



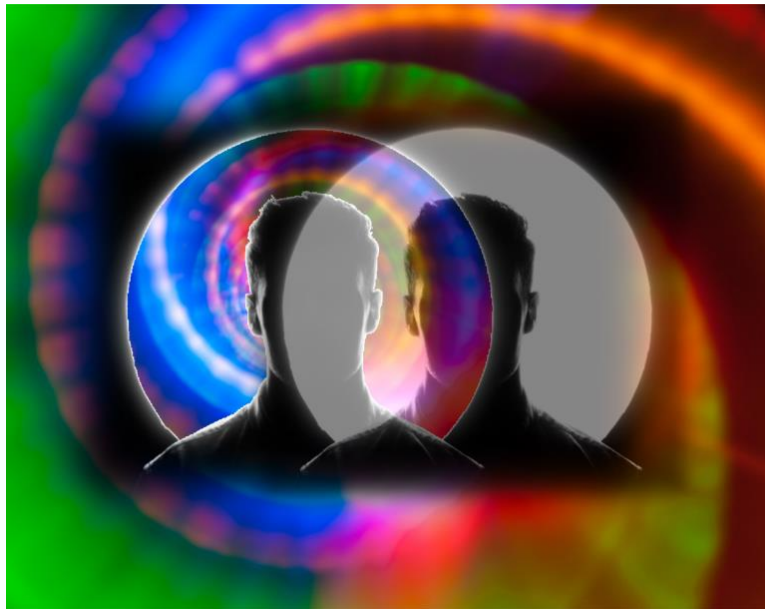
WELCOME ...

ENNEAGRAM and SPIRITUAL DISCERNMENT

With Richard Groves



Sacred Art of Living Center ©2020



SACRED~PSYCHOLOGY

Sacred Art of Living Center ©2019



ENNEAGRAM AS MAP & EXPERIENCE



PERSONALITY
EGOIC EXPERIENCE



SPIRITUAL
BEYOND CONDITIONED SELF

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ENNEAGRAM AS MAP & EXPERIENCE



PERSONALITY
EGOIC EXPERIENCE

ESSENCE



SPIRITUAL
BEYOND CONDITIONED SELF

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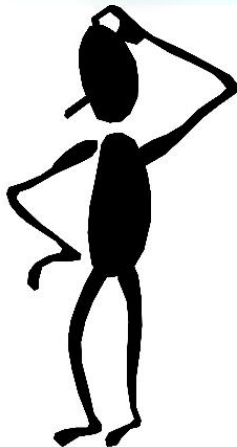


ORIGIN OF OUR ENNEATYPE

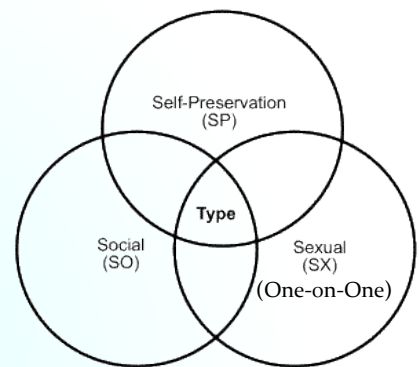
NATURE

NURTURE

CHOICE



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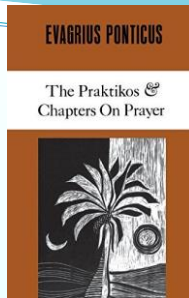
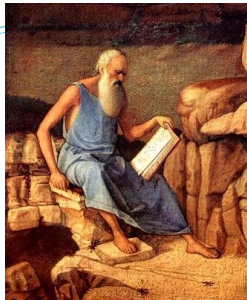
The Enneagram Subtypes help us identify our path in life...

They are the intersection between our spiritual archetype and biological instinct



THREE INSTINCTUAL SUBTYPES

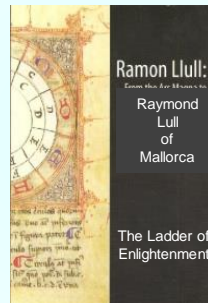




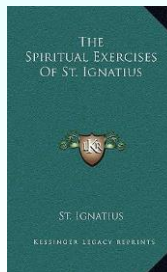
4th century
A Guide for Seekers



Historical
Harmonizers



13th century
Map for Enlightenment



16th century
Sacred Psychology
for Discernment



IDENTIFYING YOUR ENNEA-PROFILE (SAMPLE)

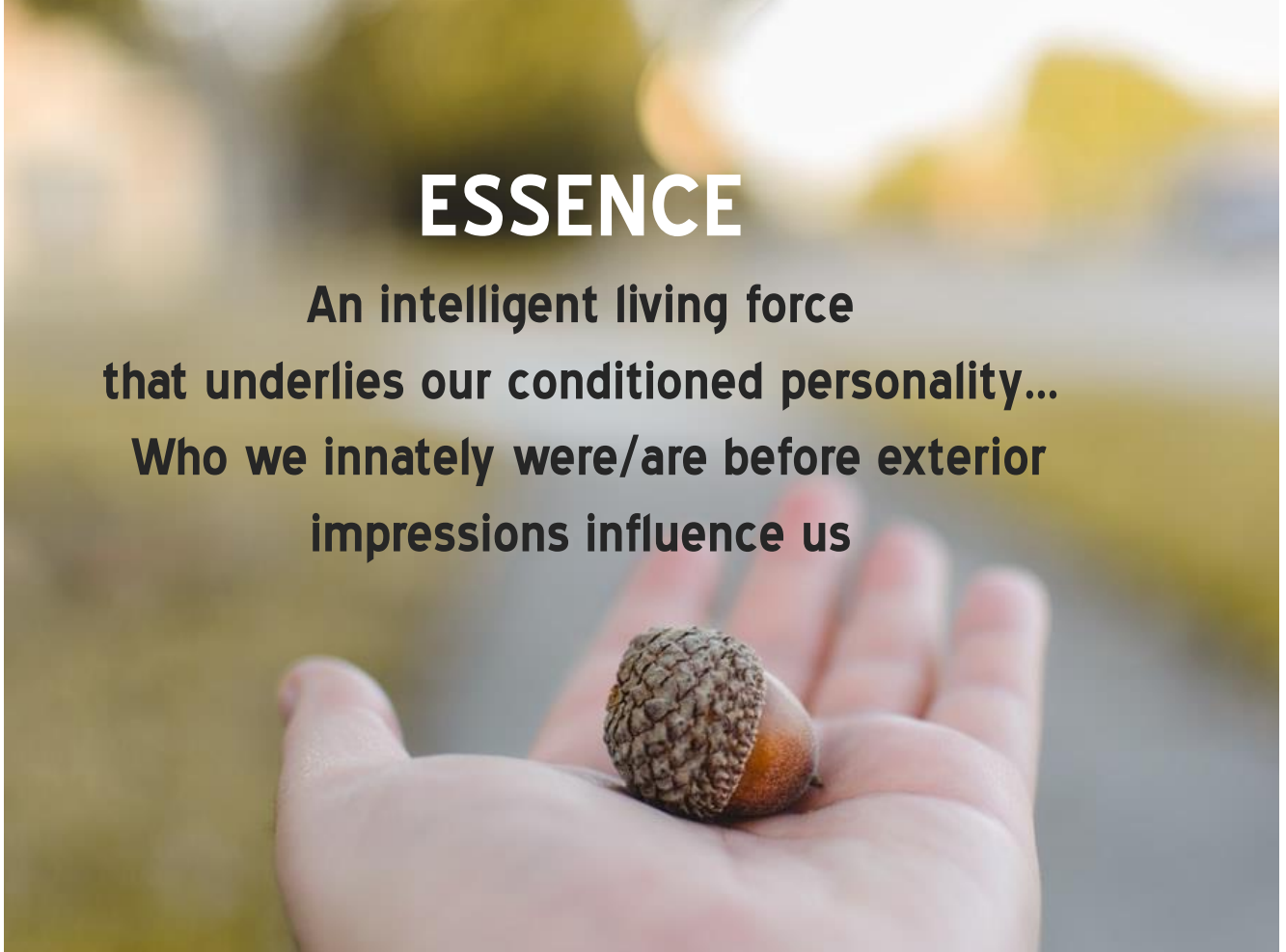
- | | |
|---|------------------|
| 1. YOUR STYLE & CENTER OF INTELLIGENCE | E3/Heart Center |
| 2. YOUR DOMINANT PASSION & AVOIDANCE | Vanity/Failure |
| 3. ASSESS YOUR DOMINANT WING (1= Weak 5= Very Strong) | E4 = 5 |
| 4. ENNEAGRAM OF HARMONY/DOMINANT LIFE FORCE | 3-6-9 Active |
| 5. YOUR DOMINANT 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 |



