



WELCOME ...

**ENNEAGRAM-
AS MIRROR TO THE SOUL**


Month Three

With Richard Groves


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"Don't ask yourself what the world needs. Ask yourself what makes you come alive and then go do that..."



Pope Francis quoting Howard Thurman



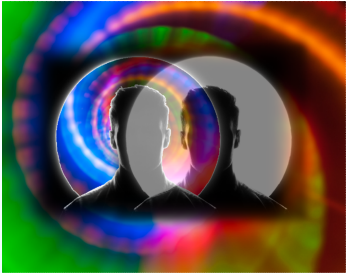

THE TINSMITH






SPIRITUALITY OF THE ENNEAGRAM

- ➔ 1. FINDING OUR WAY BACK HOME
2. ENNEAGRAM OF HARMONY
3. HEALING WITH YOUR SOUL CHILD





SACRED~PSYCHOLOGY

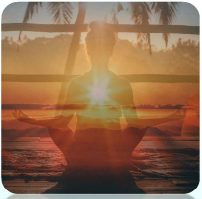
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ENNEAGRAM AS MAP & EXPERIENCE

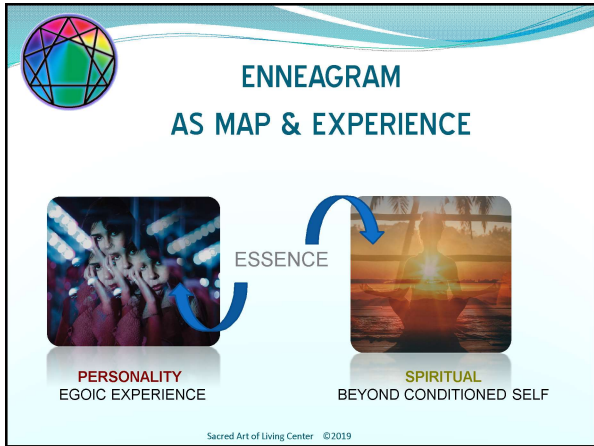


PERSONALITY
EGOIC EXPERIENCE



SPIRITUAL
BEYOND CONDITIONED SELF

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**ENNEAGRAM
AS MAP & EXPERIENCE**

PERSONALITY
EGOIC EXPERIENCE

ESSENCE

SPIRITUAL
BEYOND CONDITIONED SELF

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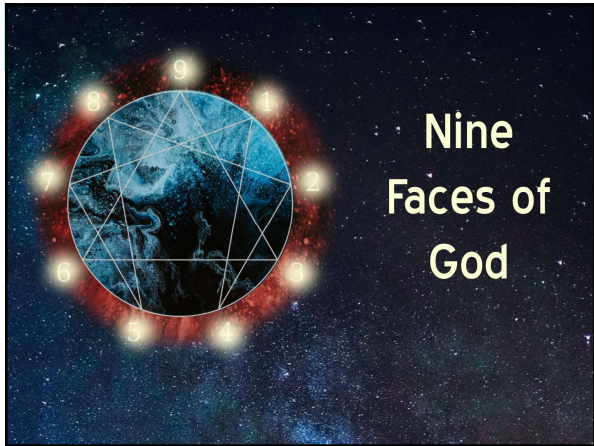


