

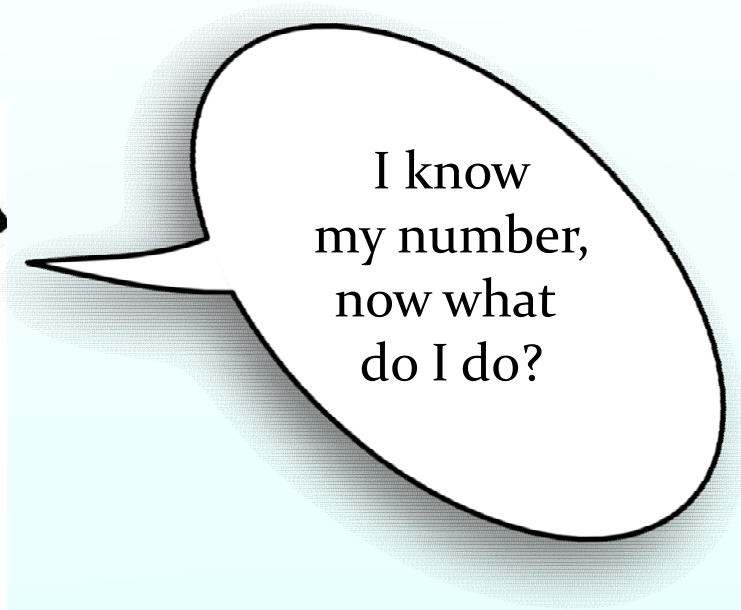
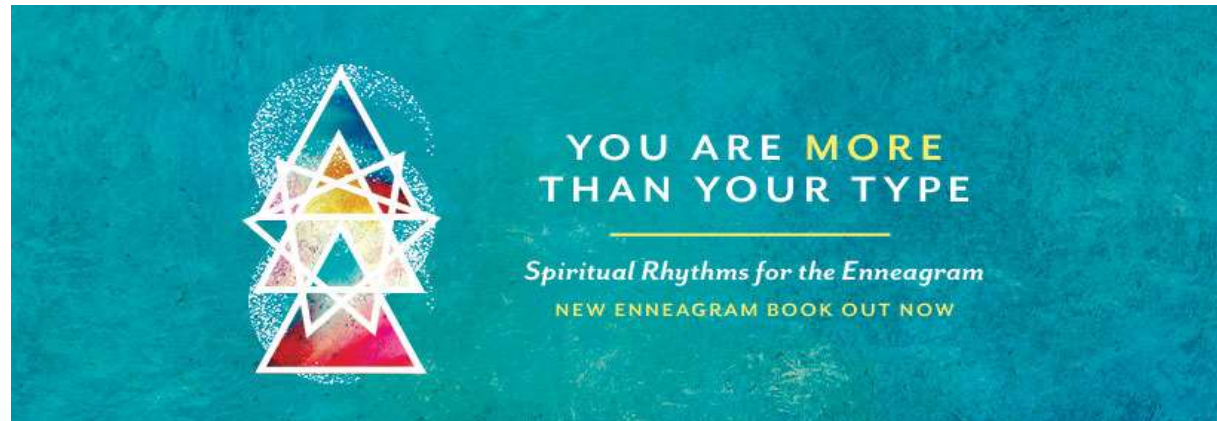


WELCOME ...

**ENNEAGRAM-
AS MIRROR TO THE SOUL**
Month Two

With Richard Groves



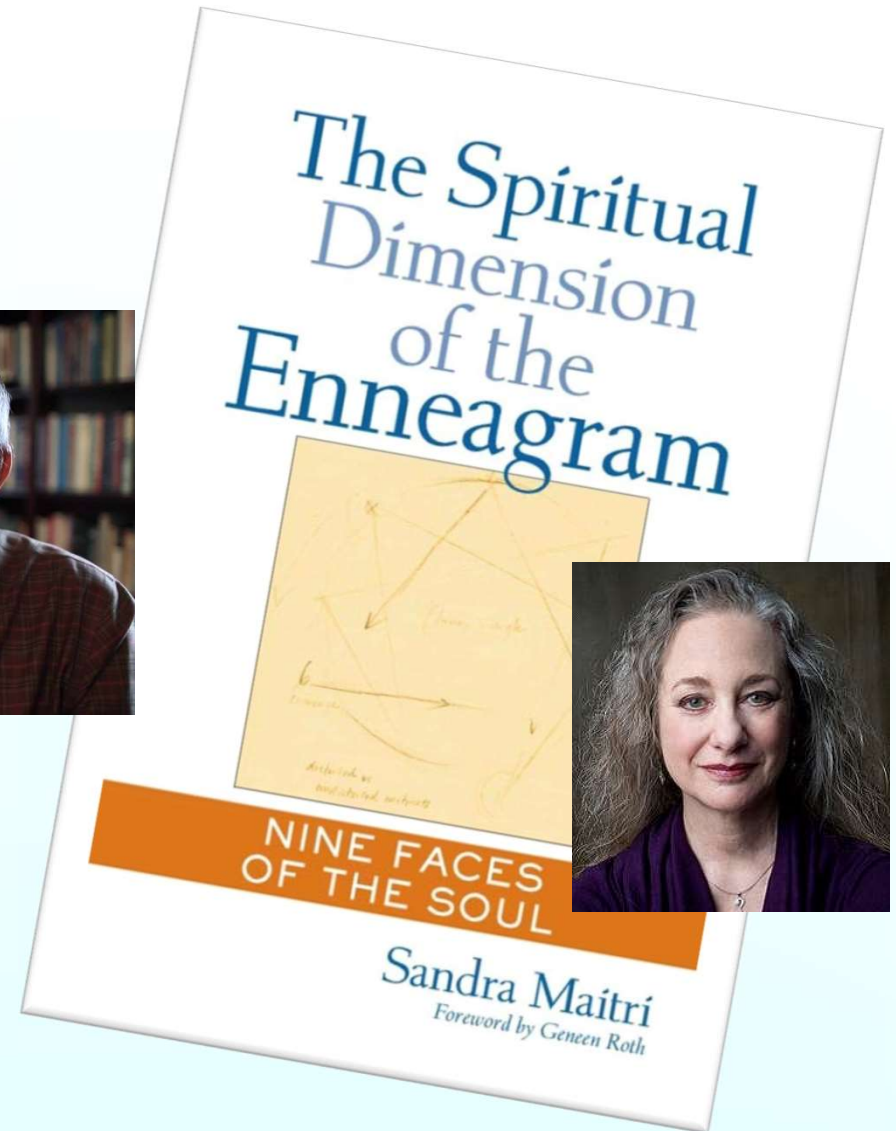
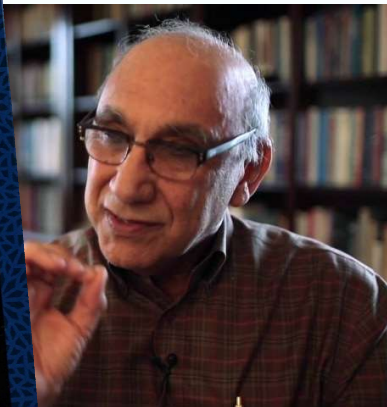
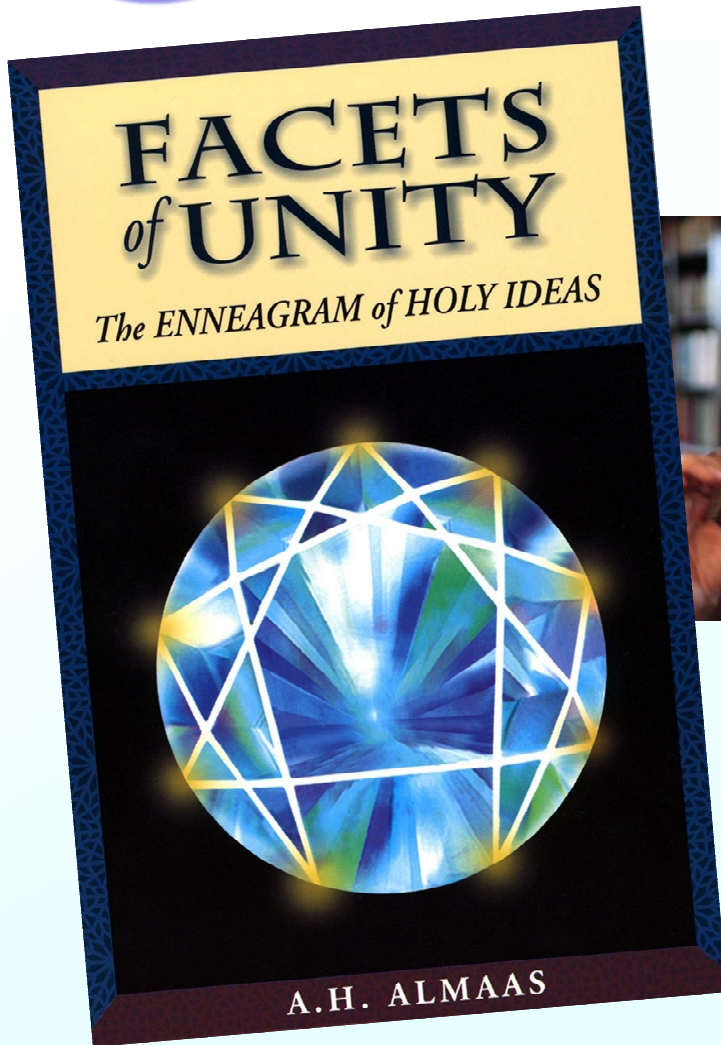




KNOW THYSELF



Nine Faces of God

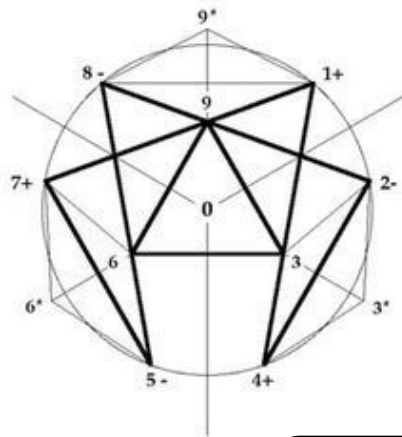




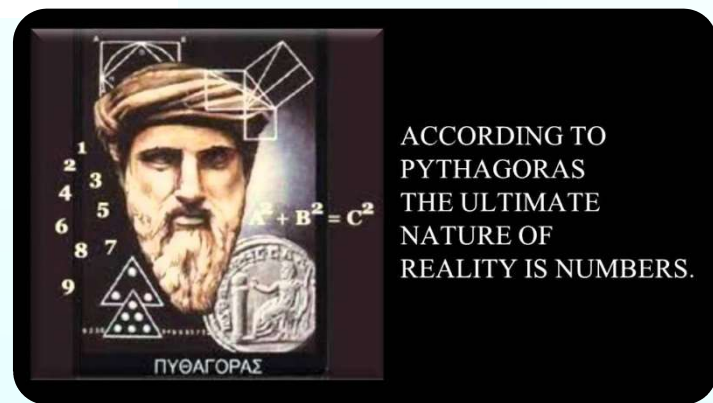
Soul Self

=

True Self



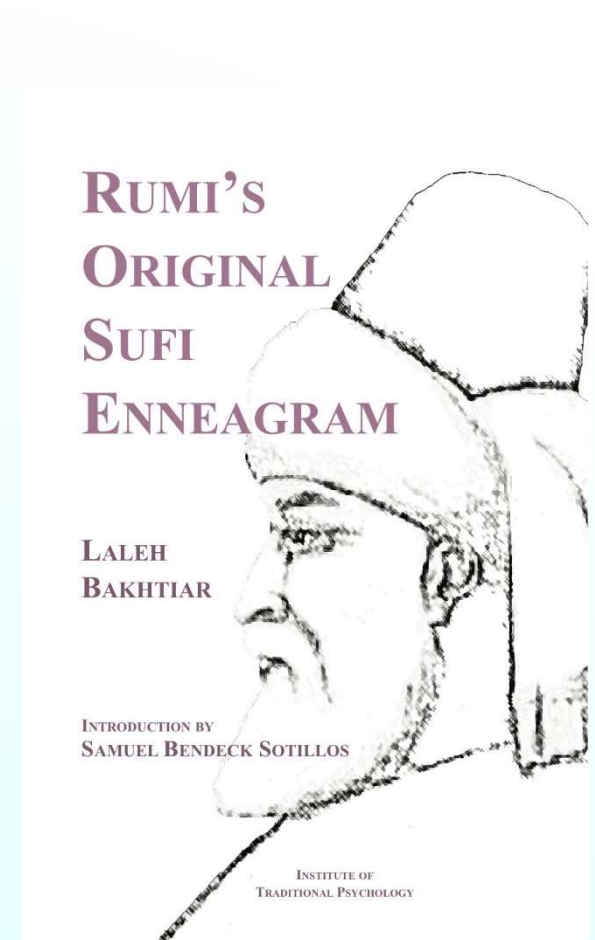
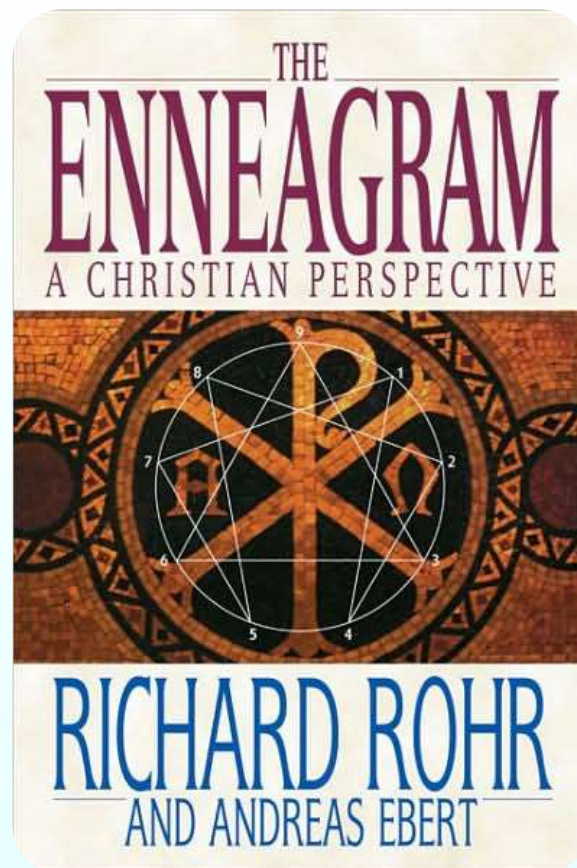
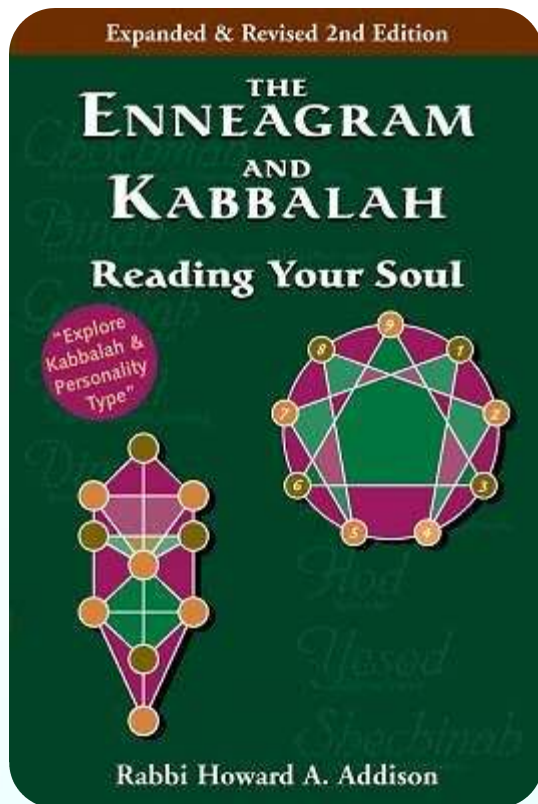
PYTHAGORAS 500 BCE