Our Essential Self

ESSENCE

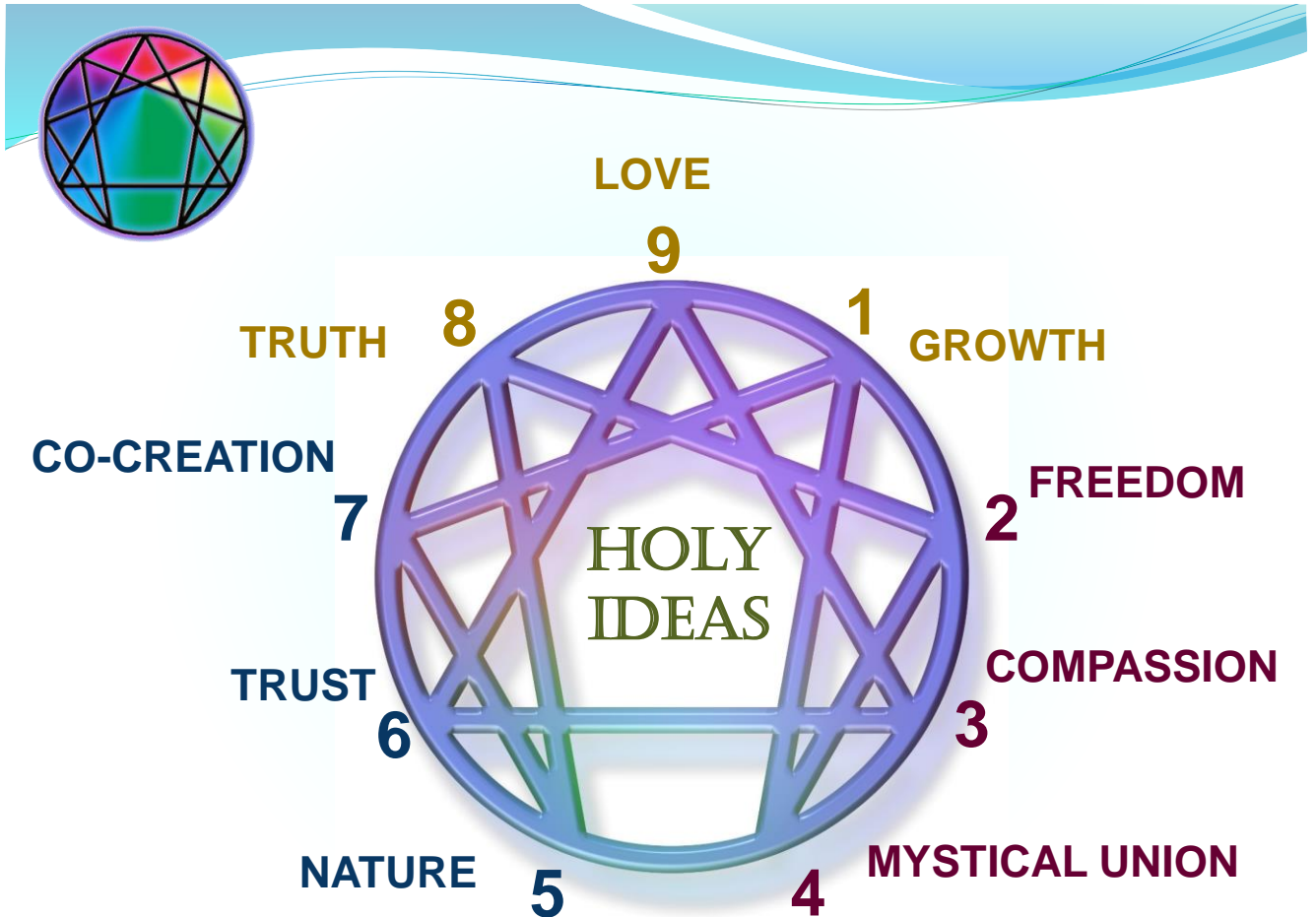
**An intelligent living force
that underlies our conditioned personality...
Who we innately were/are before exterior
impressions influence us**





ENNEAGRAM CHART OF TRAITS

	ENNEA-STYLES AND THEIR TRAITS								
	Style 1	Style 2	Style 3	Style 4	Style 5	Style 6	Style 7	Style 8	Style 9
CHIEF FEATURE	Resentment	Manipulation	OverCompensation	Melancholia	Withdrawal	Paranoia	Planning	Vengeance	Sloth
IDEALIZATION	I am Righteous	I am Helpful	I am Successful	I am Elite	I am Wise	I am Loyal	I am Okay	I am Competent	I am Comfortable
VIRTUE/ PASSION	Serenity Anger	Humility Pride	Truthfulness Vanity	Equanimity Envy	Non-Attachment Stinginess	Courage Fear	Sobriety Over Indulgence	Simplicity Arrogance	Diligence Indolence
DEFENSE MECHANISM	Reaction Formation	Repression	Identification	Introjection	Isolation	Projection	Rationalization	Denial	Self Narcotization
AVOIDANCE	Imperfection	My Needs	Failure	Ordinariness	Emptiness	Deviance	Pain	Weakness	Conflict
TRAP	Perfection	Service	Efficiency	Authenticity	Knowledge	Security	Idealism	Justice	Self Abasement
OBJECT OF ATTENTION	Error	Others Needs	Tasks and Goals	Missing Element of Happiness	Detaching to Observe	Worst Case Thinking	Best Case Thinking	Moving in to Take Control	Others Agendas
TRANSFORM- ATIONAL IDEA	Growth	Freedom	Compassion	Mystical Union	Guidance of Nature	All-embracing Trust	Co-Creation	Genuine Truth	Unconditional Love
ESSENCE	Purity	Altruism	Love	Joy	Peace	Wisdom	Absorption	Cosmic Power	Awareness





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.



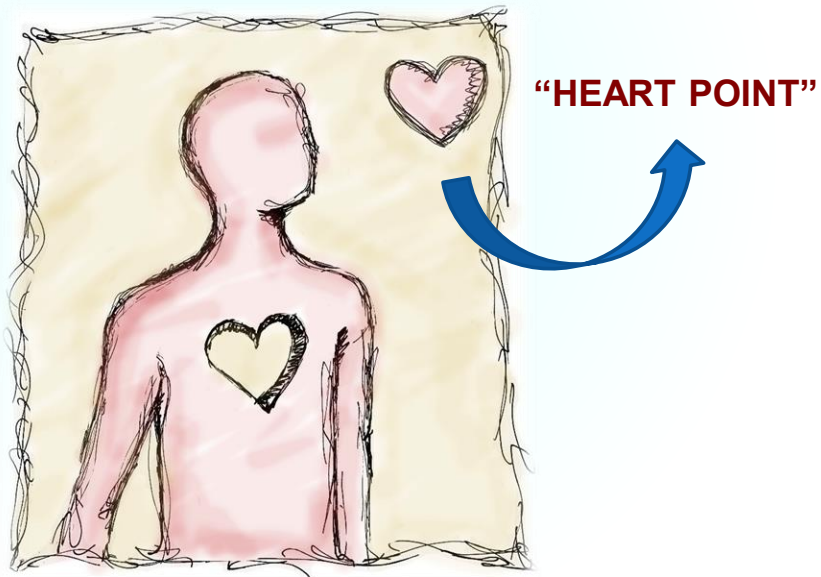


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SOUL CHILD AS HEALER



Sacred Art of Living Center ©2020

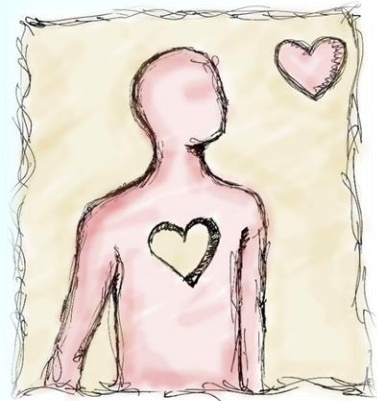


THE DILEMMA

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...