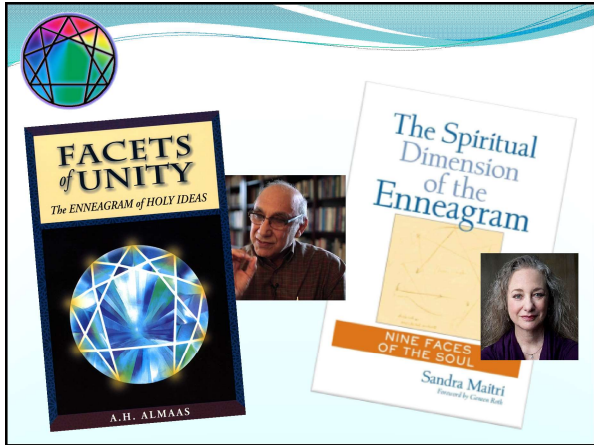
**Our
Essential
Self**



ESSENCE

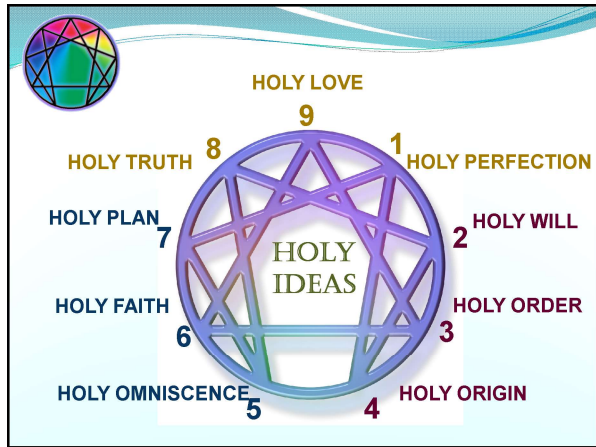
An intelligent living force
that underlies our conditioned personality...
Who we innately were/are before exterior
impressions influence us



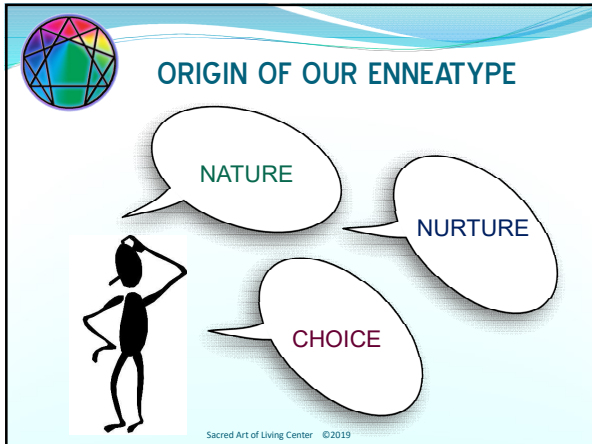




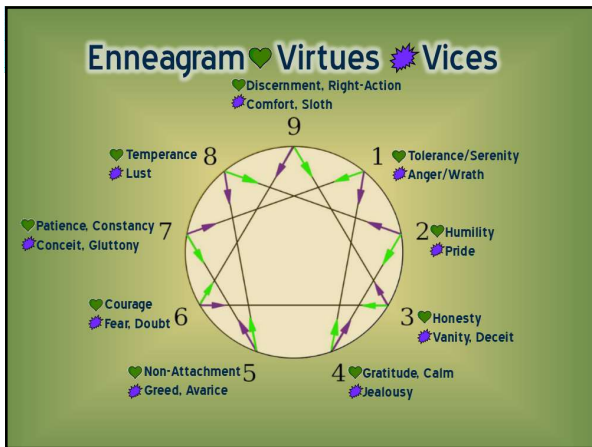




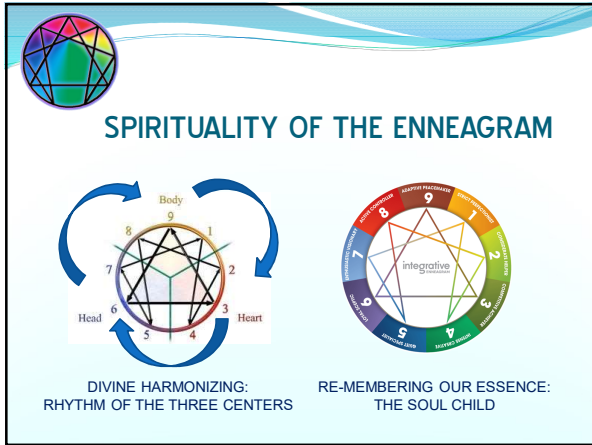
While we are born with each of the Holy Ideas available to the soul, one slant is innately more compelling, that of the Holy Idea of our particular point on the Enneagram... and in time, our point of view crystalizes around a limited point of view or fixation which becomes our personality. Thus we begin to lose contact with our Essence and consequently, with Great Being.



