

**a pathway
for
reconnecting
to the
Sacred**

THE ENNEAGRAM

The Arrows



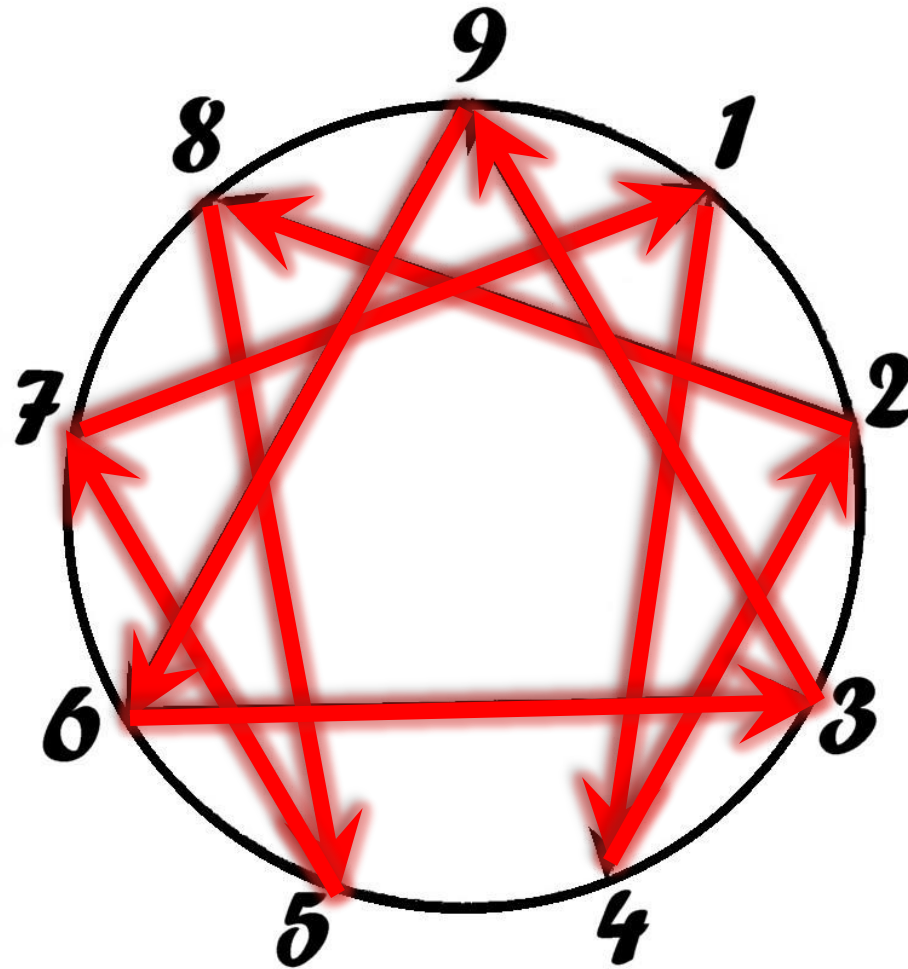
- As we identify and own our compulsion, passion, and misconception of reality, the Enneagram offers ***directions for us to move*** as we look to grow more wholly and move beyond the survival mechanisms developed in childhood.
- Whenever any manifestation evolves it does so non-linearly, through a series of shocks, progression, retardations – what we might call an ***orderly discontinuity***

