

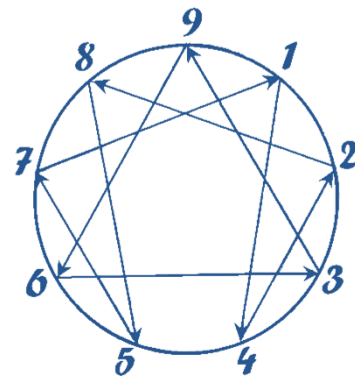


**The Enneagram**

abundance.org.au

# THE ENNEAGRAM

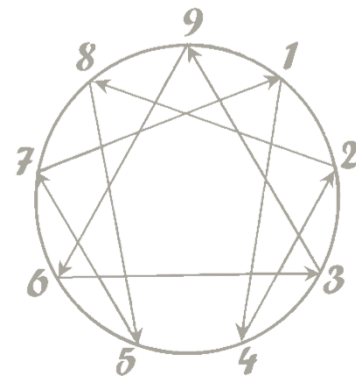
## A Story about God's Image



- Humanity created in God's image.
- God offers a mirror to see their reflection.
- The mirror breaks.
- Each person picks up a piece and looks.
- Each one claims to see the true image of God.
- The fundamental illusion.
- A Fractured, Compartmentalised perception.

# THE ENNEAGRAM

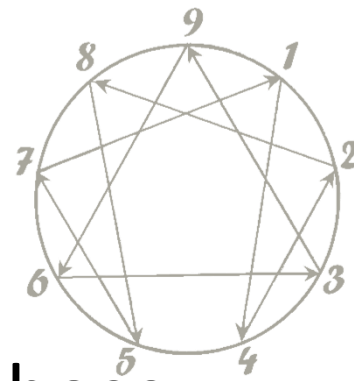
## Origins



- Long but shrouded history
- Reputedly from Afghanistan 2000 years ago
- Possibly Christian contact in Persia
- Infiltrated into Islam - Sufi oral tradition
- Chilean, Oscar Ichazo brought Sufi tradition to public attention in Chile and USA.

# THE ENNEAGRAM

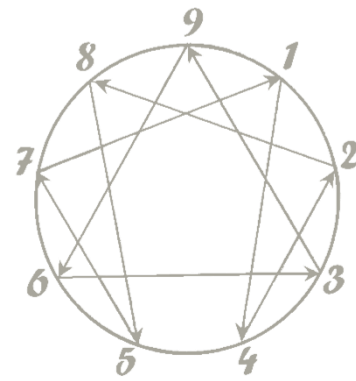
## Origins



- Ichazo was taught in Bolivia by a man whose name he pledged not to reveal.
- Ichazo saw the Enneagram as a way of examining specifics about the structure of the human soul and particularly about the ways in which actual soul qualities of *Essence* become distorted, or contracted into states of *ego*.

# THE ENNEAGRAM

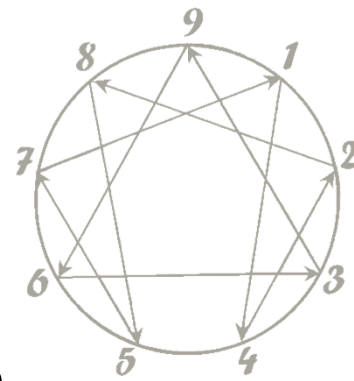
## Introduction to the West



- Term 'Enneagram' (9 places) introduced to the West by George Gurdjieff, spiritual teacher first half 20<sup>th</sup> century.
- Pyotr D. Ouspensky, best known student of Gurdjieff, put into written form.
- The work of Gurdjieff and Ichazo interested members from the Esalen Institute, California.
- Claudio Naranjo from Esalen passed the enneagram on to Bob Ochs, S.J., Loyola University, Chicago, USA.

# THE ENNEAGRAM

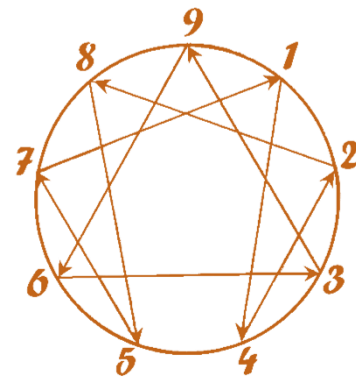
## Popularisation



- 1971 Bob Ochs introduced the Enneagram to Pat O'Leary, S.J., who tested its validity in the light of Christian spirituality, particularly Ignatian Spirituality.
- Theory developed by Maria Beesing, O.P.
- Developed further in collaboration with Robert Nogosek, C.S.C, using insights of Tad Dunne, S.J. on the causes of compulsion and the spiritual life as derived from gospel values.
- Popularised through writings of Richard Rohr.

# THE ENNEAGRAM

## what's it about?

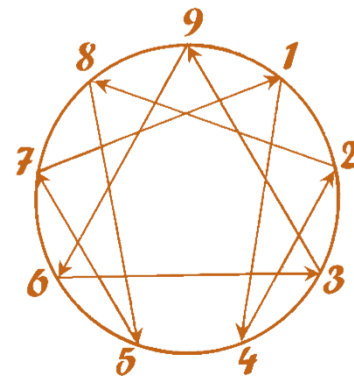


1. A personal and spiritual journey.
2. Helping people see themselves
3. To see the images of personality distorted by basic attitudes about self
4. To identify and admit the prevailing “compulsion”
5. To be open to see life more fully



# THE ENNEAGRAM

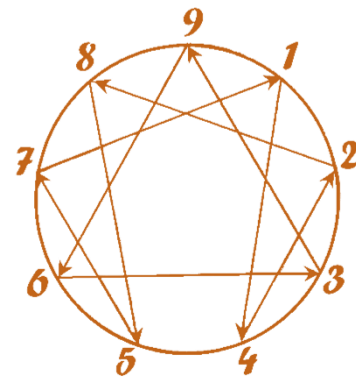
## what's it about?



6. Discovering one's compulsion, one sees the roots of one's sinfulness, spiritual blindness (lack of awareness), limitations to freedom, and barriers to love and be loved
7. provided one is willing to address the "hidden sin" in one's behaviour and to look directly to God for healing.
8. A new self-understanding.

# THE ENNEAGRAM

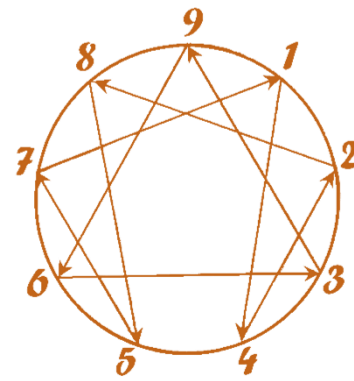
## what's it about?



9. Understanding the causes of one's compulsion (*an irresistible, irrational impulse to act, based on unfulfilled personal needs, hidden within the unconscious*)
10. Overcoming the compulsion. Movement towards growth in self-awareness, personal and spiritual freedom and maturity, under the lead of the Spirit.

# THE ENNEAGRAM

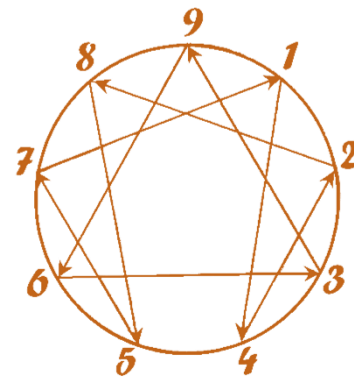
## what's it about?



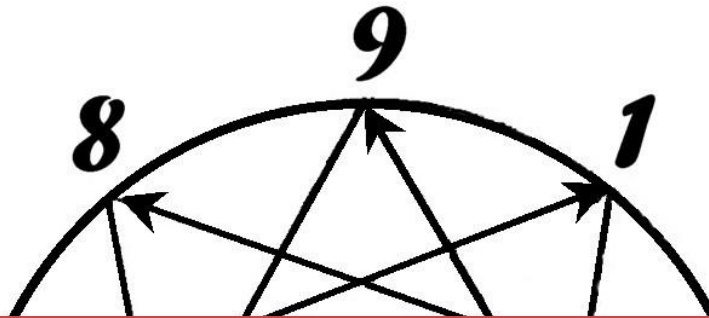
- 11. A system of personality type
- 12. Determined in a 'negative' way – the specific compulsion in one's prevailing self-concept, which has big influence on outer behaviour and inner dynamics
- 13. The type can become less compulsive and more redeemed
- 14. The compulsion presents as the avoidance of something or inordinate desire for something

# THE ENNEAGRAM

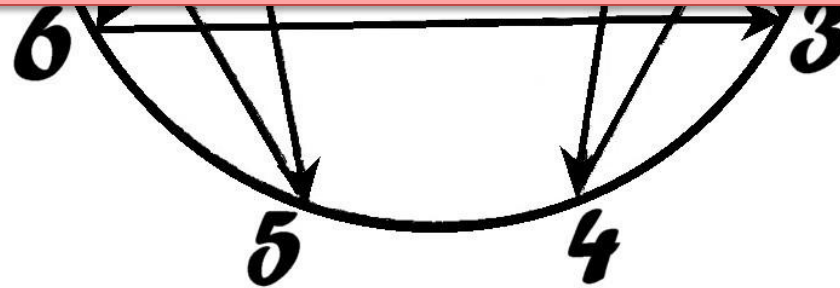
## what's it about?



15. By going too far with this desire or avoidance one ends with a corresponding *passion*.
16. The task of each type is to discover his/her desire and avoidance, which leads to passion.

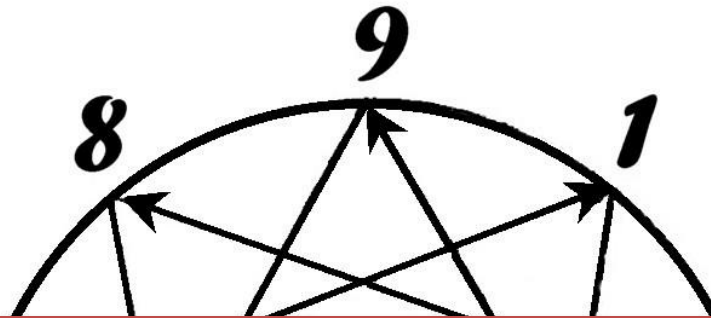


The Enneagram diagram  
is made up of a circle  
with nine equidistant points

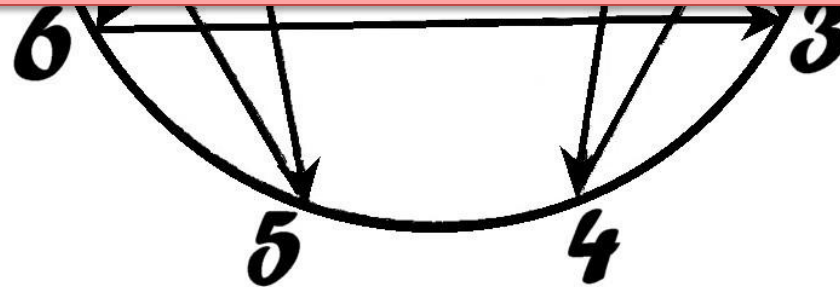


# Enneagram

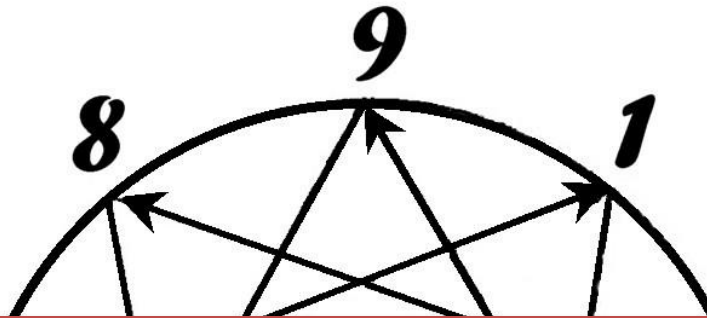
# Structure



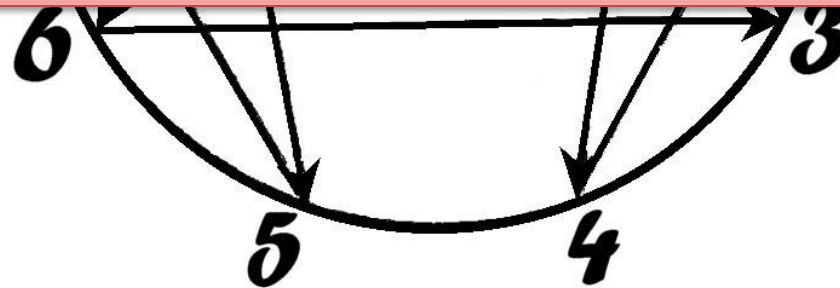
**Points 3, 6, 9**  
**Form an equilateral triangle**



