

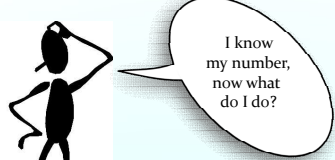
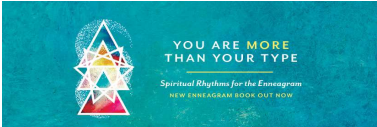

WELCOME ...

**ENNEAGRAM-
AS MIRROR TO THE SOUL**

Month Two

With Richard Groves

Sacred Art of Living Center ©2020



**YOU ARE MORE
THAN YOUR TYPE**

Spiritual Rhythms for the Enneagram

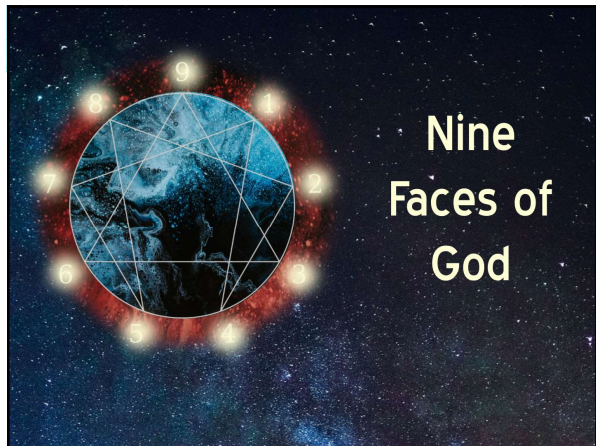
NEW ENNEAGRAM BOOK OUT NOW

I know
my number,
now what
do I do?

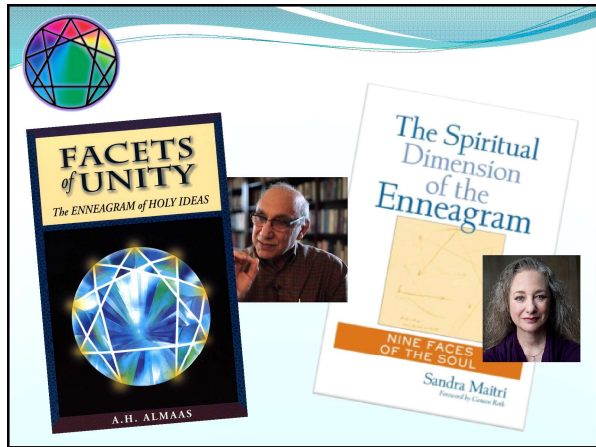
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KNOW THYSELF



Nine Faces of God





Soul Self
=
True Self

PYTHAGORAS
500 BCE

ACCORDING TO
PYTHAGORAS
THE ULTIMATE
NATURE OF
REALITY IS NUMBERS.

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Expanded & Revised 2nd Edition

THE ENNEAGRAM AND KABBALAH
Reading Your Soul

Rabbi Howard A. Adason

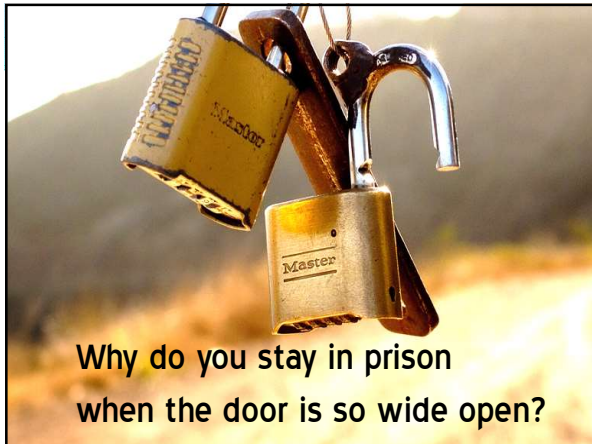
THE ENNEAGRAM
A CHRISTIAN PERSPECTIVE

RICHARD ROHR
AND ANDREAS EBERT

RUMI'S ORIGINAL SUFI ENNEAGRAM

LALEH BAKHTIAR

TRANSLATED BY DANIEL ROMBERG SHERIDAN



4th century
A Guide for Seekers

13th century
Map for Enlightenment


16th century
Sacred Psychology
for Discernment

Historical
Harmonizers

Ignatian Spirituality
Finding the Divine in all things...