THE ENNEAGRAM

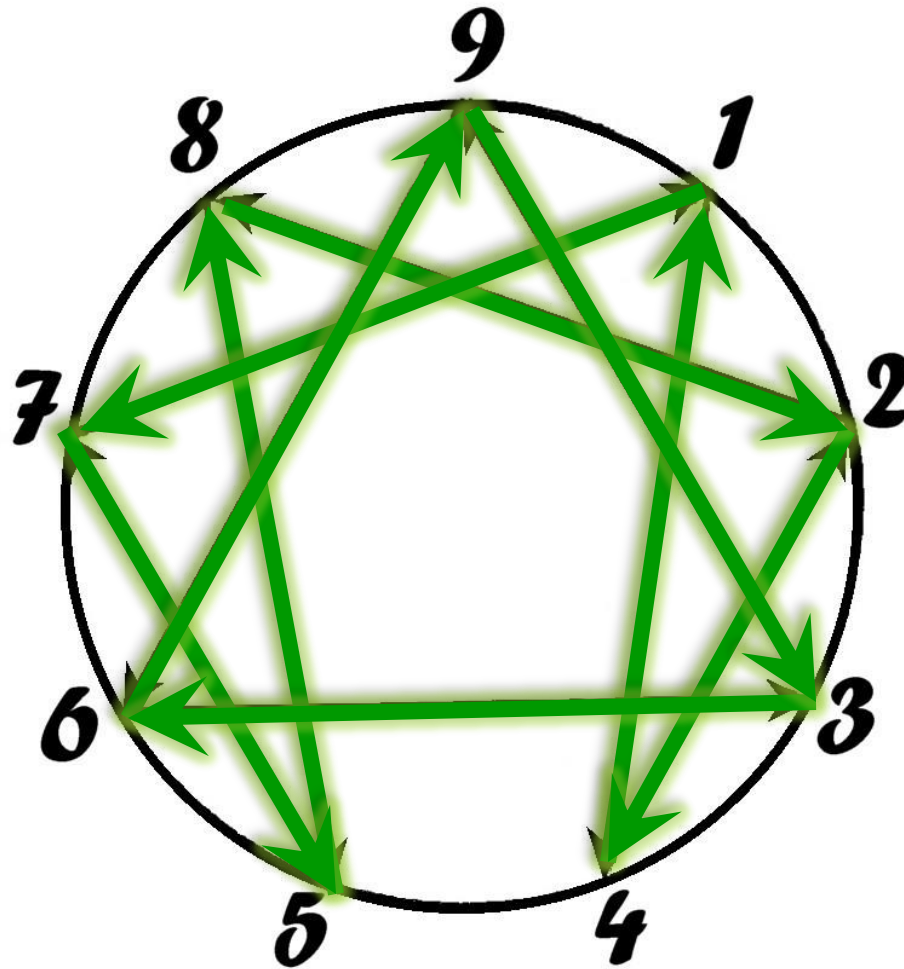
The Arrows



- Arrows on the Enneagram symbol describe certain dynamics within each space;
 - We can move with the arrows deeper into compulsion – ***line of compulsion or disintegration***
1→4→2→8→5→7→1→ and 9→6→3→9
 - Or we can move against the arrows along the path that leads to freedom, conversion, and integration – ***line of freedom and integration***
1→7→5→8→2→4→1→ and 9→3→6→9

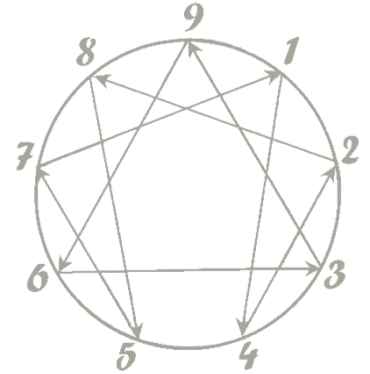


COMPULSION OR DISINTEGRATION



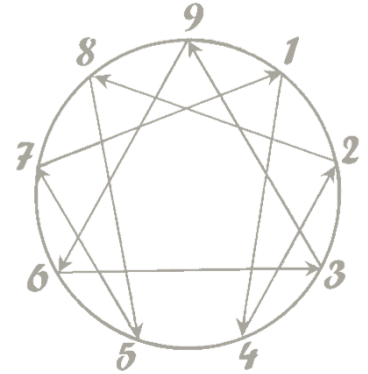
FREEDOM & INTEGRATION

THE ENNEAGRAM



- The Enneagram helps us to look deep inside ourselves
- To admit our defensive masks
- To acknowledge and observe our defensive mechanisms
- To move towards becoming spirituality mature and free persons, more able to discern and respond to the “dream of God” as adults

THE ENNEAGRAM



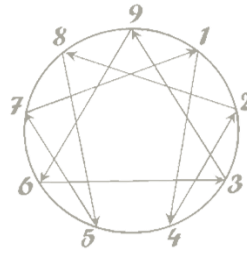
- Let us examine the growth the may take place for each of the nine types, as we move against the arrows in the enneagram icon along the path that leads to freedom, conversion, and integration

The line of freedom and integration

1→7→5→8→2→4→1→ and 9→3→6→9

THE ENNEAGRAM

ONE goes to SEVEN



- Passion: Anger
[Resentment]
- Fixation: Resentment
[Judging]

- Virtue: Sobriety
- Holy Idea: Holy
Wisdom, Plan



Virtue: Serenity



- When we are awake and present, it is natural for human beings to accept reality exactly as it is. We may be moved to action, we may help and support others as we see the need, but we accept the conditions that we are working with.
- This openness allows us to interact with the world more effectively and more compassionately.
- We do not feel separate from others, let alone better or worse than them.
- Such distinctions and evaluations are seen as meaningless.
- We are open and receptive, trusting that whatever wisdom we may need will arise in the moment.