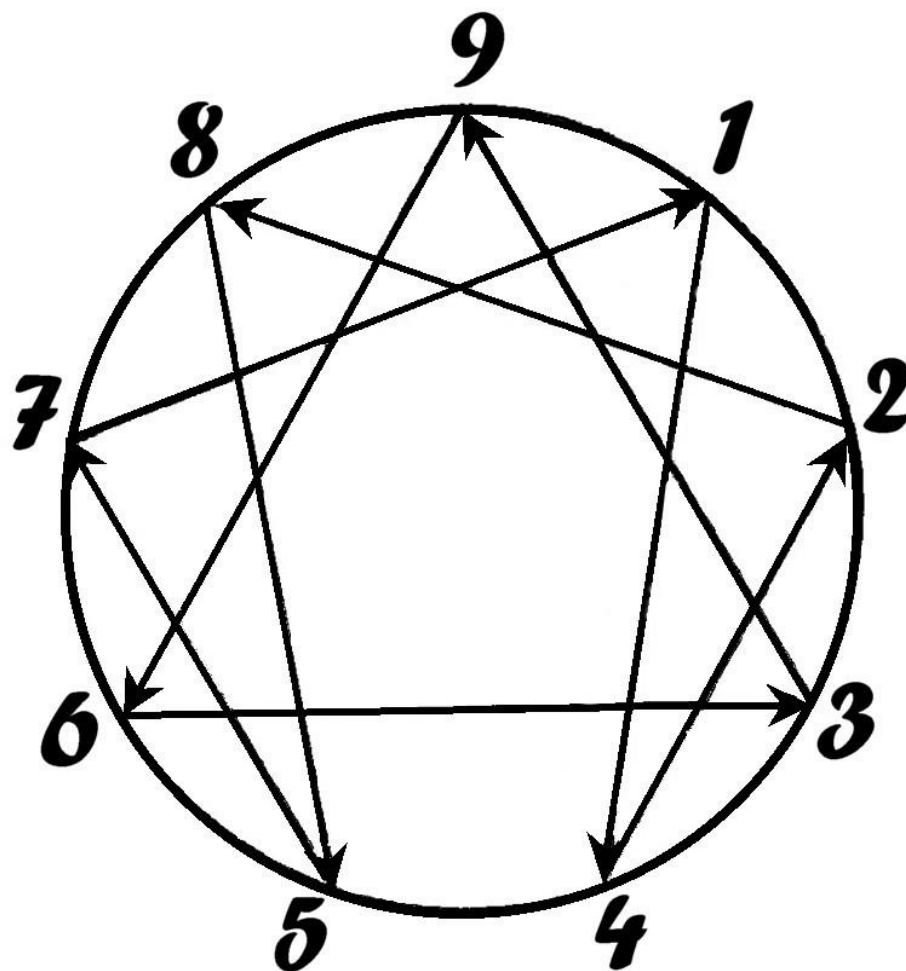
*Enneagram*  
Structure



The other 6 numbers connect in the order of the decimal of  $1/7^{\text{th}}$ , i.e., 1 - 4 - 2 - 8 - 5 - 7 - 1

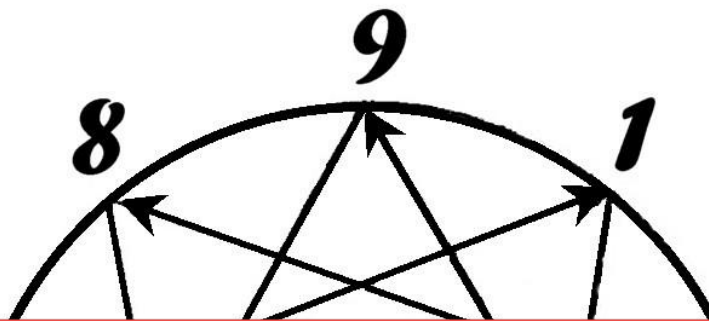


*Enneagram*  
Structure

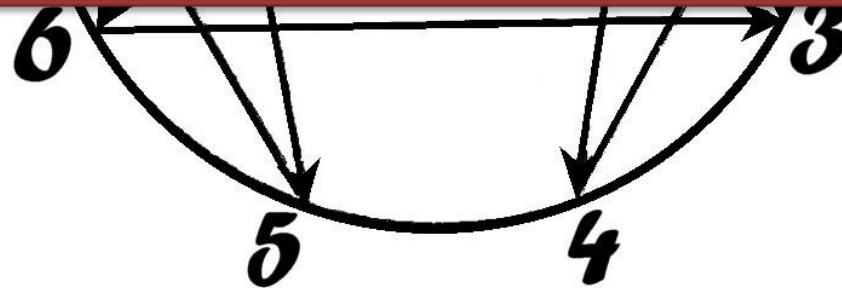


*Enneagram*  
Structure





**WHERE AM I ON  
THE ENNEAGRAM ?**

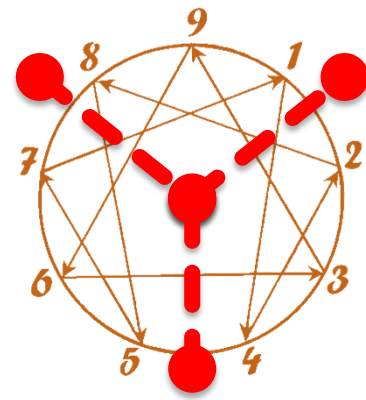


*Enneagram*

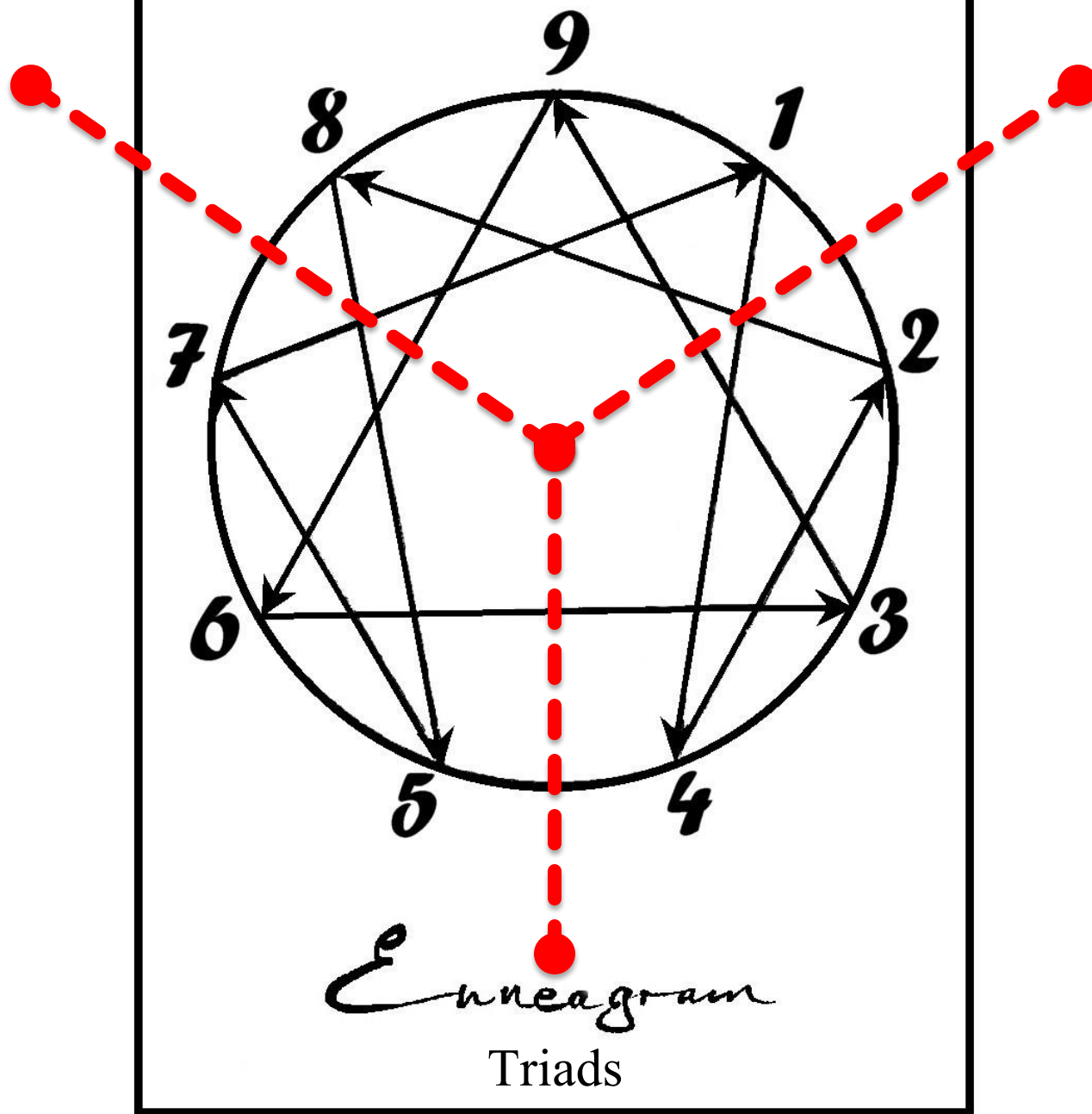
Finding My Place

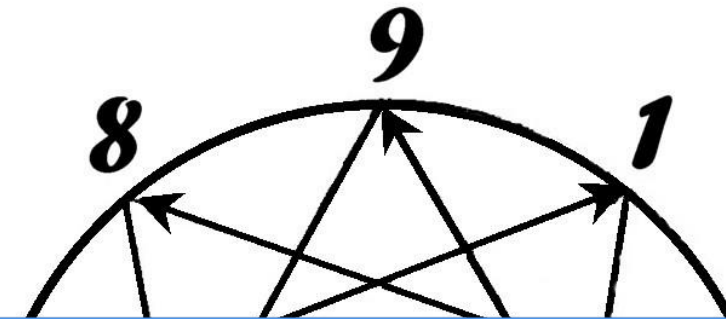
# THE ENNEAGRAM

## the triads

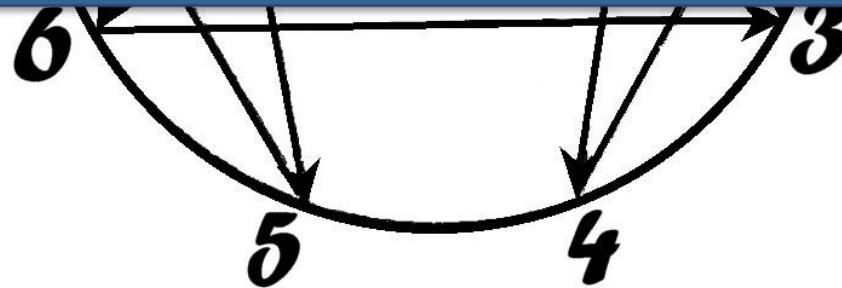


- The Enneagram arranges the 9 types in 3 *basic triads* according to the three Centers of human intelligence; Thinking, Feeling, and Instinct.
- To find out where I sit on the Enneagram my starting place is to work out which triad best describes the general characteristics of my prevailing compulsion?