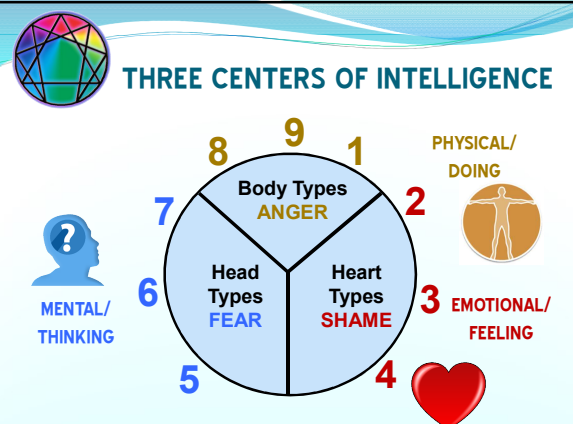
Spiritual Law
of dissipative structures...

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SPIRITUALITY OF THE ENNEAGRAM

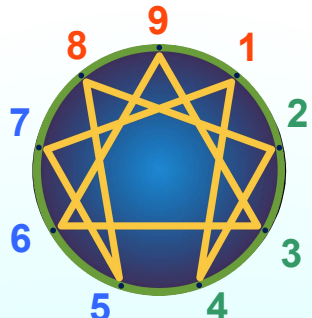
- ➔ 1. THREE CENTERS OF INTELLIGENCE
- 2. SOUL CHILD AS MAP FOR AWAKENING
- 3. TRANSFORMATIONAL PRACTICES



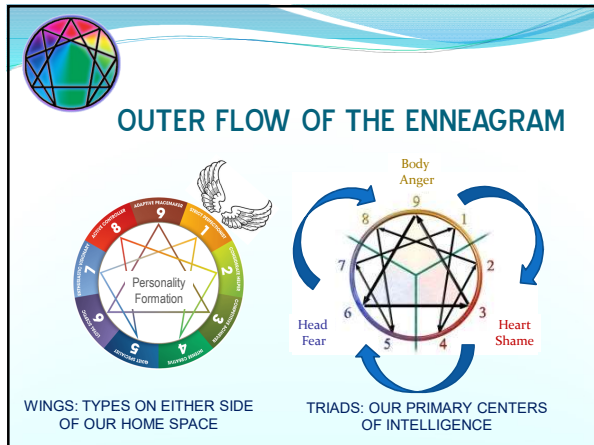
THREE CENTERS OF INTELLIGENCE

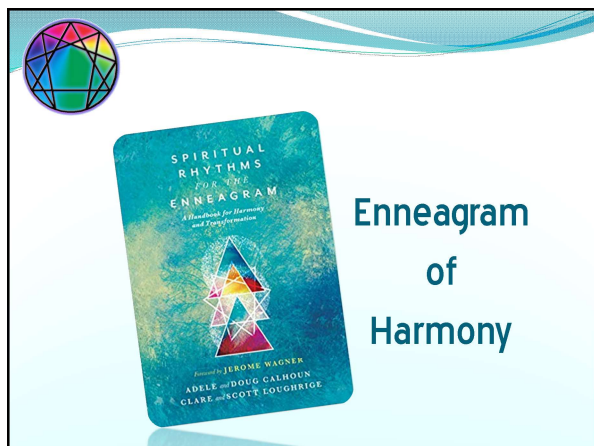
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While traditional Enneagram theory is built on these three Centers of Intelligence, it doesn't provide ways to access them...









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




The diagram shows a Sri Yantra with numbers 1 through 9. 'Body' is at the top (9), 'Head' is on the left (6), and 'HEART' is on the right (3). A red heart icon with blue arrows is positioned to the right of the diagram.




HEART SPACE METAPHOR



An illustration of a violin and its bow, with a hand shown playing the instrument.



