



POWER & POSSIBILITIES OF THE ENNEAGRAM

ENNEAGRAM POSSIBILITIES





POWER & POSSIBILITIES OF THE ENNEAGRAM

INTRODUCTION

- I. Name, Major in School, Current Occupation, Cultural Identity / Heritage.
- II. Share any prior experience you might have had with personality assessment systems (e.g. Myers-Briggs, PRO, Whole Brain, etc.)
- III. What, if anything, do you know of the Enneagram?



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ENNEAGRAM PRONUNCIATION

The word Enneagram is derived from the Greek ennea, which means “9” and grammos, which means “points”

Εννέα



Εννέα (Enya) gram



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THE PURPOSE & FUNCTION OF MODELS


Models provide the invisible backdrop, the unseen framework in which to provide interpretive possibilities for orienting us toward crucial and hidden dimensions of meaning.

Adaptation from a quote out of "Object Relations in Psychoanalytic Theory"



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ENNEAGRAM OVERVIEW

- ✚  Introduction at the archetypal level
- ✚ Represents a map of different paradigms of human perception
- ✚ Both a True Self and an adaptive style indicator (false self)
- ✚ No point is inherently better than another
- ✚ Dynamic model to help us understand (intra and inter) personal experience
- ✚ Use as a hypothesis for exploration rather than typecasting
- ✚ Holistic model of perception
- ✚ Cultural and gender factors
- ✚ Psycho-spiritual orientation



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CLARIFICATION OF KEY TERMS



ESSENCE / SPIRT



SOUL EXPRESSION
(True Self)



PERSONALITY
(False Self)



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PSYCHO-SPIRITUAL ASPECTS OF THE ENNEAGRAM

- + Distinguishes between Spirit (or Essence), Soul, and Personality**
- + Bridges between psychological and spiritual realms**
- + Offers insight and guidance into both our behavior and fundamental nature**
- + Provides tools and techniques for enhancing our relationships and bringing us closer to our true Self**