- Serenity is not only being open to others, it is also being open and accepting of ourselves.
- We are comfortable with ourselves, with our bodies and with our feelings.
- We are deeply relaxed and allow the energies of life to flow through us without resisting them or trying to control them.
- In the virtue of serenity, there is no feeling of effort or of striving. We are soothed and soothing.
- We flow from one experience into the next, feeling calm and balanced, regardless of the ups and downs of life.

Holy Idea: Holy Perfection



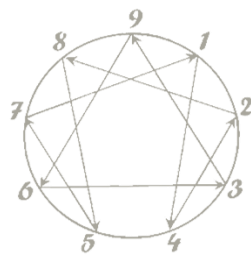
- Whenever we really show up fully in the here and now, the present moment is always perfect. We could be looking at a sunset, or paying bills, or speaking with our spouse, or watching a friend pass away. It does not matter what the specific experience is. When we are present and awake to the living reality of here and now, the experience always has an inherent rightness. We experience the unfolding of reality as perfection. We feel in our depths that the Divine Plan is unfolding exactly the way it needs to. There is nothing we can add to it or subtract from it.
- In our ego minds, we can imagine all sorts of terrible things, past and future, and ask "what is so perfect about that? What is good about that tragedy happening?"

- Holy Perfection does not mean we ignore suffering or refuse to help when we can. As we have seen, the present and awake person of Essence is truly able to support others with compassion, wisdom, and strength.
- Holy Perfection allows us to see that we cannot discern the big picture from our limited ego perspective.
- Only in presence can we perceive the unity, goodness, and perfection of this moment—of right now. And since right now is where we actually are, this realization is all we need.



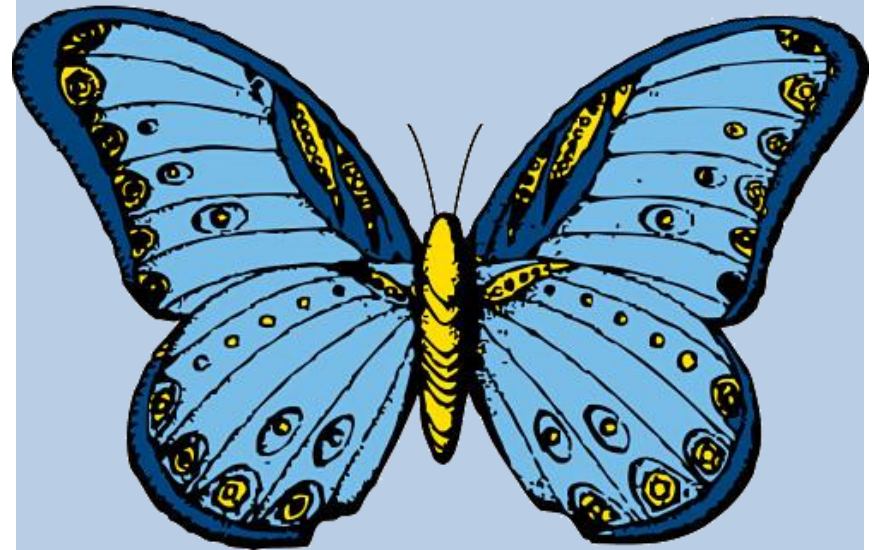
THE ENNEAGRAM

SEVEN goes to FIVE



- Passion: Gluttony
- Fixation: Planning

- Virtue: Non-attachment
- Holy Idea: Holy Omniscience



Virtue: Sobriety



- When present and abiding in our true nature, we feel awake, sober, in clear contact with our immediate experience.
- We see the real world in exquisite detail, and feel a quiet satisfaction, quite distinct from the hyped up excitement of gluttony. Everything is wonderful, everything is moving, but we are not swept away in our enthusiasms: we are fully here.
- The pleasure we take in existence is not dependent on any particular external source, much less the anticipation of a particular experience.
- Sobriety brings a sense of gratitude, a deep, abiding joy in the miracle of life. Healthy Sevens are grateful for everything.
- Life is a gift, full of wonders. They realize they have abundant blessings and are grateful for them.
- Every experience that falls on a sober, receptive consciousness, can fill us with joy.