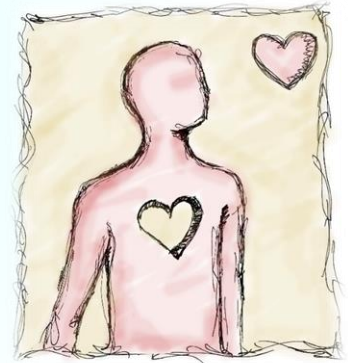


THE HEALING

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...

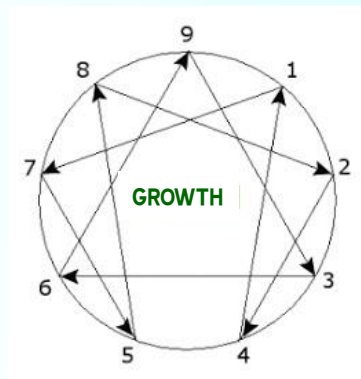
...when begin to re-member our **Soul Child** we will also encounter its associated **Passion** which once fueled our Ego-formation and now cries for reconciliation.







SOUL CHILD OF THE HEAD SPACE



AGAINST THE ARROW
"HEART POINT"

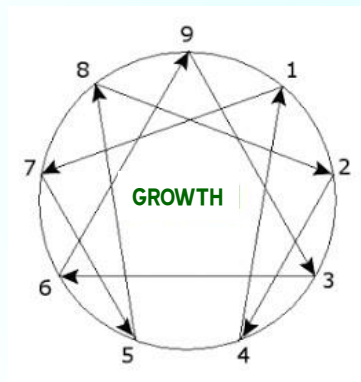
E5 → E8

E6 → E9

E7 → E5



SOUL CHILD OF THE HEART SPACE



AGAINST THE ARROW
"HEART POINT"

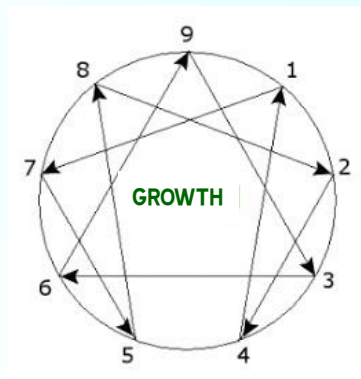
E2 → E4

E3 → E6

E4 → E1



SOUL CHILD OF THE BODY SPACE



AGAINST THE ARROW
"HEART POINT"

E8 → E2

E9 → E3

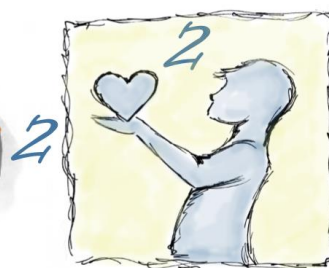
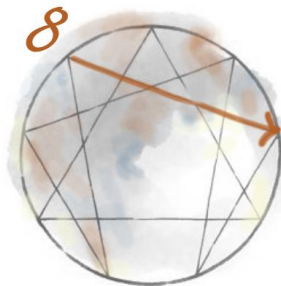
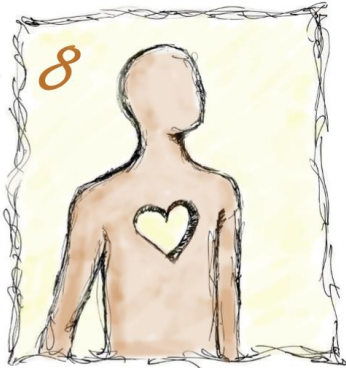
E1 → E7



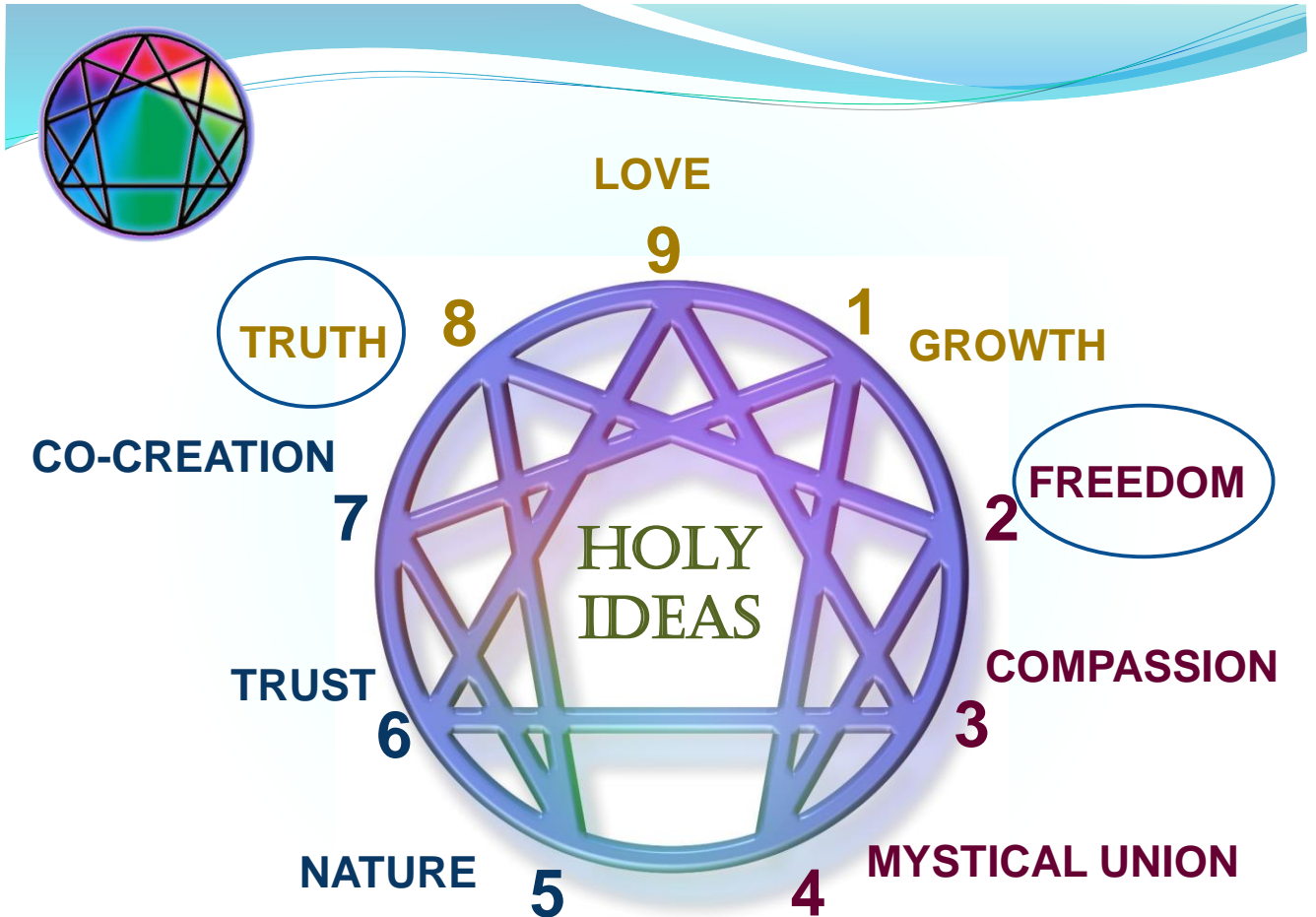
SOUL CHILD OF TYPE #8

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

HUMILITY (Strength)
 PRIDE (Challenge/Passion)
 MY NEEDS (Avoidance)