HEART SPACE HARMONY



The diagram shows a Sri Yantra with numbers 1 through 9. 'Body' is at the top (9), 'Head' is on the left (6), and 'Heart' is on the right (3). Three curved arrows (blue, yellow, red) point to specific points. Text on the right lists: '#2 LOVE CONTEMPLATES DECISION', '#3 EFFECTIVE LOYALTY HARMONIZES', and '#4 CREATIVITY DEEPENS RENEWAL'.

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

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


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

SPIRITUAL HARMONY FOR THE BODY SPACE



GUT SPACE METAPHOR

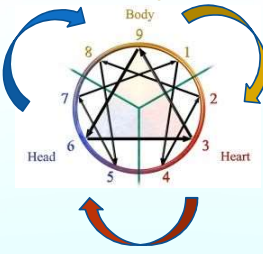





GUT SPACE HARMONY

#8 STRENGTH
EMBRACES
REALITY

#4 PEACE GENERATES
TEAMWORK

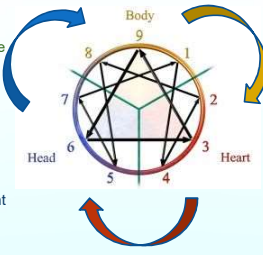


#1 GOODNESS
CREATES
JOY



GUT SPACE HARMONY

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



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

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

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



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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

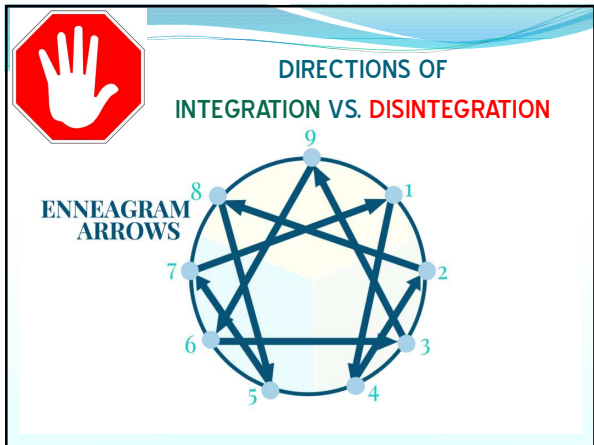
The nature of the **Heart Point** correlate to one of the most problematic structures in our soul called the **Soul Child** (Almaas/Diamond Approach)

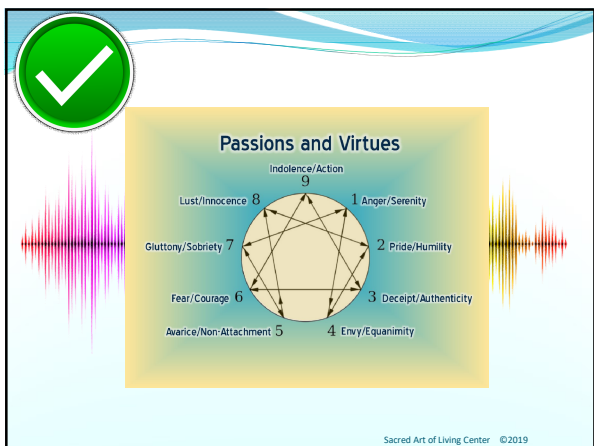
Our soul child is a part of our consciousness that was arrested when we were very young