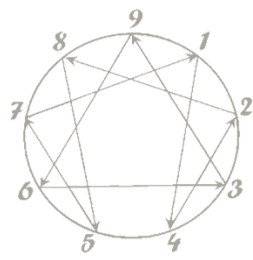
Holy Idea: Holy Wisdom, Holy Work, Holy Plan



- Recognizing, in this moment, the Divine Plan is unfolding perfectly, is Holy Wisdom.
- When we are present, we see that there really is a Divine Plan, and that it is happening right now. The ego's desires to steer reality in preferred directions is seen through.
- We start to understand that consciously participating in the miraculous unfolding of reality is the Holy Work, and it is the greatest source of satisfaction that we can have.
- Knowing we are part of the Holy Plan fills the heart with joy.
- We do not need to plan or anticipate or figure out where we are going or how we are getting there.
- The pleasure is in the journey itself. We do not necessarily know our destination, but we know that the closer we get, the more our heart is illuminated.

THE ENNEAGRAM

FIVE goes to EIGHT



- Passion: Avarice
- Fixation: Stinginess

- Virtue: Innocence
- Holy Idea: Holy Truth



Virtue: Detachment [Nonattachment]



- The term Nonattachment is used to distinguish it from the emotional detachment caused by schizoid withdrawal (the rejection of one's feelings and need for nurturing).
- Non-Attachment contains no hint of rejection; in fact, it requires a radical acceptance of reality.
- It is the quality described by the familiar spiritual injunction to "be in the world but not of it."
- When we are present and abiding in our true natures, we do not cling to anything, inner or outer. Particularly, we no longer need to cling to the endless activity of the mind as a source of identity and orientation to the world. We feel at one with the unfolding universe and as if we contain it within us at the same time.

- Everything touches and transforms us, yet there is nothing that we need to attach our identity to; our existence is not based on anything, not our thoughts, not our feelings, not our body, not our perceptions. Everything arises and disappears in a state of profound stillness and peace.
- This state of non-attachment also gives us a profound compassion for all living things because we see their transient nature.
- When there is no need to attach ourselves to any view, it is easy to be compassionate and forgiving (“To understand all is to forgive all”).





Holy Idea: Holy Omniscience, Holy Transparency

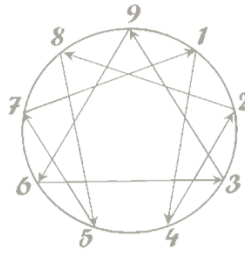
- Holy Omniscience is a direct apprehension of the knowing-ness, the awake-ness of Essence.
- Essence experiences reality through our organism, through our senses and perceptions.
- Looked at from this perspective, the human being is like a sense organ for the Divine awareness. The universe knows itself through us.
- When we are present and abiding in our true nature, our minds become clear, and we know the immense, brilliant intelligence of Essence that is the basis for our limited, ego minds.
- This clarification of the mind also results in the clarification of boundaries: we "see through" boundaries, recognizing them as arbitrary inventions of the mind.

- In reality, everything is distinguishable, but a oneness. We can discriminate colour, texture, form, and movement, but do not see these phenomena as separate objects. Rather, we see both the endlessly transforming manifestation of reality as well as its underlying depths.
- We ourselves feel completely transparent—everything passes through us, nothing "sticks" in our consciousness.
- We perceive reality with a penetrating, brilliant clarity that does not require the exertions of the ego mind to understand.