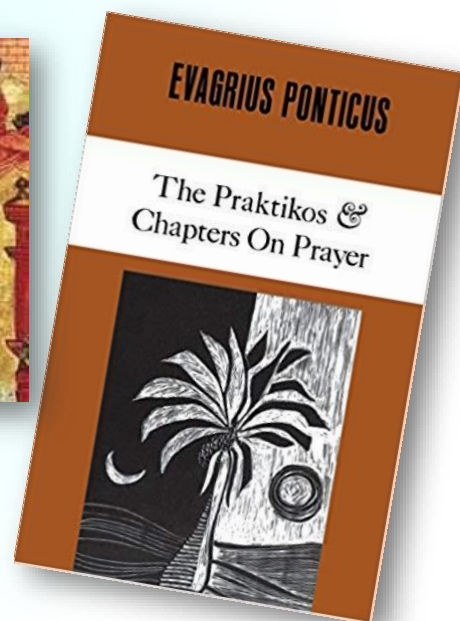


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4TH CENTURY MANUAL FOR SPIRITUAL DISCERNMENT





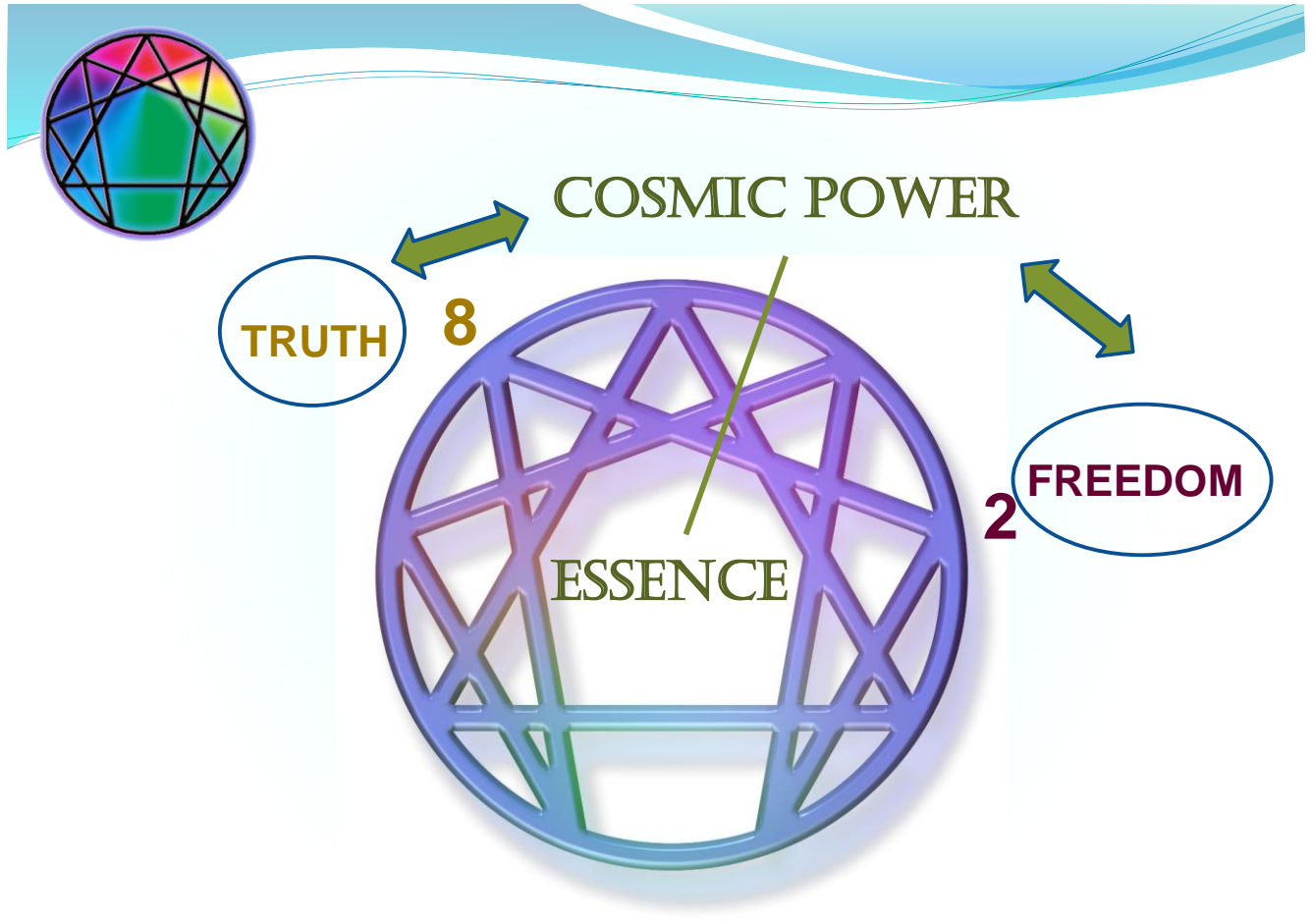
ANTIDOTES TO (FALSE) JUSTICE



#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...





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.”**



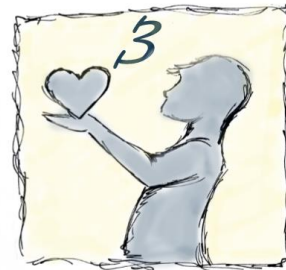
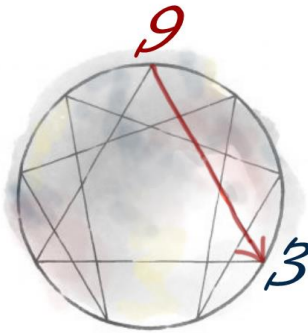
Leviticus 19
Matthew 6:14