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A COMPOSITE TYPE INDICATOR

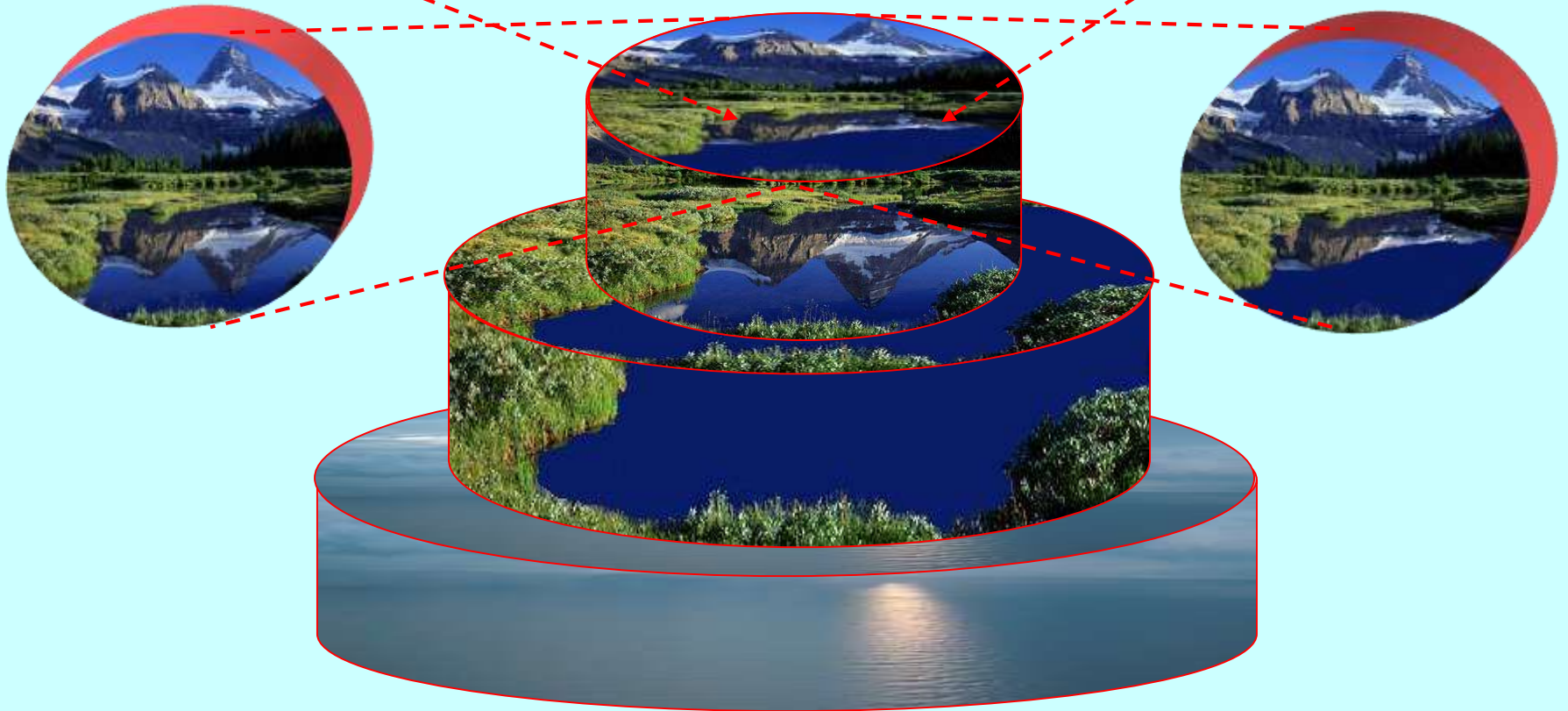


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PROCESS OF EXTENSION

True Reflection / Self

Distorted Image / Composite self





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The Oracle At Delphi



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ANCIENT ROOTS

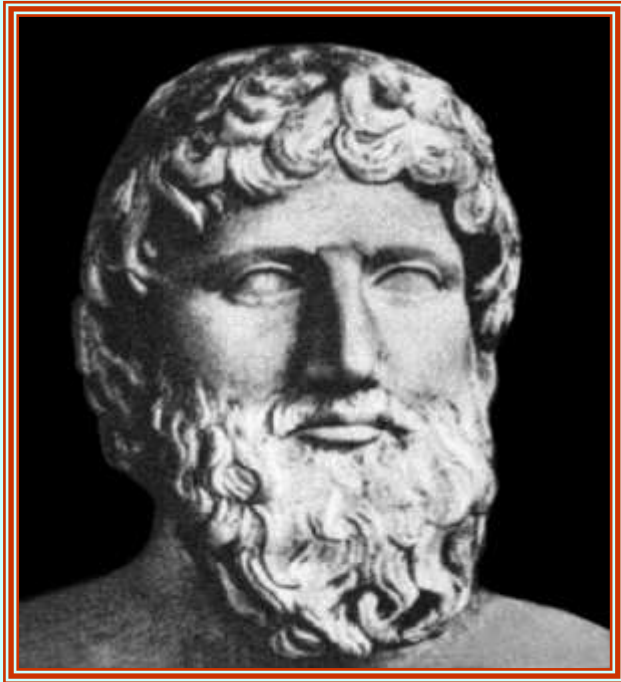


Babylon – 2500 B.C.E.

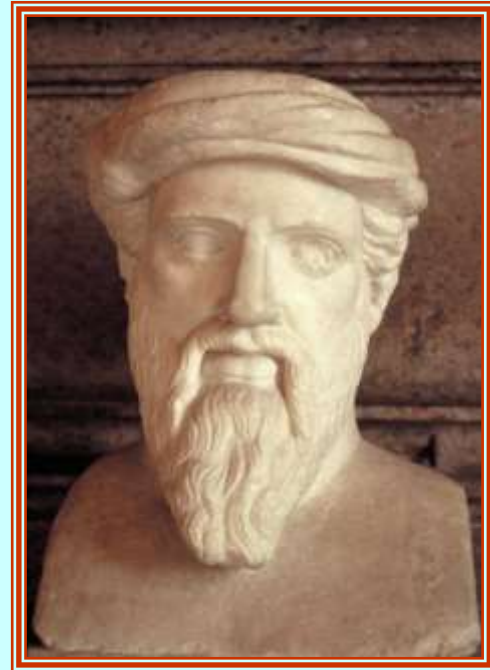


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EARLY GREEK INFLUENCES



Plato

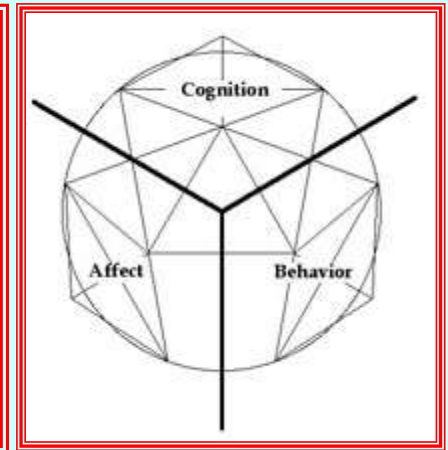
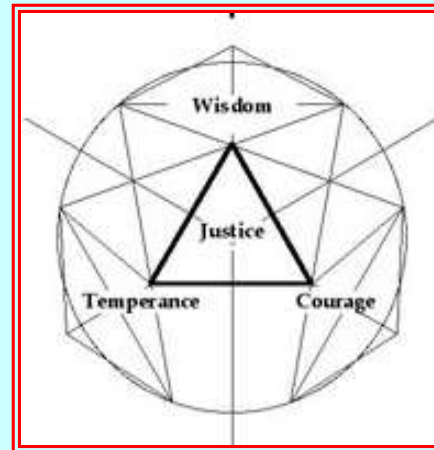


Pythagoras



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ENNEAGRAM & SUFI MYSTICISM

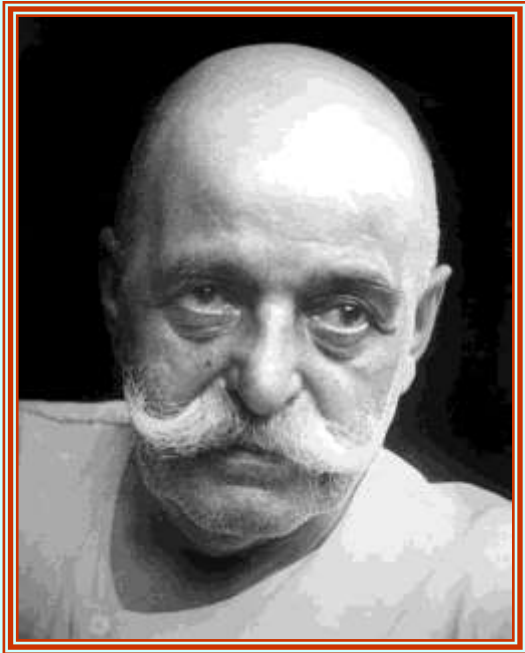


Early Enneagram Charts



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ENNEAGRAM & THE 20TH CENTURY



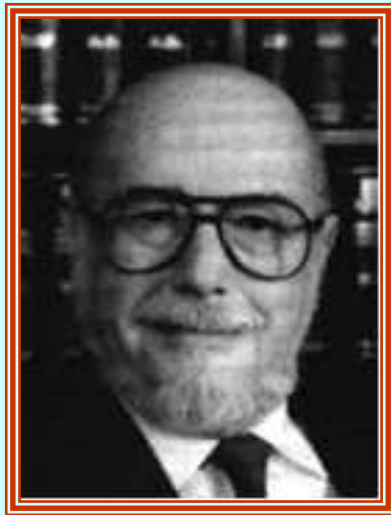
George Ivanovich Gurdjieff

- + (1872 – 1949)
- + Began Teaching in Russia around 1912
- + Brought his spiritual philosophy to US and western Europe in 1920's
- + Taught Enneagram as a vast spiritual systems

