>
<td></td>
<td>Thinking</td>
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<td></td>
<td>Take Control</td>
<td>Agenda</td>
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<tr>
<td>BEGINNING</td>
<td>Growth</td>
<td>Freedom</td>
<td>Compassion</td>
<td>Mystical</td>
<td>Guidance</td>
<td>All-embracing</td>
<td>Co-creating</td>
<td>Genuine</td>
<td>Unconditional</td>
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<tr>
<td>INTERNAL IDEA</td>
<td>of Emptiness</td>
<td>Union</td>
<td>of Nature</td>
<td>Trust</td>
<td>Embracing</td>
<td>Embracing</td>
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<tr>
<td>ESSENCE</td>
<td>Purity</td>
<td>Altruism</td>
<td>Love</td>
<td>Joy</td>
<td>Peace</td>
<td>Wisdom</td>
<td>Absorption</td>
<td>Cosmic Power</td>
<td>Awareness</td>
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</tbody>
</table>
Ignatian spirituality

The challenge of discernment

MEMORY

UNDERSTANDING

WILL
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
SPIRITUAL PRACTICES
FOR EACH TYPE
“Quiet Prayer”

- Simplicity: A state of bare attention
- Silence: Removing thoughts & feelings
- Surrender: To the experience itself
- Receptivity: Receiving from the Other
- Connection: Between Inner & Outer worlds
GUT SPACE SPIRITUAL OBSTACLES

- Restless mind and body
- Falling asleep when going deep
- Impatience with lack of progress
- Hard to trust spiritual authority
- Stubbornness and willfulness
- Unwillingness to surrender
HEART SPACE SPIRITUAL PRACTICES

“Expressive Prayer”

- Daily listening for the ‘still, small voice within’
- Gratitude Journaling
- Trusting self expression in spiritual practice
- Allowing images to arise spontaneously
- Allow and explore doubts
- Explore dream content prayerfully
HEART SPACE SPIRITUAL OBSTACLES

- The outer world draws them away from True Self
- A struggle to be with themselves
- An obsession with the opinions/practices of others
- Anxiety about being alone
- Unconscious fear of Self Intimacy
HEAD SPACE SPIRITUAL PRACTICES

“Focused Prayer”

- Meditate with eyes open... where the mind can quiet
- Movement from the universal to the particular
- Speaking a mantra/using the senses
- Creating mandalas as a focus
- Finding and trusting a spiritual ‘road map’
- Childlike surrender to a spiritual director
HEAD SPACE SPIRITUAL OBSTACLES

- Tend to be guarded & struggle to be in the world
- Live in their own inner world
- Have difficult accepting/giving affection
- Need time to adjust to new realities
- Fear of the unknown and unexpected
- Making sense of challenges and mystery
Return to the Tragic Gap and/or Sacred Question you have been considering throughout this webinar.

What insight could your Soul Child offer to your story?

How could trusting your Essence provide a ‘third way’ in holding your Gap or Question?
Healing the Healers
The Art of Living & Dying Series

Co-Founders Richard & Mary Groves
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