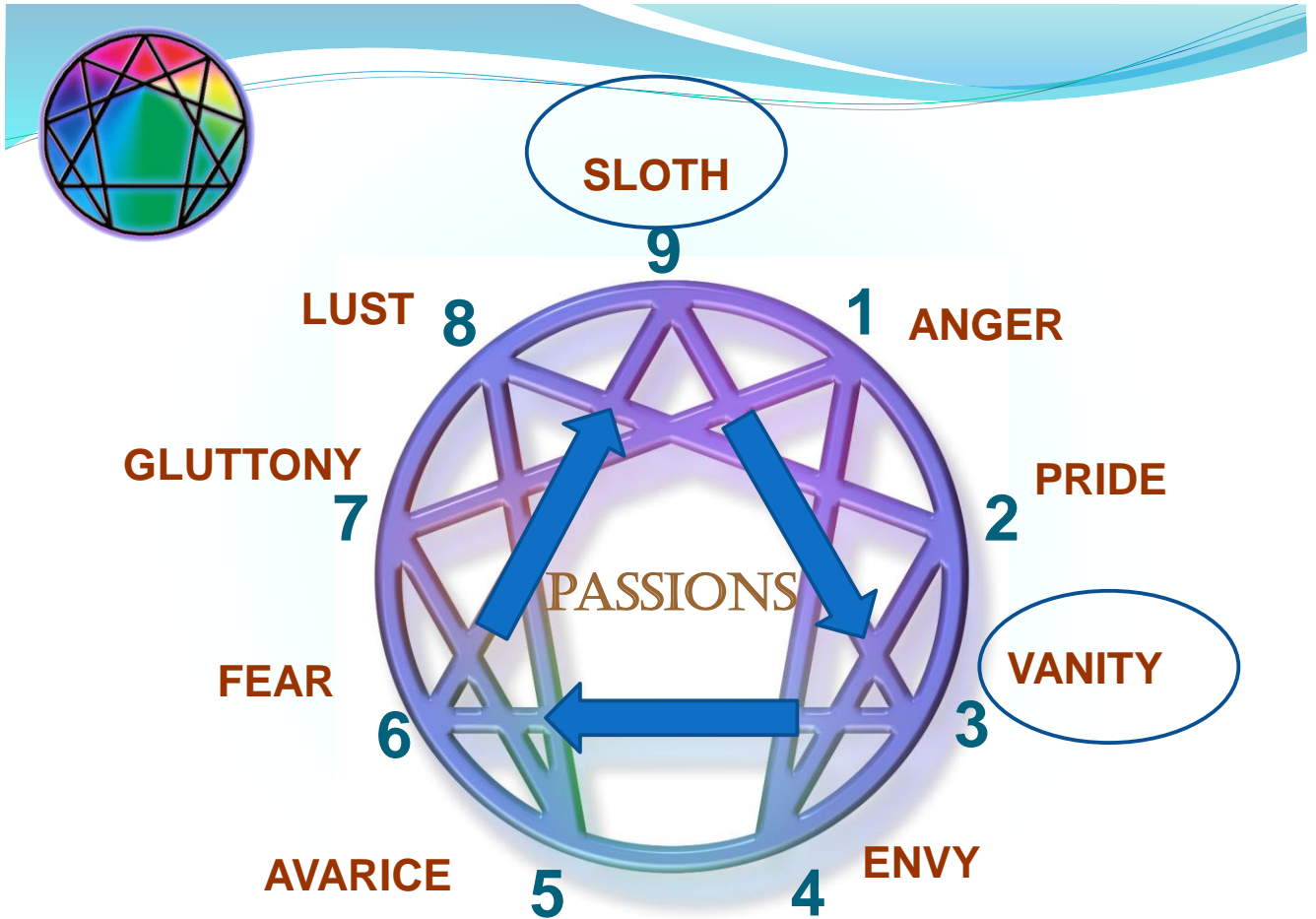


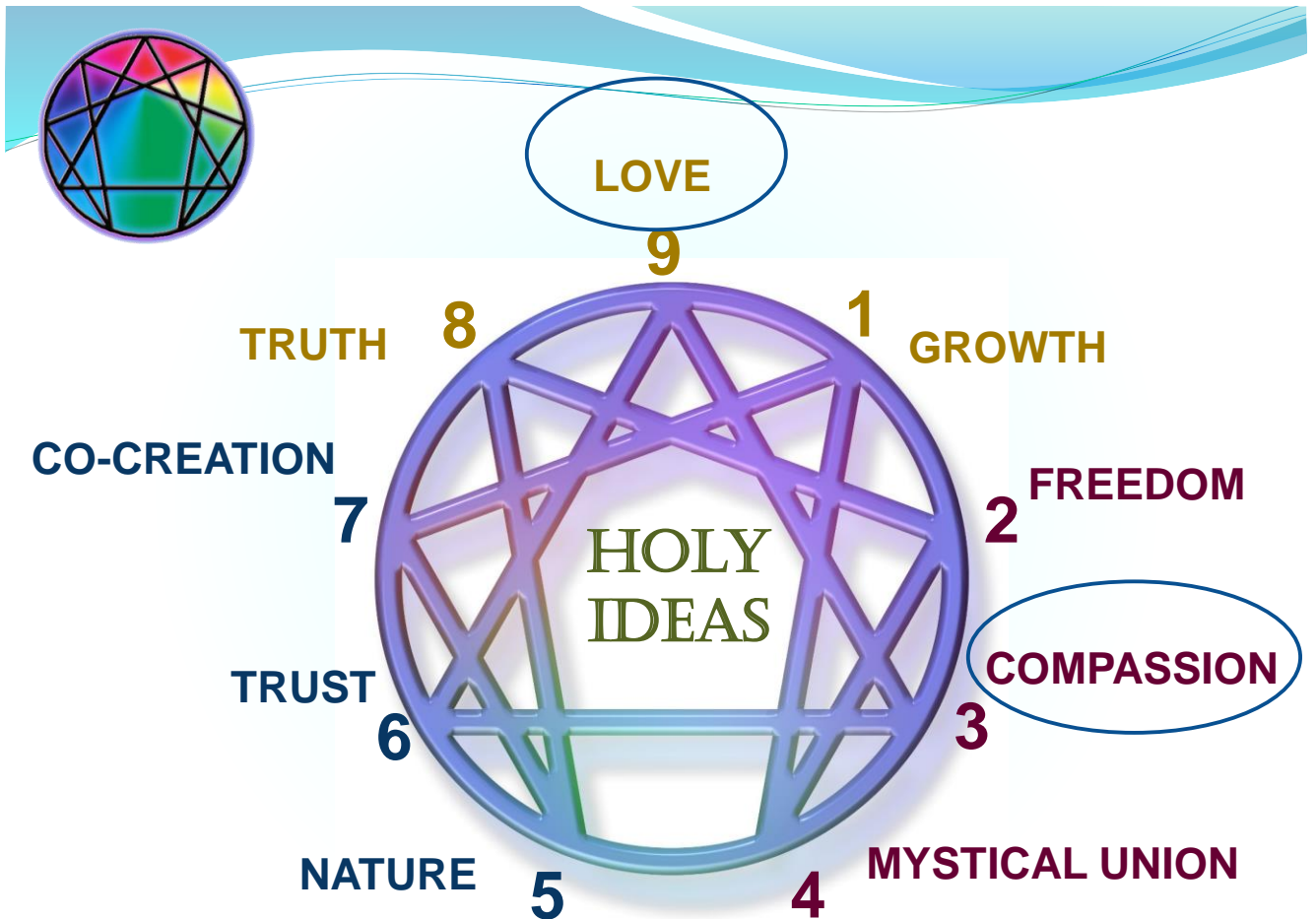
SOUL CHILD OF TYPE #9

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

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





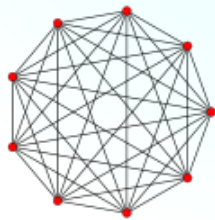




SPIRITUAL DIRECTION

Raymond Lull 13th c

Your Passion is
your greatest Teacher?





ANTIDOTES TO SELF ABASEMENT

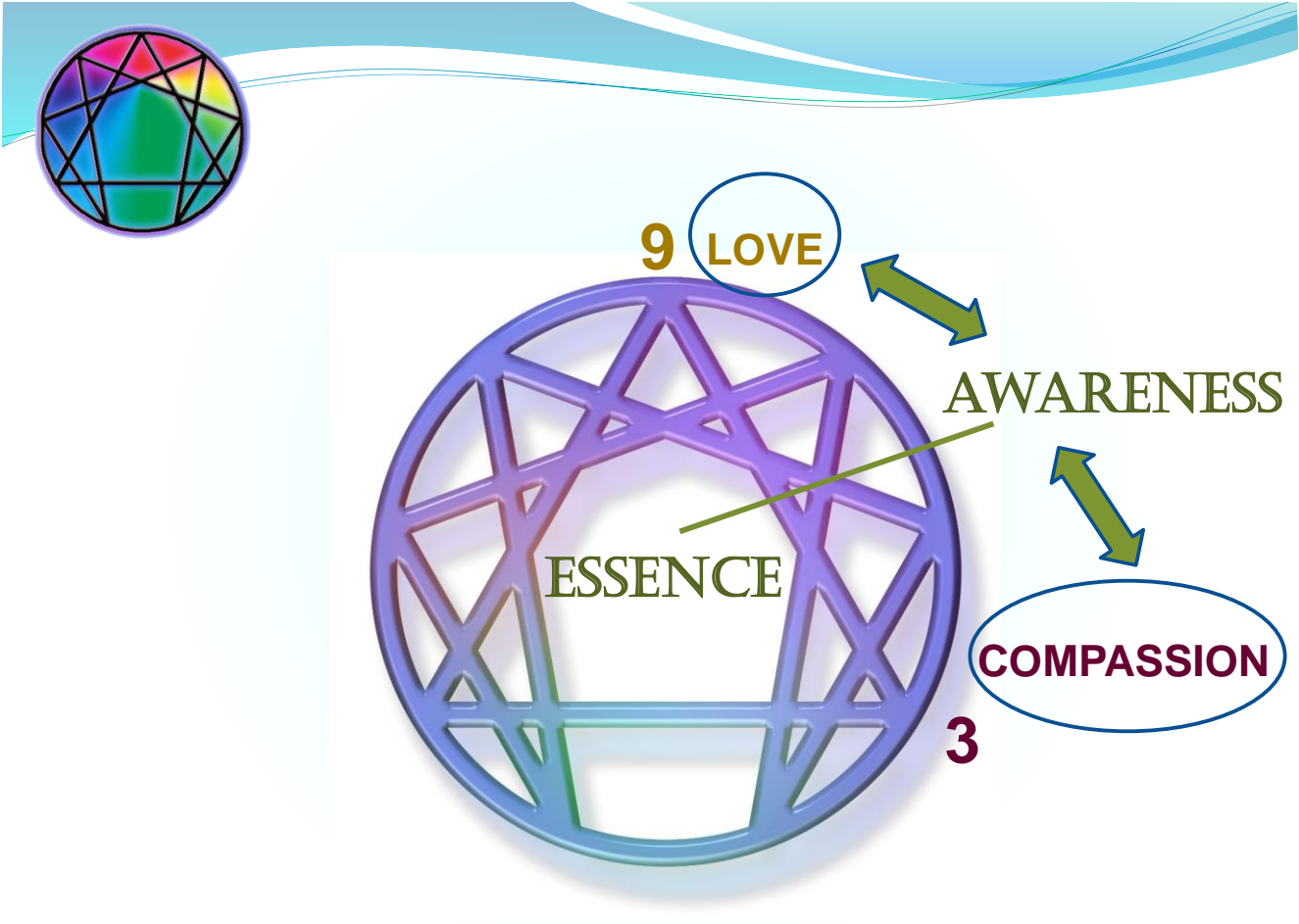


KNOW WHEN YOU ARE CHECKING OUT

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...”