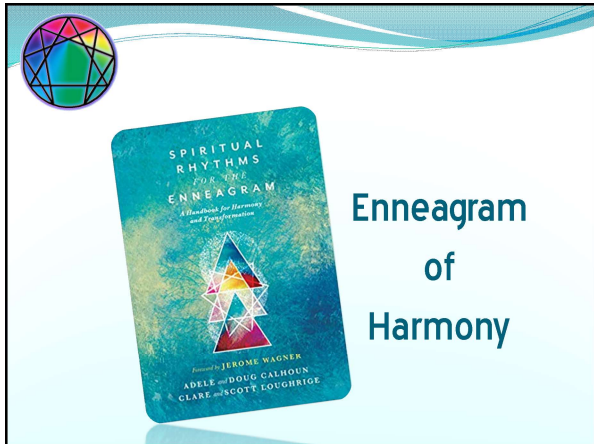




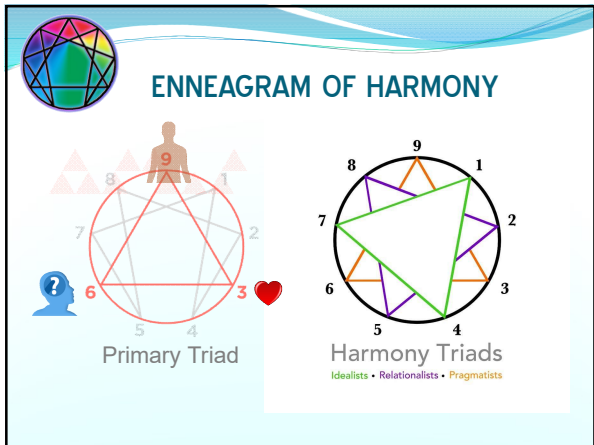








Enneagram of Harmony




ENNEAGRAM OF HARMONY

Primary Triad

Harmony Triads
Idealists • Relationalists • Pragmatists





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?



ASKING COURAGEOUS QUESTIONS

-  HOW DOES GROWTH SHOW UP WHEN FACED WITH FAILURE?
-  WHY CAN FEAR AND ANXIETY MOTIVATE HEALTHY CHOICES?
-  WHAT DOES RESILIENCE LOOK LIKE WHEN FACED WITH A CRISIS?

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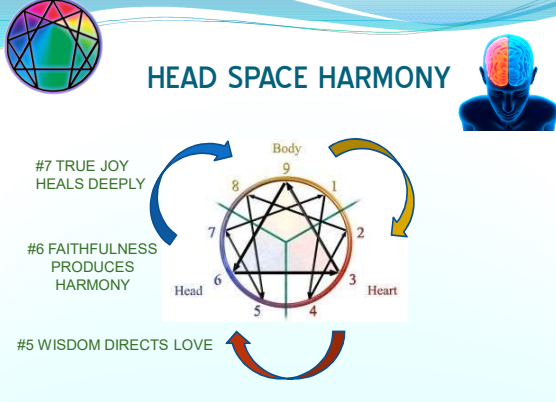


HEART SPACE HARMONY

#2 LOVE CONTEMPLATES DECISION

#3 EFFECTIVE LOYALTY HARMONIZES

#4 CREATIVITY DEEPENS RENEWAL



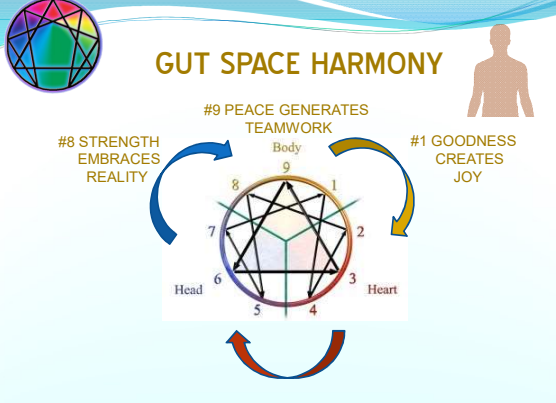
HEAD SPACE HARMONY

#7 TRUE JOY HEALS DEEPLY

#6 FAITHFULNESS PRODUCES HARMONY

#5 WISDOM DIRECTS LOVE

The diagram features a central Sri Yantra with numbers 1-9 and labels for Body, Head, and Heart. Curved arrows indicate a clockwise cycle: Body (9) to Heart (3), Heart (3) to Head (6), and Head (6) to Body (9).