THE ENNEAGRAM

EIGHT goes to TWO

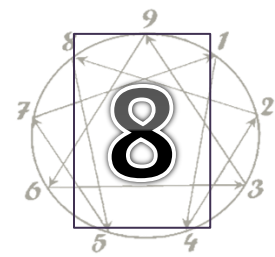


- Passion: Lust
- Fixation: Vengeance

- Virtue: Humility
- Holy Idea: Holy Will, Freedom

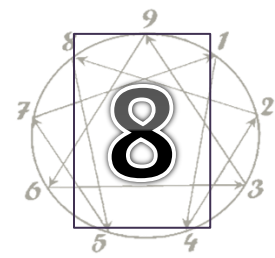


Virtue: Innocence

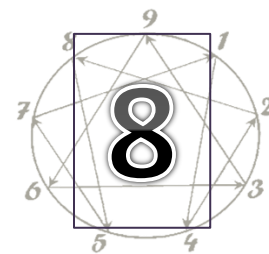


- We think of innocence in connection with children, and indeed, there is something about the open wonder at existence we can see in children that characterizes this Virtue.
- Innocence is being fully, deeply human: it is simplicity itself.
- When we are present and awake, we behave without artifice or manipulation. Our responses to life and to other people are completely sincere, direct, and heartfelt.
- We are completely unselfconscious because we experience a profound communion with the natural world. The universe feels intimate, like it was made for us.
- Innocence awakens in Eights a largeness of heart that allows them to feel deeply benevolent toward themselves, others, and the world.
- Their magnanimity is seen in their gentleness, self-restraint, forbearance, mercy, benevolence, and protection of others.

Holy Idea: Holy Truth



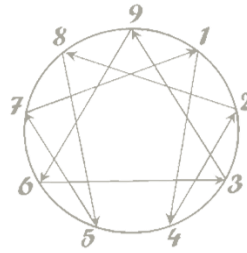
- Holy Truth is the simplest of the Holy Ideas, but perhaps the most difficult to grasp without a direct experience of it.
- The Holy Truth is simply that All is One.
- There is only one reality, one existence that is here happening right now.
- All of the different levels of existence, all of the endless manifestations, light and darkness, surface and depth, Being and non-Being are all part of one unfathomable reality that collectively is the Truth.
- Everything is exactly what it is and everything is an aspect of the one, indivisible Reality.



- When we perceive Holy Truth, we no longer perceive of ourselves or others as objects, as things moving around against a background.
- In this living moment, the objects and the background, the dancer and the dance, the stars and the space that holds them are all of one substance, one ultimate Truth, one ultimate Reality.
- The experience of this is immediate and non-conceptual.
- We feel the Truth in our very cells.
- When we know the Holy Truth, all sense of separateness, alienation, fear, and desire ends.
- We feel our unity with the One and realize that it has never been otherwise.
- In this knowledge is liberation and profound inner peace.

THE ENNEAGRAM

TWO goes to FOUR



- Passion: Pride
- Fixation: Flattery
[Ingratiation]

- Virtue: Equanimity
- Holy Idea: Holy Origin



Virtue: Humility



- When we are abiding in our true nature, our identity, does not require support from the approval of others or from our own self-regard. Humility is simply Being without self-reflecting. It is not self-disparagement as some of us have been taught, nor is it resisting satisfaction in our work or relationships. When we are really present and awake, issues about our identity and self-worth do not arise. Without attempting to be, we are humble.
- This quality gives very healthy Twos the ability to love others disinterestedly, without any thought of self, of being thanked or repaid, or of even having the good regard and appreciation of the people they do things for. They strive to do good unselfishly, helping others for others' sake, without even thoughts of self-congratulations for the effort. They simply see a need and respond (or not) spontaneously and freely.



Holy Idea: Holy Will, Holy Freedom

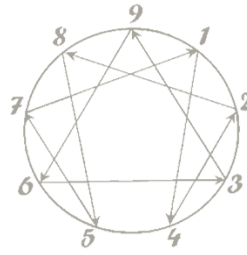
- The ego mind of the Two believes that their personal efforts are required to make good things happen, and that without their goodwill and tireless interventions, goodness will not flower. Thus, others' need their help, support, praise, flattery, encouragement, and so forth.
- When we have the non-dual perspective of Holy Will, we recognize that there is only one Will, one unfolding reality, and that the ego only thinks that it is making things happen. We see that everything really is "in God's hands," not as a comforting belief, but as a palpable reality.
- The recognition of this truth releases the Two's awareness from the compulsive need to help and support: they see that they can help or not help, but that their identity, their Beingness, does not depend on sustaining this activity.

- This brings Holy Freedom,
- freedom from the ego and from the compulsive need to prop the ego up by being "good."
- We could also say that Holy Freedom describes the sense of exhilaration and openness that arise when we experience ourselves as part of the unfolding Divine Will.