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










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

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AVOIDANCES

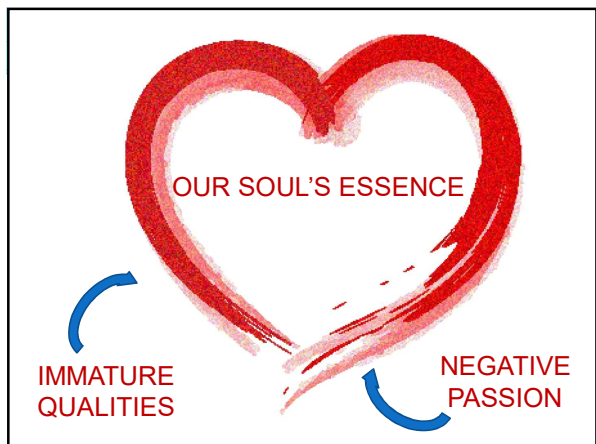


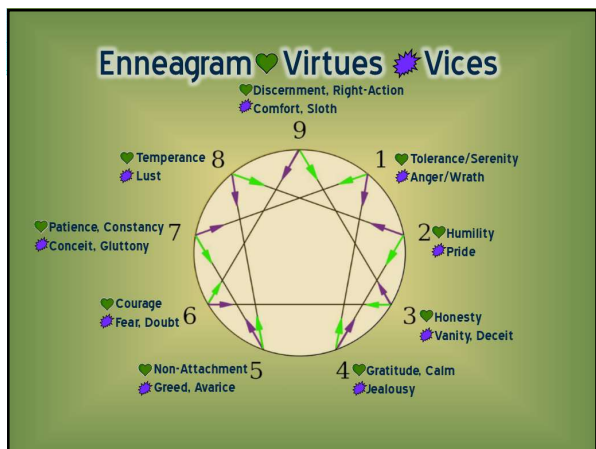


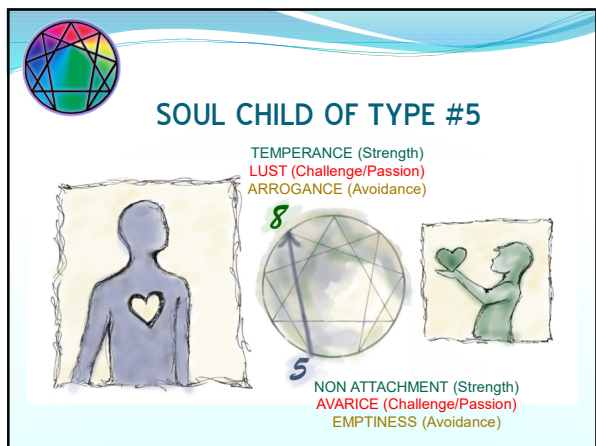
INNER FLOW OF THE ENNEAGRAM


AGAINST THE ARROW
"HEART POINT"

WITH THE ARROW
"TRANCE POINT"



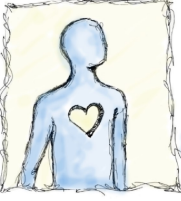









SOUL CHILD OF TYPE #6



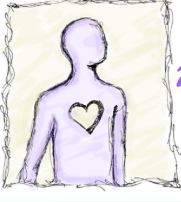


DILIGENCE (Strength)
SLOTH (Challenge/Passion)
CONFLICT (Avoidance)

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



SOUL CHILD OF TYPE #7




SOBRIETY (Strength)
GLUTTONY (Challenge/Passion)
PAIN (Avoidance)

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



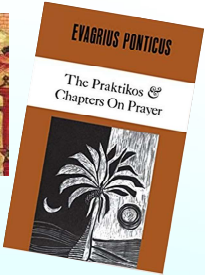



SPIRITUALITY OF THE ENNEAGRAM

1. SELF AWARENESS TO SOULFULNESS
2. THE SOUL CHILD PARADOX
- ➔ 3. TRANSFORMATIONAL PRACTICES

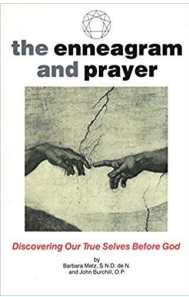
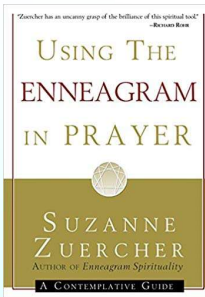



4TH CENTURY MANUAL FOR SPIRITUAL DISCERNMENT




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...

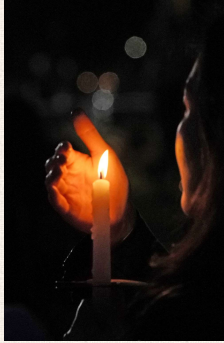


...While the **Soul Child** remained behind, gradually becoming hidden in our unconscious.

