

Introduction to the Enneagram

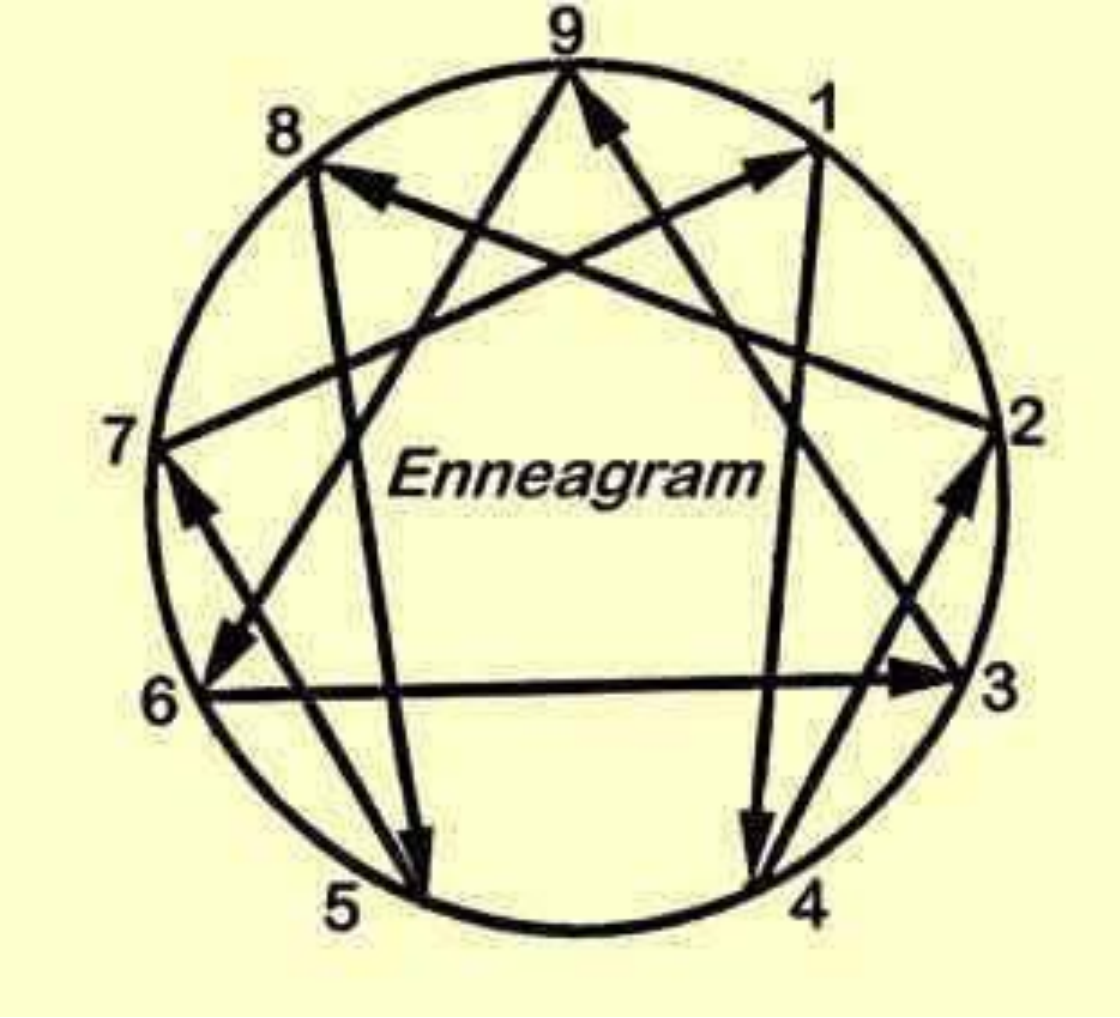
**Healing Touch Conference
October 2023**

Breathe!



The Enneagram is...