THE ENNEAGRAM

FOUR goes to ONE

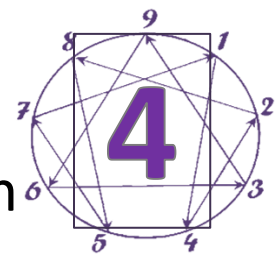


- Passion: Envy
- Fixation: Melancholy

- Virtue: Serenity
- Holy Idea: Holy Perfection



Virtue: Equanimity (Emotional Balance)



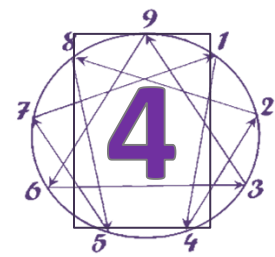
- When we abide in presence, it is natural for us as human beings to feel expansive and open in our hearts.
- We are touched and affected by our experiences, often in profound ways, but we are not lost or swept away by our emotional reactions. We are compassionately connected with truth, and this supports us in our ability to remain present even to potentially painful experiences or realizations.
- Equanimity gives us tremendous support for our soul's capacity to be touched and transformed by the events of our lives, both grand and subtle. This gives healthy Fours the ability to embrace life without being so "storm-tossed" by every feeling.
- Even negative experiences can be made into something positive, and they find peace in knowing that the soul is able to transform every experience into something worthwhile and valuable.



Holy Idea: Holy Origin

- Because our ego mind is profoundly cut off from the ground of Being, it needs constant support and reinforcement, otherwise its inherent unreality will be revealed.
- The Four's ego agenda is to sustain a particular identity, to be an individual, and the ego goes about that impossible task in the best way it knows how. But when the ego activity slows down and rests, we become aware of Being itself as the source and origin of our true identity.
- This is not a concept or a belief, but a direct experience of our identity as Essence.
- We do not, and cannot, do anything to be ourselves. The more we try to become a particular image or idea of ourselves, the more we lose the immediate contact with the rich, delightful contact with our true self as Being.

- We see that we are not separate from anything, that our true nature partakes of the whole of reality: that all parts of the universe are manifesting a tremendous creative intelligence, and that the self is an aspect of that creative flow, and cannot be otherwise.
- We understand that the source of everything is the core of our true identity—that it is creating and sustaining the self always.
- The recognition of this brings a feeling of exquisite delight in simply resting in and being one's true identity.



Virtue: Action



- The virtue of Action does not refer to doing things physically; rather it is an embrace of the dynamism of reality.
- To live in presence is to be affected and transformed constantly. Everything in reality grows and changes, and our soul is no different.
- Self-realization is not some cushy, pleasant stasis that we retire to—a significant part of it entails surrendering our familiar identity to the dynamism of true nature.
- Somehow, we all believe that we can improve and become transformed without changing the comfortable and familiar parts of ourselves. But a person who is present and awake sees that the self is being reshaped and transformed every moment.

- As a result, the virtue of Action empowers us to participate dynamically in our lives.
- We are moved to help others achieve peace, harmony, and an awareness of the dynamic unity of existence.
- Nines who have awakened to the virtue of Action play a powerful, active role in creating a healing and harmonious environment for themselves and others.
- Simply put, this virtue gives us the capacity to live fully and dynamically in each moment of our lives.



Holy Idea: Holy Love



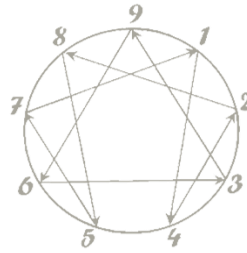
- Holy Love is the recognition that all is one and that the oneness is ultimately benevolent and supportive.
- From this perspective we truly experience the well-known spiritual assertion that everything actually is made from Divine Love.
- When we truly know this, we relax our ego activity and trust Being to support us.
- It is almost unfathomable to the ego mind that not only could we be loved by the Divine, but that we are actually made of that love.
- The knowledge lets us move through our lives with deep compassion, nobility, and unshakable inner peace.

- We can also see how Holy Love relates to the virtue of Action, because love itself has a dynamic affect on our souls.
- What transforms our lives more powerfully than love?
- What transforms our sense of ourselves more profoundly?
- Love is not static: it is living, dynamic force that melts down all barriers and boundaries, constantly working to restore our awareness to its pristine unity with Truth.
- In Holy Love, our sense of separateness dissolves, and we know ourselves as arising from the brilliant light of Divine Love that creates and sustains the universe.