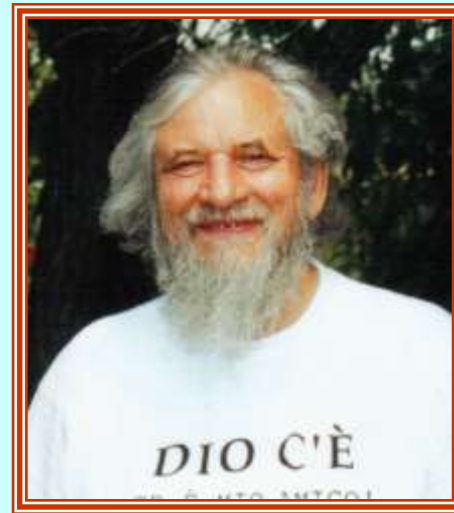


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ENNEAGRAM & PSYCHOLOGY



Oscar Ichazo

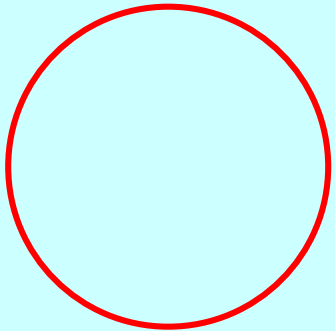


Claudio Naranjo

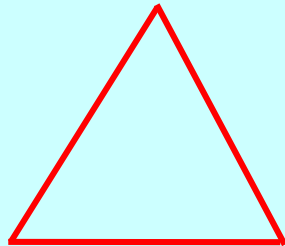


POWER & POSSIBILITIES OF THE ENNEAGRAM

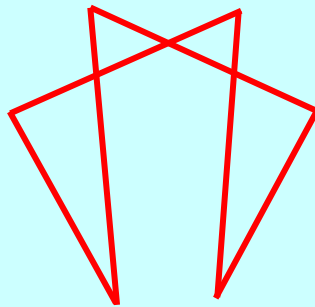
ELEMENTS OF THE ENNEAGRAM



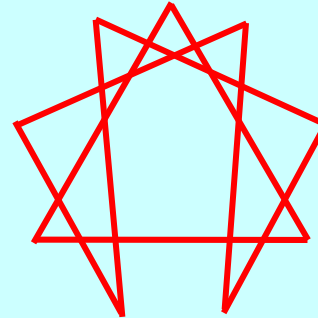
Circle



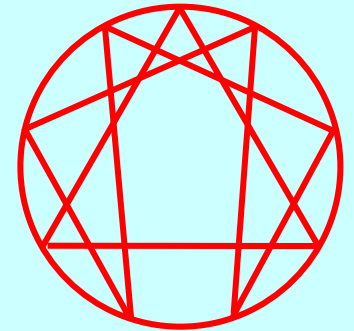
Triangle



Hexad



Triangle+Hexad

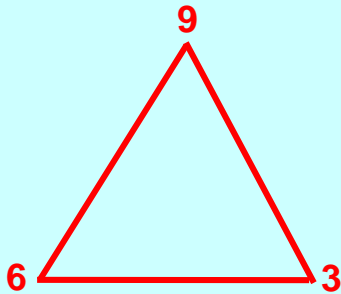


Enneagram



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OF THE ENNEAGRAM**

NUMEROLOGY OF THE ENNEAGRAM



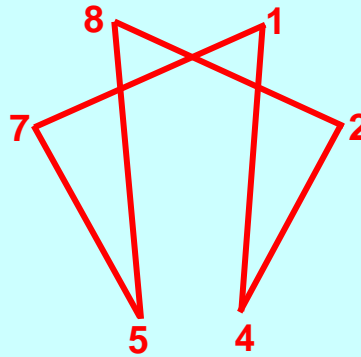
Triangle

The Law of Three

$$1/3 = .\underline{333333}$$

$$2/3 = .\underline{666666}$$

$$3/3 = .\underline{999999}$$



Hexad

The Law of Seven

$$1/7 = .\underline{142857142857}$$

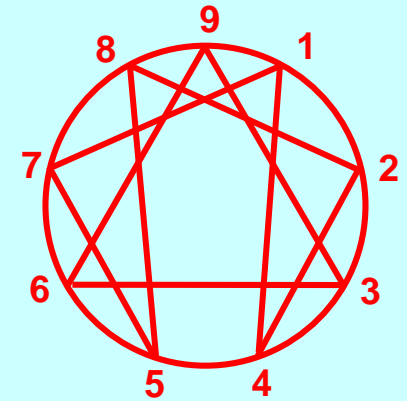
$$2/7 = .\underline{285714285714}$$

$$3/7 = .\underline{428571428571}$$

$$4/7 = .\underline{571428571428}$$

$$5/7 = .\underline{714285714285}$$

$$6/7 = .\underline{857142857142}$$

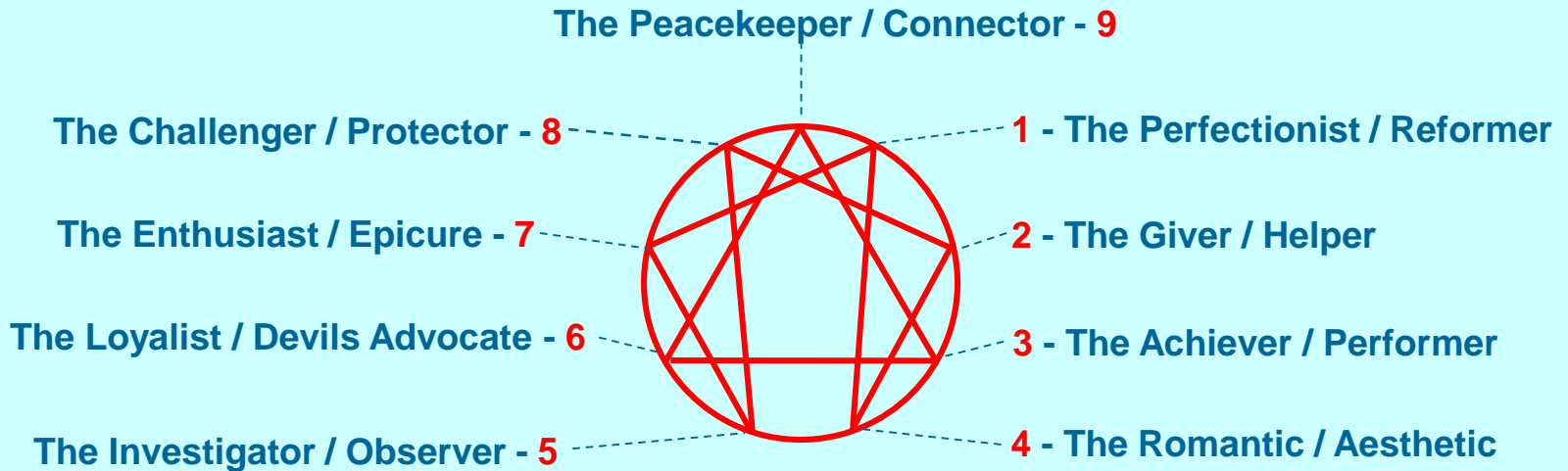


Enneagram



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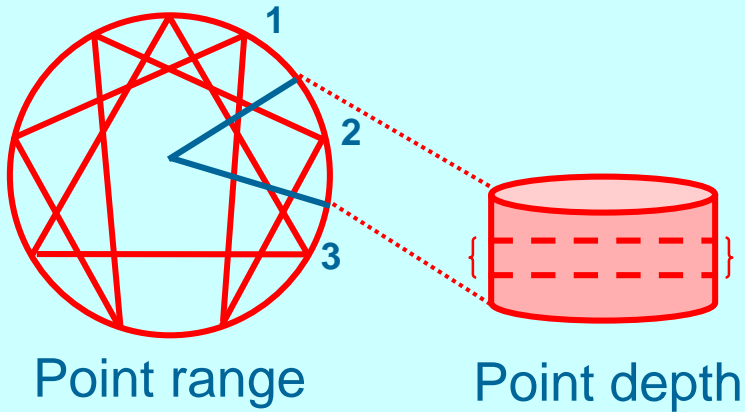
POINT DESCRIPTORS





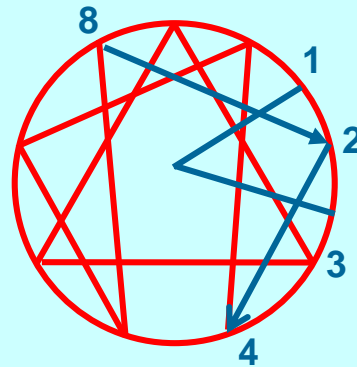
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ENNEAGRAM DYNAMICS

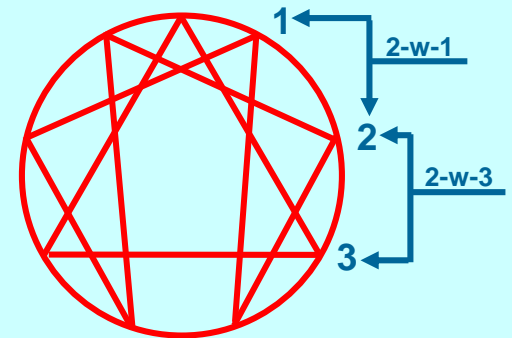


Point range

Point depth



Point motion

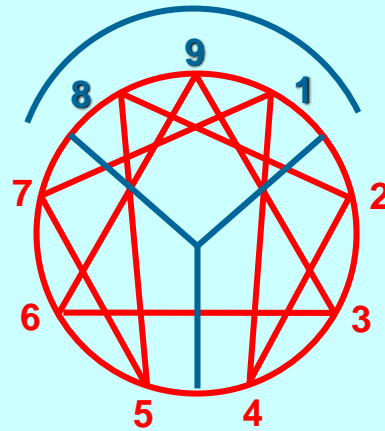


Point variation



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FIRST GROUP



Will Triad



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The Challenger (8)

“You mess with me (or mine) and you’ll be sorry”



[Meet The Parents:](#) (Dreamworks Pictures)



POWER & POSSIBILITIES OF THE ENNEAGRAM

The Challenger (8) Strengths

- ✚ Strong and protective**