- Based on principles of modern western psychology as well as the ancient eastern wisdom traditions
- Describes 9 different energy patterns or motivations – while we have the capacity for all 9, only 1 drives us
- It's sometimes hard to identify your 'type' so 'wear it loosely' and observe for awhile; Can't be used to 'type' other people
- Limited by our use of language and labels



The Enneagram is...

a framework of personality development that allows us to:

- Build our self-observing capabilities
- Gain greater knowledge of our inner world
- Understand what's going on inside us so that we can transform our behavior in the outer world

Involves observing one's thoughts, feelings and actions in much the same way that mindfulness practices increase our conscious awareness of the present moment.

By observing where we put our attention and energy, we can gain deeper insights into our automatic, habitual modes of thinking, feeling and acting.

From NarrativeEnneagram.org

The Enneagram



A yellow boat is positioned in the lower right quadrant of the image, floating on a calm, misty lake. The boat's reflection is clearly visible in the still water below it. In the background, a small green buoy floats on the left, and a forested shoreline is visible in the distance under a hazy, overcast sky. The overall atmosphere is quiet and serene.

{ be still }

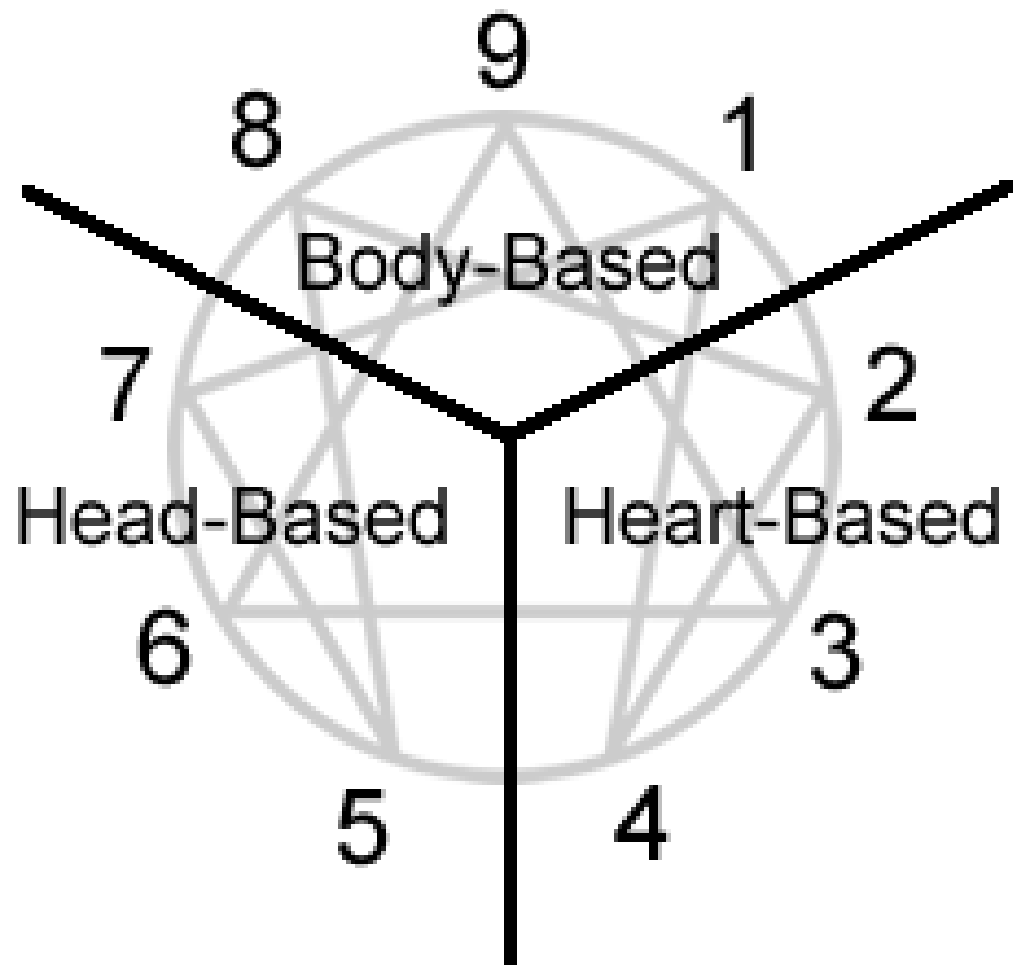
The quieter you become,
the more you can hear.
~ Ram Dass ~