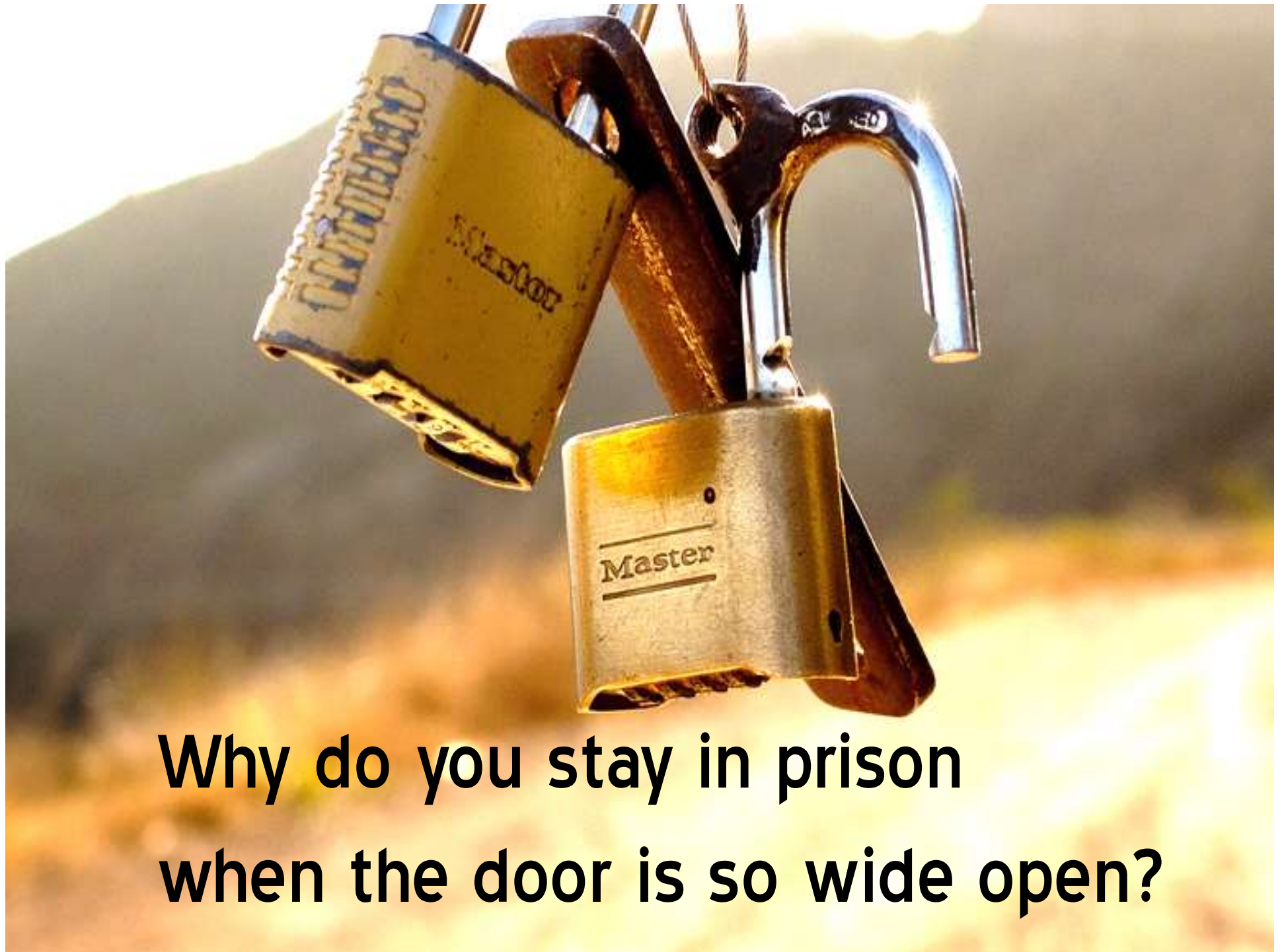


ACCORDING TO
PYTHAGORAS
THE ULTIMATE
NATURE OF
REALITY IS NUMBERS.

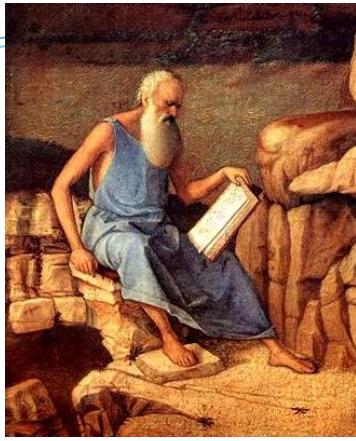
HAGIA SOPHIA





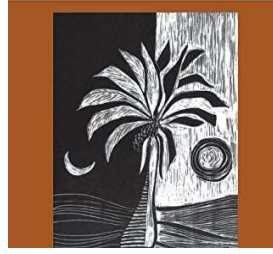


**Why do you stay in prison
when the door is so wide open?**

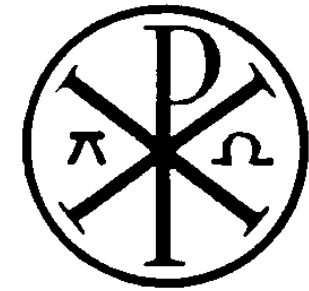


EVAGRIUS PONTICUS

The Praktikos &
Chapters On Prayer



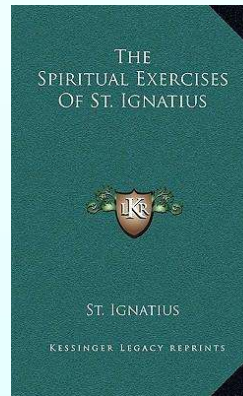
4th century
A Guide for Seekers



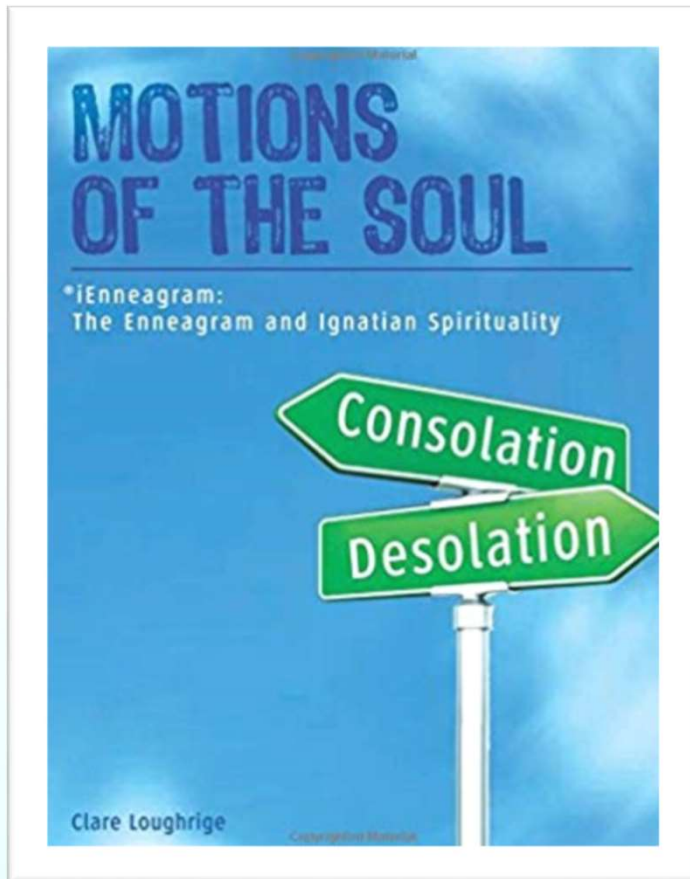
Historical
Harmonizers



13th century
Map for Enlightenment



16th century
Sacred Psychology
for Discernment



Ignatian Spirituality Finding the Divine in all things...