- ✚ Certainty about where they stand**
- ✚ Exert clear boundaries**
- ✚ Comfortable with positions of power / leadership**
- ✚ Trustworthy**
- ✚ Self-reliant**



POWER & POSSIBILITIES OF THE ENNEAGRAM

The Challenger (8) Limitations

- ✚ **Controlling**
- ✚ **Aggressive / intimidating**
- ✚ **Opinionated**
- ✚ **Out of touch with their vulnerable and dependent side**
- ✚ **Difficulty in trusting others**



POWER & POSSIBILITIES OF THE ENNEAGRAM

The Challenger (8) Hot buttons / trigger points

- ✚ Lying or betrayal of trust
- ✚ Weakness / people who do not stand up to them
- ✚ Feeling of powerlessness
- ✚ Ambiguous communication / double talk

Frank Sinatra: I Did it My Way





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The Peacekeeper (9)

“I’m Ok if you’re Ok”



SCENT OF A WOMAN: (Universal Studios)



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The Peacekeeper (9) Strengths

- ✦ Strong interpersonal skills**
- ✦ Non-judgmental / accepting**
- ✦ Flexible / see many points of view**
- ✦ Devoted to peace (self and others)**
- ✦ Sensitive and in tune to others**
- ✦ People connectors**



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The Peacekeeper (9) Limitations

- ✚ **Self-forgetting**
- ✚ **Overly accommodating / passive**
- ✚ **Seem “wishy-washy”**
- ✚ **Conflict adverse / out of touch with problems of others**
- ✚ **Difficulty in making decisions**
- ✚ **Out of contact with their soul**



POWER & POSSIBILITIES OF THE ENNEAGRAM

The Peacekeeper (9) Hot buttons / trigger points

- ✚ Conflict
- ✚ Being treated as unimportant
- ✚ Anger or disappointment directed at them
- ✚ Feeling coerced or overwhelmed with the needs of others

The New Seekers: [I'd Like To Teach The World To Sing](#)



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The Perfectionist (1)

“It’s the principle that counts!”