Three Centers

The Enneagram describes three centers of information gathering and perception:

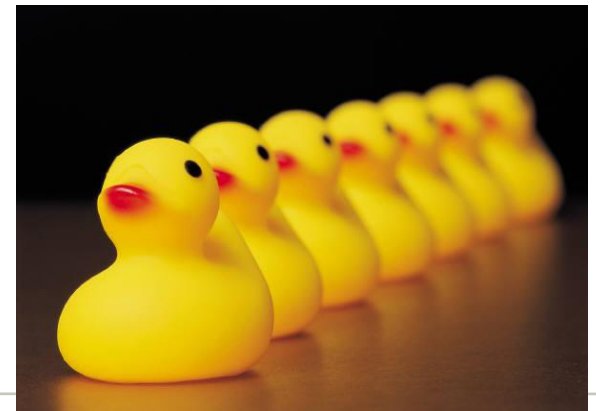
- **Head**
- **Heart and**
- **Body**

While all of us have all three centers, our personality type has a particular strength and “home base” in one of them.



Eights – The Protector

- **Strive to be powerful**
- Thrive on having lots of energy and enthusiasm for life
- Have a strong sense of what is fair or right in my body and I protect the weak
- Am direct, willing to confront, and express my anger immediately
- Have trouble staying with my own vulnerability and sad feelings



Nines – The Mediator

- **Strive to be peaceful**
- As a harmonizer, I can see all sides
- Am amiable, easygoing, steady, inclusive
- Have difficulty saying “no” and find its easier to go along with others
- I am unsure about my own needs and wants
- Anger often turns to stubbornness