SPIRITUALITY OF THE ENNEAGRAM



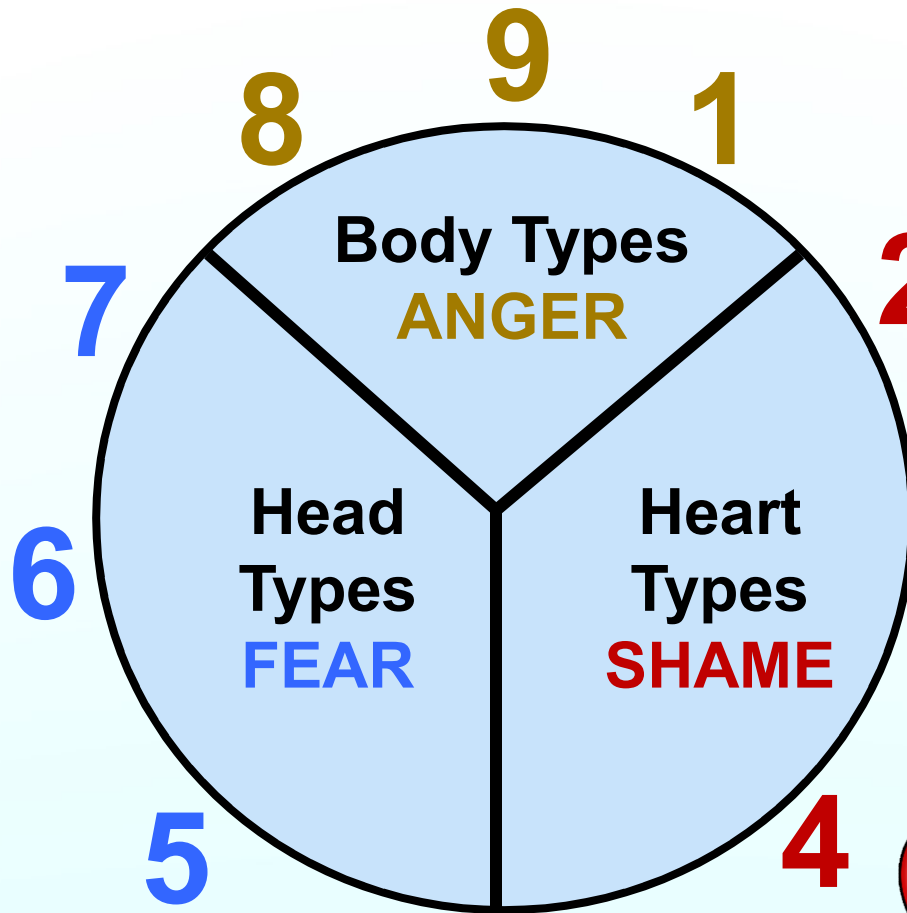
1. THREE CENTERS OF INTELLIGENCE

2. SOUL CHILD AS MAP FOR AWAKENING

3. TRANSFORMATIONAL PRACTICES



THREE CENTERS OF INTELLIGENCE



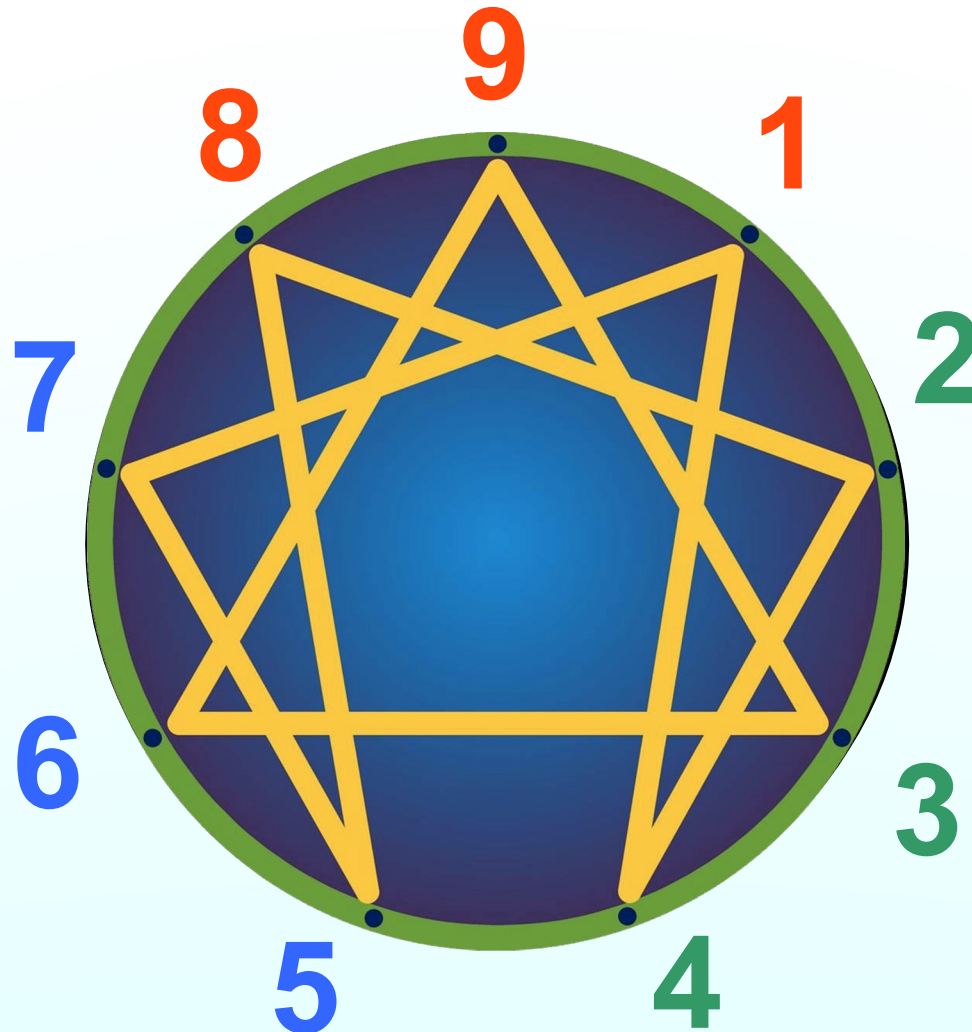
**PHYSICAL/
DOING**



3 **EMOTIONAL/
FEELING**



While traditional Enneagram theory is built on these three Centers of Intelligence, it doesn't provide ways to access them...



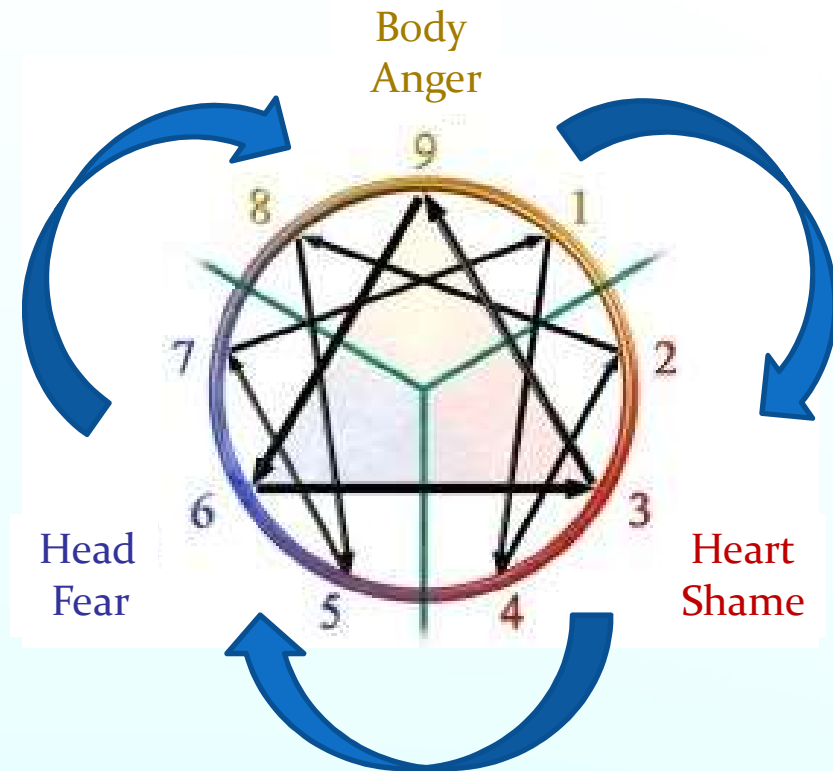




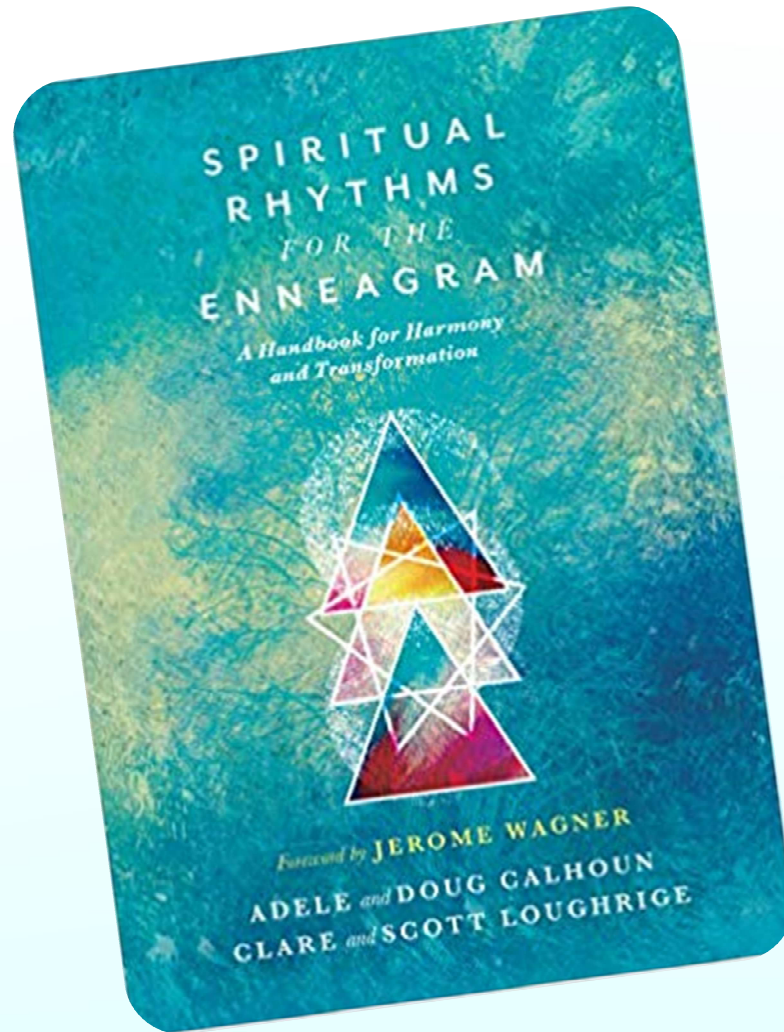
OUTER FLOW OF THE ENNEAGRAM



WINGS: TYPES ON EITHER SIDE OF OUR HOME SPACE



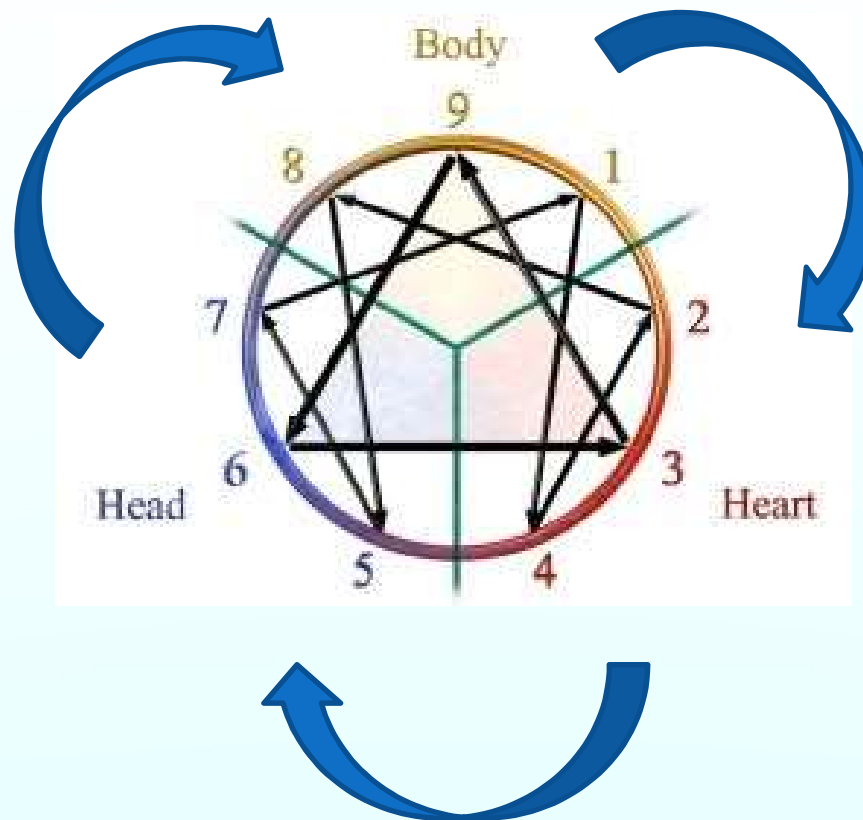
TRIADS: OUR PRIMARY CENTERS OF INTELLIGENCE



Enneagram of Harmony



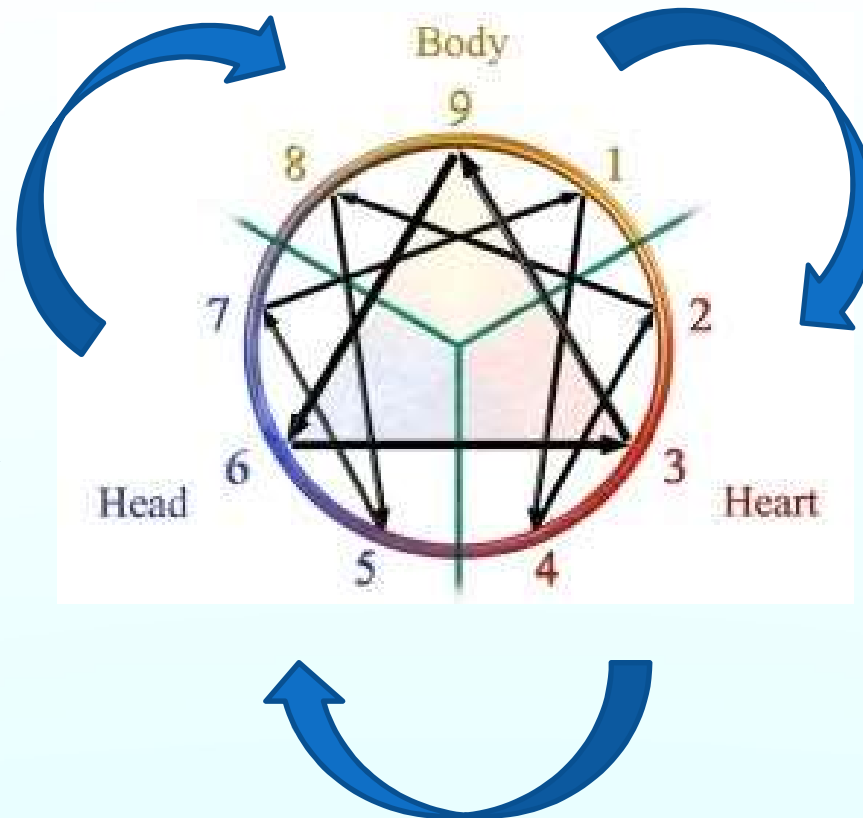
DIVINE RHYTHM OF THE ENNEAGRAM





SACRED QUESTIONS

WHAT DOES YOUR
HEAD (IQ) THINK?



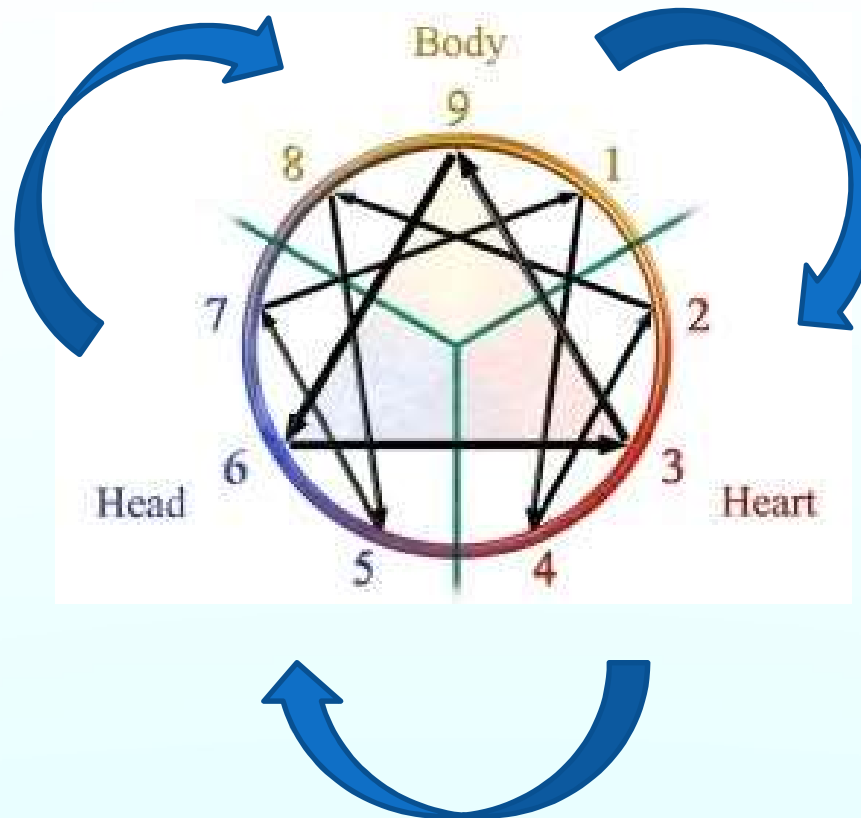
WHAT DOES YOUR
GUT INSTINCT
(GQ) KNOW?

