



# WELCOME ...

## ENNEAGRAM and SPIRITUAL DISCERNMENT

With Richard Groves



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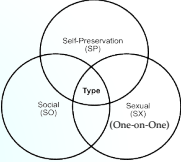
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The Enneagram Subtypes help us identify our path in life...

They are the intersection between our spiritual archetype and biological instinct



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## THREE INSTINCTUAL SUBTYPES




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4<sup>th</sup> century  
A Guide for Seekers



Historical  
Harmonizers



13<sup>th</sup> century  
Map for Enlightenment



16<sup>th</sup> century  
Sacred Psychology  
for Discernment

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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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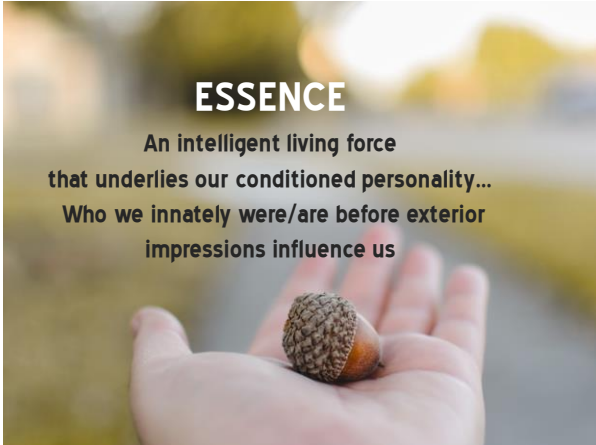
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### ENNEAGRAM CHART OF TRAITS

	Style 1	Style 2	Style 3	Style 4	Style 5	Style 6	Style 7	Style 8	Style 9
CHARACTER	Resentment	Manipulation	Over-Generosity	Melancholia	Withdrawal	Paranoia	Planning	Vengeance	Sloth
REALIZATION	I am Righteous	I am Holy/ful	I am Successful	I am Elite	I am Wise	I am Loyal	I am Okay	I am Competent	I am Comfortable
INTERNAL/HEALTH	Serenity	Humility	Trust/Faith	Equanimity	Non-Attachment	Courage	Sobriety	Simplicity	Diligence
	Anger	Pride	Vanity	Envy	Stinginess	Fear	Over Indulgence	Arrogance	Indolence
INTERNAL/UNHEALTH	Reaction	Repression	Identification	Introspection	Isolation	Projection	Rationalization	Denial	Self
	Formation								Narcissism
WISDOM	Imperfection	My Needs	Failure	Ordinariness	Emptiness	Deviance	Pain	Weakness	Conflict
FAITH	Perfection	Service	Efficiency	Authenticity	Knowledge	Security	Idealism	Justice	Self
									Abasement
DIRECT OF ATTENDANCE	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
INTERNAL/EXTERNAL	Growth	Freedom	Compassion	Mythical Union	Guidance of Nature	All-embracing Trust	Co-Creation	Genuine Truth	Unconditional Love
INTERNAL/EXTERNAL	Purity	Attraction	Love	Joy	Peace	Wisdom	Absorption	Cosmic Power	Awareness

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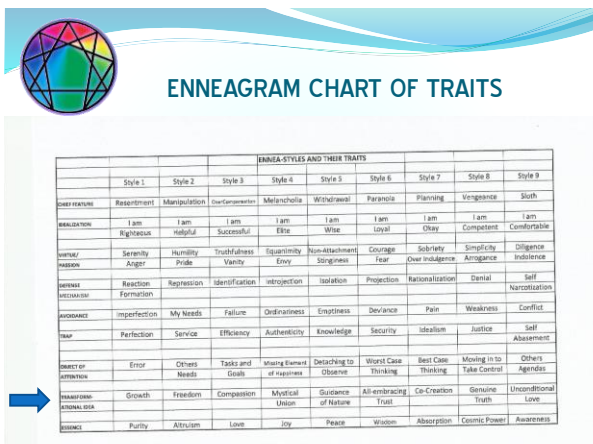
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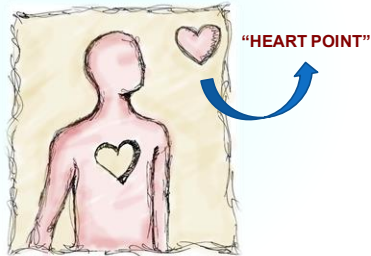
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## SOUL CHILD AS HEALER



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## 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...