[To Sir With Love](#) (Columbia Pictures)



POWER & POSSIBILITIES OF THE ENNEAGRAM

The Perfectionist (1) Strengths

- + Values driven**
- + Walk the talk**
- + Motivated by a higher purpose**
- + Deeply concerned with fairness & justice**
- + Meticulous, efficient, and well organized**
- + Self- disciplined**



POWER & POSSIBILITIES OF THE ENNEAGRAM

The Perfectionist (1) Limitations

- + Intolerant, opinionated, judgmental**
- + Relentless inner critic**
- + Condescending and “morally superior”**
- + Out of touch with instincts and desires**
- + Compulsion for order and neatness**



POWER & POSSIBILITIES OF THE ENNEAGRAM

The Perfectionist (1)

Hot buttons / trigger points

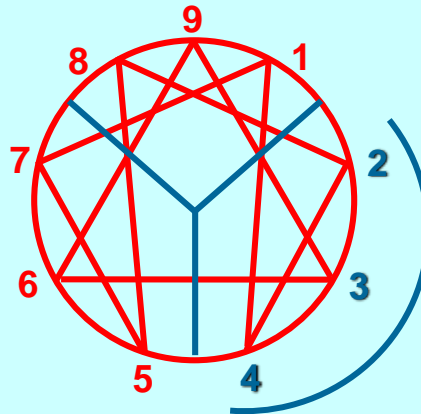
- ✚ Being unjustly blamed or criticized
- ✚ Unfairness
- ✚ Disregarding the rules
- ✚ Sloppiness, laziness, mistakes

Bob Marley: Get Up Stand Up



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SECOND GROUP



Feeling Triad



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The Giver (2)

“I like to make others feel good”



[Gone With The Wind](#): (Warner Brothers)



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The Giver (2) Strengths

- ✚ Altruistic & nurturing
- ✚ In touch with needs & feelings
- ✚ Demonstrate humility
- ✚ Generous and considerate
- ✚ Excellent caregivers / meet needs of others
- ✚ Can positively reframe disturbing situations



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The Giver (2) Limitations

- ✚ Lose themselves by focusing on approval of others
- ✚ Manipulative
- ✚ Over-extend / lack of boundaries
- ✚ Emotional / hysterical
- ✚ Foster dependency



POWER & POSSIBILITIES OF THE ENNEAGRAM

The Giver (2)

Hot buttons / trigger points

- ✚ Feeling rejected or not needed
- ✚ Lack of appreciation
- ✚ Being used as a consequence of their giving nature

Olivia Newton John: Let Me Be There



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The Achiever (3)

“Busy people are happy people”



Jerry Maguire: (TriStar)



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The Achiever (3) Strengths

- ✚ Strive toward excellence**
- ✚ Goal oriented / role model for professional development**
- ✚ Risk-takers**
- ✚ Energetic, competent & efficient**
- ✚ In tune to expectations of others**



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The Achiever (3) Limitations

- ✚ Focused on image and status
- ✚ Competitive / egocentric
- ✚ Disconnected from feelings & true Self
- ✚ Workaholic
- ✚ Difficulty with intimacy



POWER & POSSIBILITIES OF THE ENNEAGRAM

The Achiever (3) Hot buttons / trigger points

- ✚ Failure
- ✚ Incompetence / inefficiencies
- ✚ Feeling overshadowed or “one-upped”
- ✚ Lack of activity

Matthew Wilder: [Break My Stride](#)



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The Romantic (4)

*“I want to feel the pain and passion
of life with all its ups and downs”*



[Sense and Sensibility](#): (Columbia-TriStar)



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The Romantic (4) Strengths

- + Artistic and creative**
- + Empathetic / great listeners to people in crisis**
- + Self-revealing, introspective, & sensitive**
- + In touch with full range of human emotion**
- + Unique / intuitive**



POWER & POSSIBILITIES OF THE ENNEAGRAM

The Romantic (4) Limitations

- ✚ Melodramatic**
- ✚ Needy / wanting a rescuer**
- ✚ Preoccupied with pain and the past**
- ✚ Envious / longing for what's out of reach**



POWER & POSSIBILITIES OF THE ENNEAGRAM

The Romantic (4) Hot buttons / trigger points

- ✚ Being let down
- ✚ Boring life situations
- ✚ Rejection / abandonment
- ✚ Feeling misunderstood

Phoebe Snow: [Harpo's Blues](#)





POWER & POSSIBILITIES OF THE ENNEAGRAM



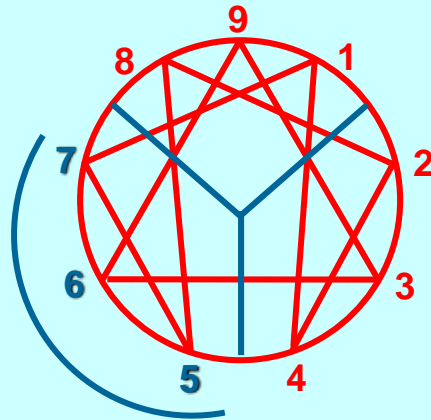
Hatari!: (Paramount Pictures and Malabar Productions)

OKAY LET'S DO IT AGAIN!



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THIRD GROUP



Thinking Triad



POWER & POSSIBILITIES OF THE ENNEAGRAM

The Observer (5)

“ I need space & I don’t want attention on me”



Shadowlands: (Savoy Pictures Release)



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The Observer (5) Strengths

- + Keen observer, perceptive, imaginative**
- + Sees and remembers minute details**
- + Independent / intellectual**
- + Curious, open-minded, innovative**
- + Neutral & non-attached**
- + Fosters atmosphere of peace**



POWER & POSSIBILITIES OF THE ENNEAGRAM

The Observer (5) Limitations

- ✦ Anxious & afraid of being engulfed**
- ✦ Insecure**
- ✦ Secretive / compartmentalize**
- ✦ Reclusive / retreat into minds**
- ✦ Disassociated from feelings and physical body**



POWER & POSSIBILITIES OF THE ENNEAGRAM

The Observer (5) Hot buttons / trigger points

- ✚ Feeling manipulated
- ✚ Being overwhelmed, having social demands forced on them
- ✚ Not having own space to retreat to
- ✚ Having desires, needs and wants that lead to dependency

Simon and Garfunkel: I Am A Rock





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The Loyalist (6)

“Don’t count your chickens before they’re hatched”



Annie Hall: (Metro-Goldwyn-Mayer)



POWER & POSSIBILITIES OF THE ENNEAGRAM

The Loyalist (6) Strengths

- + Loyalty and commitment to people, organizations & belief systems**
- + Responsible, dependable and hard working**
- + Community builders / team players**
- + Strong analytical skills / good trouble shooters**
- + Know what is going on**
- + Willing to surface and discuss unpopular or difficult situations**