WHAT DOES YOUR
HEART (EQ) FEEL?



ENNEAGRAM OF HARMONY

WHAT DOES YOUR
HEAD (IQ) THINK?



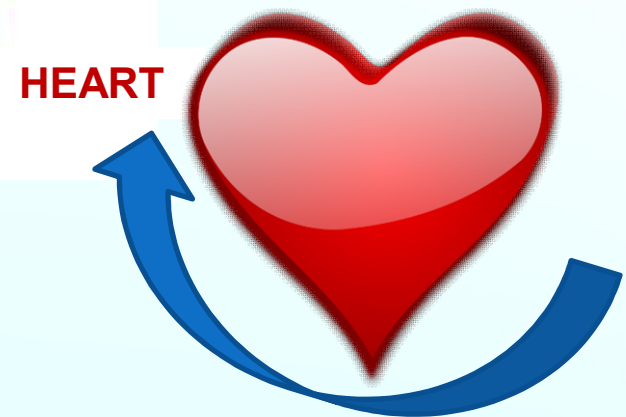
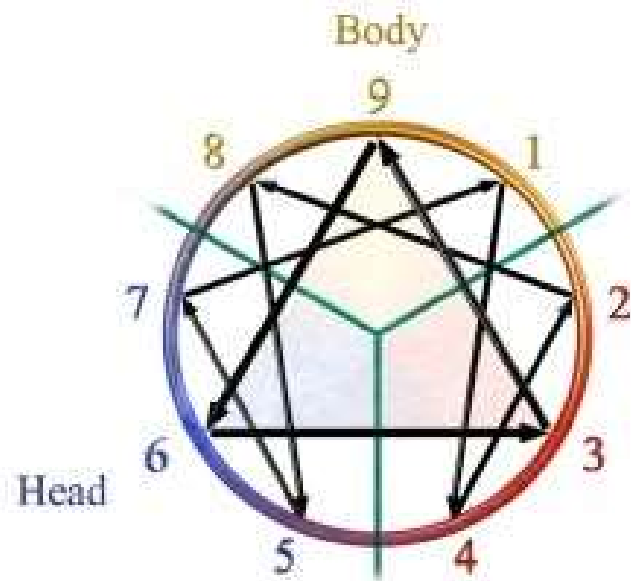
WHAT DOES YOUR
GUT INSTINCT
(GQ) KNOW?

WHAT DOES YOUR
HEART (EQ) FEEL?

What Harmony Comes From These Three Ways of Knowing?



SPIRITUAL HARMONY FOR THE HEART SPACE



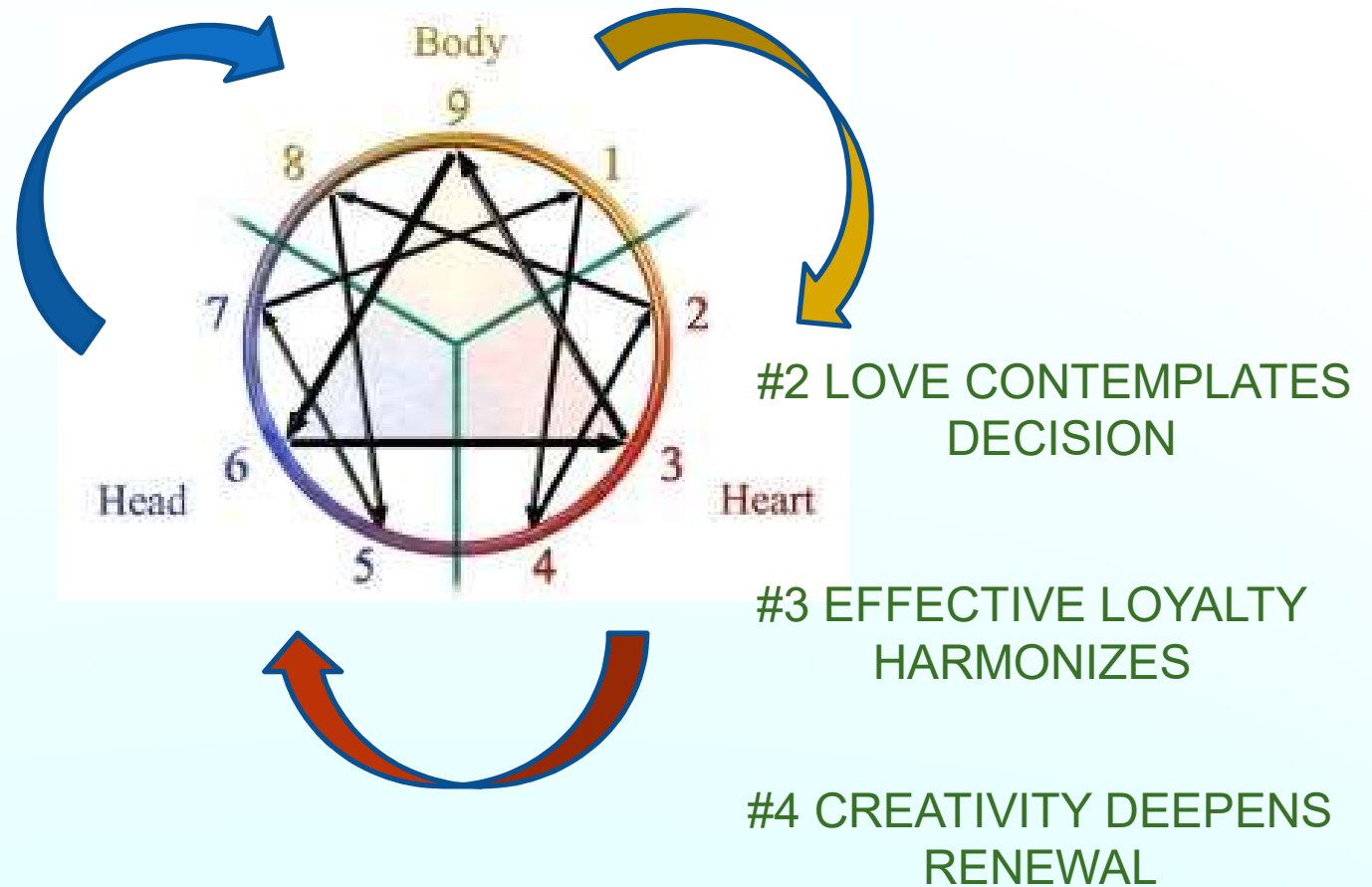


HEART SPACE METAPHOR





HEART SPACE HARMONY

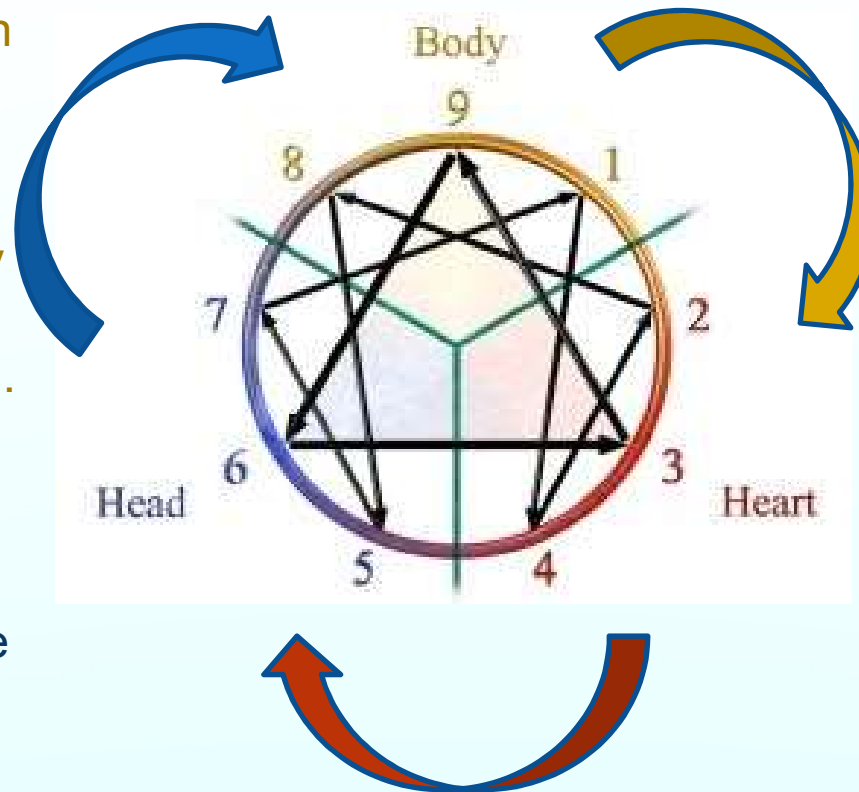




HEART SPACE HARMONY

3) Once the mind and heart are no longer in opposition, the personality finds refuge in the Body Center where Reality transcends mere feeling and thinking...

2) In the Head Space the personality finds relief in the gifts of the Feeling Center which allow the space to move from reactivity to patience and wisdom.

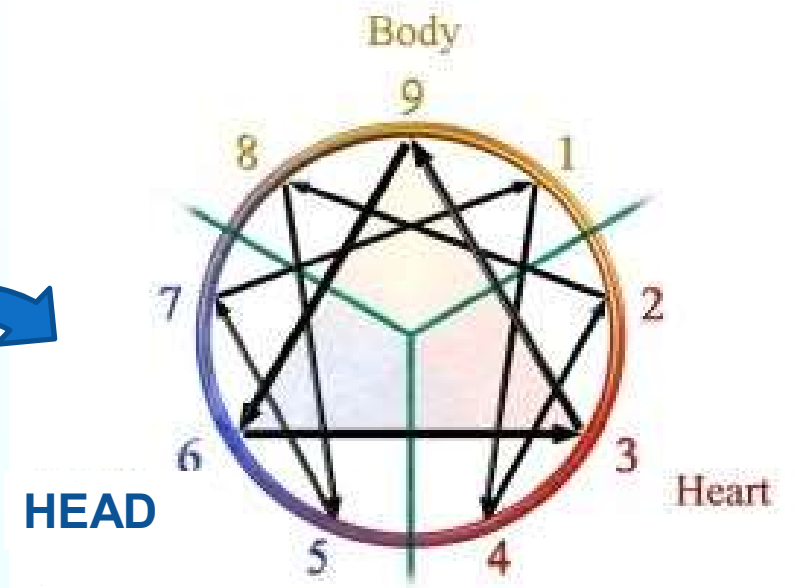


4) Finally the personality returns home with an ability to love out of Truth without expectation or attachment.

1) Moving from the Heart Center to the Head Center begins the process of moving the personality away from subjectivity and emotionalism.



SPIRITUAL HARMONY FOR THE HEAD SPACE





HEAD SPACE METAPHOR



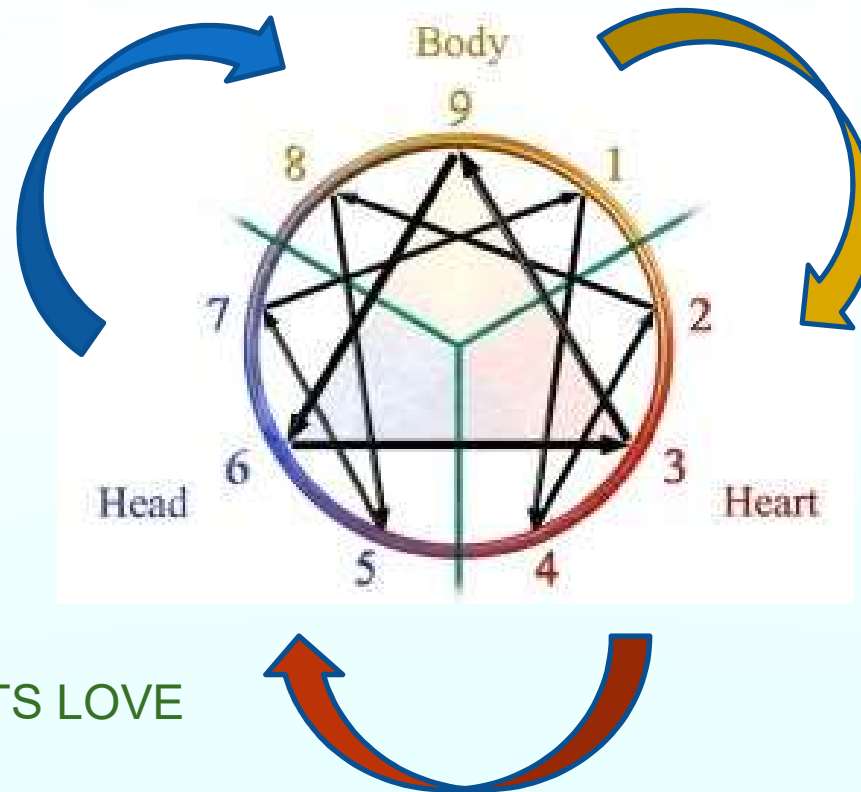


HEAD SPACE HARMONY

#7 TRUE JOY HEALS DEEPLY

#6 FAITHFULNESS
PRODUCES
HARMONY

#5 WISDOM DIRECTS LOVE

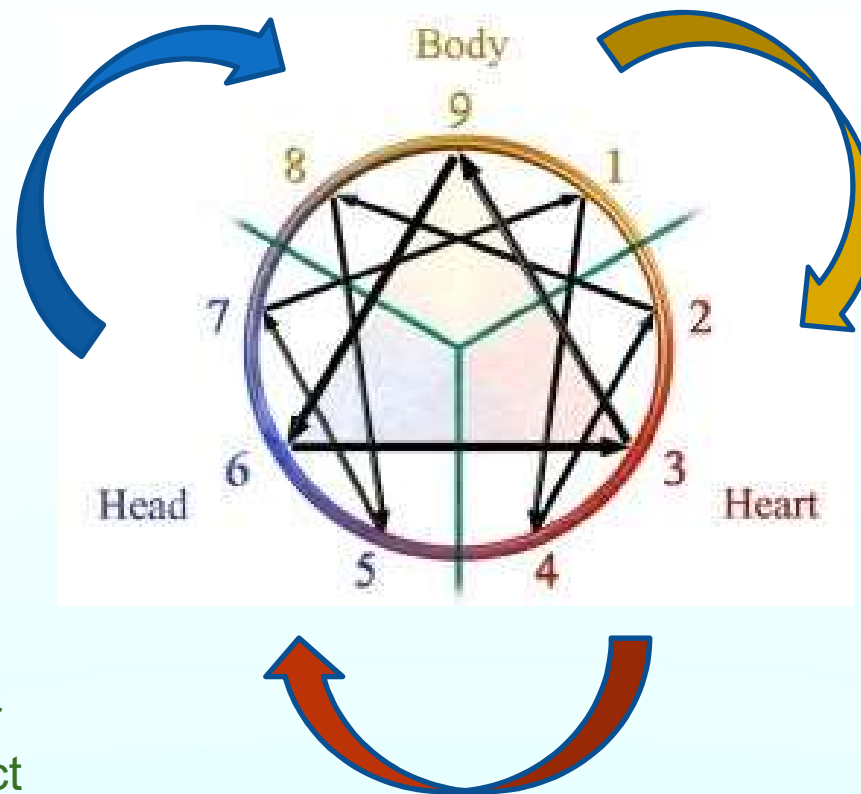




HEAD SPACE HARMONY

1) Moving from the Head Center to the Gut Center begins to ground the intellect in reality; you cannot find this harmony by staying in your home center