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## 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.




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### SOUL CHILD OF THE HEAD SPACE



E5 → E8

E6 → E9

E7 → E5

AGAINST THE ARROW  
"HEART POINT"

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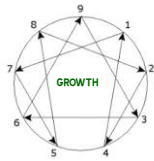
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### SOUL CHILD OF THE HEART SPACE



E2 → E4

E3 → E6

E4 → E1

AGAINST THE ARROW  
"HEART POINT"

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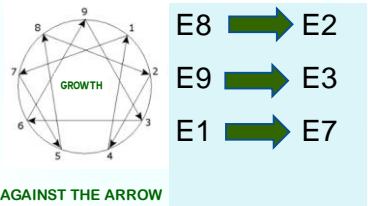
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SOUL CHILD OF THE BODY SPACE



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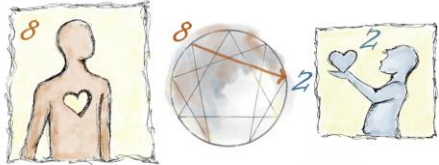
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SOUL CHILD OF TYPE #8

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

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



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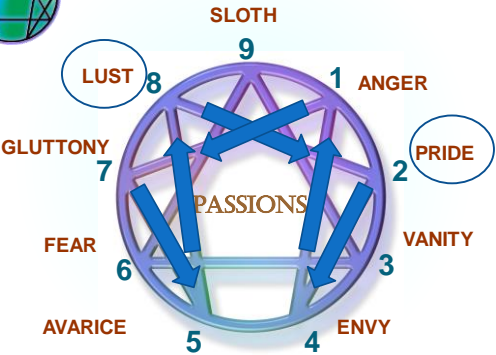
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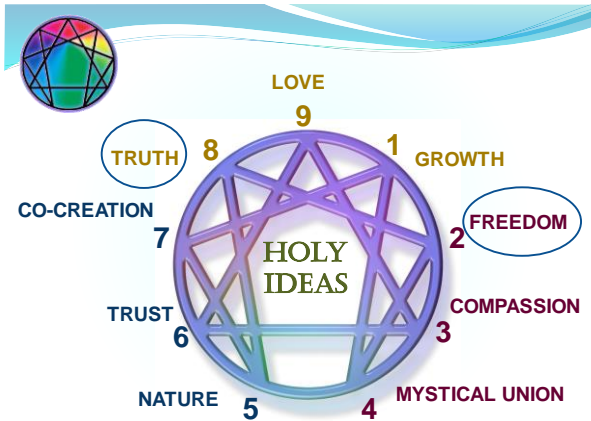
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**ENNEAGRAM CHART OF TRAITS**

	Style 1	Style 2	Style 3	Style 4	Style 5	Style 6	Style 7	Style 8	Style 9
inner nature	Repression	Manipulation	Over-compassion	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 Charismatic	I am Competent	I am Comfortable
virtues/weakness	Serenity/Anger	Humility/Pride	Truthfulness/Vanity	Equanimity/Envy	Non-attachment/Strangeness	Courage/Fear	Sobriety/Over-indulgence	Simplicity/Ambivalence	Oligarchy/Indifference
defense mechanism	Reaction/Formation	Repression	Identification	Introjection	Isolation	Projection	Rationalization	Denial	Self-Narrativization
personality	Imperfection	My Needs	Failure	Ordinariness	Emptiness	Deviance	Pain	Weakness	Conflict
goal	Perfection	Service	Efficiency	Authenticity	Knowledge	Security	Idealism	Justice	Self-Abasement
direct or indirect	Error	Others' Needs	Tasks and Goals	Missing Element of Happiness	Detaching to Observe	Worldly Case Thinking	Best Case Thinking	Moving in to Take Control	Others' Agendas
transformational process	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

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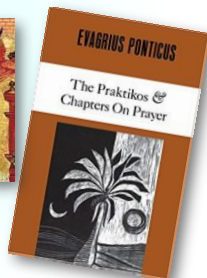
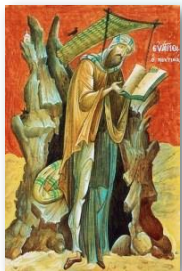
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## 4<sup>TH</sup> CENTURY MANUAL FOR SPIRITUAL DISCERNMENT




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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...