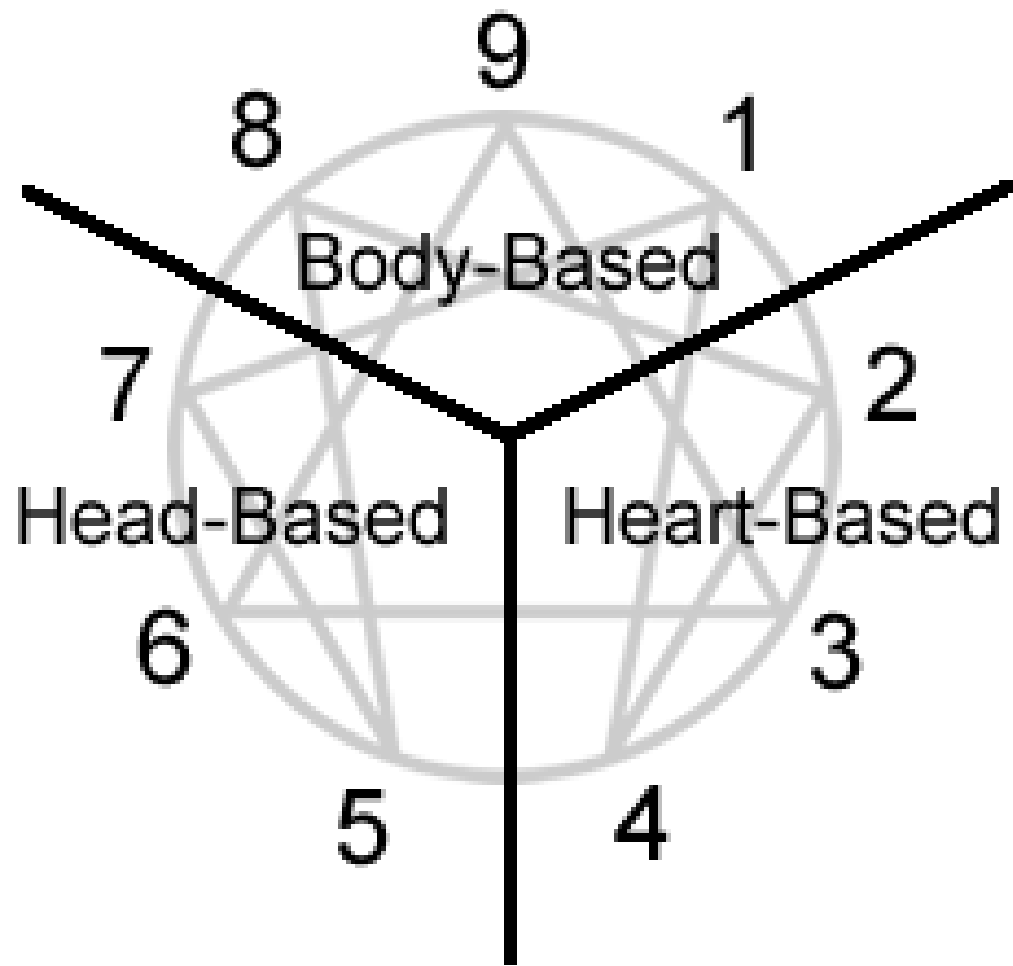
Ones – The Perfectionist

- **Strive to be perfect**
- Have a strong ‘inner critic’
- Want to get things ‘right’ and work hard towards this goal
- Focus on being good while repressing my own desires for pleasure
- Anger often shows up as resentment or annoyance



The Enneagram





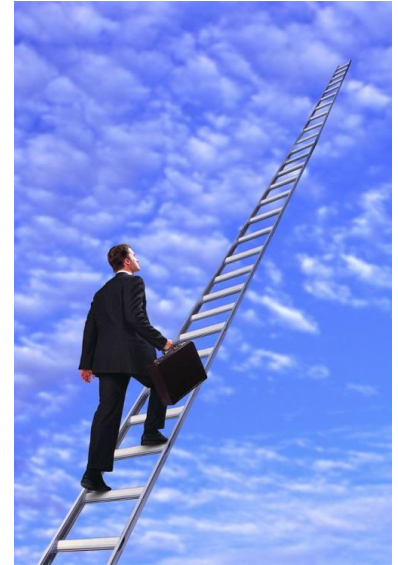
Twos – The Giver

- **Strive to be connected**
- Am preoccupied with the needs of others
- Take pride in giving and helping
- Sometimes feel that people take advantage of me
- Have a hard time expressing my own needs
- Can be manipulative and alter how I present myself