4) Finally, the Head Space personality returns home having experienced Great Mind which allows for the gifts of the intellect to be clear, focused and of service

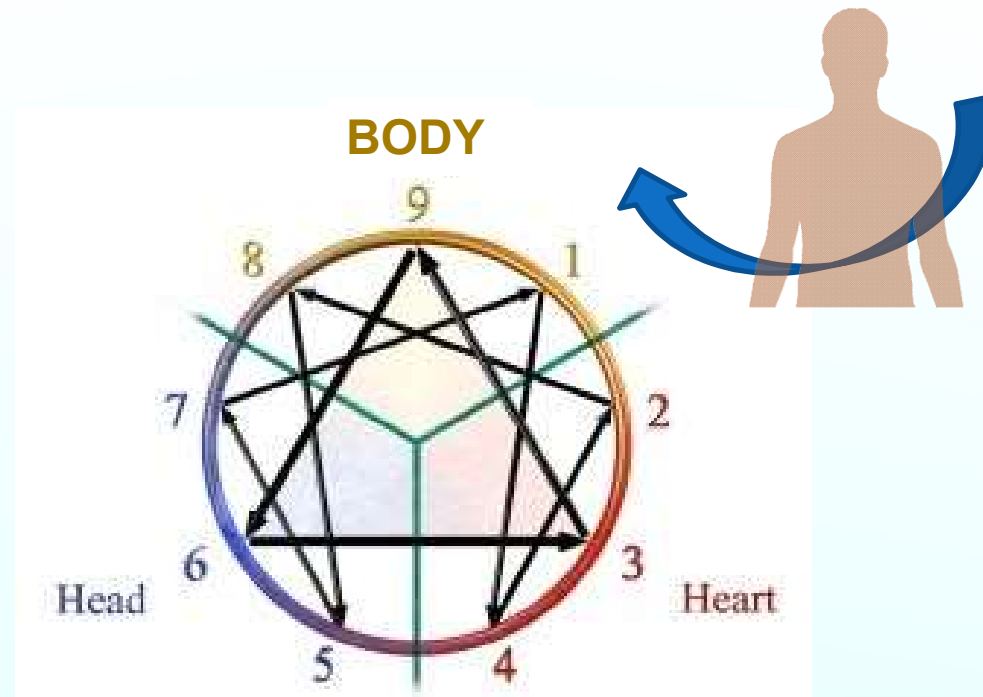


2) Once the mind is stabilized in the body clearer, more objective thinking can result...

3) Then, the movement to the Heart Center can expand the limited self to begin including all essential relationships



SPIRITUAL HARMONY FOR THE BODY SPACE





GUT SPACE METAPHOR



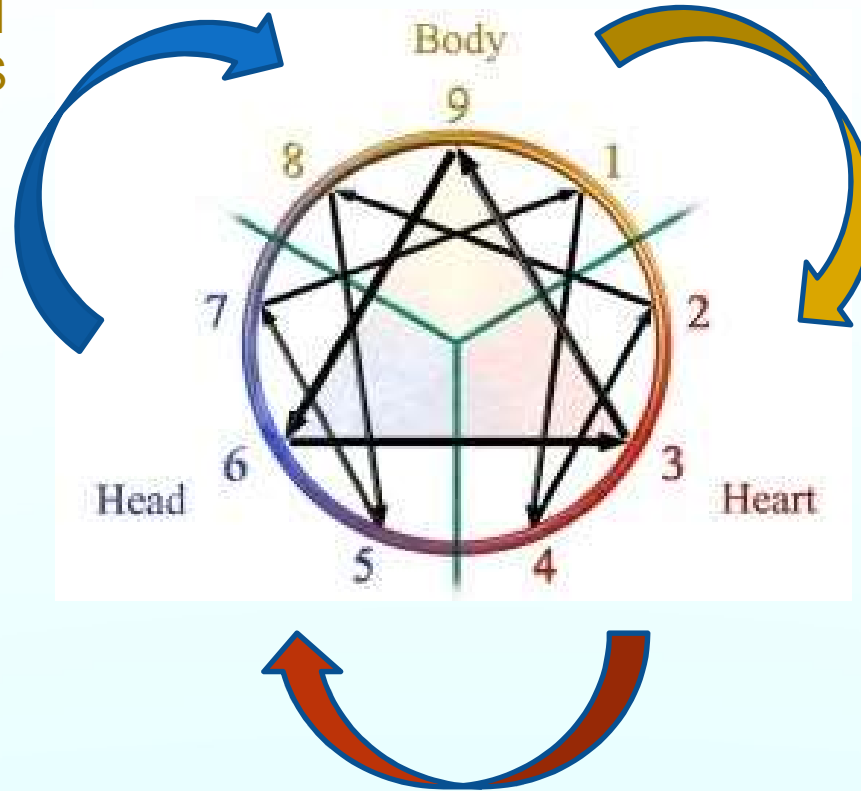


GUT SPACE HARMONY

#4 PEACE GENERATES
TEAMWORK

#8 STRENGTH
EMBRACES
REALITY

#1 GOODNESS
CREATES
JOY

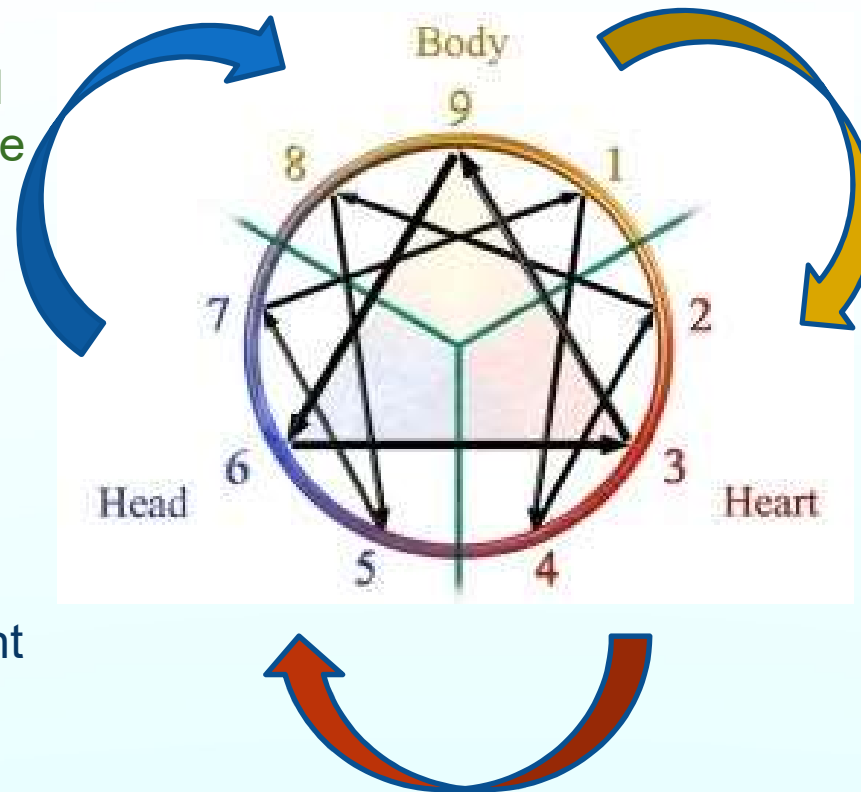




GUT SPACE HARMONY

4) Finally, the Gut Center returns home with the strength and stability to engage the world and self with trustworthy instincts.

3) In the Head Space the personality finds the need for a different kind of wisdom that is neither arrogant or controlling.



1) Moving from the Gut Center to the Heart Center begins the process of moving the personality away from stubborn control and unproductive anger.

2) In the Heart Space the personality learns that empathy and peace only develop in relationship with others.



SPIRITUALITY OF THE ENNEAGRAM

1. THREE CENTERS OF INTELLIGENCE



2. SOUL CHILD AS MAP FOR AWAKENING

3. TRANSFORMATIONAL PRACTICES



**Our
Essential
Self**

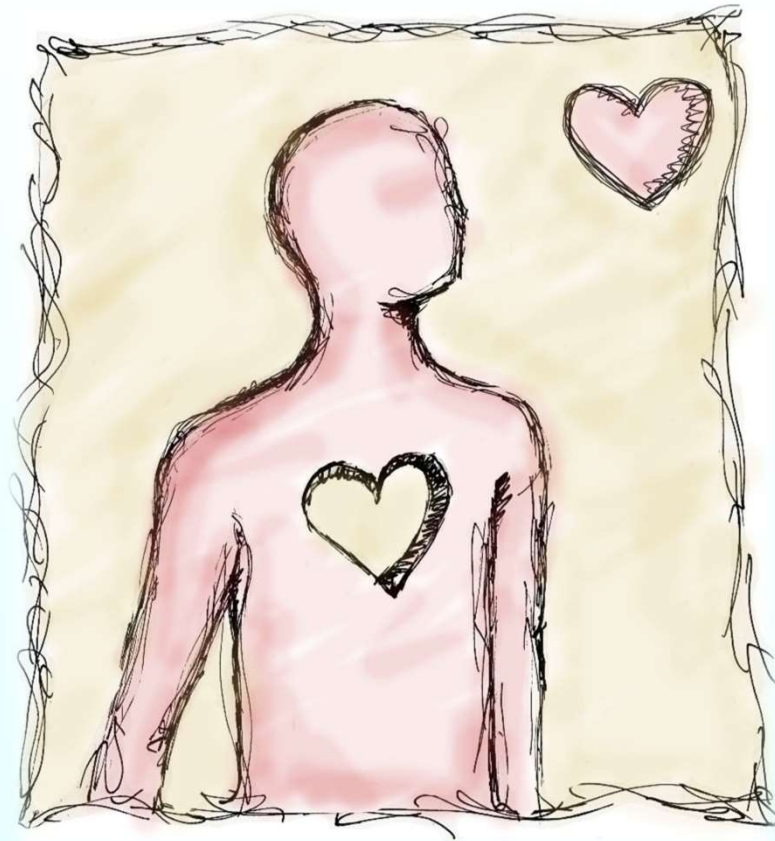
ESSENCE

**An intelligent living force
that underlies our conditioned personality...
Who we innately were/are before exterior
impressions influence us**





EMBRACING OUR SOUL CHILD



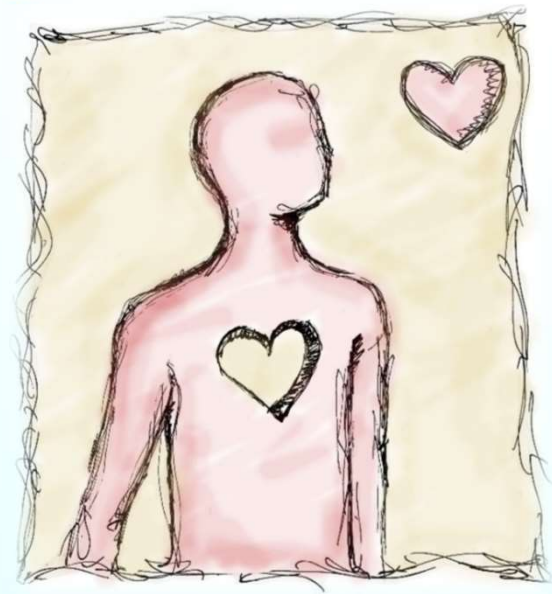


OUR SOUL CHILD

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...



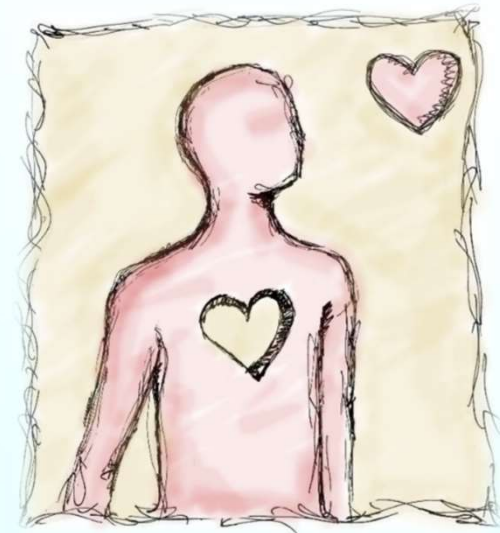


OUR HEART POINT

The nature of the **Heart Point** correlate to one of the most problematic structures in our soul called the **Soul Child** (Almaas/Diamond Approach)

Our soul child is a part of our consciousness that was arrested when we were very young

The **Soul Child** feels to the Ego-self like it is a part of us that is still a child...