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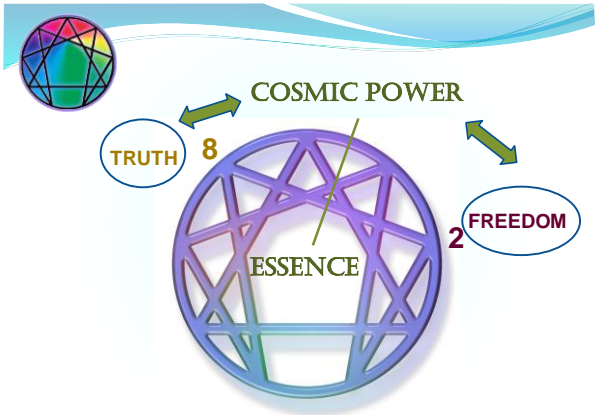
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TRANSFORMATIONAL IDEA:  
HOLY TRUTH

How does re-membering  
that truth that exists in every  
being help me lessen my  
need to dominate others?



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"Forgive others as quickly as you expect  
God to forgive you."



Leviticus 19  
Matthew 6:14

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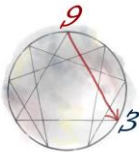
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### SOUL CHILD OF TYPE #9

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

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




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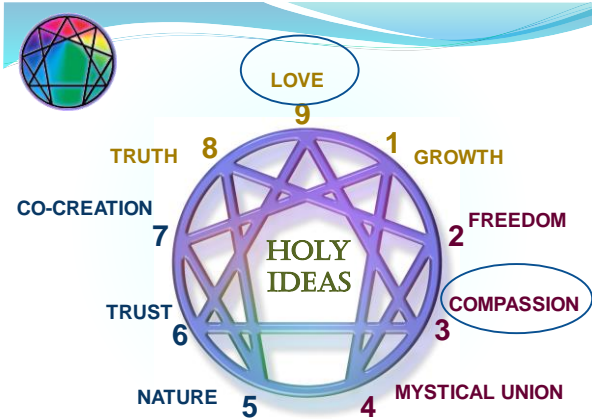
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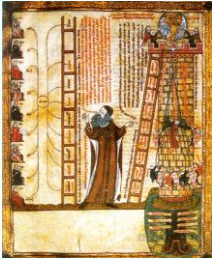


### SPIRITUAL DIRECTION

Raymond Lull 13<sup>th</sup> c

Your Passion is  
your greatest Teacher?





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### ANTIDOTES TO SELF ABASEMENT



KNOW WHEN YOU ARE CHECKING OUT



NAME YOUR DESIRE



WHEN IN DOUBT, ENGAGE

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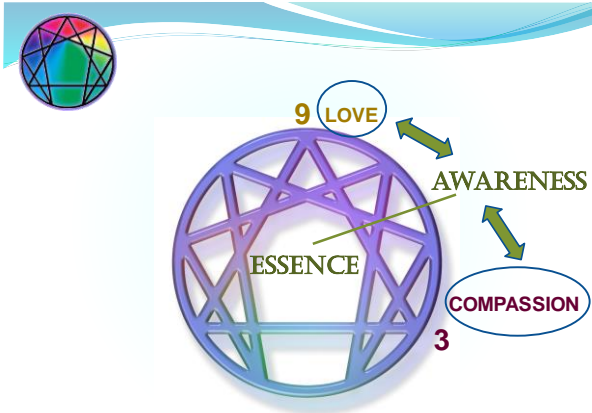
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**TRANSFORMATIONAL IDEA:**  
**HOLY LOVE**

How does authentic love invite me to be vibrant and engaged with life?




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**THE GREAT COMMANDMENT**  
"Love others *as you* love yourself..."