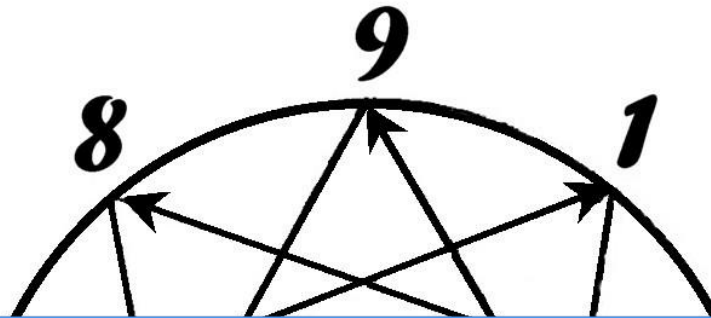


WHAT IS MY  
MOST WELL KNOWN  
EMOTION?

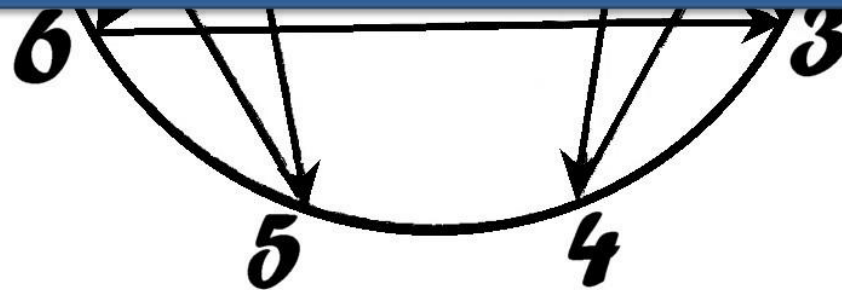


*Enneagram*

Triads

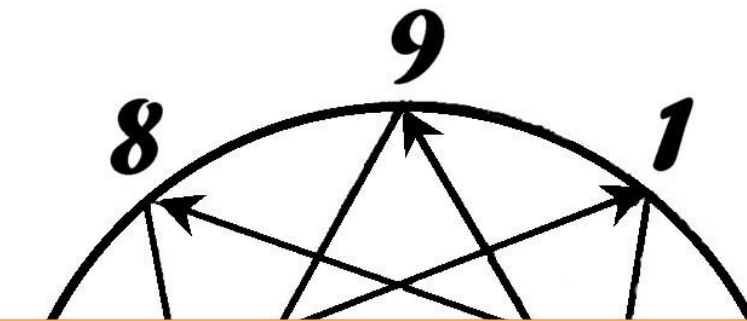


ANXIETY  
FEAR  
ANGER

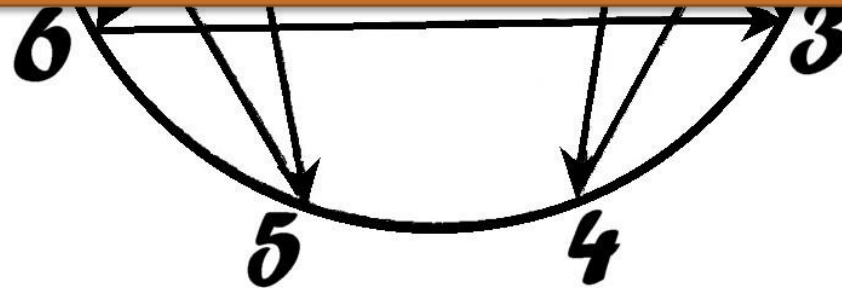


*Enneagram*

Triads



**WHAT IS THE BASIC  
MOVEMENT I MOST  
HABITUALLY FAVOUR?**

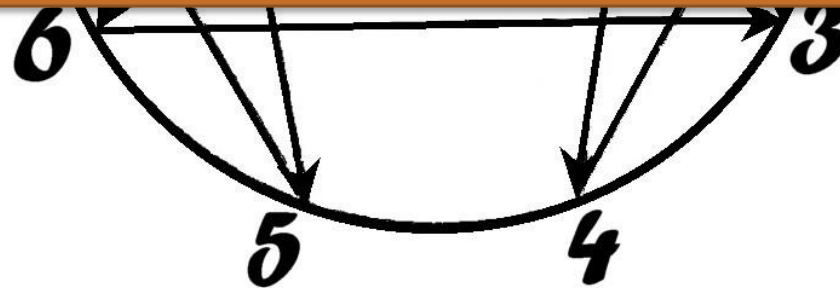


*Enneagram*

Triads



**MOVE TOWARDS (TAKING GROUND)**  
**MOVE AWAY FROM (GIVING GROUND)**  
**MOVE AGAINST (HOLDING GROUND)**



*Enneagram*

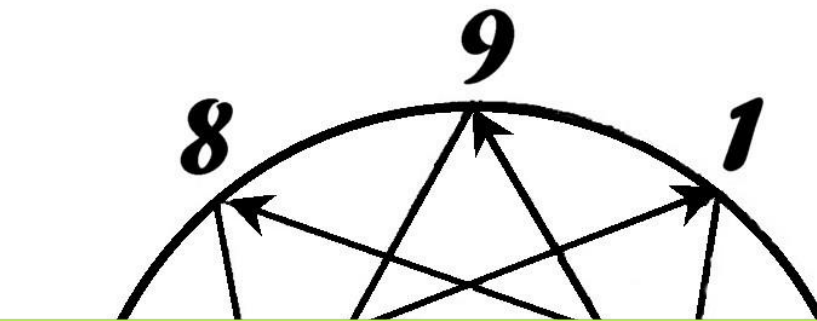
Triads

The diagram shows a circle with nine points labeled 1 through 9. The points are arranged in a circle, with 9 at the top, 1 at the top-right, 3 at the bottom-right, 4 at the bottom, 5 at the bottom-left, 6 at the top-left, 8 at the top-left, and 7 at the top-left. Arrows connect the points in a specific pattern: 1 to 3, 3 to 5, 5 to 7, 7 to 9, 9 to 1, 2 to 4, 4 to 6, 6 to 8, 8 to 9, and 9 to 1. A green banner is overlaid on the diagram, containing the text "HOW DO I DEAL WITH AN ISSUE?".

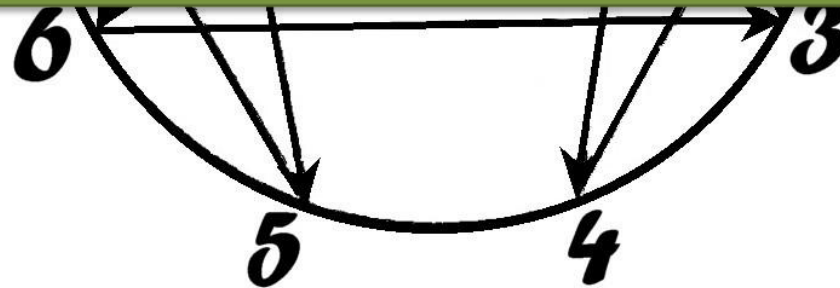
**HOW DO I DEAL  
WITH AN ISSUE?**

*Enneagram*  
Triads



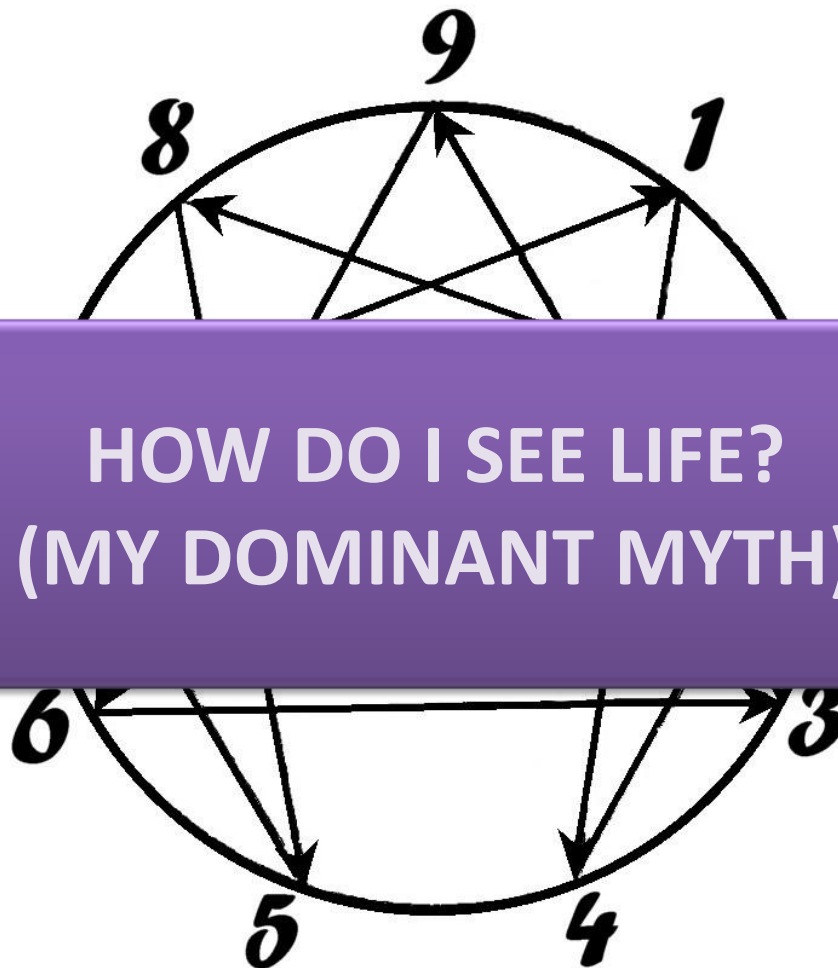


**BY ACTING AND RELATING  
BY THINKING  
BY FEELING (EMOTION)**



*Enneagram*

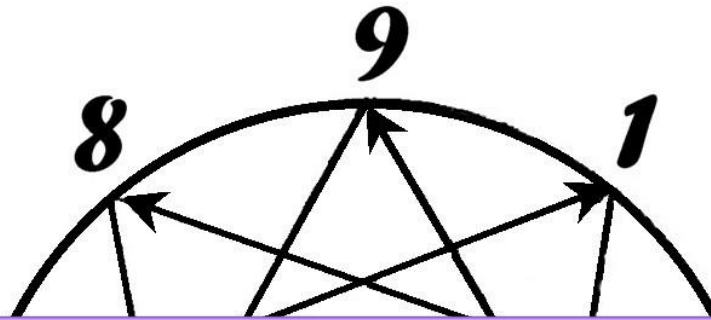
Triads



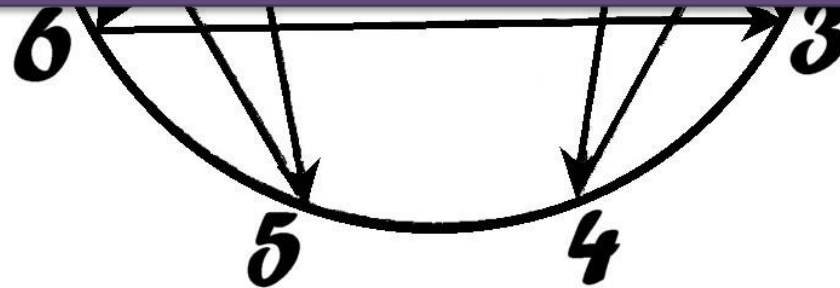
HOW DO I SEE LIFE?  
(MY DOMINANT MYTH)