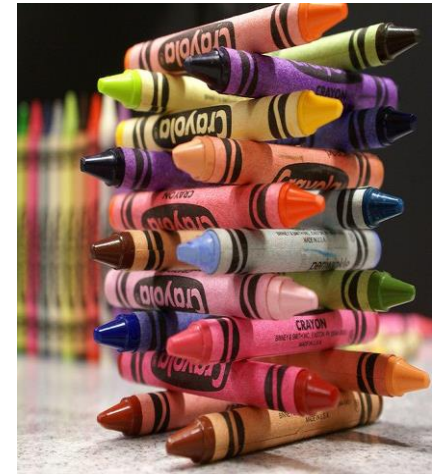
Threes – The Performer

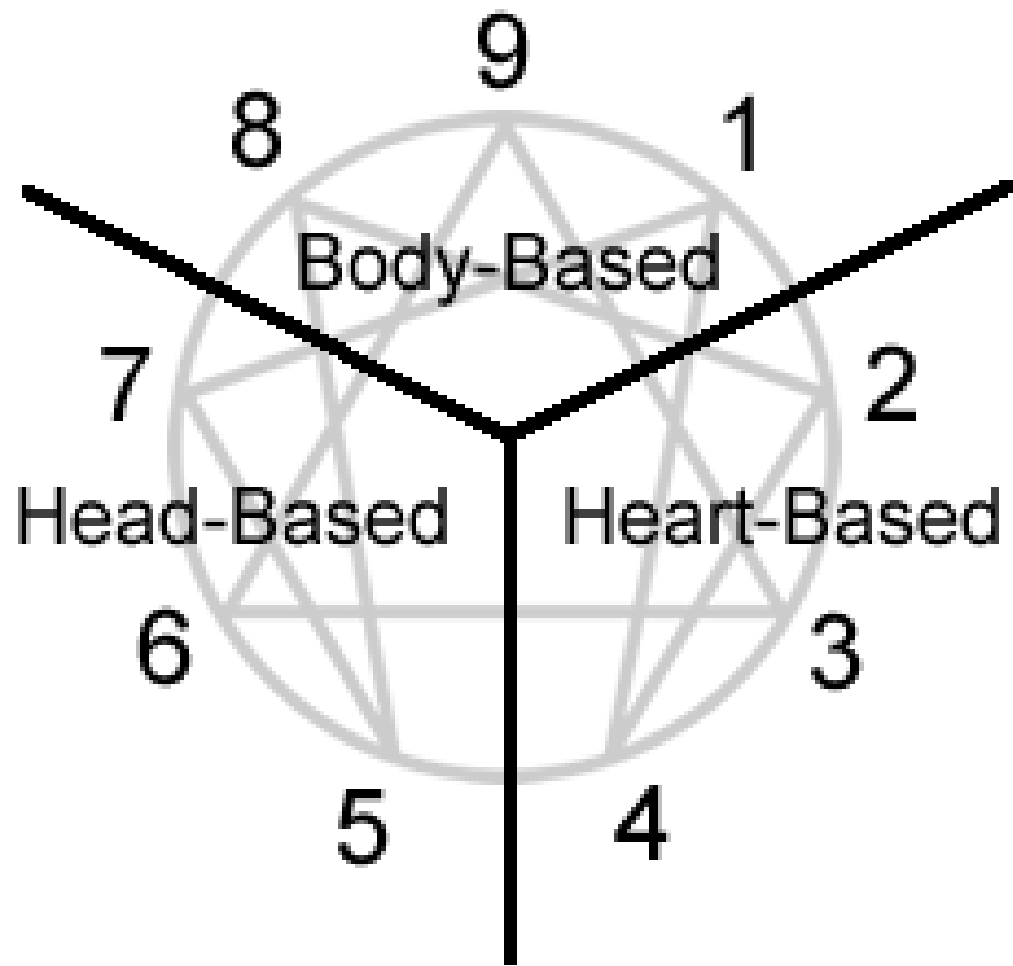
- **Strive to be outstanding**
- High energy – want to be in action and get things done
- Feel constant pressure to perform
- I seek approval and acceptance based on performance
- Cut off from my feelings as ‘time-wasters’



Fours – The Romantic

- **Strive to be unique**
- Authenticity and meaningful experiences are essential
- Envy and idealize what others have that I don't
- Long for what's missing, distant or unattainable – the ordinary pales in comparison
- My suffering sets me apart from others





Fives – The Observer

- **Strive to be detached**
- Limit intrusion from a world that wants too much from me
- Am curious, analytical and logical
- Like the role of observer and need lots of personal space and privacy
- Am a minimalist