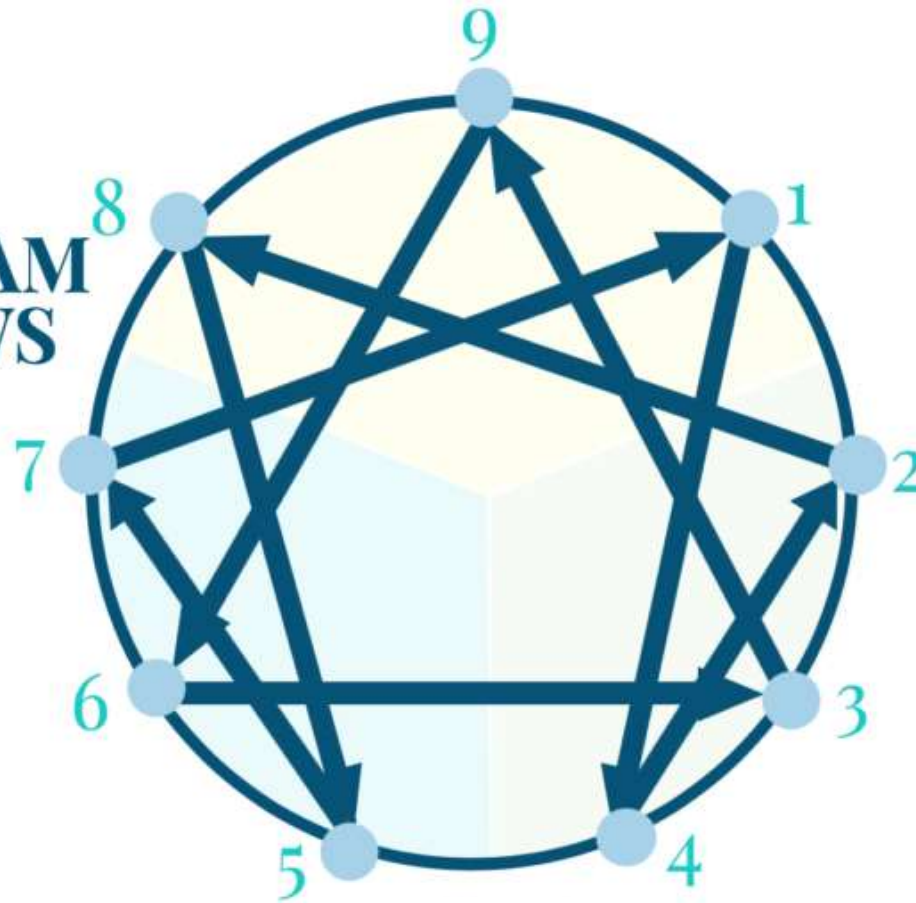






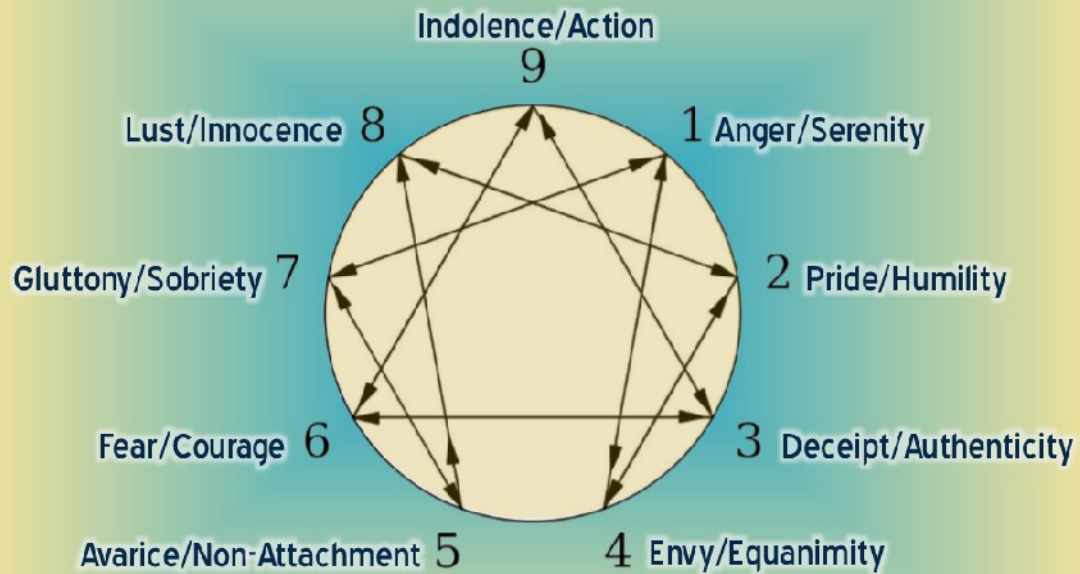
DIRECTIONS OF INTEGRATION VS. DISINTEGRATION

**ENNEAGRAM
ARROWS**





Passions and Virtues





*Your gift overly attached to
becomes your suffering...*

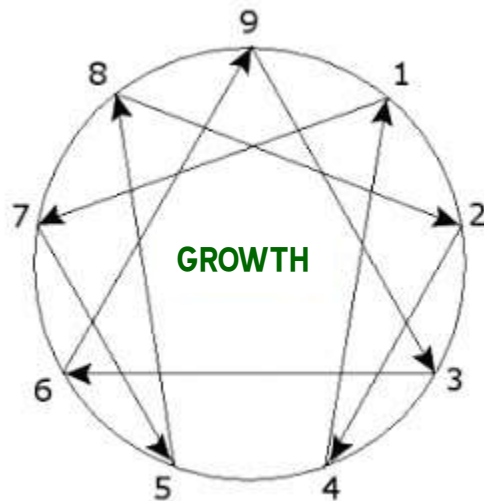


AVOIDANCES

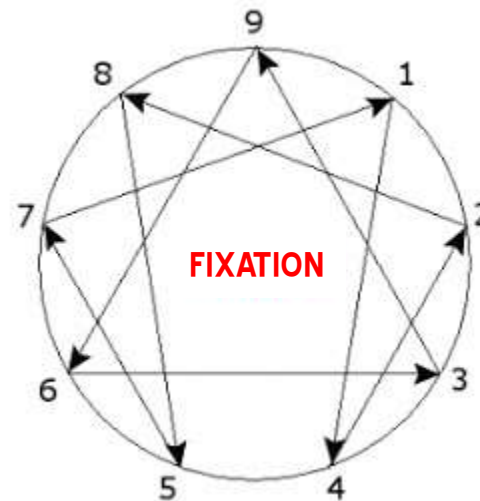




INNER FLOW OF THE ENNEAGRAM



AGAINST THE ARROW
"HEART POINT"



WITH THE ARROW
"TRANCE POINT"



OUR SOUL'S ESSENCE



IMMATURE
QUALITIES



NEGATIVE
PASSION

Enneagram ♥ Virtues ✨ Vices

♥ Discernment, Right-Action

✨ Comfort, Sloth

9

♥ Temperance 8

✨ Lust

1 ♥ Tolerance/Serenity

✨ Anger/Wrath

♥ Patience, Constancy 7

✨ Conceit, Gluttony

2 ♥ Humility

✨ Pride

♥ Courage 6

✨ Fear, Doubt

3 ♥ Honesty

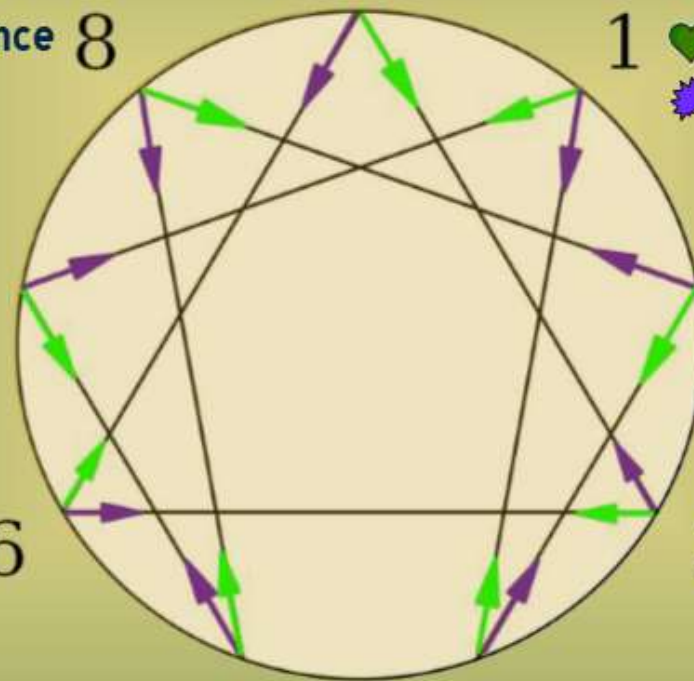
✨ Vanity, Deceit

♥ Non-Attachment 5

✨ Greed, Avarice

4 ♥ Gratitude, Calm

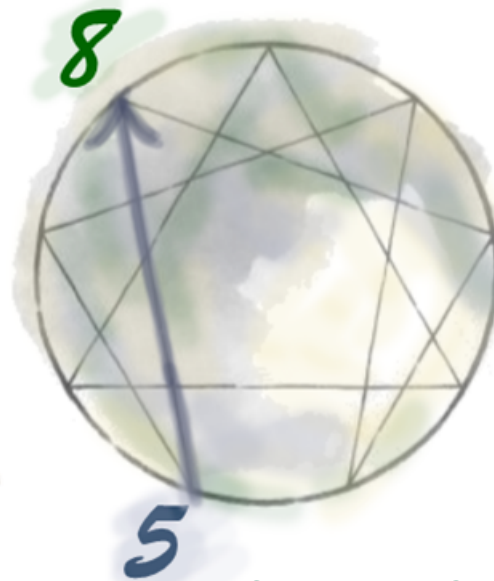
✨ Jealousy





SOUL CHILD OF TYPE #5

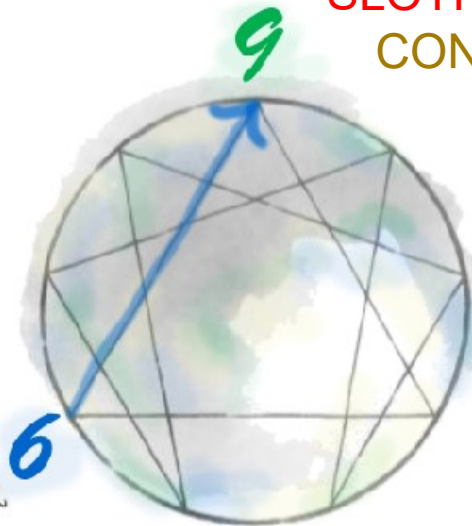
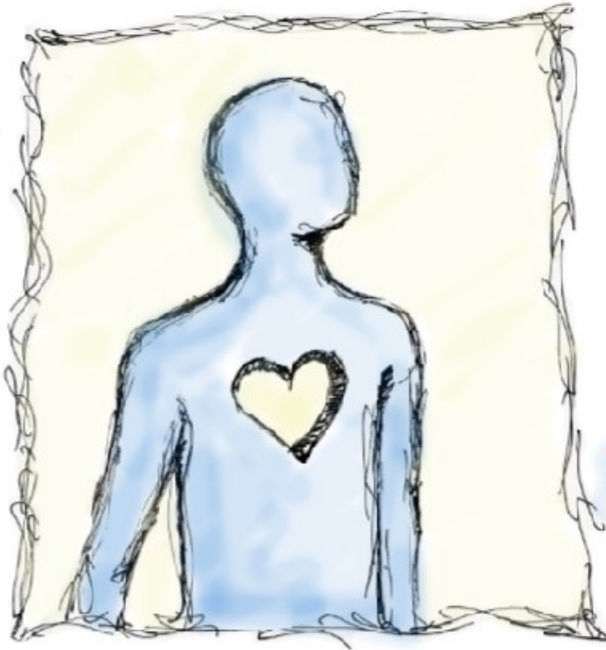
TEMPERANCE (Strength)
LUST (Challenge/Passion)
ARROGANCE (Avoidance)



NON ATTACHMENT (Strength)
AVARICE (Challenge/Passion)
EMPTINESS (Avoidance)



SOUL CHILD OF TYPE #6



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



COURAGE (Strength)
FEAR (Challenge/Passion)
DEVIANCE (Avoidance)



SOUL CHILD OF TYPE #7

SOBRIETY (Strength)

GLUTTONY (Challenge/Passion)

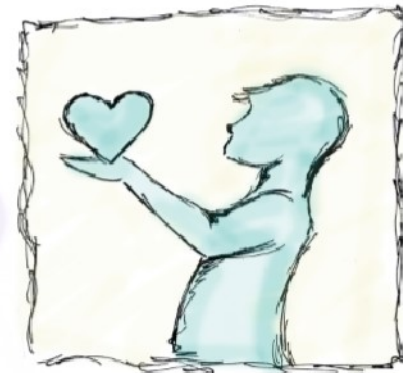
PAIN (Avoidance)



7



5



NON ATTACHMENT (Strength)

AVARICE (Challenge/Passion)

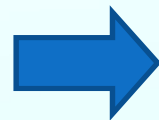
EMPTINESS (Avoidance)