*Enneagram*

Triads

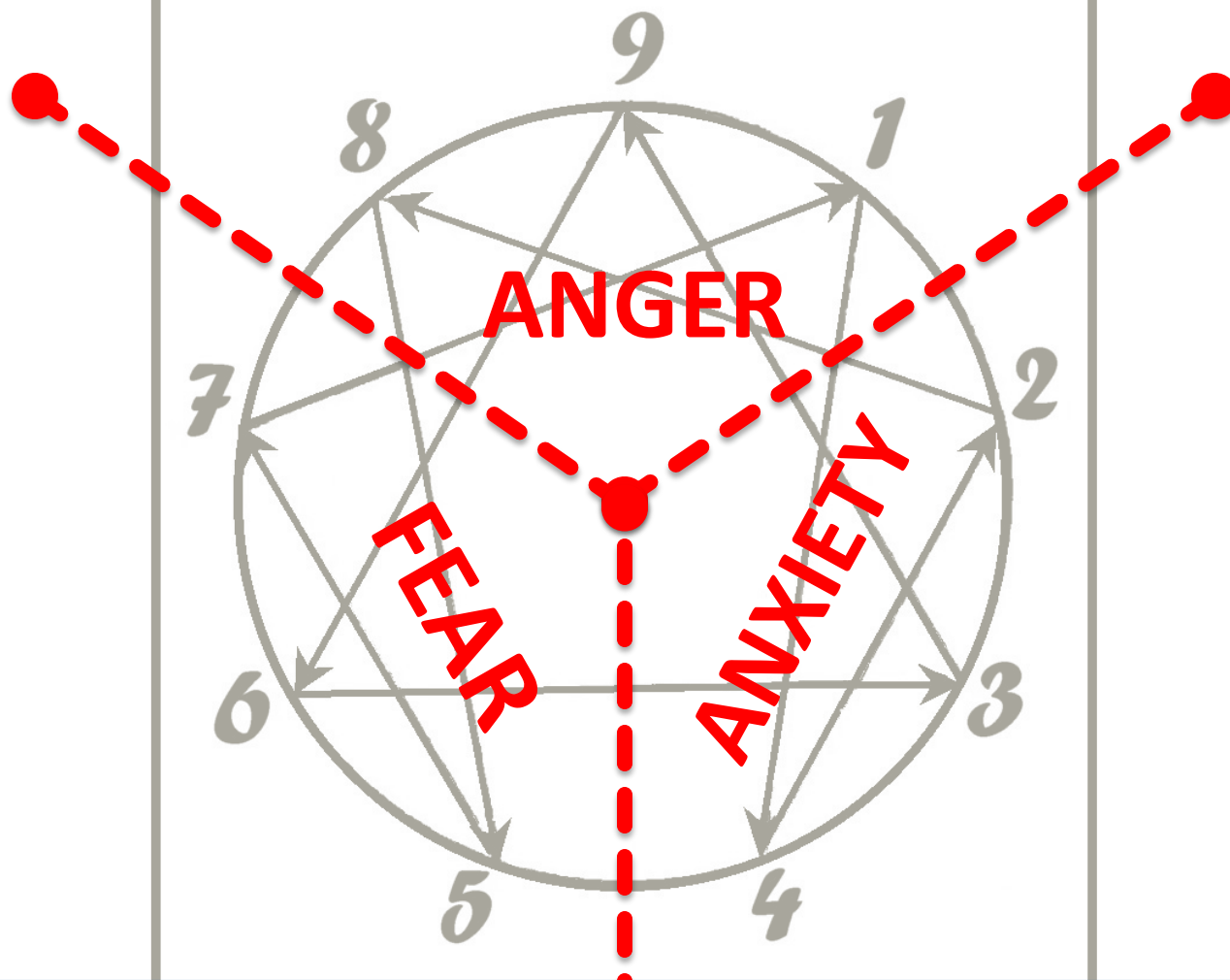


**LIFE IS A STRUGGLE**  
**LIFE IS A TASK**  
**LIFE IS A PROBLEM**



# Enneagram

# Triads



MY MOST WELL KNOWN EMOTION?

Triads



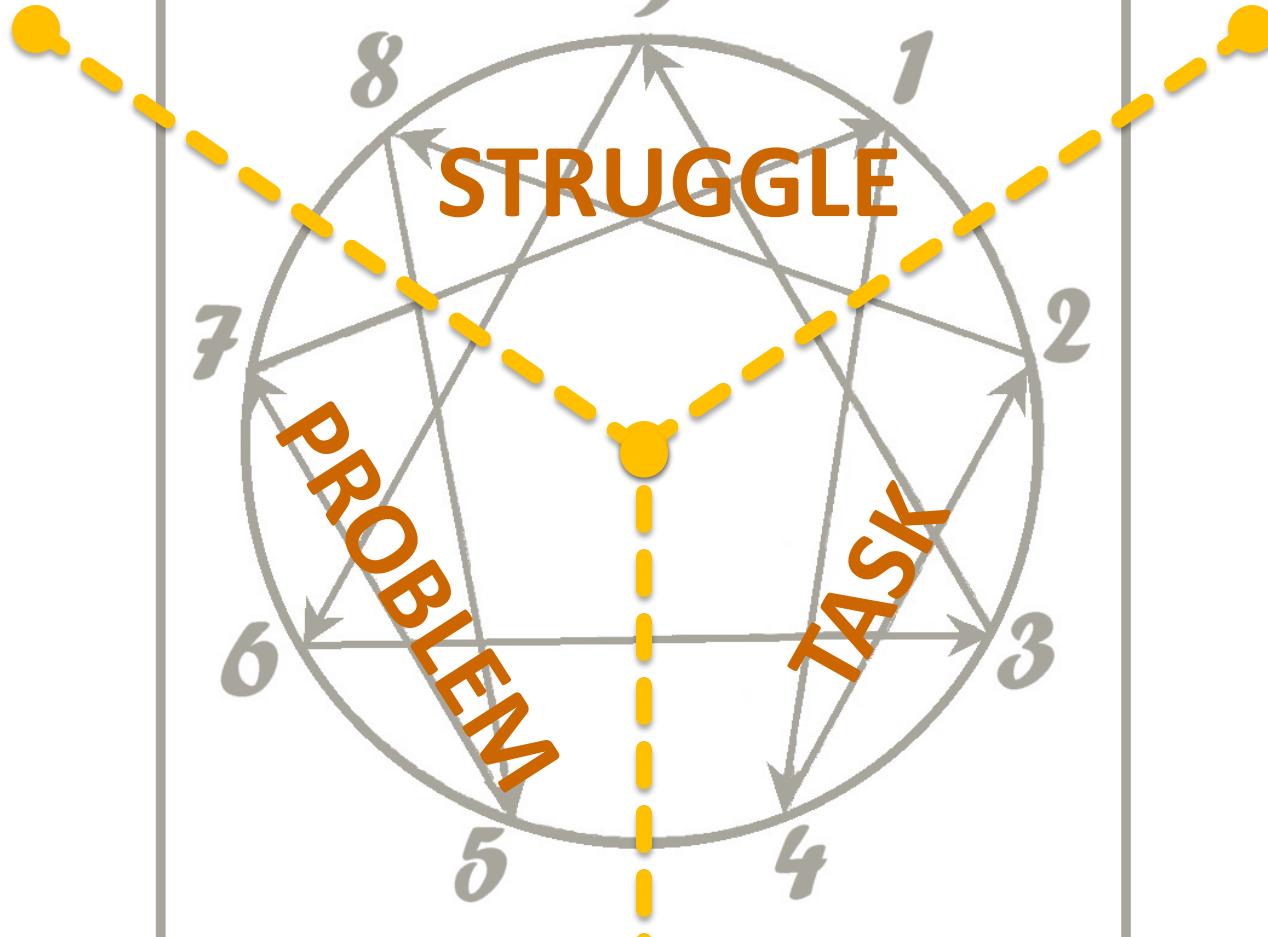
**BASIC MOVEMENT I FAVOUR?**

Triads



**HOW I DEAL WITH ISSUES**

Triads

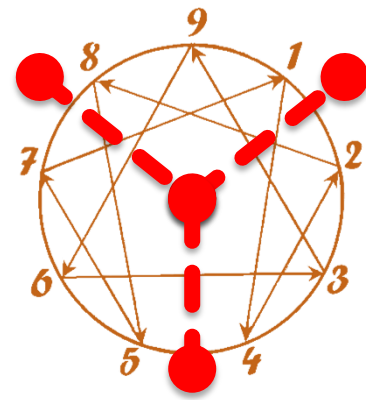


MY MYTH ABOUT LIFE – LIFE IS A .....

Triads

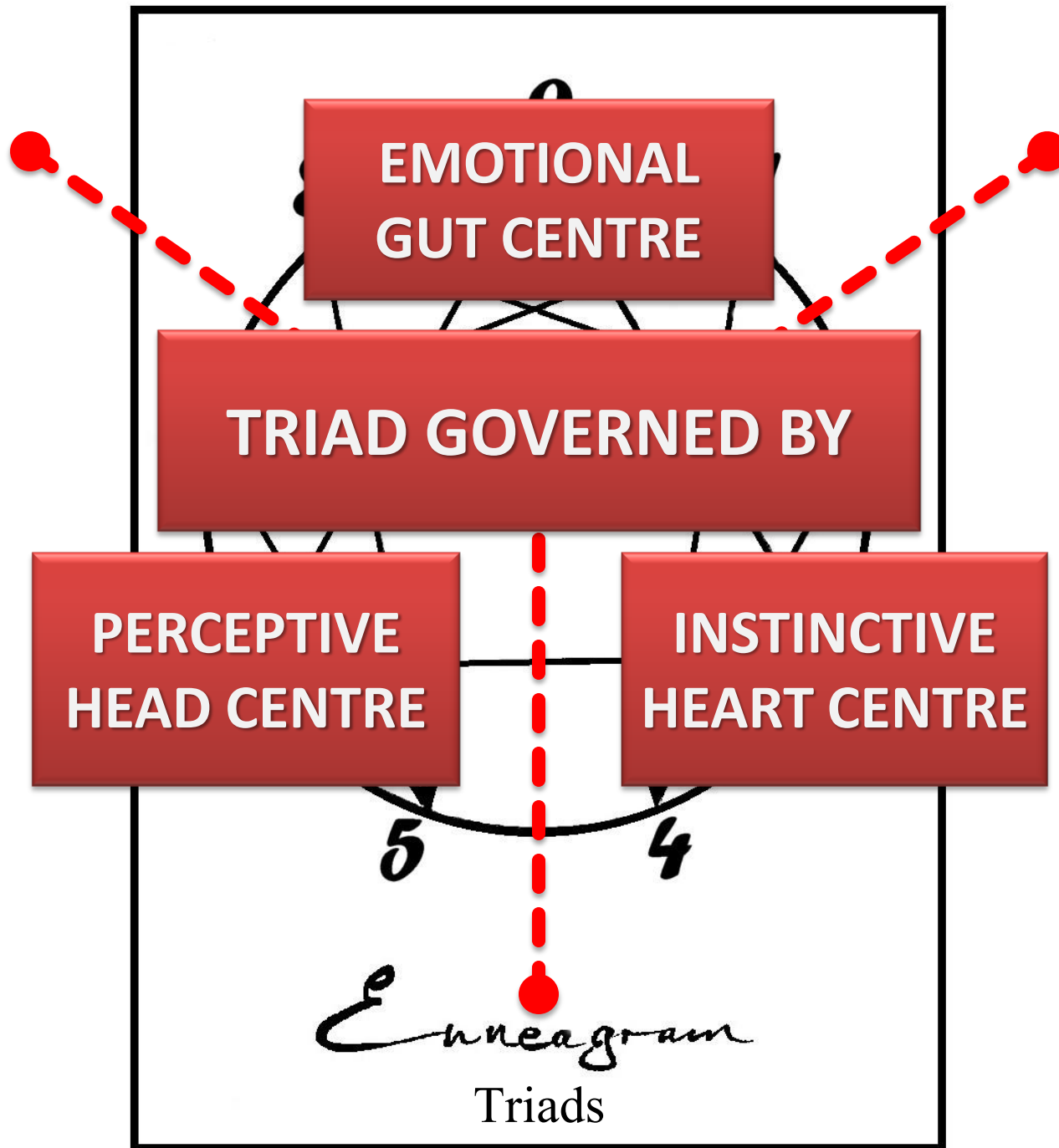
# THE ENNEAGRAM

## the triads



- People within each triad share some common stances and awareness about the outer world and themselves