Sixes – The Loyal Skeptic

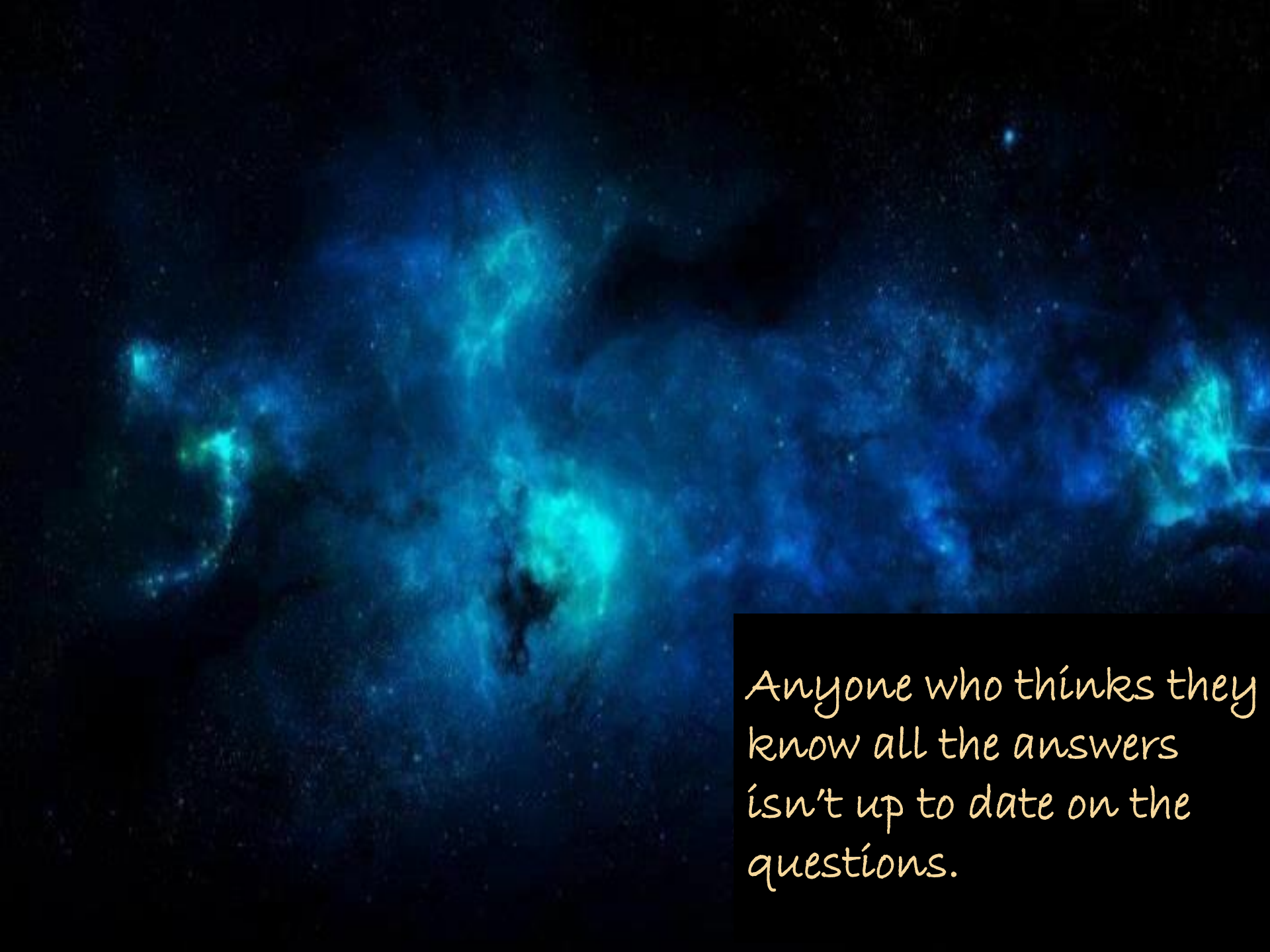
- **Strive to be secure**
- Anticipate problems and search for solutions
- Trustworthy and loyal – good team player
- Question authority, greet everything with doubt
- Doubt and anxiety are big energy drains, I procrastinate because I fear making the wrong decision



Sevens – The Epicure

- **Strive to be free**
- Like variety and multiple options
- Inventive, fun, and spontaneous
- Frustrated with limits and resist commitments that limit choices and lead to boredom
- Over-rely on plans and positive thinking





Anyone who thinks they know all the answers isn't up to date on the questions.