SPIRITUALITY OF THE ENNEAGRAM

1. SELF AWARENESS TO SOULFULNESS

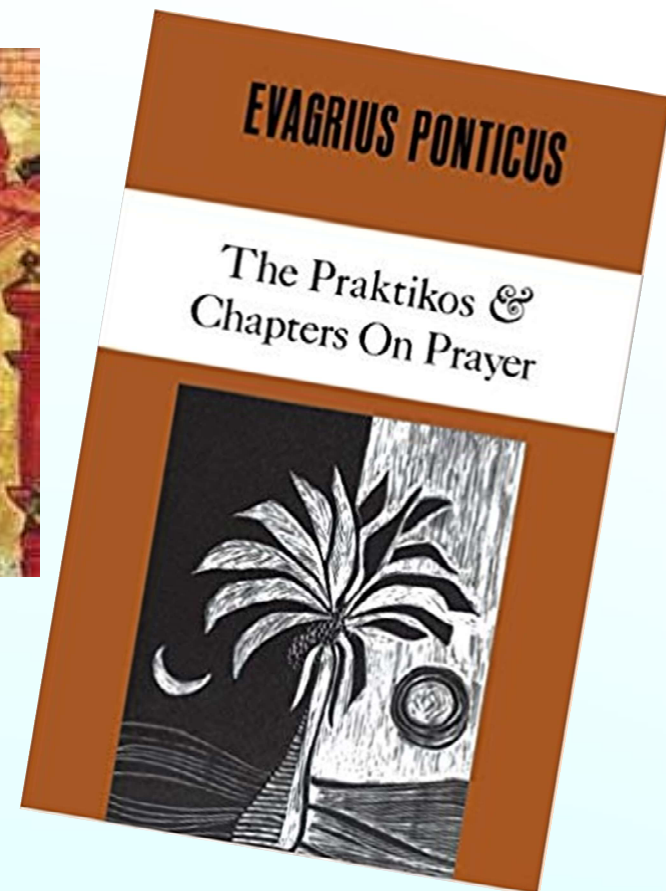
2. THE SOUL CHILD PARADOX



3. TRANSFORMATIONAL PRACTICES

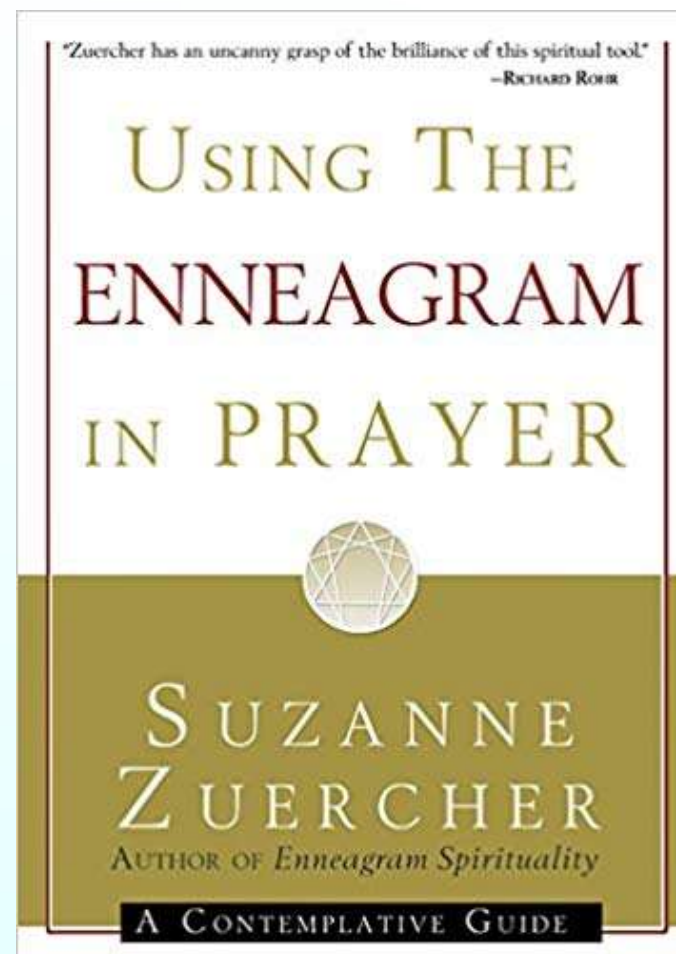
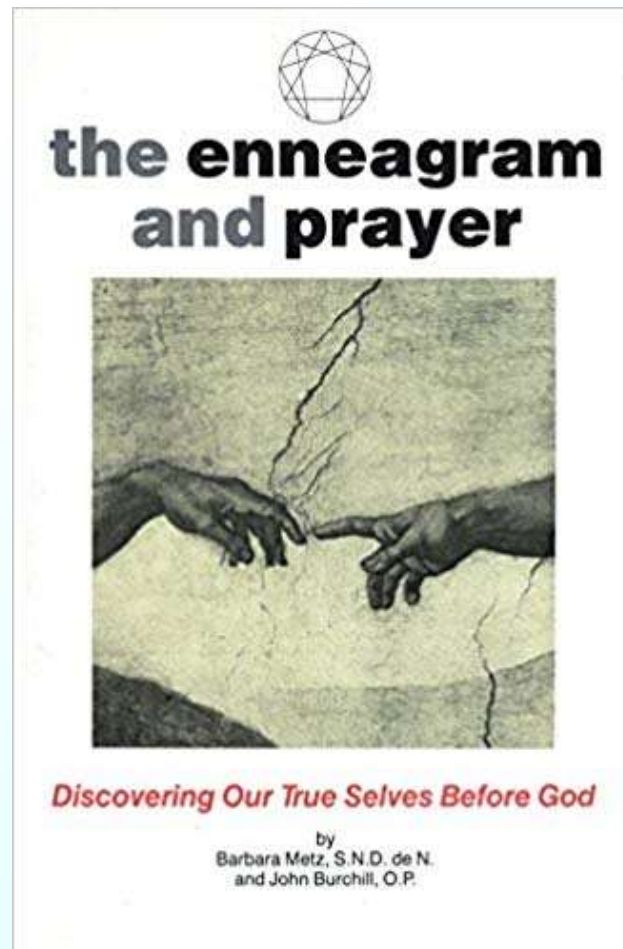


4TH CENTURY MANUAL FOR SPIRITUAL DISCERNMENT





ENNEAGRAM SPIRITUALITY RESOURCES



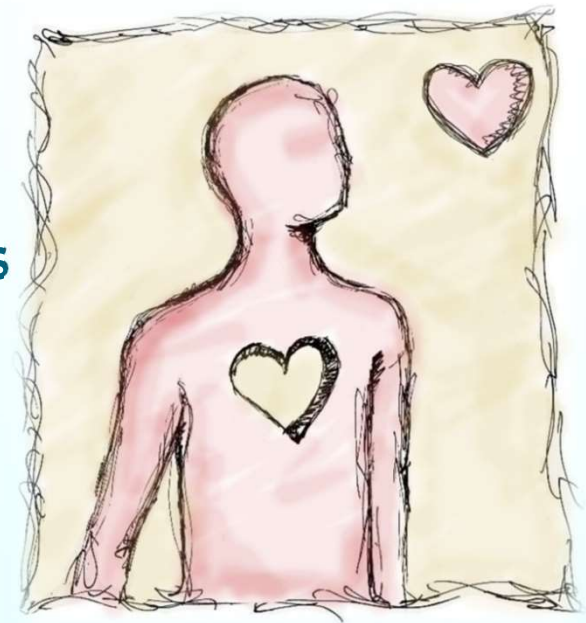


OUR SOUL CHILD

Since the aspects of our **Heart Point** were not acceptable, we developed other ones— (which move in the direction of the arrow next to our Type) since these characteristics were acceptable to our parents and/or our environment as we matured...

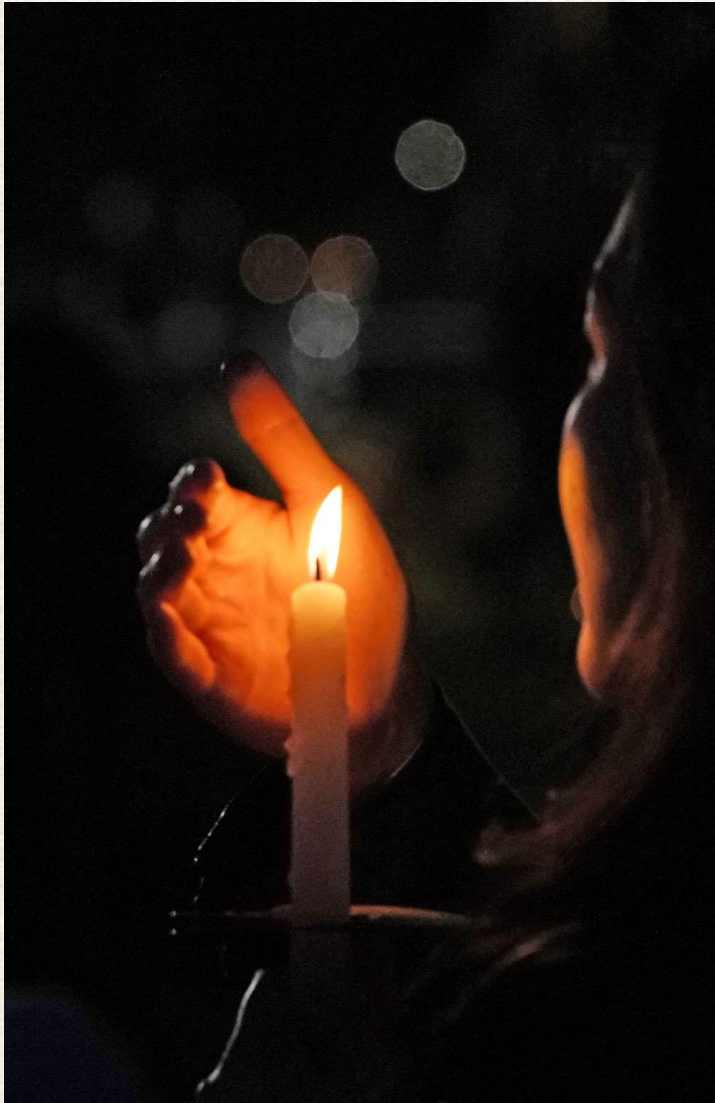
...While the **Soul Child** remained behind, gradually becoming hidden in our unconscious.

(cf. Sandra Maitri, Spiritual Dimensions of the Enneagram)



BEFRIENDING THE SHADOW

“Life’s Most Urgent Priority”



There are no exceptions.

All of us have qualities we won't let anyone see, including ourselves— so they remain hidden in our shadow. The less this shadow is embodied in our conscious life, the blacker and denser it undermines even our best intentions.



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

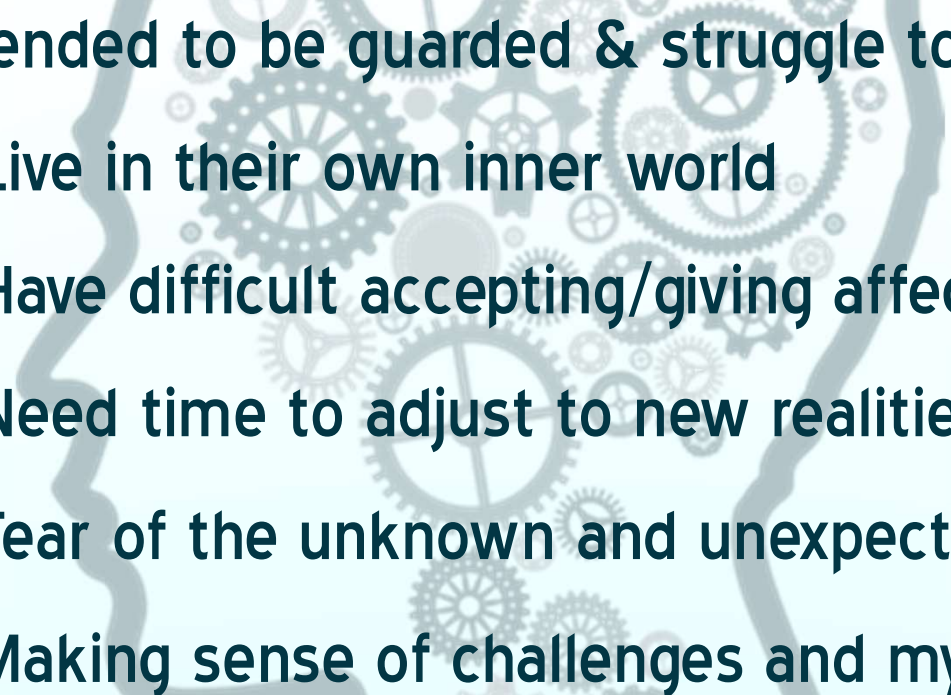
HEART SPACE SPIRITUAL PRACTICES

“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

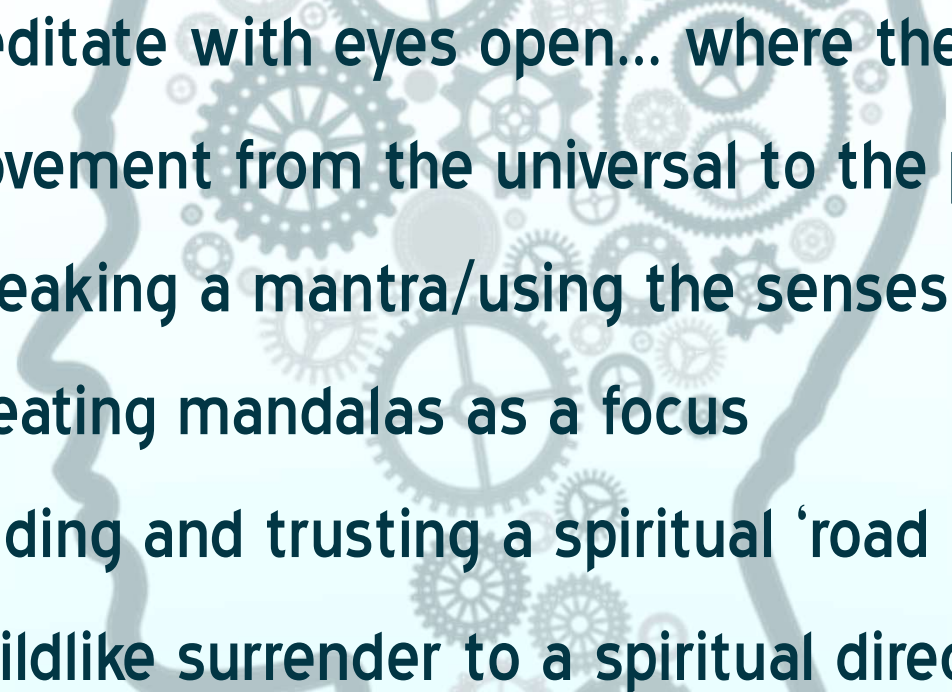
HEAD SPACE SPIRITUAL PRACTICES

SPIRITUAL OBSTACLES

- 
- Tended 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


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

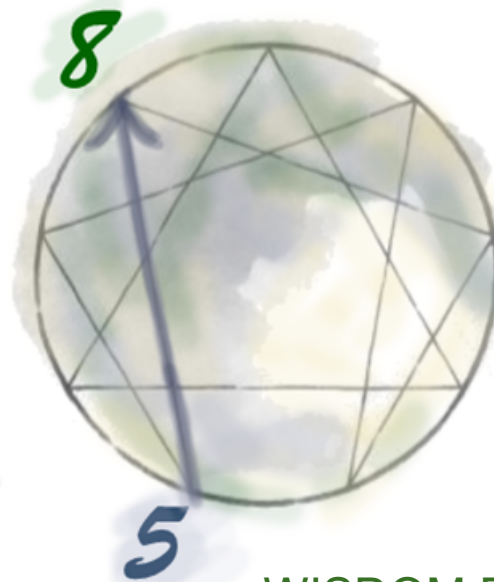
HEAD SPACE SPIRITUAL PRACTICES

“Quiet Prayer”