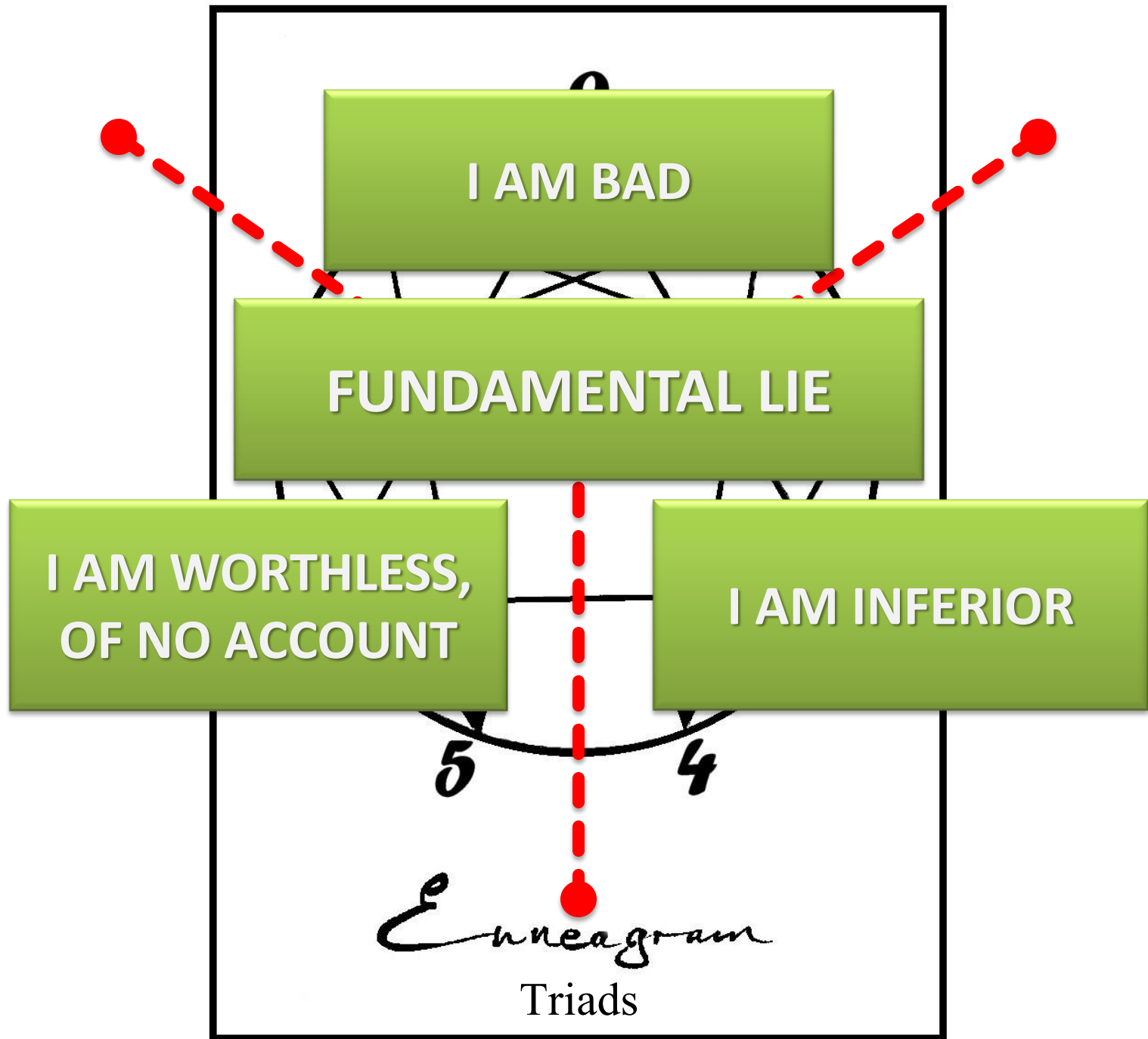
**INFLATED:** Emotional Response, Intuition  
**DEFLATED:** Perception  
**MEDIATING:** Action

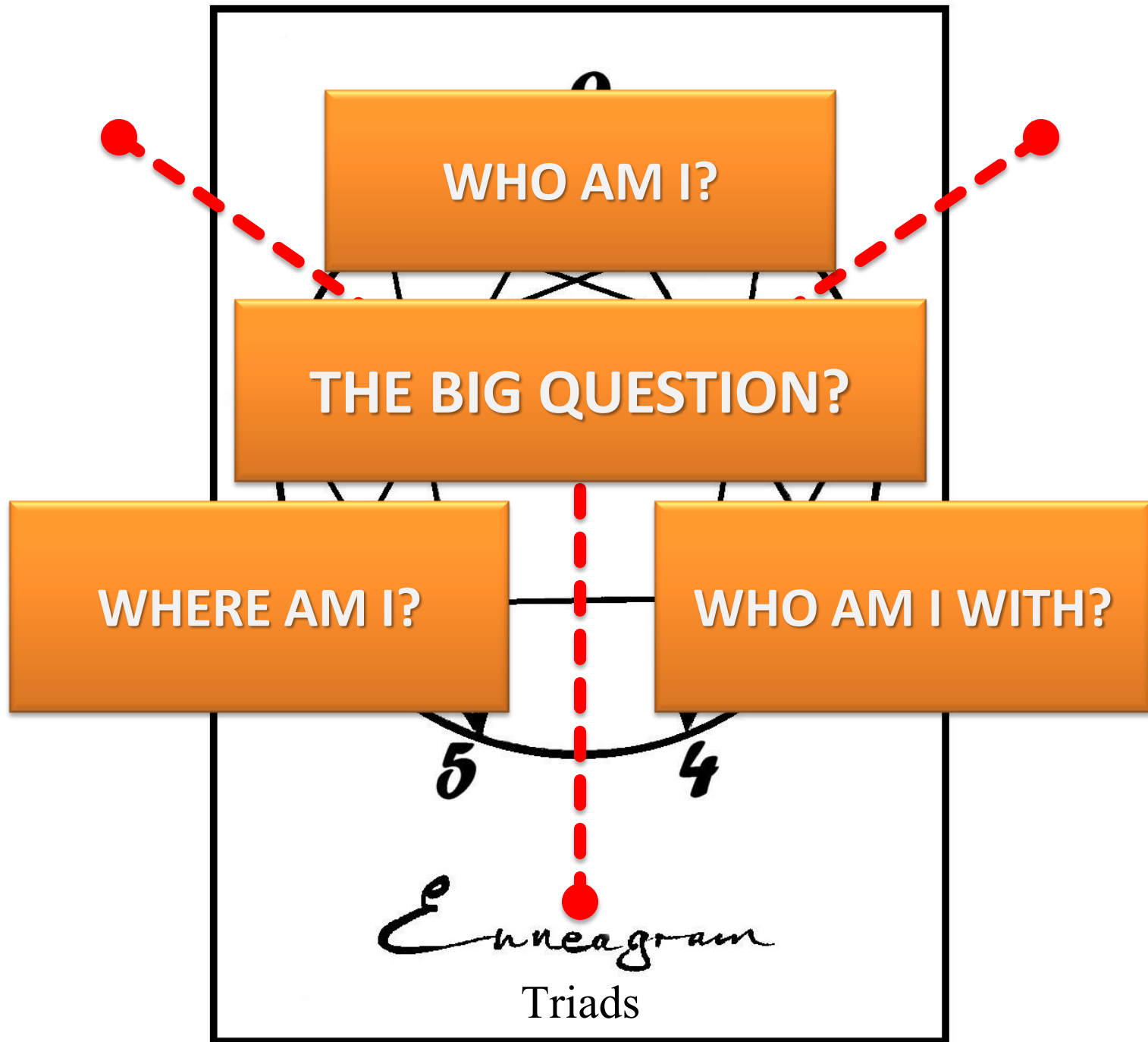
**INFLATED, DEFLATED  
AND MEDIATING  
FACULTIES**

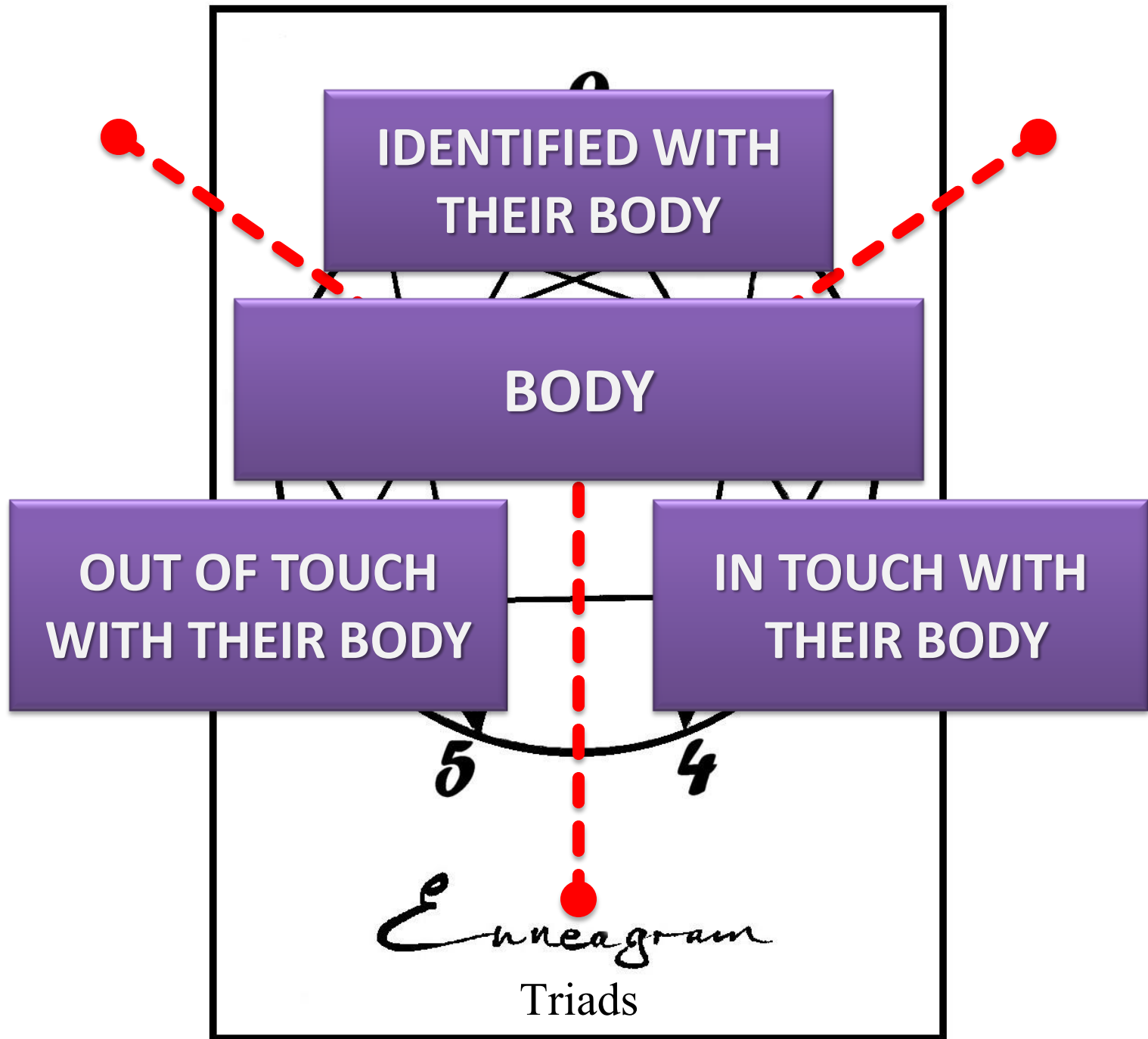
**INFLATED:** Perception  
**DEFLATED:** Action  
**MEDIATING:** Emotion

**INFLATED:**  
Action Response, Doing  
**DEFLATED:** Feeling  
**MEDIATING:** Perception,  
Reflection

5  
*Enneagram*  
Triads







ANALOGICAL THINKERS  
SYMBOLIC IMAGES  
MYTHOLOGICAL

The diagram illustrates the Enneagram Triads, a model of human personality. It features three blue rectangular boxes arranged in a triangle. The top box is labeled 'ANALOGICAL THINKERS' and lists 'SYMBOLIC IMAGES' and 'MYTHOLOGICAL'. The bottom-left box is labeled 'LITERAL THINKERS' and lists 'CAUGHT IN CONSTANT SORTING OF INFORMATION'. The bottom-right box is labeled 'ANALYTIC THINKERS' and lists 'PULLING APART AND PUTTING BACK TOGETHER'. A central vertical dashed red line connects the top box to the bottom-right box. A horizontal dashed red line connects the bottom-left box to the bottom-right box. A curved dashed red line connects the top box to the bottom-left box. The entire diagram is enclosed in a black rectangular frame. At the bottom of the frame, the word 'Enneagram' is written in a cursive script, and the word 'Triads' is written in a plain font below it.