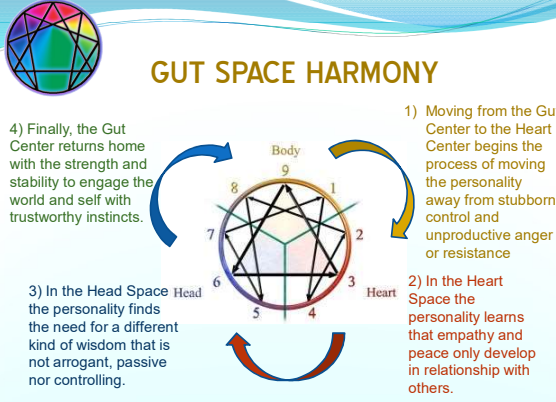
GUT SPACE HARMONY

#9 PEACE GENERATES TEAMWORK

#8 STRENGTH EMBRACES REALITY

#1 GOODNESS CREATES JOY

The diagram features a central Sri Yantra with numbers 1-9 and labels for Body, Head, and Heart. Curved arrows indicate a clockwise cycle: Body (9) to Heart (3), Heart (3) to Head (6), and Head (6) to Body (9).



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 not arrogant, passive nor controlling.

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

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

The diagram features a central Sri Yantra with numbers 1-9 and labels for Body, Head, and Heart. Curved arrows indicate a clockwise cycle: Body (9) to Heart (3), Heart (3) to Head (6), and Head (6) to Body (9).



SPIRITUALITY OF THE ENNEAGRAM

1. FINDING OUR WAY BACK HOME
2. ENNEAGRAM OF HARMONY
- ➔ 3. HEALING WITH YOUR SOUL CHILD



4th century
A Guide for Seekers

13th century
Map for Enlightenment

16th century
Sacred Psychology
for Discernment


Historical
Harmonizers



SOUL CHILD AS HEALER

"HEART POINT"

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THE DILEMMA

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...







SLOTH 9

LUST 8

1 ANGER

GLUTTONY 7

PASSIONS

2 PRIDE

FEAR 6

3 VANITY

AVARICE 5

4 ENVY





SLOTH 9

LUST 8

1 ANGER

GLUTTONY 7

PASSIONS

2 PRIDE

FEAR 6

3 VANITY

AVARICE 5

4 ENVY



THE HEALING


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

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

...when begin to re-member our **Soul Child** we will also encounter its associated **Passion** which once fueled our Ego-formation and now cries for reconciliation.



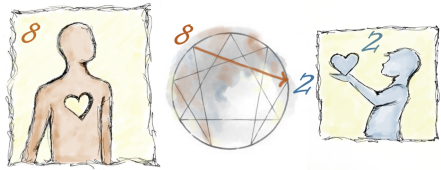




SOUL CHILD OF TYPE #8

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

HUMILITY (Strength)
PRIDE (Challenge/Passion)
MY NEEDS (Avoidance)





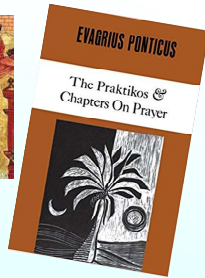
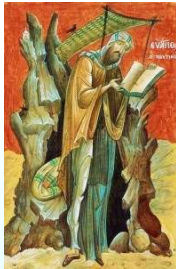
**TRANSFORMATIONAL IDEA:
HOLY TRUTH**

How does re-remembering that truth that exists in every being help me lessen my need to dominate others?