POWER & POSSIBILITIES OF THE ENNEAGRAM

The Loyalist (6) Limitations

- ✚ Lack of self-confidence
- ✚ Difficulty with decision making
- ✚ Suspicious / pessimistic / paranoid
- ✚ Victim mindset
- ✚ Push-pull thinking



POWER & POSSIBILITIES OF THE ENNEAGRAM

The Loyalist (6) Hot buttons / trigger points

- ✚ People or systems that let them down
- ✚ Lack of structure or clarity
- ✚ Lack of information / hidden agenda's
- ✚ Feeling forced into making a decision before they are ready

Buffalo Springfield: [For What It's Worth](#)





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The Enthusiast (7)

“Variety is the spice of life”



Breakfast at Tiffany's: (Paramount Pictures)



POWER & POSSIBILITIES OF THE ENNEAGRAM

The Enthusiast (7) Strengths

- + Optimistic**
- + Adventurous**
- + Multi-talented**
- + Inspiring / zest for life**
- + Personable / fun / interesting to be around**
- + Resilient to change**
- + Visionary / future focused**



POWER & POSSIBILITIES OF THE ENNEAGRAM

The Enthusiast (7) Limitations

- ✚ Escapist tendencies
- ✚ Fear of experiencing difficult emotions
- ✚ Impulsive / scattered focus
- ✚ Self-centered / insensitive to needs of others
- ✚ Fear of intimacy / commitment
- ✚ Out of touch with inner guidance
- ✚ Prone to excesses



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The Enthusiast (7) Hot buttons / trigger points

- ✚ Inner turmoil
- ✚ Feeling coerced or limited
- ✚ Boredom / monotony
- ✚ Solitude / being alone

Liza Minnelli: [Life is a Cabaret](#)





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DISCOVERING YOUR ENNEA TYPE

THE TRIAD

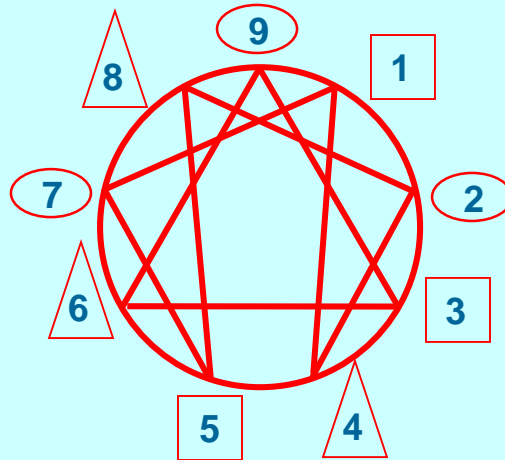


8-9-1 = Imbalance / constriction in Will (Kinesthetic)

2-3-4 = Imbalance / constriction in Feeling (Heart)

5-6-7 = Imbalance / constriction in Thinking (Mental)