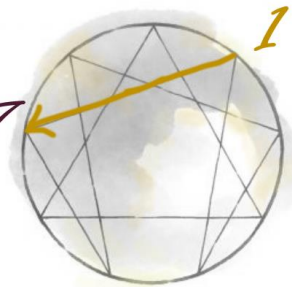
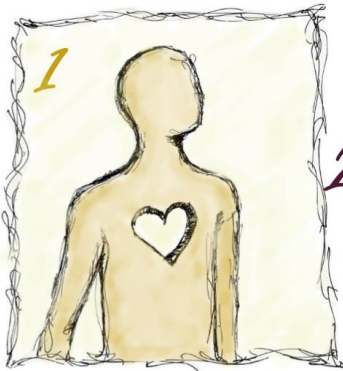
Leviticus 19:18
Matthew 22:39



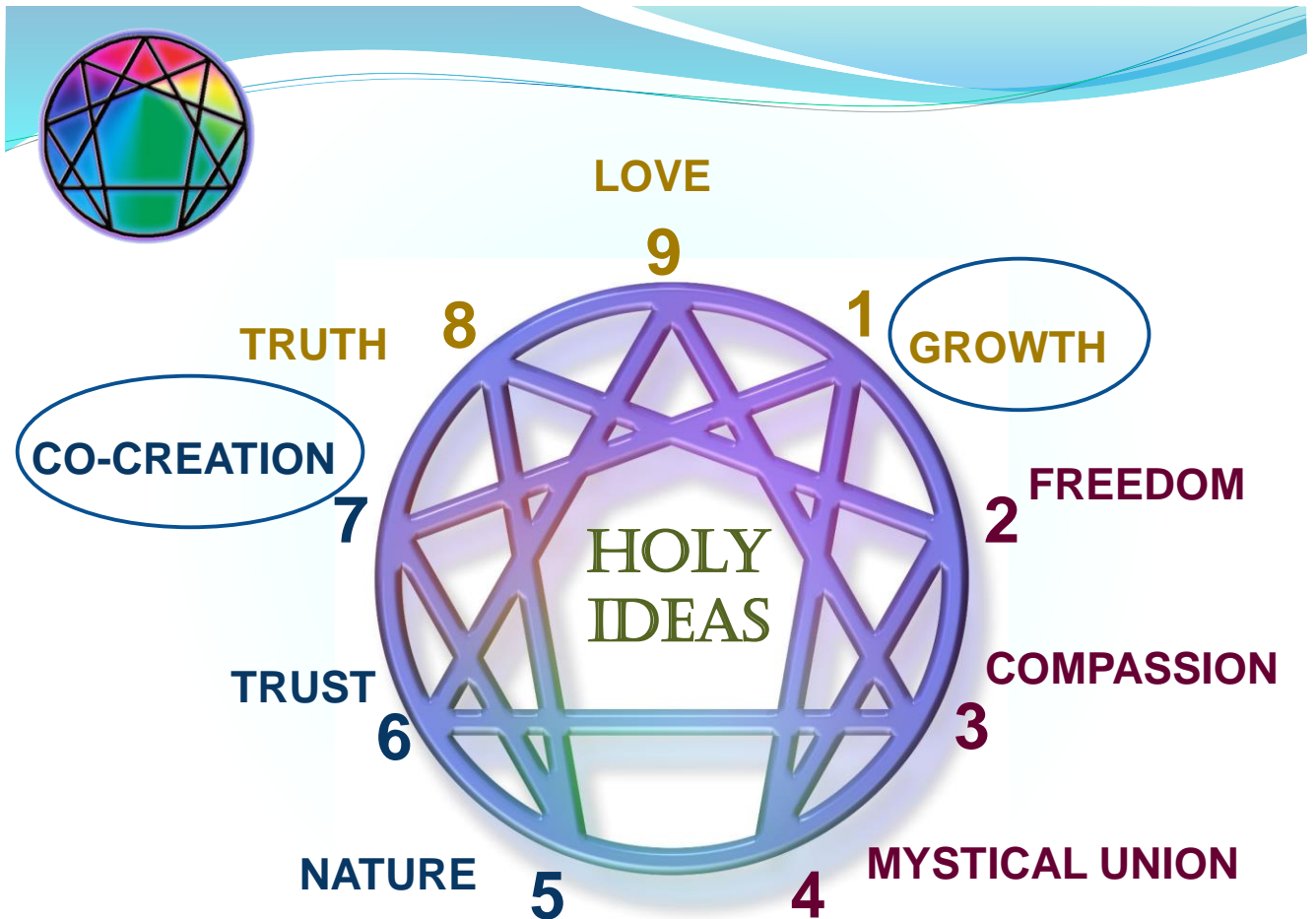
SOUL CHILD OF TYPE #1

SERENITY (Strength)
 ANGER (Challenge/Passion)
 IMPERFECTION (Avoidance)

SOBRIETY (Strength)
 GLUTTONY (Challenge/Passion)
 PAIN (Avoidance)



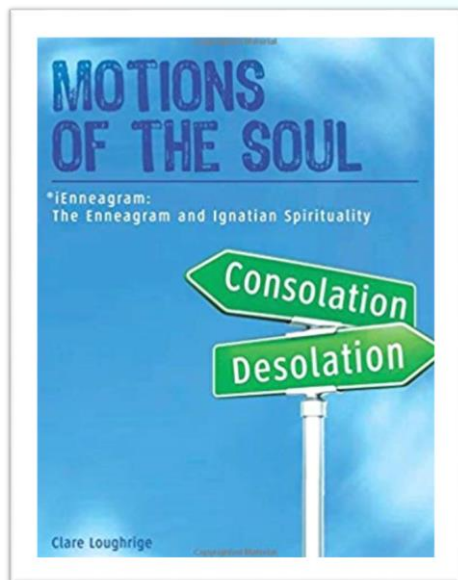






SPIRITUAL EXERCISES OF ST IGNATIUS

“Finding the Divine in all things”