Leviticus 19:18  
Matthew 22:39

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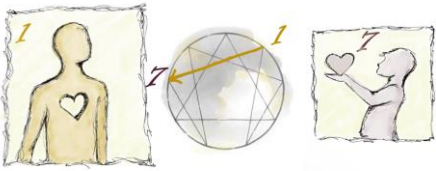
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### SOUL CHILD OF TYPE #1

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

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



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### SOUL CHILD OF TYPE #2

PASSIONS

1 ANGER  
2 PRIDE  
3 VANITY  
4 ENVY  
5 AVARICE  
6 FEAR  
7 GLUTTONY  
8 LUST  
9 SLOTH

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### SOUL CHILD OF TYPE #3

HOLY IDEAS

1 GROWTH  
2 FREEDOM  
3 COMPASSION  
4 MYSTICAL UNION  
5 NATURE  
6 TRUST  
7 CO-CREATION  
8 TRUTH  
9 LOVE

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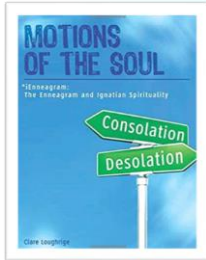
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## SPIRITUAL EXERCISES OF ST IGNATIUS "Finding the Divine in all things"



*Spiritual Law  
of dissipative structures...*

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## 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...



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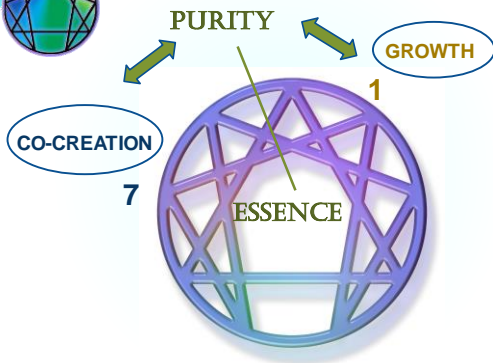
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## TRANSFORMATIONAL IDEA: HOLY PERFECTION

How can I discover  
the beauty in what is  
imperfect?




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## 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..."

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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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## Enneagram of Harmony

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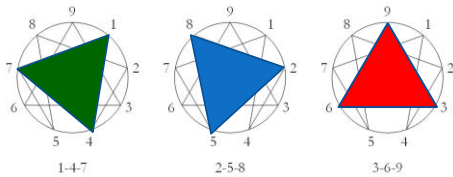
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## The HARMONY Triads




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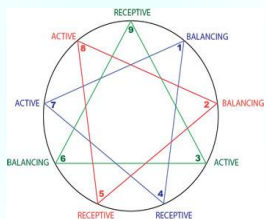
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## INTER-DEPENDENT ENERGIES




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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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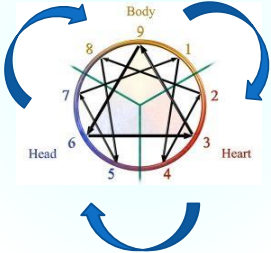
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### DIVINE RHYTHM OF THE ENNEAGRAM



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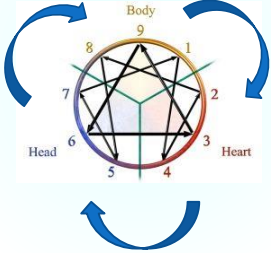
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### ENNEAGRAM OF HARMONY

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?

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ASKING COURAGEOUS QUESTIONS



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

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ASKING COURAGEOUS QUESTIONS



BEGIN QUESTION WITH "HOW"  
AVOID USING "I" IN YOUR QUESTION  
KEEP IT SIMPLE... FROM THE HEART OR GUT

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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?

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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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ASKING COURAGEOUS QUESTIONS



HOW CAN MY BROTHER'S SPECIAL NEEDS BEST BE SUPPORTED  
BY ME DURING HIS TIME OF CRISIS?

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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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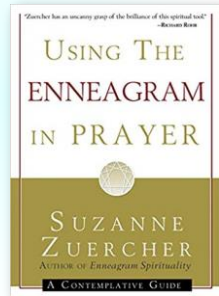
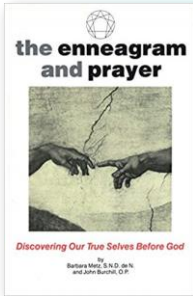
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## SPIRITUAL PRACTICES FOR EACH TYPE




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## 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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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?

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Enneagram Studies

*Sacred Art of Living*  
*Center for Spiritual Formation*



Co-Founders Richard & Mary Groves  
Bend Oregon, 1996



**HEALING THE HEALERS**  
**THE ART OF LIVING & DYING SERIES**

THE **Anamcara**  
PROJECT




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