(cf. Sandra Mairtri, 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

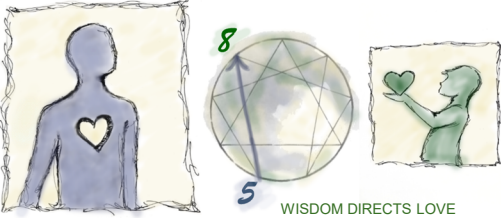
HEAD SPACE SPIRITUAL PRACTICES

"Quiet Prayer"


- Simplicity
- Silence
- Detachment
- Surrender
- Receptivity



SOUL CHILD OF TYPE #5




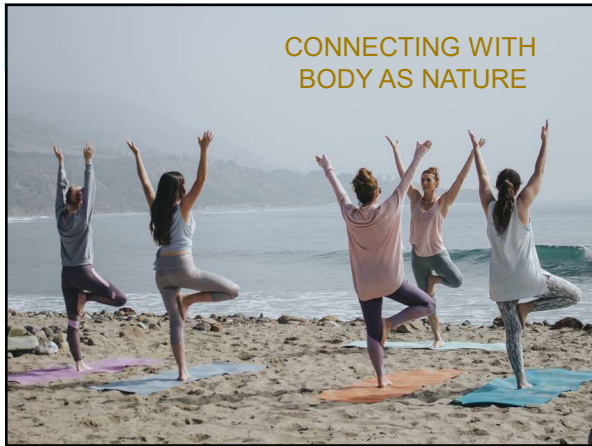
WISDOM DIRECTS LOVE



TRANSFORMATIONAL IDEA:
GUIDANCE OF NATURE

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








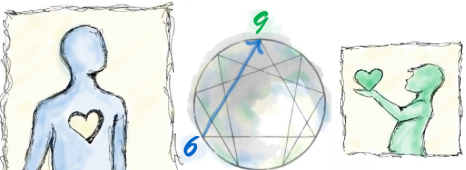
“When you let people care for you and cry for you, it can straighten out your soul...”



Simone Weil



SOUL CHILD OF TYPE #6



FAITHFULNESS
PRODUCE
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



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?

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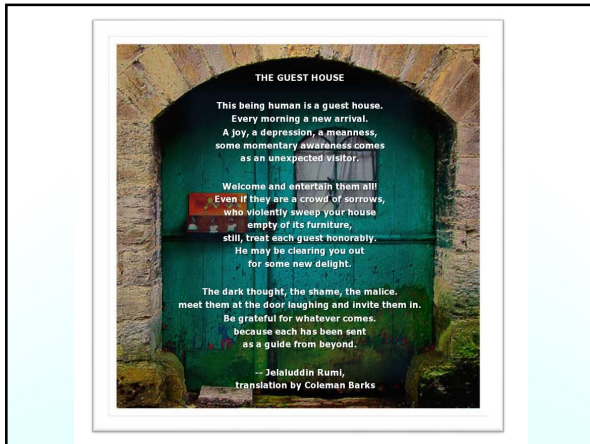
ENNEAGRAM OF HARMONY


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?






QUESTIONS FOR REFLECTION

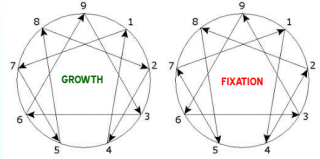
1. What is your initial response to this poem?
2. Where does the image of a human being as 'guesthouse' land in you?
3. What is hard to welcome in your life?
4. What supports do you have to welcome everything?

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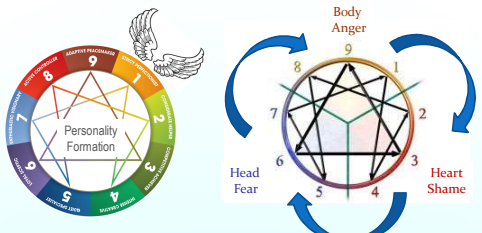
INNER FLOW OF THE ENNEAGRAM




**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



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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
