

# Shadow Side

In Jungian psychology, the shadow represents the unconscious aspect of the personality. Because one tends to reject or remain ignorant of the least desirable aspects of one's personality, the shadow is largely negative, but can also include positive traits that are outside the light of consciousness. "Everyone carries a shadow," Jung wrote, "and the less it is embodied in the individual's conscious life, the blacker and denser it is."

Within Enneagram Study, there is a focus to shed light to the black and dense inner shadow. "Shadow Side" or "Shadow Work" can be carried out within one's own enneatype, surrounding wings, and even all other enneatypes, depending on the approach or teacher.

The following are excerpts from individuals or organizations that have written specifically about working with the Shadow:

## **Tom Condon: Enneagram Shadow Styles (excerpt)**

*As you study the Enneagram, you will pinpoint particular personality styles that are easy or difficult for you to cope with. These are your shadow styles and they can be experienced in negative and positive ways.*

*Dark shadows are rejected capacities within ourselves that we see in others. They are evident in the kinds of people we dislike or avoid; who frustrate, threaten, or annoy us. Studying the Enneagram will usually reveal at least one personality style that impersonates your dark shadow. . .*

*The most frequent kind of dark shadow style is a parental point, followed by a stress or security point, one of your wings or your own Enneagram style. You might also find a dark shadow in an unrelated Enneagram style that represents the opposite of who you want to be within your style. . .*

*Light shadows are positive capacities and potentials that are dormant within us but that we mainly see in others. They are most evident in the kinds of people you admire or emulate, people who are role models, heroes or beacons. As you study the Enneagram, you may find a pattern to your*

*friendships and notice that you are consistently attracted to people with specific Enneagram styles.*

<https://ieaninepoints.com/2019/01/25/enneagram-shadow-styles/#lbiz/id/57513069dcd120250a72029>

## **Peter O'Hanrahan: The Enneagram Defense System / Access Points for Self Awareness & Growth (excerpt)**

*The idealization pattern is about who we think we must be in order to have value and self-worth. For example, Threes say "I am successful," Sixes say "I am loyal," and Nines say "I am harmonious." It's not that these are bad things to want for ourselves, but rather that we invest our identity and our value as human beings in them. In this way the defense system takes something real and genuine about us, a particular quality or aspiration, and turns it into a tyranny. . .*

*Each type's idealization has a specific shadow side. There is a particular feeling state or experience that we want to avoid, something that doesn't fit into our picture of who we are or how we should be. To put this even more strongly, this is something that is very hard to accept - it's scary and threatening at a deep level.*

<https://theenneagramatwork.com/defense-systems>

## **Enneagram in Business: The Shadows of Our Wings and Arrows (excerpt)**

*There are so many shadows in our lives, ones that offer growth opportunities if we use them as such. The Enneagram system, specifically the diagram, can also help us with that. In particular, the shadow elements of the enneatype directly before our own type casts a large shadow for us to integrate, as does the arrow line that points toward our core type. In other words and as an example, if you are a type 1, there is shadow information for you in both type 9 – the type before type 1 – and in type 7, the type with the arrow that points toward type 1.*

See article for specific enneatype descriptions:

<https://theenneagraminbusiness.com/development/shadow-wings-arrows/>

# Soul Child

The concept of the Soul-Child is specifically linked between two numbers on the Enneagram. Your enneatype has a specific relationship with another number which contains the qualities you were discouraged from expressing as a child. Just like Shadow Work, different teachers have different approaches to the Soul Child Theory.

## Michael Shahan:

*The idea behind the theory of the Soul Child is that we \*were actually born more like the number that we move towards in growth. (So, using our previous example, 8's were actually born more like 2's.) But due to the wounds we received in our most vulnerable early childhood years, we developed defense and coping mechanisms that pushed us directly across the stress line and landed us permanently at the number we are now.*

*The BEAUTIFUL thing about the Soul Child theory is that as each of us grow, we actually become MORE LIKE WHO WE ALWAYS WERE TO BEGIN WITH. To say it another way, our growth is actually a reclaiming of the wounded self inside of us that has always been there!!*

<https://michaelshahan.com/blog-post/2020/1/27/soul-child-reclaim-your-true-self>

## Sandra Maitri: Enneagram's Soul-Child

*Soul child has the qualities and characteristics of the heart point of our enneatype, and its core is the idealized Aspect of that point. Because these qualities were not allowed or encouraged, we suppressed them and developed our enneatype in counterpoint to them. In developing our enneatype, we tried, albeit unconsciously, to embody the qualities of the idealized Aspect of our enneatype.*

*When we first get in touch with our soul child, it is usually through experiencing the negative qualities of the heart point, mostly the passion in its most infantile and exaggerated form. Because the soul child is a part of us that has been hidden away in the darkness of unconsciousness, like any living thing that is shut away for a long time, it gets a little twisted.*

(From the book "The Spiritual Dimensions of the Enneagram" by Sandra Maitri)

## Richard Rohr:

*The Arrow Theory helps us know what maturity might look like and warns us if we are not doing well. The Direction of Integration is where the ray leaving your number is pointing. Thus, when the Five is doing well, they resemble a healthy Eight and apply their solid research to bringing peace and justice to the world. The Direction of Disintegration would be found on this diagram by reversing the line which is pointing to your number. When the Five, for example, is not doing well, they take on the characteristics of an immature Seven and develop abstruse theories about everything.*

*The Soul Child Theory fits hand in glove with the Arrow Theory because the number we resemble when integrated is the same as our original or Soul Child number. In other words, as we mature, we return to our primal knowing of who we really are, i.e. our True Self. Thus, our "original sin" could be viewed as our particular Enneagram compulsion. It is the way we originally separated from our Truth.*

(From the book "The Enneagram: A Christian Perspective" by Richard Rohr)

# Shadow Side vs Soul Child

The concept of the Shadow Side has many similarities to the idea of the Soul Child, and you could certainly use Soul Child exploration as part of your Shadow Work. The difference is that Shadow Work is a much broader, less defined idea, and it certainly has many facets and angles. Addressing the unconscious and bringing it into the light of consciousness is an enormous part of the Enneagram. By knowing your coping methods, your avoidances, and your irrational fears, you can move away from the false-self and into greater inner harmony. Learning about and embracing your Soul Child can be an important part of this journey.