*Spiritual Law
of dissipative structures...*

Sacred Art of Living Center ©2020

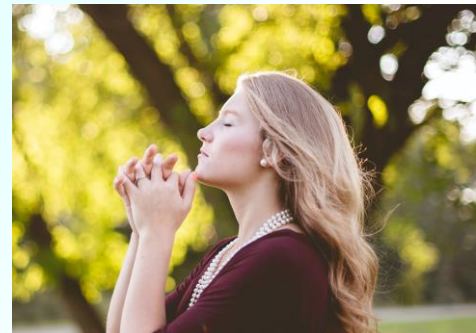


ANTIDOTES TO PERFECTIONISM

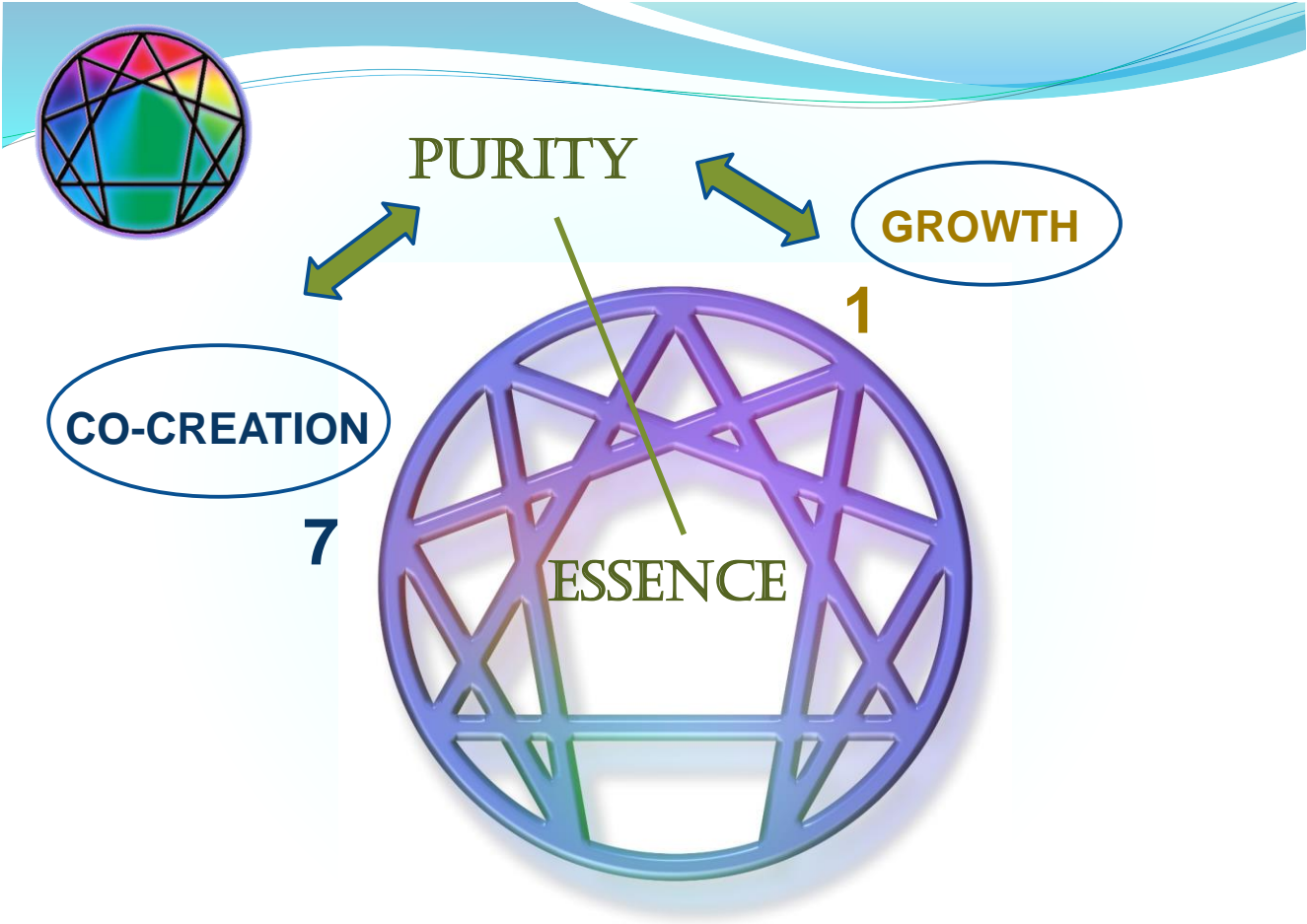


Locate where the tension is in your body
and keep your attention there...

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



Where and with whom
can you lighten up...





TRANSFORMATIONAL IDEA: HOLY PERFECTION

How can I discover
the beauty in what is
imperfect?





PARABLE OF THE PRODIGAL SON

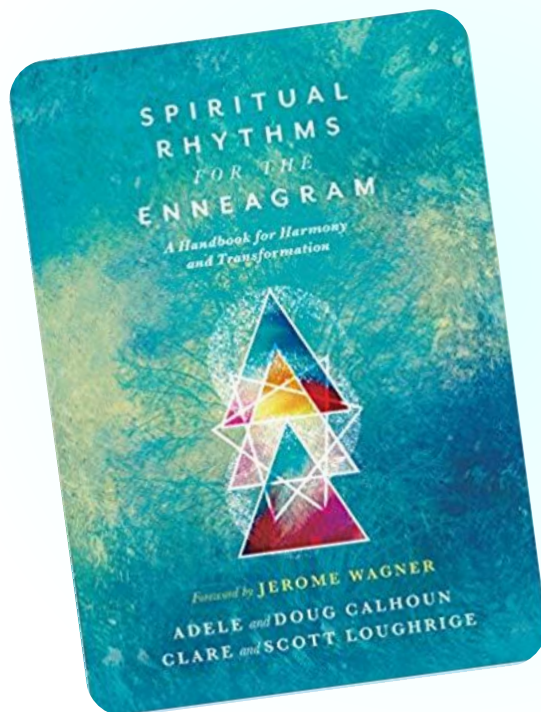


“This is not right. I have faithfully served you for years without receiving so much as a thank you while this brother of mine...”



IDENTIFYING YOUR ENNEA-PROFILE (SAMPLE)

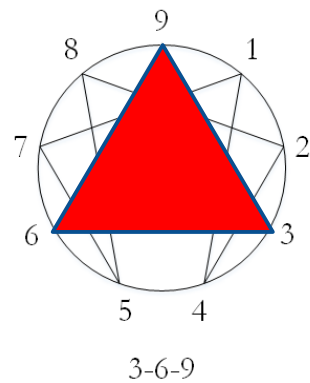
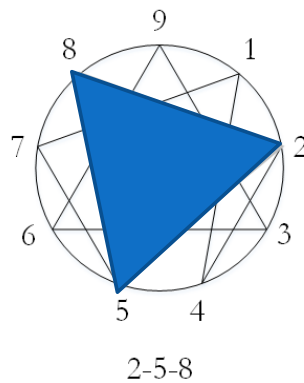
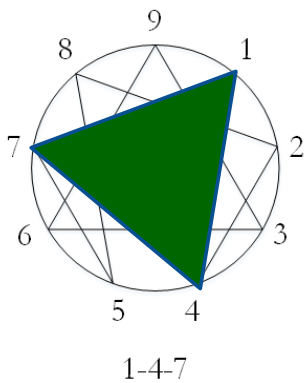
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| DIVINE RHYTHM OF THE ENNEAGRAM | Heart-Head-Gut |



Enneagram of Harmony

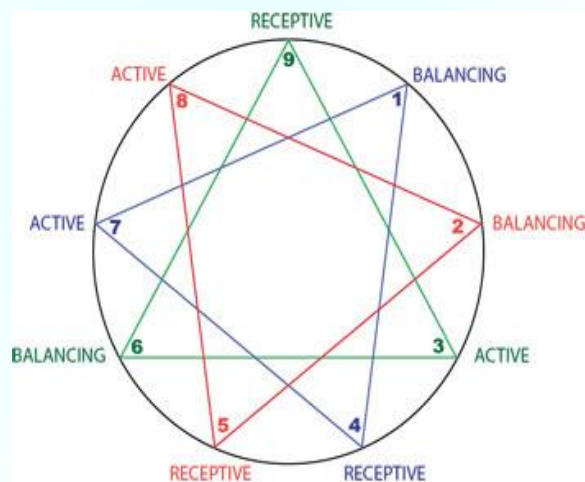


The HARMONY Triads





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

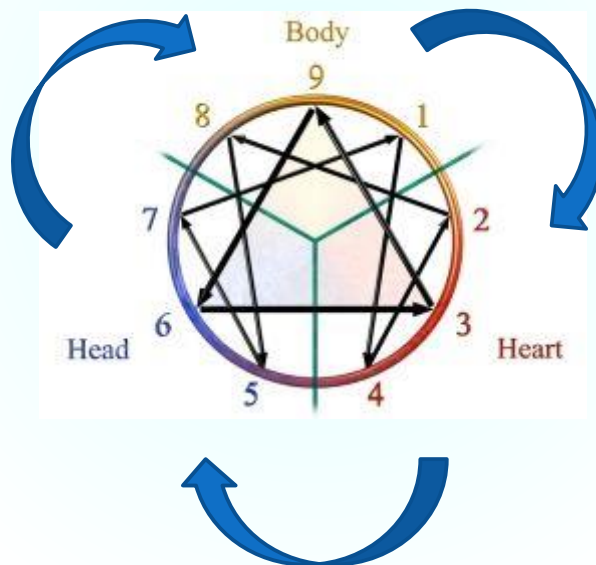
BALANCING or yin/yang energy, the lead energy of

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.



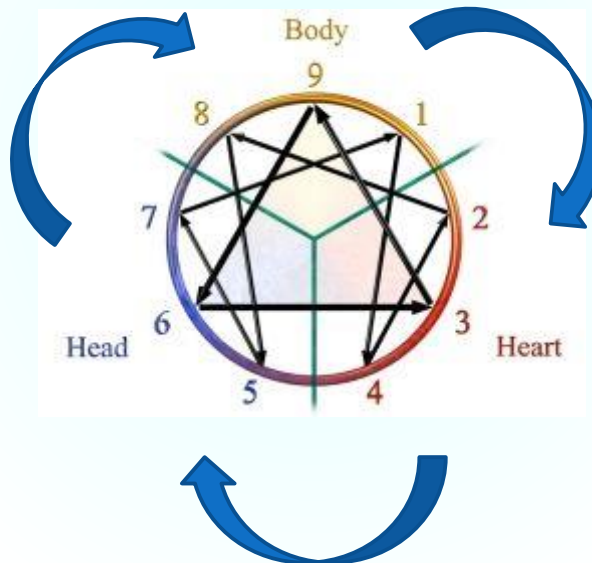
DIVINE RHYTHM OF THE ENNEAGRAM





ENNEAGRAM OF HARMONY

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 ?