**4TH CENTURY MANUAL
FOR SPIRITUAL DISCERNMENT**





**“Forgive others as quickly as you expect
God to forgive you.”**



Leviticus 19
Matthew 6:14




POWER OF SURRENDER



#2 Only a Power greater than ourselves can restore our sanity


#4 Make a searching and fearless moral inventory of our self


#8 Make amends whenever possible...




SOUL CHILD OF TYPE #9

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





TRUTHFULNESS (Strength)
VANITY (Challenge/Passion)
FAILURE (Avoidance)





TRANSFORMATIONAL IDEA: HOLY LOVE

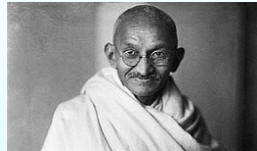
How does authentic love invite me be vibrant and engaged with life?





“Be the change you want to see in the world... the only thing we really have any control over is ourselves.”

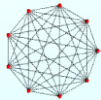
-Gandhi





SPIRITUAL DIRECTION Raymond Lull 13th c

Your Passion
and Avoidance
be your greatest Teachers?





ANTIDOTES TO SELF ABASEMENT




KNOW WHEN YOU ARE CHECKING OUT

NAME YOUR DESIRE



WHEN IN DOUBT, ENGAGE

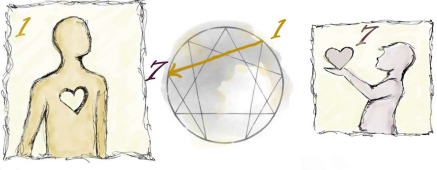




SOUL CHILD OF TYPE #1

SERENITY (Strength)
 ANGER (Challenge/Passion)
 IMPERFECTION (Avoidance)

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






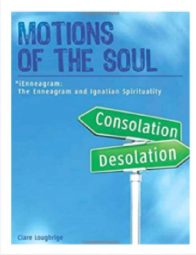
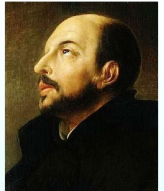
**TRANSFORMATIONAL IDEA:
 HOLY PERFECTION**

How can I discover
 the beauty in what is
 imperfect?






SPIRITUAL EXERCISES OF ST IGNATIUS
 "Finding the Divine in all things"

*Spiritual Law
 of dissipative structures...*

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ANTIDOTES TO CRITICISM


Locate where the tension is in you body and keep your attention there...

Allow your breath to release tensions in body, heart and mind


Where and with whom can you lighten up...




PARABLE OF THE PRODIGAL SON



"This is not right. I have faithfully served you for years without receiving so much as a thank you while this brother of mine..."



SPIRITUALITY OF THE ENNEAGRAM SUMMARY





#1 SPIRITUAL PRINCIPLE:
YOU ARE ALREADY IN THE FLOW OF DIVINE HARMONY






#1 SPIRITUAL PRACTICE:
HARMONY RESULTS FROM THE THREE WAYS OF KNOWING



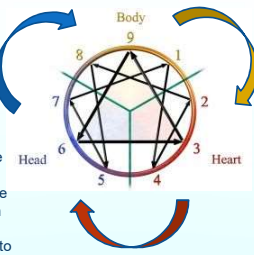
WHAT DOES YOUR HEAD (IQ) THINK?

WHAT DOES YOUR GUT INSTINCT (GQ) KNOW?

WHAT DOES YOUR HEART (EQ) FEEL?



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.

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

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

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

GUT SPACE HARMONY



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

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

3) In the Head Space the personality finds the need for a different kind of wisdom that is not arrogant, passive nor controlling.