- 
- **Simplicity**
 - **Silence**
 - **Detachment**
 - **Surrender**
 - **Receptivity**



SOUL CHILD OF TYPE #5



WISDOM DIRECTS LOVE



TRANSFORMATIONAL IDEA: GUIDANCE OF NATURE

**How does re-remembering my
connection to nature
embody wisdom that no
longer hides from others?**



CONNECTING WITH BODY AS NATURE





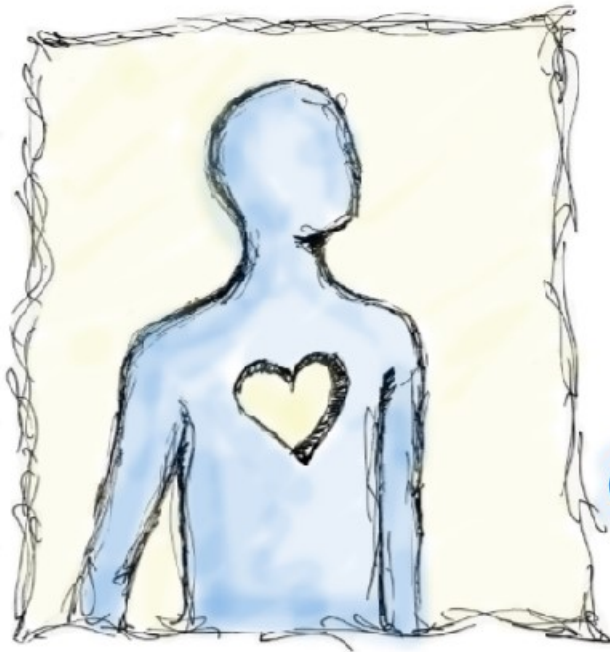
“When you let people care for you and cry for you, it can straighten out your soul...”



Simone Weil



SOUL CHILD OF TYPE #6



FAITHFULNESS
PRODUCES
HARMONY



TRANSFORMATIONAL IDEA: ALL EMBRACING TRUST

**How does deep trust
replace dread and
generate vibrant, open
hearted relationships?**





“Don’t ask yourself what the world needs. Ask yourself what makes you come alive and then go do that...”



Pope Francis



**JUST LOOK
DON'T THINK**

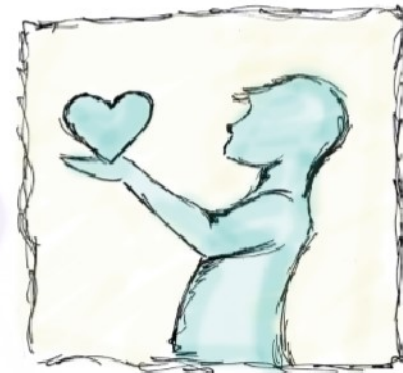




SOUL CHILD OF TYPE #7



TRUE JOY HEALS DEEPLY





TRANSFORMATIONAL IDEA: CO CREATION

How can 'less' create
an opening for more
healed relationships?





**“There are moments when it is clear—
if I have eyes to see— that the life I am
living is not the same as the life that
wants to live in me...”**



Parker Palmer

**NO
SPONTANEOUS
YESES**



JOURNAL TIME

Identify a significant area of struggle, fear or anxiety in your life... that is, your 'Tragic Gap.'

Consult the Enneagram of Harmony and journal a question/s from each of your three Centers of Intelligence.

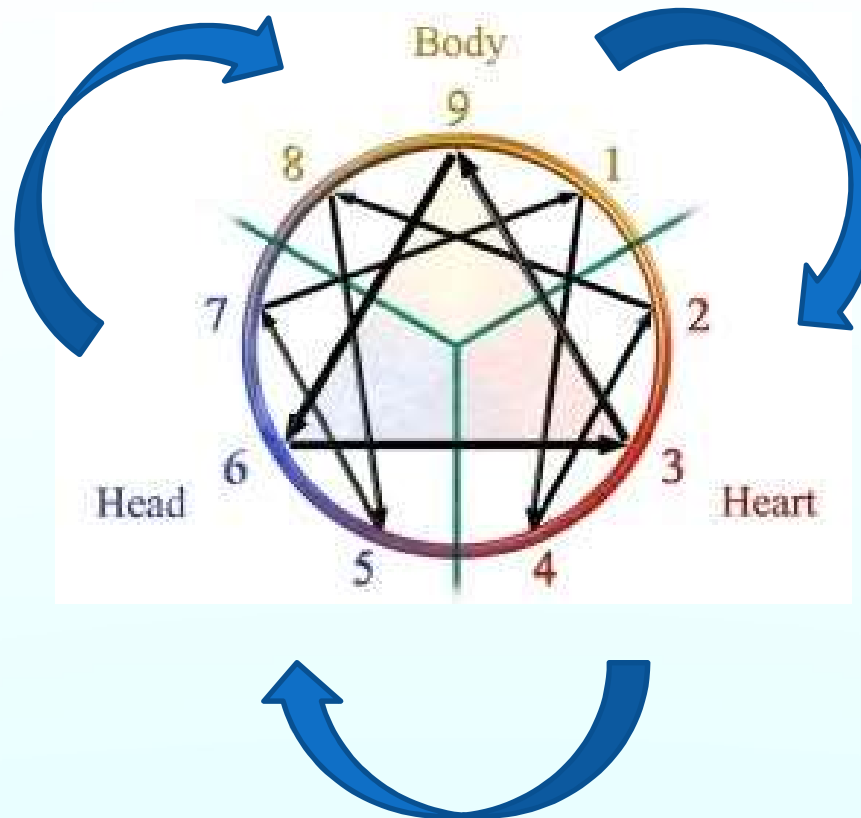
What harmony/new question/insight might begin to emerge from accessing all three ways of knowing?





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?



THE GUEST HOUSE

**This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.**

**Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.**

**The dark thought, the shame, the malice.
meet them at the door laughing and invite them in.
Be grateful for whatever comes.
because each has been sent
as a guide from beyond.**

**-- Jelaluddin Rumi,
translation by Coleman Barks**



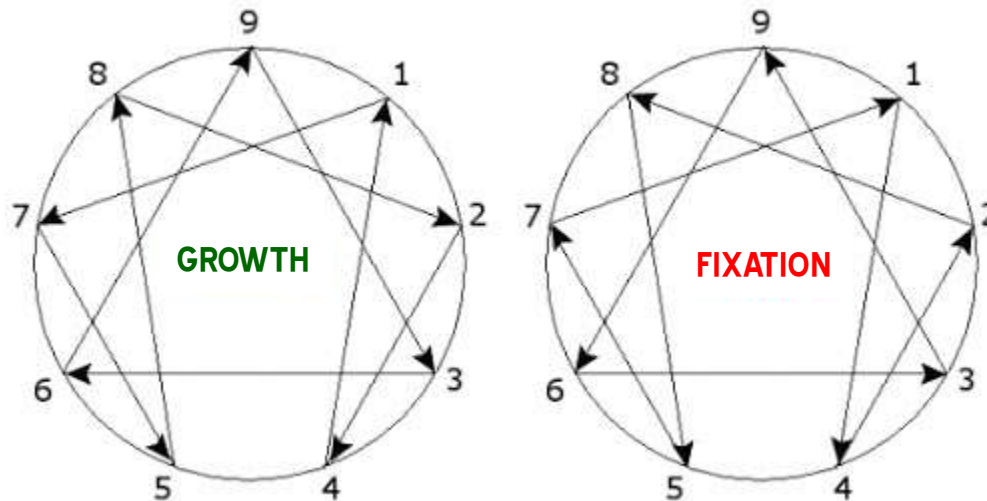
QUESTIONS FOR REFLECTION

1. What is your initial response to this poem?
2. Where does the image of a human being as 'guesthouse' land in you?
3. What is hard to welcome in your life?
4. What supports do you have to welcome everything?





INNER FLOW OF THE ENNEAGRAM



AGAINST THE ARROW
“HEART POINT”

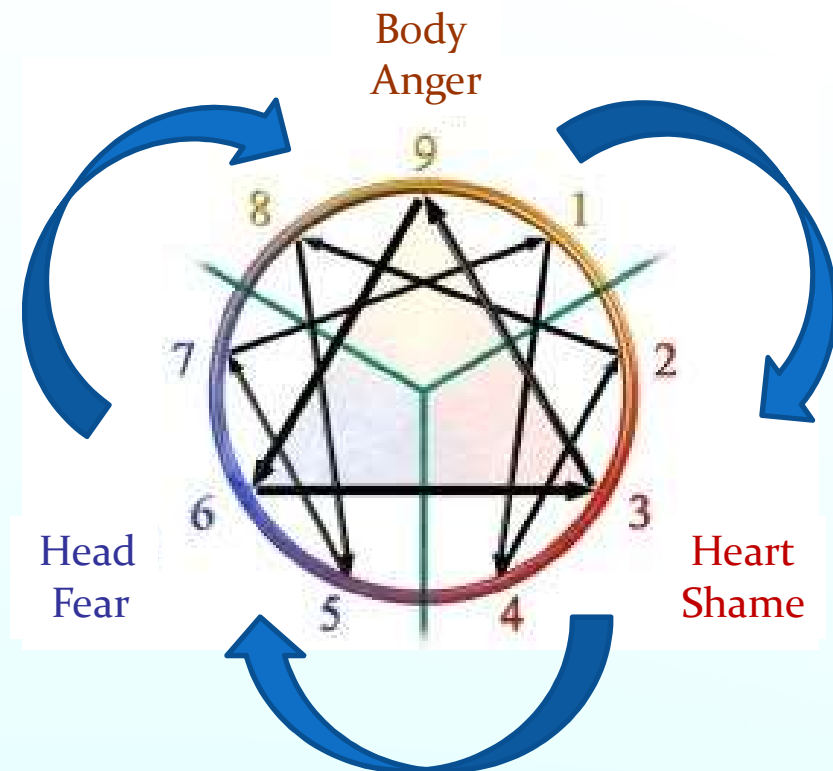
WITH THE ARROW
“TRANCE POINT”



OUTER FLOW OF THE ENNEAGRAM



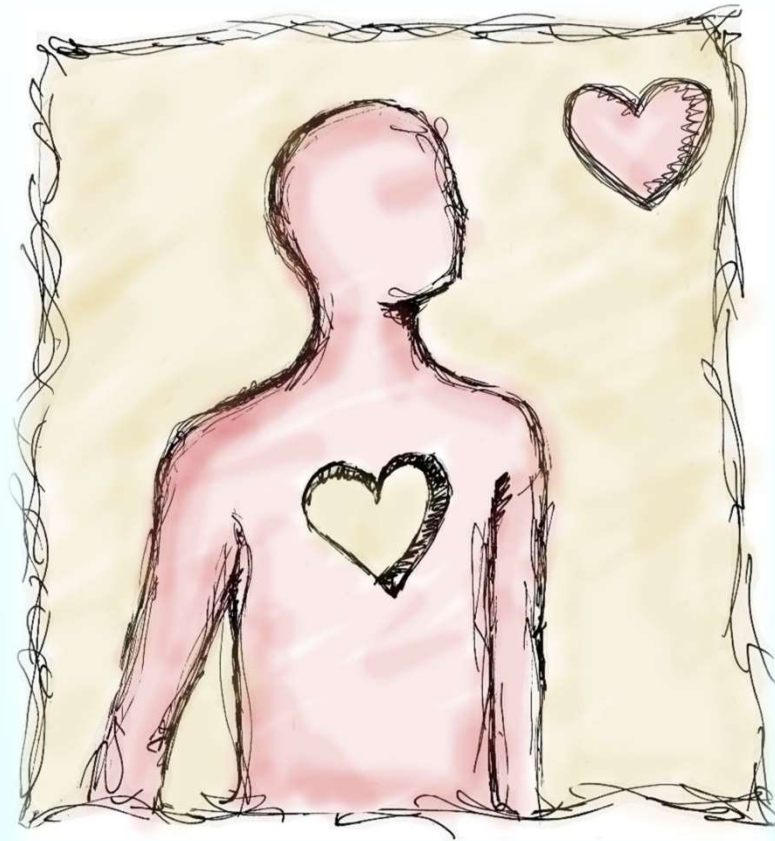
WINGS: TYPES ON EITHER SIDE OF OUR HOME SPACE



TRIADS: OUR PRIMARY CENTERS OF INTELLIGENCE



DISCOVERING OUR SOUL CHILD



BEFRIENDING THE SHADOW



Bringing the shadow into
your consciousness
drains its dark power...

The Shadow wants to be
heard and when it is
received, can be a
source of emotional
richness, healing and
vitality.

Carl Jung, 1958