THOUGHT PROCESS

LITERAL THINKERS  
CAUGHT IN CONSTANT  
SORTING OF  
INFORMATION

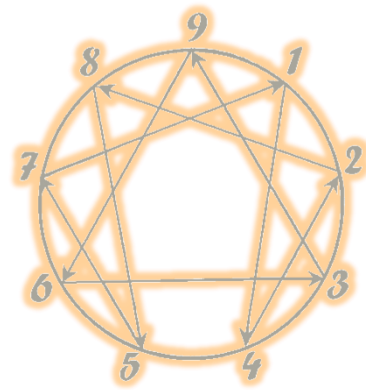
ANALYTIC THINKERS  
PULLING APART AND  
PUTTING BACK  
TOGETHER

*Enneagram*

Triads

# THE ENNEAGRAM

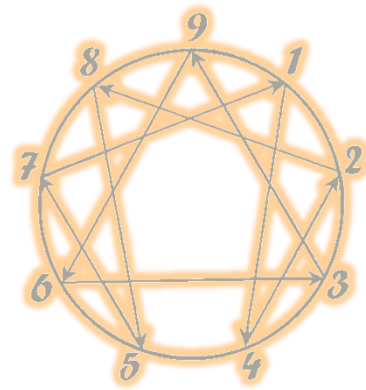
## the numbers



- When I have some sense of the ***triad*** which relates to my experience of myself I have narrowed the field to three possible numbers.
- I now look at the characteristics of each ***number***
- It helps to look at which numbers I do not like, due to the fact we tend to shy away from our compulsion.

# THE ENNEAGRAM

## the numbers



- The compulsion typical of a given ***number*** is experienced as a basic driving force
- It is not simply an obsession, such as a fixed idea or preoccupation
- It has the characteristic of *prevailing* in the way energy is channelled in personal behaviour, and even being irresistible, especially when it remains hidden and unrecognised.



I WANT  
HAPPINESS!



I WANT  
HAPPINESS!



FIRST REMOVE  
'I', THAT'S EGO.  
THEN REMOVE  
'WANT', THAT'S  
DESIRE.



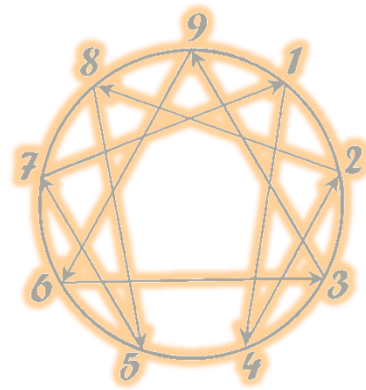
NOW ALL  
YOU'RE LEFT  
WITH IS...

HAPPINESS!

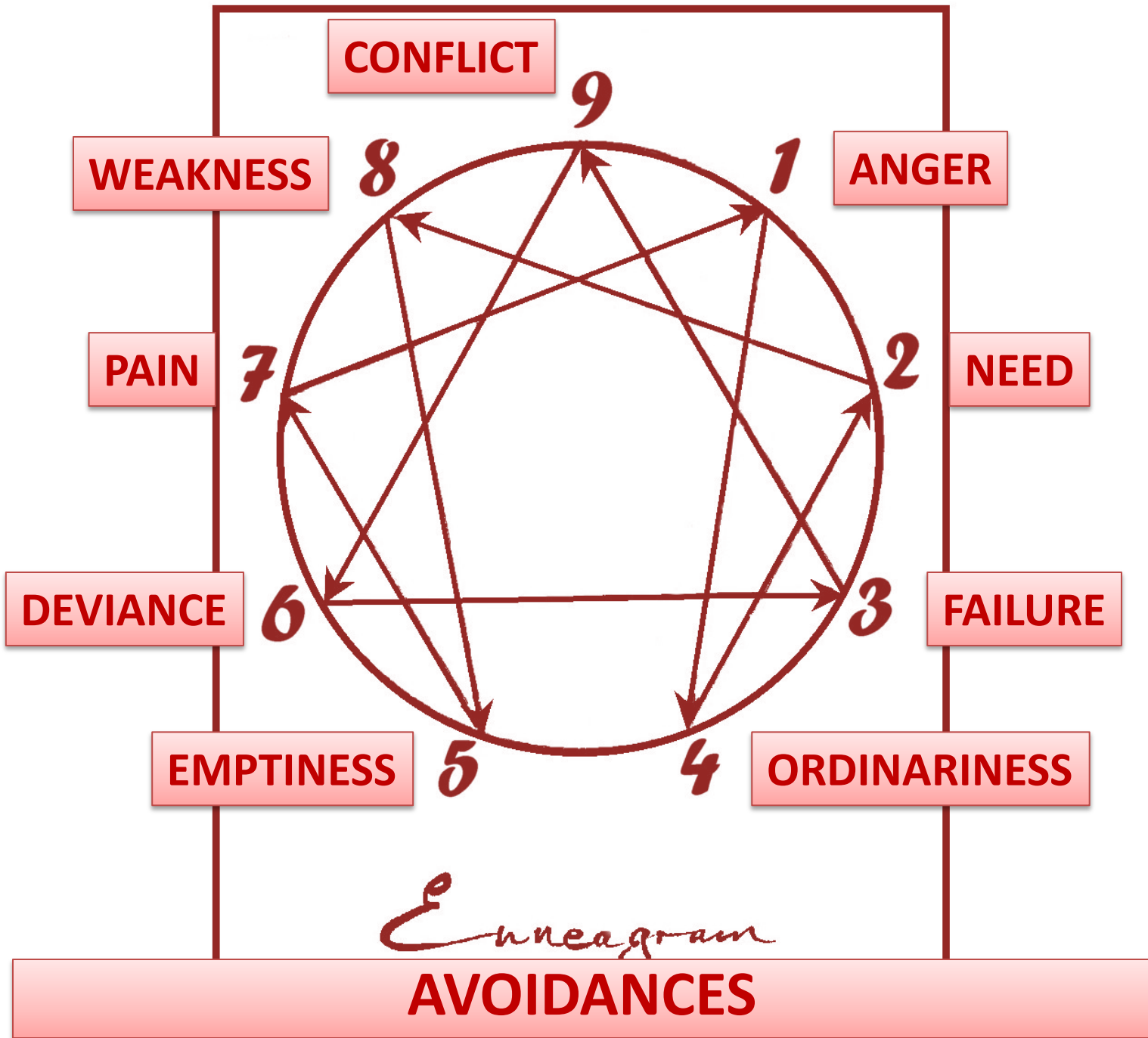


# THE ENNEAGRAM

## Avoidances

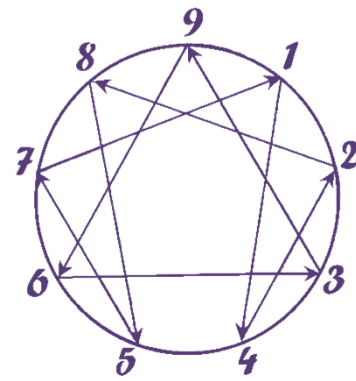


- The compulsion acts within the personality in such a hidden way that a person unconsciously *avoids their higher essential qualities*
- and *projects* it away from themselves,
- or *represses* it within,
- essentially living in *denial* or ignorance of their true self



# THE ENNEAGRAM

## Holy Ideas



- the Enneagram calls the higher, essential qualities of the human mind the ***Holy Ideas***
- The Holy Ideas relate to our ideals – what we aspire to be.
- Natural Ideals
- Theocentric Self-transcending (Gospel) Ideals

HOLY LOVE

HOLY TRUTH

HOLY PERFECTION

HOLY WISDOM,  
HOLY PLAN

HOLY WILL,  
HOLY FREEDOM

HOLY FAITH

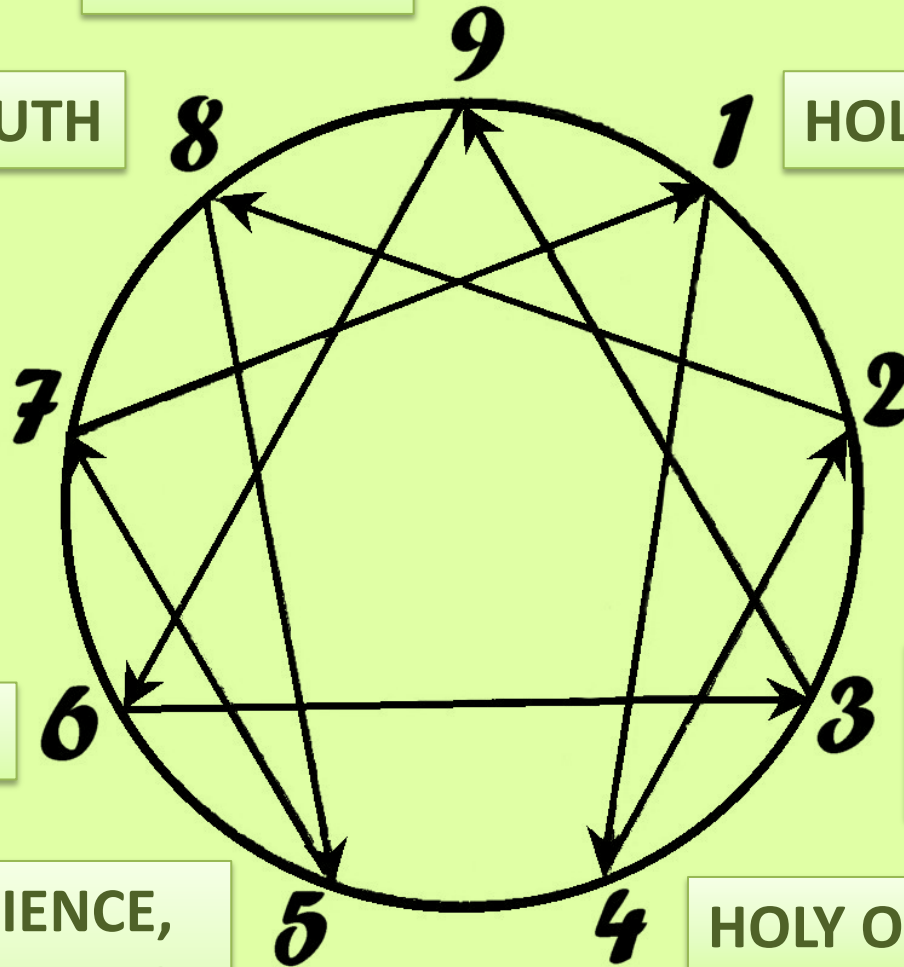
HOLY LAW,  
HOLY HOPE

HOLY OMNISCIENCE,  
HOLY TRANSPERANCY

HOLY ORIGIN

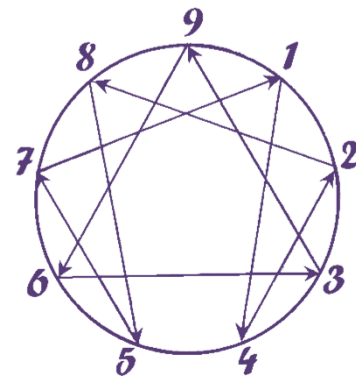
*Enneagram*

HOLY IDEAS



# THE ENNEAGRAM

## Holy Ideas



- Each Holy Idea also has a corresponding *Virtue*.
- The Virtues are essential qualities of the heart experienced by human beings when they are abiding in Essence.