Resources for Typing and Information

- Websites
 - www.narrativeenneagram.org
 - www.enneagraminstitute.com
- Organizations
 - www.mn-iea.org (Enneagram Minnesota)
 - www.internationalenneagram.org (IEA)
- Books
 - *The Wisdom of the Enneagram*, Don Riso and Russ Hudson
 - *The Enneagram Guide to Waking Up*, Beatrice Chestnut and Uranio Paez
 - *The Art of the Enneagram*, Ginger Lapid Bogda

A yellow rowing boat is positioned in the lower right quadrant of the image, floating on a calm, misty lake. The boat's reflection is clearly visible in the still water. In the background, a small green buoy floats on the left, and a forested shoreline is visible in the distance under a hazy sky. The overall atmosphere is serene and quiet.

{ be still }

The quieter you become,
the more you can hear.
~ Ram Dass ~

What helps us Grow and Thrive?

1s strive to be perfect → → → work towards *serenity*

2s strive to be connected → → → work towards *humility*

3s strive to be outstanding → → → work towards *honesty*

4s strive to be unique → → → work towards *balance*

5s strive to be detached → → → work towards *non-attachment*

What helps us Grow and Thrive?

6s strive to be safe/secure → → work towards *courage*

7s strive to be free → → → → work towards *sobriety*

8s strive to be powerful → → → work towards
innocence

9s strive to be peaceful → → → work towards *right*
action

What helps us grow and thrive?

Point One – moving towards '*serenity*' (virtue)

- **Breathe and get grounded**
- Notice how 'my way is the right way' is limiting you
- Learn to sense unrecognized anger
- Learn to ask for and receive pleasure

Dolly Parton: 'It's hard to be a diamond in a rhinestone world''

What helps us grow and thrive?

Point Two – moving towards ‘*humility*’

- **Breathe and get grounded**
- Detect the urge to manipulate
- Unearth anger as an indicator of authentic feelings
- Recognize flattery as a sign of rising anxiety

Brene Brown: “Daring to set boundaries is about having the courage to love ourselves even when we risk disappointing others.”

What helps us grow and thrive?

Point Three – moving towards ‘*honesty*’

- **Breathe and get grounded**
- Learn to leave time for emotions and real opinions to surface
- Notice when actions become mechanical while feelings are suspended

Rumi: Let the beauty of what you love, be what you do.

What helps us grow and thrive?

Point Four – moving towards '**Balance**'

- **Breathe and get grounded**
- Build a habit of completing projects
- Learn that you are not your feelings
- Notice self-absorption during intense mood shifts

Rumi: You are not a drop in the ocean. You are the entire ocean in a single drop.

What helps us grow and thrive?

Point Five – moving towards '*Non-attachment*'

- **Breathe and get grounded**
- Be willing to bring emotions into the present moment
- Notice the desire to withhold when others expect a response
- Work with secrecy/superiority/separateness

Brene Brown: "We don't have to do all of it alone. We were never meant to."

What helps us grow and thrive?

Point Six – moving towards ‘*Courage*’

- **Breathe and get grounded**
- Check out fears against reality
- Surface fears of success
- Recognize how negative memories are more available than positive ones

Rumi: "Once the seeds of faith take root, it cannot be blown away, even by the strongest wind."

What helps us grow and thrive?

Point Seven – moving towards ‘*Sobriety*’

- **Breathe and get grounded**
- Learn to stay with a issue long enough to see that a problem exists
- Recognize the assumption of being entitled to special treatment

Brene Brown: “Joy comes to us in ordinary moments. We risk missing out when we get too busy chasing down the extraordinary.”

What helps us grow and thrive?

Point Eight – moving towards '*Innocence*'

- **Breathe and get grounded**
- Learn to delay expressing anger – count to 10
- Shift from 'my way versus your way' to seeing many shade of opinion in between

Rumi: "There is a sacredness in tears. They are not the mark of weakness but of power."

What helps us grow and thrive?

Point Nine – moving towards ***‘Right Action’***

- **Breathe and get grounded**
- Ask for choices – 9s more easily know what they don't want
- Learn to set limits on time commitments when attention spreads to inessentials

Brene Brown: “We can't selectively numb emotions; when we numb the painful, we also numb the positive emotions.”

The Enneagram



*“All models are wrong,
but some are useful”*

George Box, Statistician