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

#2 SPIRITUAL PRINCIPLE: YOUR PASSION & AVOIDANCE ARE YOUR GREATEST TEACHERS

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

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**SLOTH
CONFLICT** 9

**ANGER
CHAOS** 1

**PRIDE
MY NEEDS** 2

**VANITY
FAILURE** 3

**ENVY
ORDINARINESS** 4

**PASSION
&
AVOIDANCE**

**GLUTTONY
PAIN** 7

**FEAR
DEVIANCE** 6


**AVARICE
EMPTINESS** 5

**LUST
WEAKNESS** 8

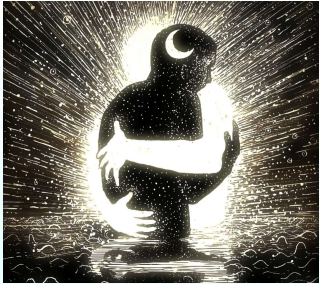


**#3 SPIRITUAL PRINCIPLE:
YOUR SOUL CHILD IS A SOURCE OF HEALING**






**#3 SPIRITUAL PRINCIPLE:
EMBRACE THE SHADOW**

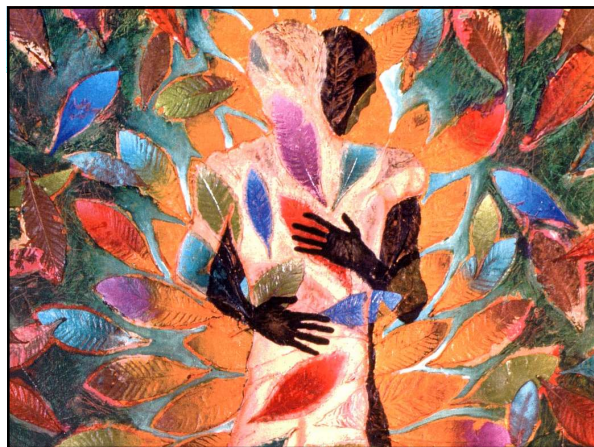



BEFRIENDING THE SHADOW



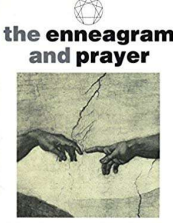
Bringing the shadow into your consciousness drains its dark power...
The Shadow wants to be heard and when it is received, can be a source of emotional richness, healing and vitality.

Carl Jung, 1958

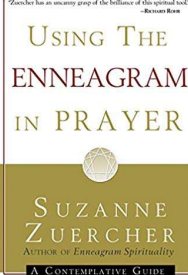




**SPIRITUAL PRACTICES
FOR EACH TYPE**



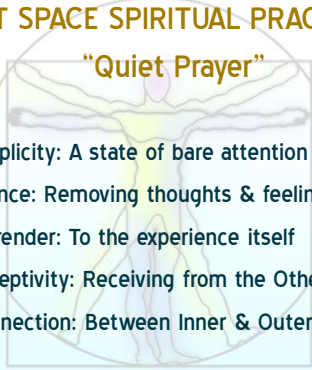
Discovering Our True Selves Before God
By Benjamin Wilder, Ph.D. and John Beecher, O.F.M.



Using The ENNEAGRAM IN PRAYER
SUZANNE ZUERCHER
AUTHOR OF *Enneagram Spirituality*
A CONTEMPLATIVE GUIDE

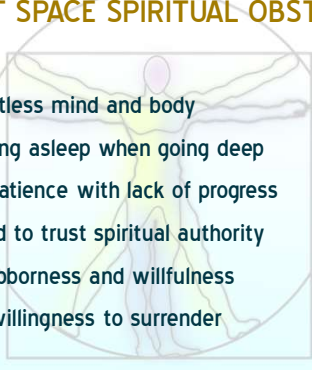
GUT SPACE SPIRITUAL PRACTICES

"Quiet Prayer"



- Simplicity: A state of bare attention
- Silence: Removing thoughts & feelings
- Surrender: To the experience itself
- Receptivity: Receiving from the Other
- Connection: Between Inner & Outer worlds

GUT SPACE SPIRITUAL OBSTACLES



- Restless mind and body
- Falling asleep when going deep
- Impatience with lack of progress
- Hard to trust spiritual authority
- Stubbornness and willfulness
- Unwillingness to surrender

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



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



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 OBSTACLES

- Tend 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



JOURNAL TIME

Journal on how the Rainmaker story might evoke something different from your *feeling* (heart), *thinking* (head) and *doing* (gut) centers of intelligence?

What does the story say to you about listening to and trusting your deepest self?

What wisdom might this story offer during a time of personal or global crisis?