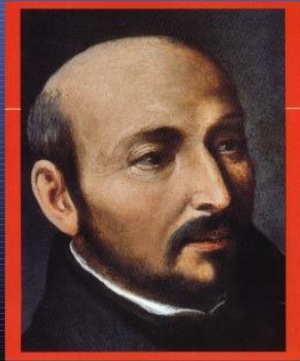


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Ignatian spirituality



The
challenge
of
discernment



MEMORY



UNDERSTANDING



WILL



SPIRITUAL EXERCISES OF IGNATIUS

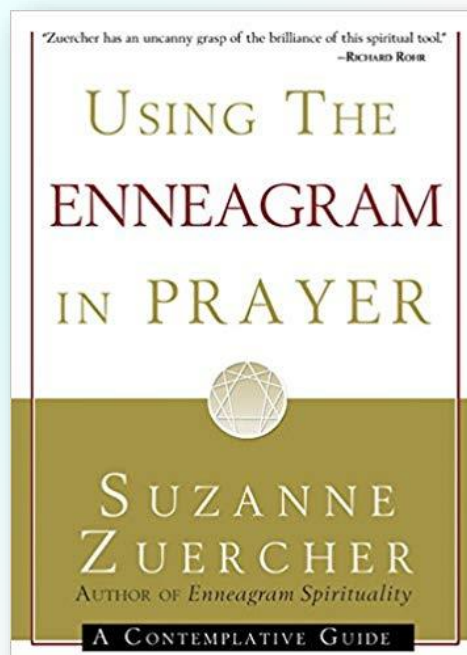
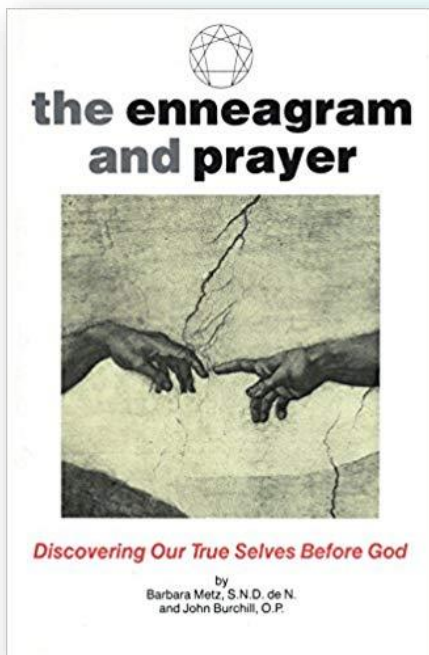
ADVICE WHEN MAKING MAJOR LIFE DECISIONS

- 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





GUT SPACE SPIRITUAL PRACTICES

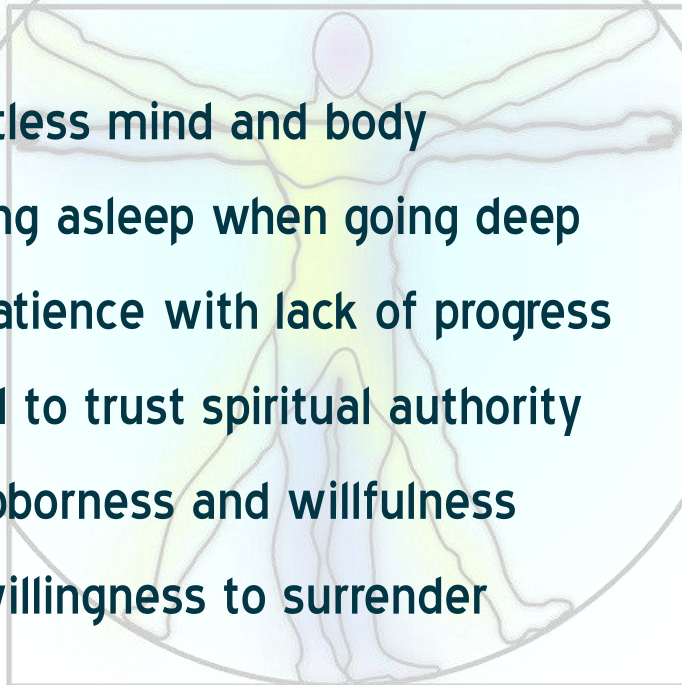
“Quiet Prayer”

- 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



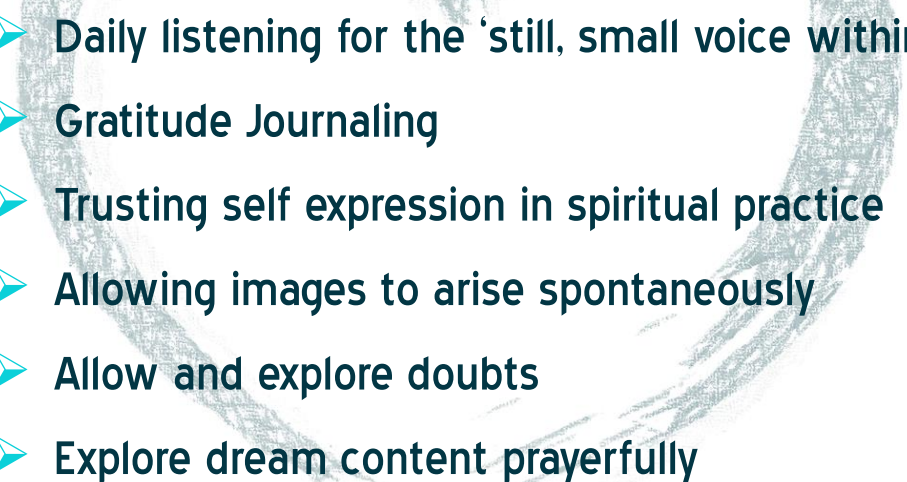
GUT SPACE SPIRITUAL OBSTACLES

- 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

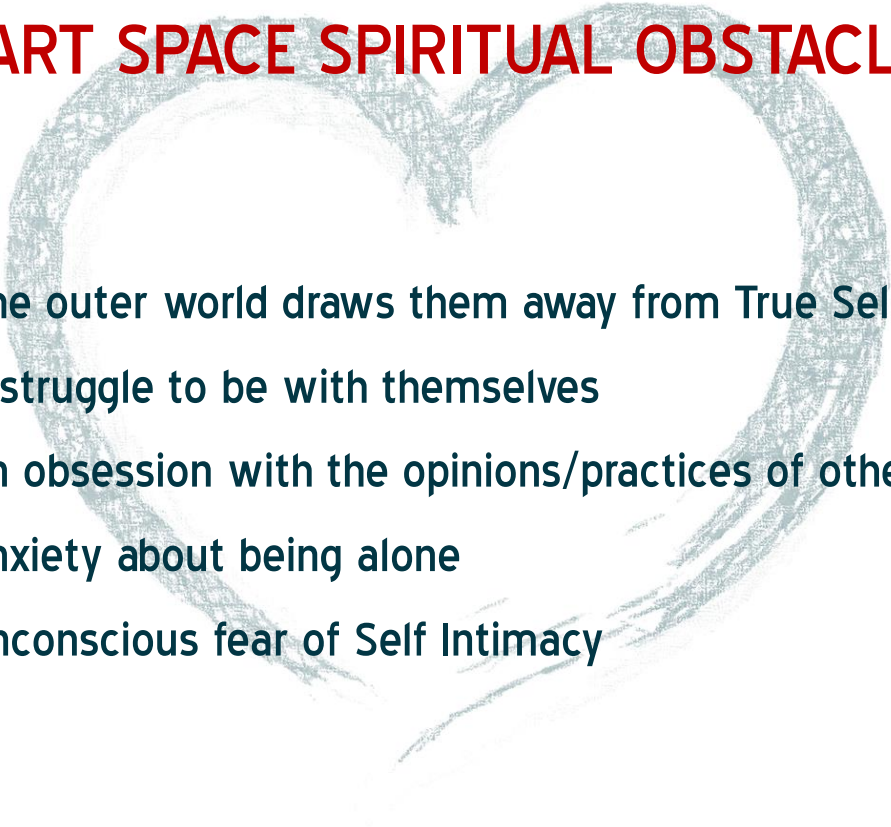


HEART SPACE SPIRITUAL PRACTICES

“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



JOURNAL TIME

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?



Enneagram Studies

Sacred Art of Living
Center for Spiritual Formation



Co-Founders Richard & Mary Groves
Bend Oregon, 1996



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