HARMONIC GROUP

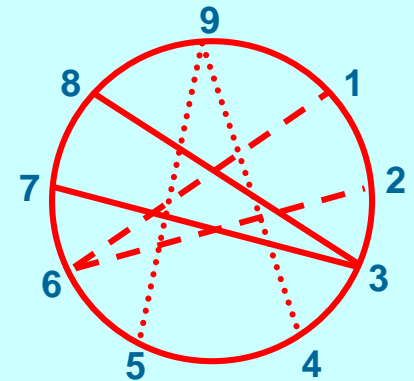


○ 9-2-7 = Positive Outlook

□ 1-3-5 = Competency

△ 4-6-8 = Reactive

HORNEVIAN GROUP



— 3-7-8 = Assertive

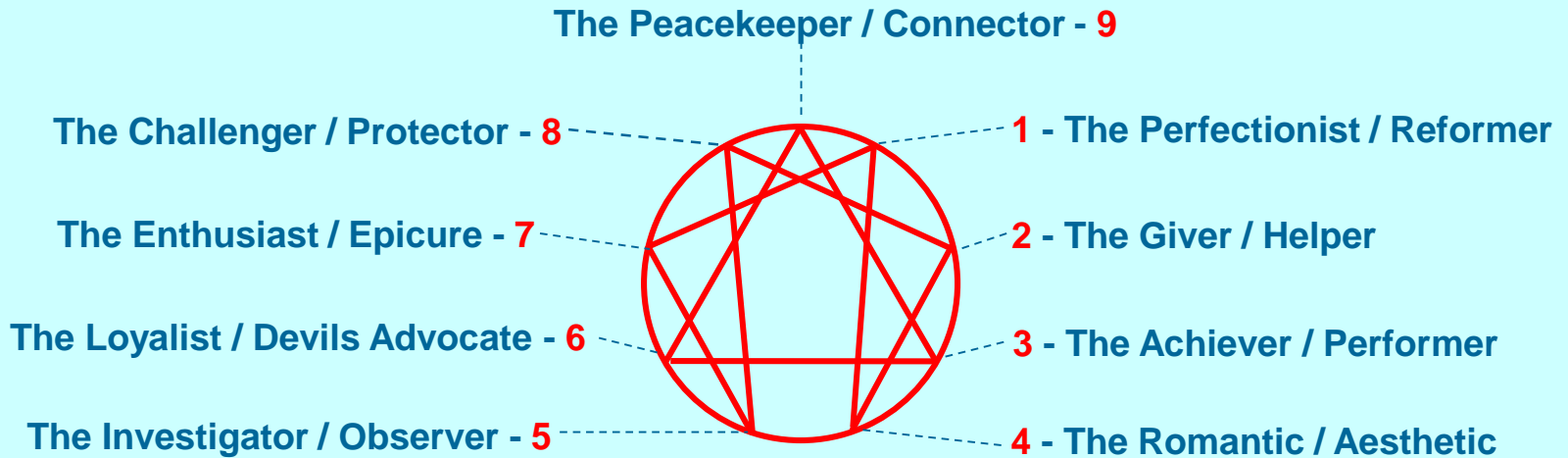
..... 4-5-9 = Withdrawn

- - - 1-2-6 = Compliant



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POINT DESCRIPTORS





POWER & POSSIBILITIES OF THE ENNEAGRAM

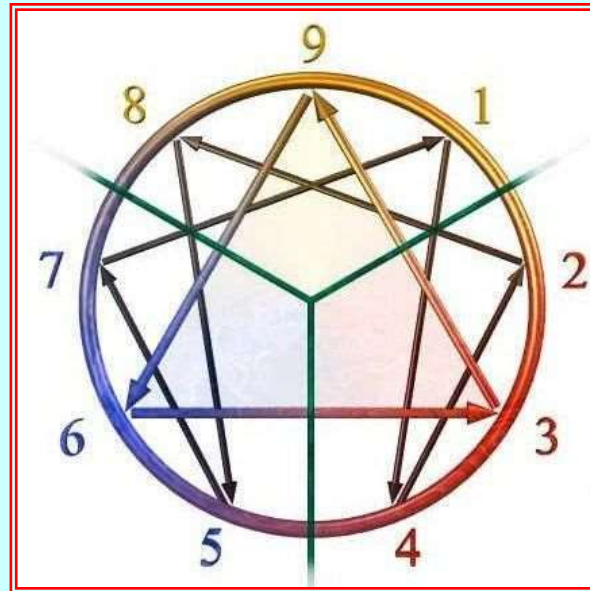
BENEFITS OF THE ENNEAGRAM

- ✚ **Help us understand more about our own beliefs, motivations and the habitual patterns that inhibit our effectiveness**
- ✚ **Can bring more joy, satisfaction and mutual understanding in our interpersonal relationships**
- ✚ **Provides greater appreciation and compassion for the diversity of the human experience**
- ✚ **A communication tool to use in client-centered work (coaching, team building, counseling, etc.)**
- ✚ **Improves communication skills in all aspects of life**
- ✚ **A system for greater spiritual awakening**



POWER & POSSIBILITIES OF THE ENNEAGRAM

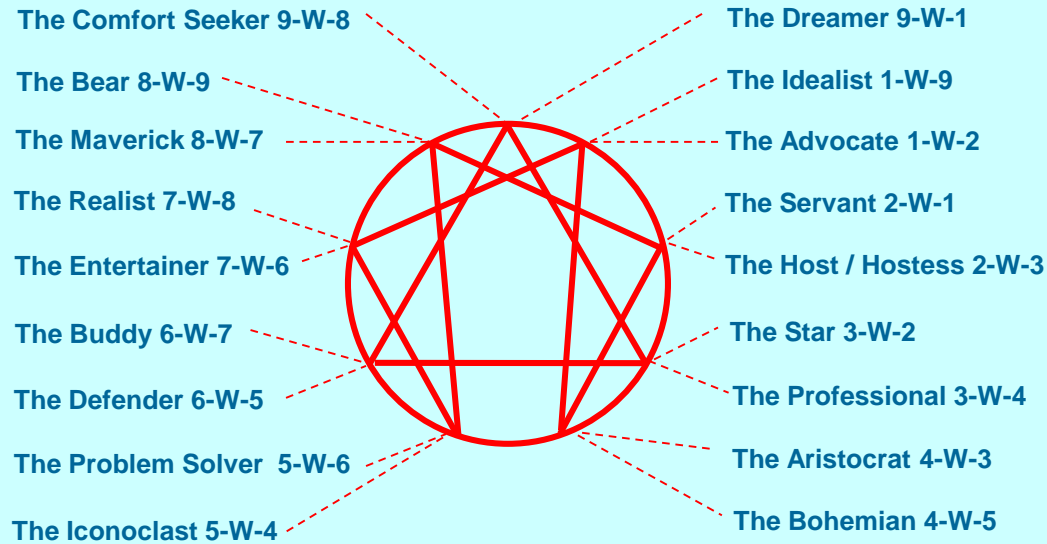
THE RICHNESS OF THE ENNEAGRAM





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WING TYPE DESCRIPTORS



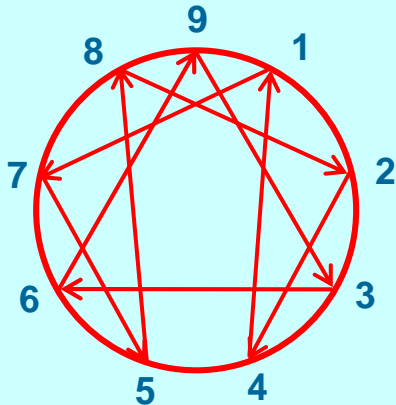
The 18 Riso-Hudson Wing Subtypes



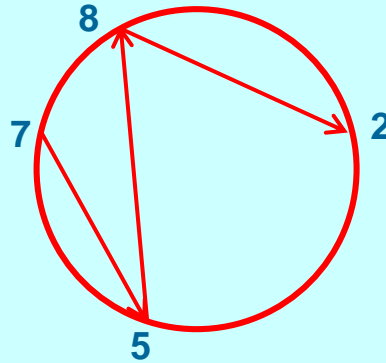
POWER & POSSIBILITIES OF THE ENNEAGRAM

STRESS & SECURE

Arrows toward Pt =
Secure Direction



8 Goes To 2 = Secure
8 Goes To 5 = Stress



5 Goes To 8 = Secure
5 Goes To 7 = Stress

Dir. Of
Integration

9-3-6

5-8-2-4

4-1-7-5

Dir. Of
Dis-integration

6-3-9

4-2-8-5

5-7-1-4



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ENNEAGRAM SUBTYPES

The Primary Focus of Attention

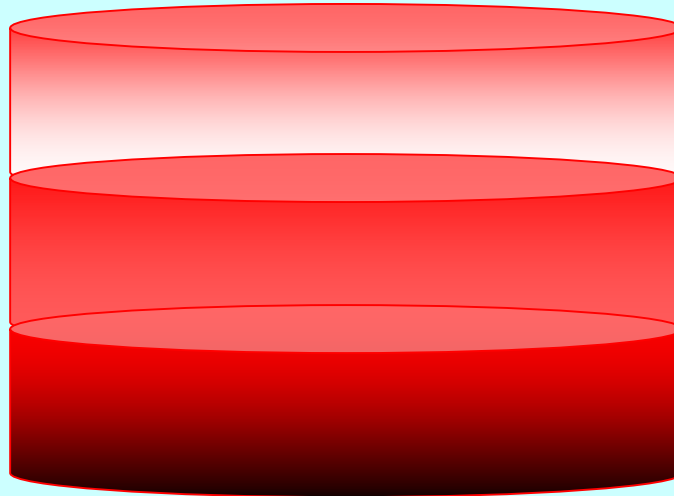
- + Self-preservation: Focused on their physical needs and the quality of their environment (safety, security and comfort)
- + Social: Focused on being accepted, involved and needed within a group (community, family, team, etc.)
- + Sexual: Focused on attraction to intensity of experience in life and intimacy in special relationships