THE ENNEAGRAM

THREE goes to SIX



- Passion: Deceit
- Fixation: Vanity

- Virtue: Courage
- Holy Idea: Holy Faith



Virtue: Truthfulness (Authenticity)



- When we are abiding in our true nature, our Essential identity, we speak and act with complete truthfulness: we see that any untruthfulness causes us to detach from our true nature.
- We experience our heart's desire, and realize that the most important thing in life is to be ourselves, deeply and completely.
- We understand that nothing else will satisfy us, no matter how many accomplishments we pile up.
- Further, a person embodying real authenticity sees no reason for deception, feeling the profound connection with others, indeed, with all of reality, makes anything other than simple truth seem absurd.

- When healthy Threes understand that their value is not based on any particular achievement, they are able to experience their depths of their own hearts in ways that liberate them from the roles they believe they must play in order to be acceptable.
- They are able to be, but are do not lose their ability to make the most of themselves.
- Their identity is based on a direct experience of themselves in the living moment, not on a narcissistic, inflated notion of themselves.
- Truly being themselves enables Threes to love others simply and genuinely.
- The preciousness of truth and of their true identity is also recognized as the preciousness of everyone and everything.



Holy Idea: Holy Law, Holy Hope



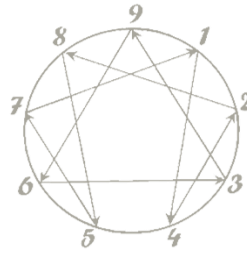
- This Holy Idea has to do with correcting the ego's false perception that it is the source of doing and functioning—that the ego is accomplishing something.
- From the non-dual perspective of Essence, everything is one: there is only one complete and total reality that is here in each moment.
- Right now, if we sense our experience of this moment, we can perceive that all that we can experience is a unity, a oneness. Only our mental activity defines objects and divides our experience into different categories.
- If we stay present, however, observing this unity of experience, we will come to see that it changes from moment to moment—it unfolds.



- Essential reality is not static, but a dynamic unfolding of reality moment by moment.
- The perception of Holy Law is quite different: it is perceiving the dynamic, living unity of everything as an unfolding process.
- There can be no independent doing or accomplishment because everything is happening together.
- The whole flow of reality is one enormous creative dance, so who is it that is doing?
- Furthermore, in presence, we understand that the unfolding of the universe is benign, always developing and optimizing.
- This perception gives us confidence to rest in being (Holy Hope) and allows our ego minds to cease their endless agendas and projects. In a profound, direct way, we understand that God is doing a good job.

THE ENNEAGRAM

SIX goes to NINE

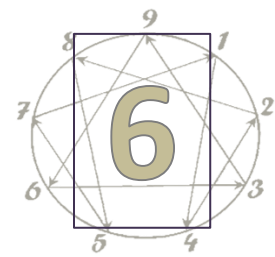


- Passion: Fear
- Fixation: Cowardice

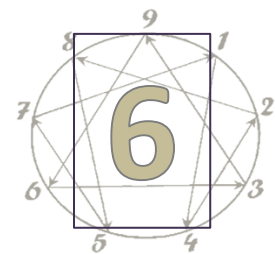
- Virtue: Action
- Holy Idea: Holy Love



Virtue: Courage



- The virtue of courage might also be called fearlessness because it truly is the absence of fear. This is absolutely different than defying fear or behaving aggressively to toughen oneself up (counterphobia).
- True courage arises in the heart when a person is present and deeply grounded in the moment. When we are abiding in our true nature, tremendous support and inner strength naturally arise every time they are needed.
- Courage draws upon the Essential qualities of Strength and Will, such that we feel like we are held up by a tremendous, supportive solidity. We experience directly the enormous capacities of our Essential nature such that we can totally accept not-knowing the outcome of things.
- Here and now, we are more than fine—we are solid, real, vital, and imbedded in the unfolding Will of the Divine.



Holy Idea: Holy Faith

- Real faith has nothing to do with beliefs, or with trying to convince oneself that a certain belief is true.
- The faith we are talking about here is a recognition of the actual support of presence and Being that is available right now.
- It is the recognition that our true nature is real and cannot be lost. Essence really exists; it is supporting us and we are part of it.
- We do not have to make support happen because it is already here.
- it does not matter whether we believe in it or not. Essence is a felt, experienced reality.
- Thus, Holy Faith gives us an unshakable confidence in the inherent goodness of life and of the universe.

- Even when things seem to be going wrong according to the ego's perspective, in presence, we recognize that we are supported, and that our true nature cannot be harmed.
- Holy Faith gives us the inner freedom to respond spontaneously to whatever emerges in the moment because we are not bound by beliefs, doubts, and learned procedures.
- We are guided in each moment to optimal action.