**ACTION**

**INNOCENCE**

**SERENITY**

**SOBRIETY**

**HUMILITY**

**COURAGE**

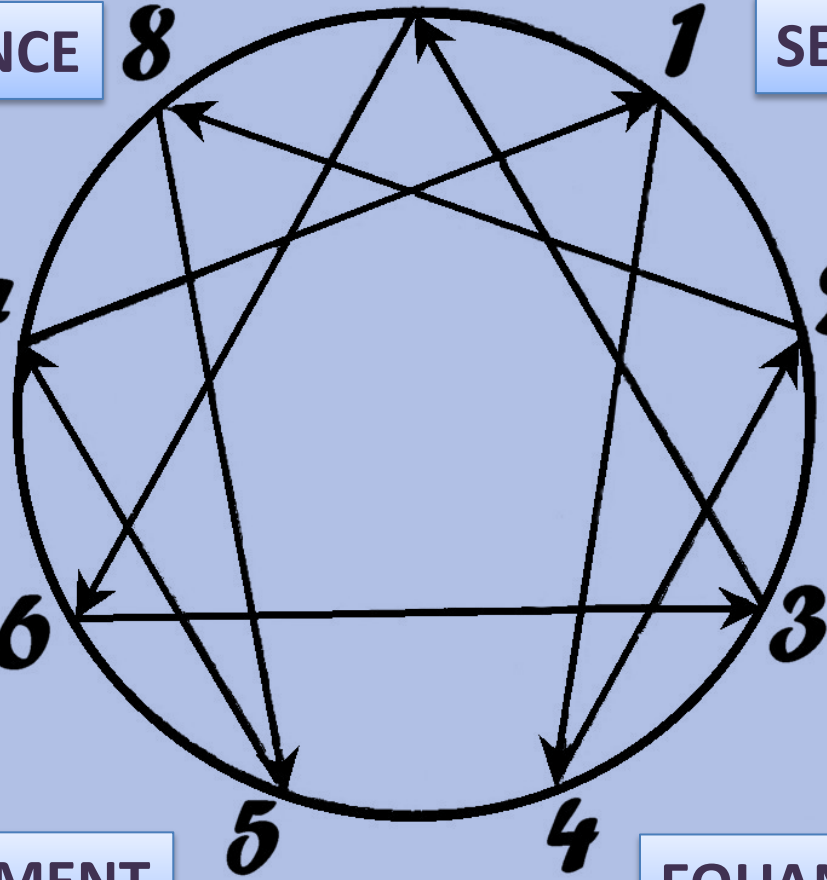
**TRUTHFULNESS**

**NON-ATTACHMENT**

**EQUANIMITY**

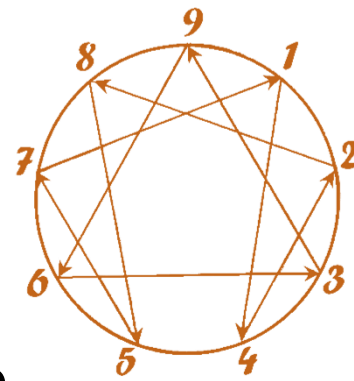
*Enneagram*

**VIRTUE**



# THE ENNEAGRAM

## Ego-Fixation



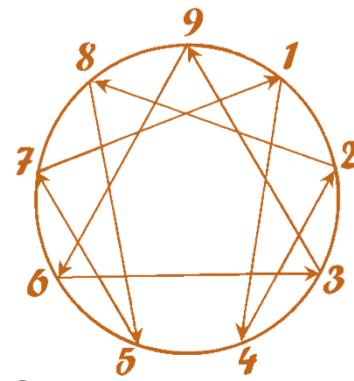
- As a person loses awareness and presence, falling away from Essence into the trance of the personality, the loss of awareness of the *Holy Idea* becomes a person's *Ego-fixation*,
- While everyone has the capacity to embody all of the *Holy Ideas* and *Virtues*, one pair of them is central to the soul's identity, so the loss of it is felt most acutely, and the person's ego is most preoccupied with *recreating it*, although in futile, self-defeating way.

(see article - *Compulsion to Recreate and Overcome Childhood Hurts*)

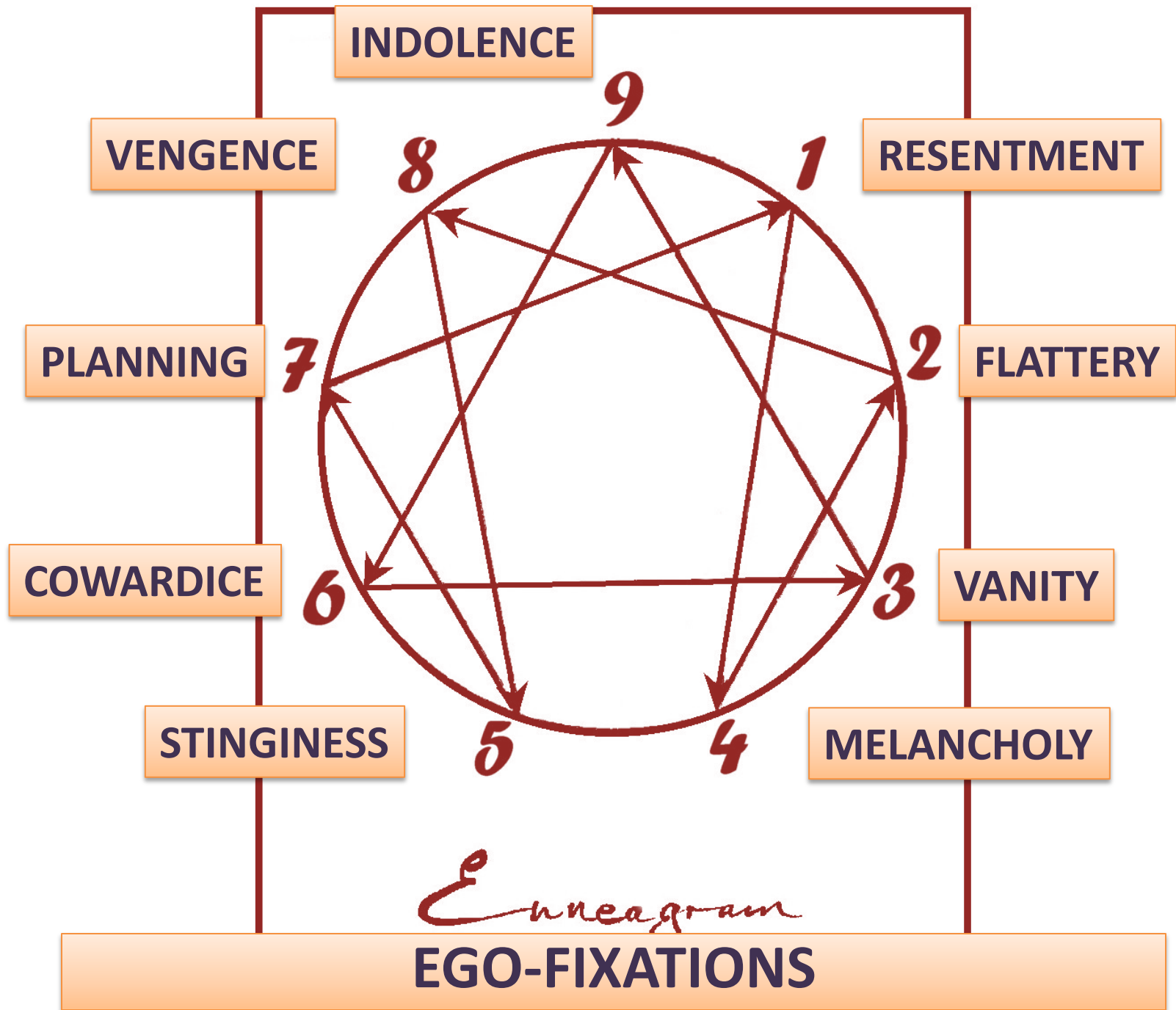


# THE ENNEAGRAM

## Ego-Fixation



- We are all trapped in this illusion making
- I avoid my Higher Self because I am threatened by the needs of my Actual Self
- Energy of this avoidance determines me
- *A fixation* in my way of being - *where my energy gets stuck*
- *A shell* that gives protection and security to my self-concept