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ENNEAGRAM DEPTH

Awakened



Entrenched

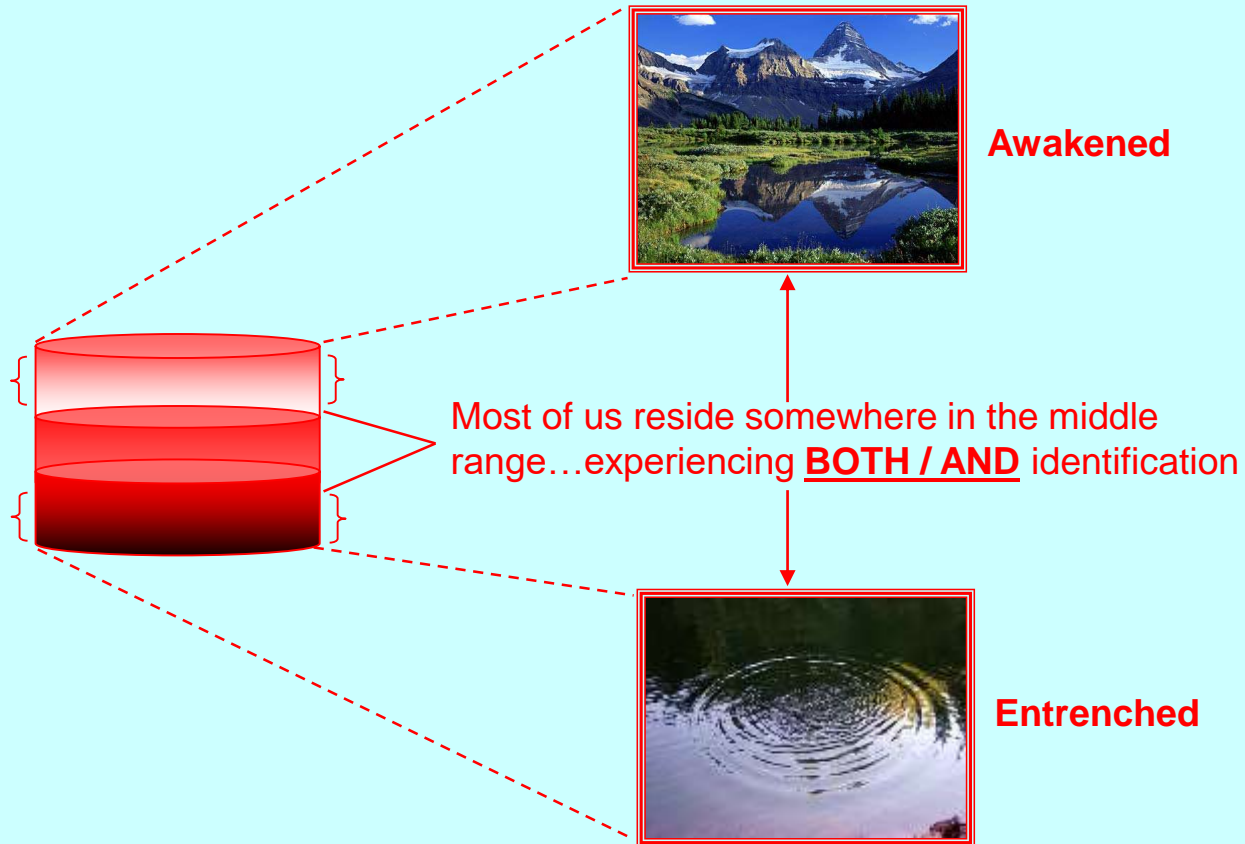


Arrows denote direction towards awakening or entrenchment



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OUR "PERSONALITY" IDENTITY





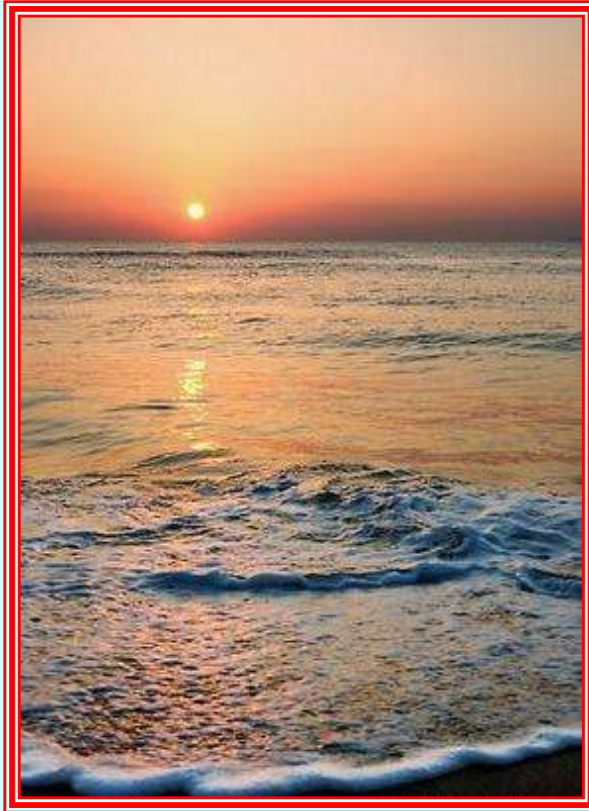
POWER & POSSIBILITIES OF THE ENNEAGRAM

NEXT STEPS

- + Continue self-study through readings**
- + Attend workshops**
- + Join upcoming in-depth 6-week Ennea group**
- + One-on-one sessions with Mike and Janet**



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*What lies behind us and what lies before us are small
matters compared to what lies within us*

-Ralph Waldo Emerson