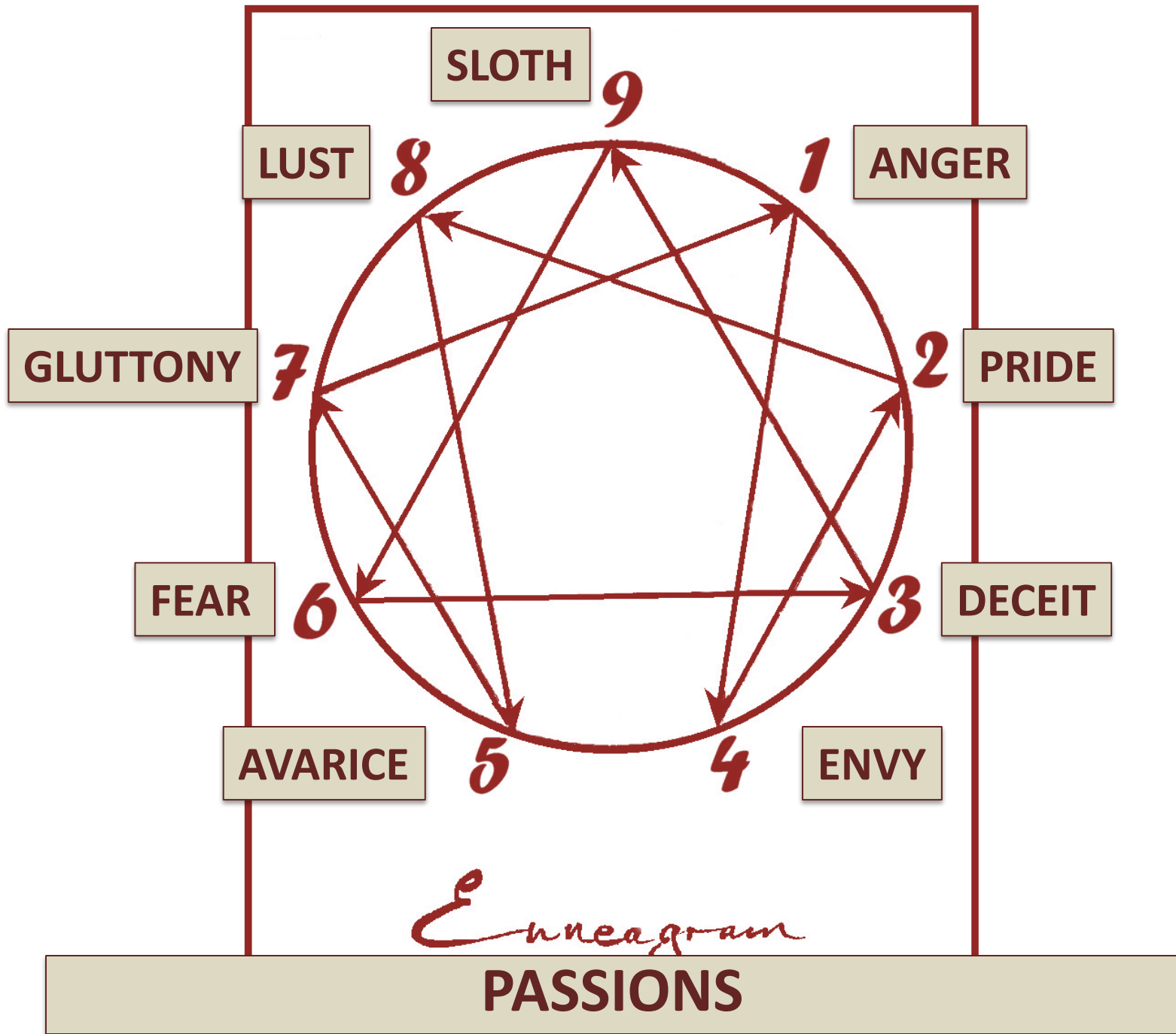


# THE ENNEAGRAM

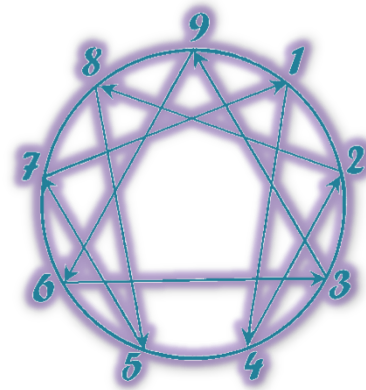
## Passions



- As a person loses awareness and falls away from the Higher Essential Self, the loss of contact with the *Virtue* causes the person's characteristic *Passion*.
- Leads to an exaggeration of the *prevailing self-defensive, self-concept*.
- According to Ichazo, parallel to the nine Passions, is the *Seven Deadly Sins*.

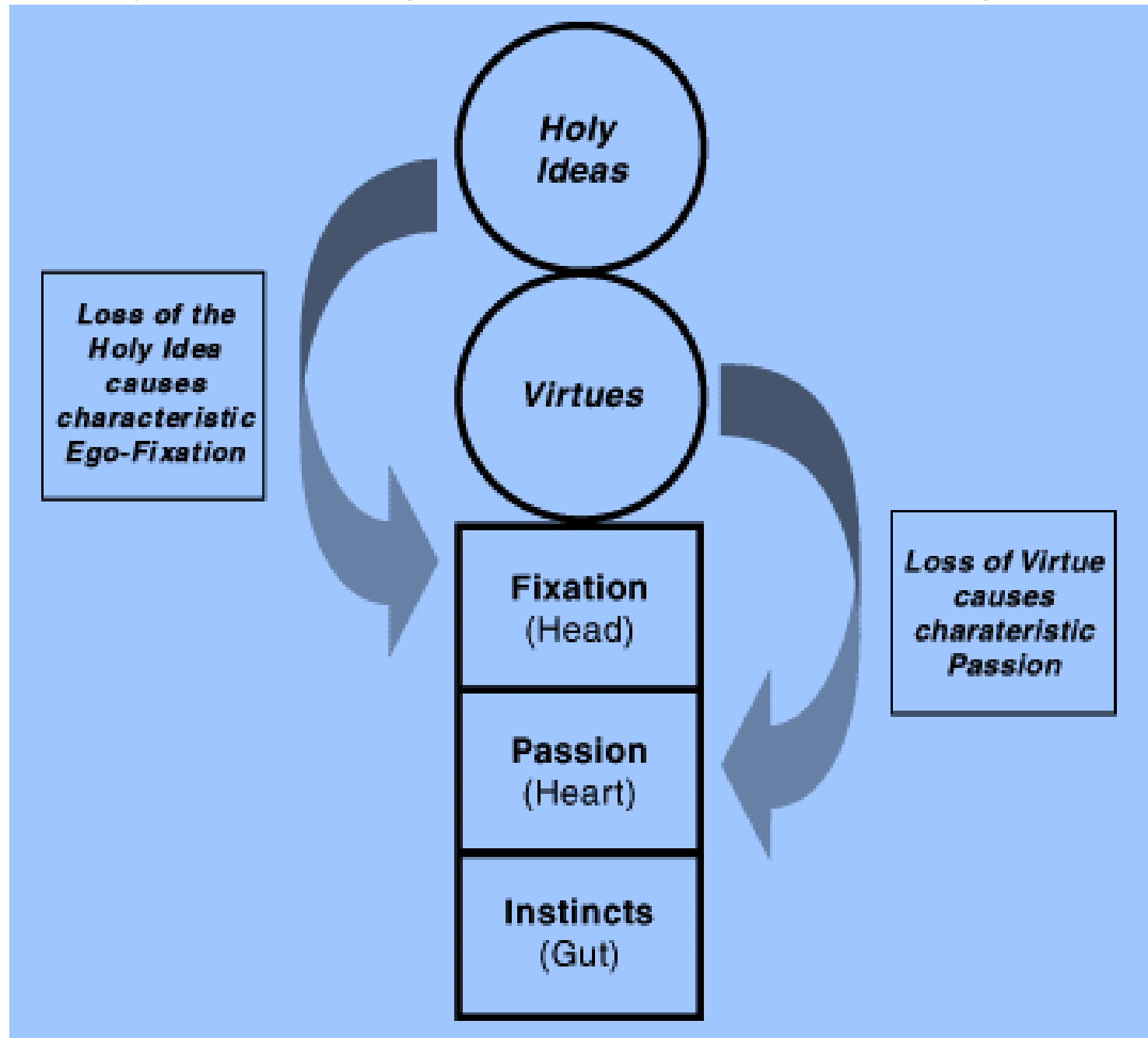


# THE ENNEAGRAM



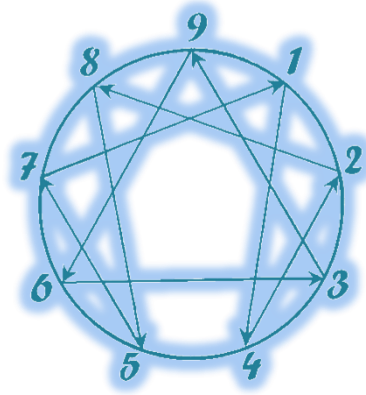
- Thus, the Passions and Ego-fixations represent the ways that spiritual qualities become contracted into ego states.
- There are 9 main ways that we lose our centre and become distorted in our thinking, feeling, and doing, and are thus the nine ways that we forget our connection with the Divine.
- The Passions can also be thought of as our untamed animal nature (instincts) before it is transformed by contact from higher influences—awareness and Grace.

# Relationship between Higher Essence Qualities and Ego Distortions



# THE ENNEAGRAM

## Idealisations or Prides



- Another helpful way to locate ourselves on the Enneagram is to name our *Pride*
- Ego-fixation is compensatory in nature, idealising that which is lost or diminished within one's self-concept
- The “I am ...” statements of pride are *defensive idealisations* of the False Self

I AM GOOD BECAUSE I AM SETTLED, TRANQUIL

I AM GOOD BECAUSE  
I AM POWERFUL

I AM GOOD  
BECAUSE I AM RIGHT

I GOOD  
BECAUSE I AM  
OKAY, FINE

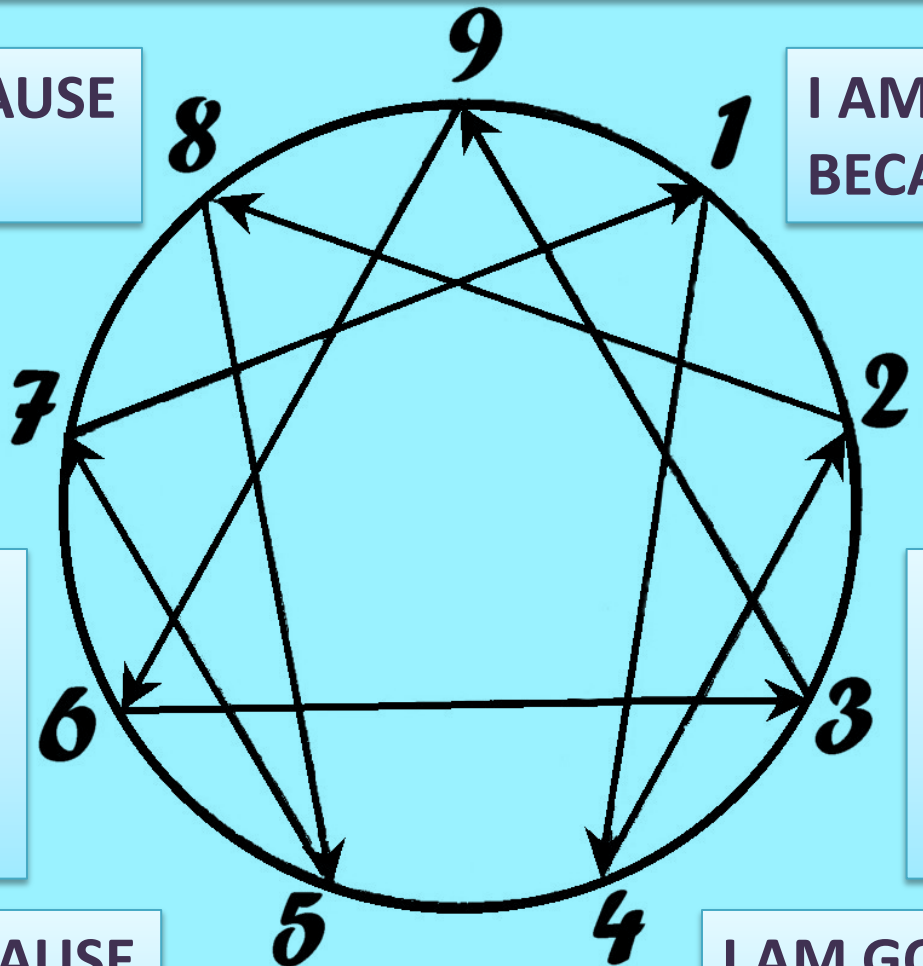
I AM GOOD  
BECAUSE I AM  
HELPFUL

I AM GOOD  
BECAUSE I AM  
LOYAL,  
OBEDIENT

I AM GOOD  
BECAUSE I AM  
EFFICIENT,  
SUCESSFUL

I AM GOOD BECAUSE  
I AM WISE,  
PERCEPTIVE

I AM GOOD BECAUSE  
I AM SPECIAL,  
SENSITIVE, UNIQUE



*Enneagram*

PRIDE



	IDEALISATIONS/PRIDES	COMPULSIONS	EGO-FIXATIONS	AVOIDANCES	DEFENSE - MECHANISMS
	A protective self-image that helps me to experience myself as good.	Needs that demand fulfillment and push my behaviour.	The shell that gives protection, security.	These maintain the idealization.	Tools that help me avoid what threatens my idealizations.
1	I am good because I am right	Need to be perfect	resentment	Anger / hatred	Reaction formation, projection
2	I am good because I am helpful	Need to be needed	Flattery	Personal needs	Repression, projection
3	I am good because I am successful	Need to succeed	Vanity	Failure (especially in the eyes of others)	Identification with roles and images
4	I am good because I am sensitive, unique	Need to be special	Melancholy	The simple and ordinary	Artistic sublimation/ introjection
5	I am good because I am wise, perceptive	Need to know	Stinginess	Emptiness / inner poverty	Isolation / compartmentalization
6	I am good because I am obedient, faithful, do what I should	Need to protect the self	Cowardice	Disobedience and or deviation	Projection
7	I am good because I am okay, fine	Need to avoid pain	Planning	Pain	Sublimation of the painful experience
8	I am good because I am powerful	Need to exceed	Vengeance	Tenderness and weakness	Denial
9	I am good because I am settled, tranquil	Need to avoid (in general)	Indolence	Inner conflict and turmoil	Narcotization / Deaden the Awareness