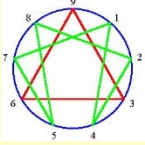






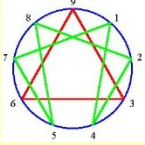
# The Enneagram for Well-Being

By Jerome Freedman, Ph. D., C.M.T.  
Certified Teacher of the Enneagram  
in the Narrative Tradition







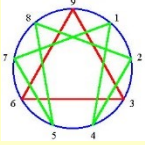
# Raise Your Hand If...

-  Know a little about the enneagram
-  Used it in your life
-  Have taken courses
-  Have been certified




# Agenda


-  Stories
-  Break-out rooms: which Ego-Ideal you relate to?
-  Ego-Ideal → Keys to the Enneagram
-  Q&A Along the Way





# Why I Am Here Today


 Micah's Story and "Just Knowing"


 2020 Covid happens

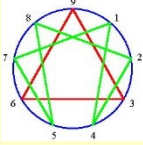
 Join EPP

 9 Prisons 1 Key





 Path to Freedom

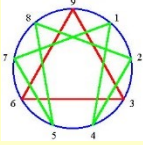
 Enroll in MMTCP

 Multiple threads of inquiry



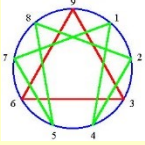
# What is the Enneagram?

-  *Ennea* is Greek for 9, *grammos* is Greek for drawing or diagram
-  The Enneagram is a 9 sided diagram that maps one personality type to each point
-  Each personality type has its own mental and emotional preoccupations which inhibit authentic, essential behavior and well-being
-  It also describes the path to well-being



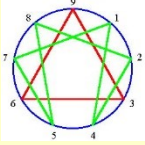
# Enneagram Tradition

- 🌀 Tradition has it that the Enneagram was used by Islamic Sufis some centuries ago
- 🌀 George Gurdjieff introduced the Enneagram in Europe in the 1920's and used it to describe the three types of man (more later)
- 🌀 Oscar Ichazo incorporated the Enneagram in the Arica training in the 1960's
- 🌀 Claudio Naranjo expanded on Oscar's teachings
- 🌀 Hamid Ali (aka A. H. Almaas) adopted the Enneagram for his Diamond Heart teachings
- 🌀 The Enneagram is now ubiquitous and being applied in many areas




# Enneagram History


- 🌀 NYT ad 1970
- 🌀 Psychology today 1971
- 🌀 Meeting Claudio 1972
- 🌀 Claudio's class 1974
- 🌀 Helen and David 1989-1992
- 🌀 EPP & Covid 2020 -
  - 🌀 9 Prisons 1 Key
  - 🌀 Path to Freedom
- 🌀 Russ 2022-2023
  - 🌀 Keys to the enneagram
  - 🌀 Enneagram and creativity





# Break-out Contemplation

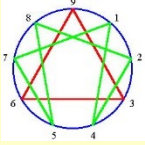
12 minutes in pairs

 1 minute intro

 3 minutes contemplating the 9 pairs of ego-ideal

 6 minutes each answering “Which one of these 9 pairs of ego-ideals resonate with me?” for 3 minutes timed

 2 minutes of mutual feedback



# Ego-Ideals

Strength / aggression

Safety / security

Helpfulness / giving

Perfection / rightness

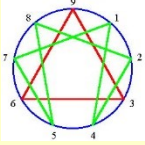
Success / achievement

Originality / specialness

Imagination / enjoyment

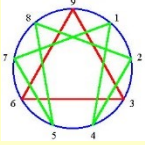
Comfort / harmony

Knowledge / understanding



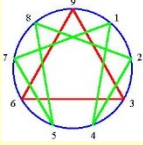
# Enneagram for Well-Being

- 🌀 Enneagram is a tool for understanding our deeper nature
- 🌀 It is deeply connected to personality
- 🌀 Helps us find our true selves as we embark on an inner journey
- 🌀 Enneagram is essentially about presence or True Nature
- 🌀 This connects to mindful loving awareness in our practice.
- 🌀 Also the Enneagram deal with number like 1, 3, 7 and 9 like the 4 noble truths or the 6 parimitas or the 8 fold path or the 7 factors of enlightenment



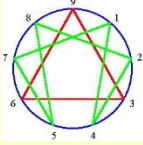
# Power of Presence

“Presence has no measurable product except positive feelings, feelings of support, intimacy, and happiness. When we stop being busy and productive and switch to just being still and aware, we ourselves will also feel support, intimacy, and happiness, even if no one else is around.” - Jan Chozen Bays, *The Gift of Waiting*



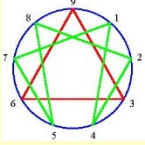
# Ego-Ideal

- Each type idealizes or imitates some way of being or acting to express an aspect of pure presence, consciousness or true nature, which remains dormant
- An unconscious wish for it to give us the desired love, safety, and holding of reality and of the important people in our lives
- Desire to gain what was lost in childhood or never had
- Try to correct for a *specific difficulty* with a *specific reaction* in relation with a *specific delusion* that continues to be masked
- A view or image of ourselves that we are attempting to actualize
- People of the same type have the same ego-ideal – it just manifests differently due to childhood experiences and other matters
- Two ways to access true nature: ego-ideal and access to presence (spiritual nature)

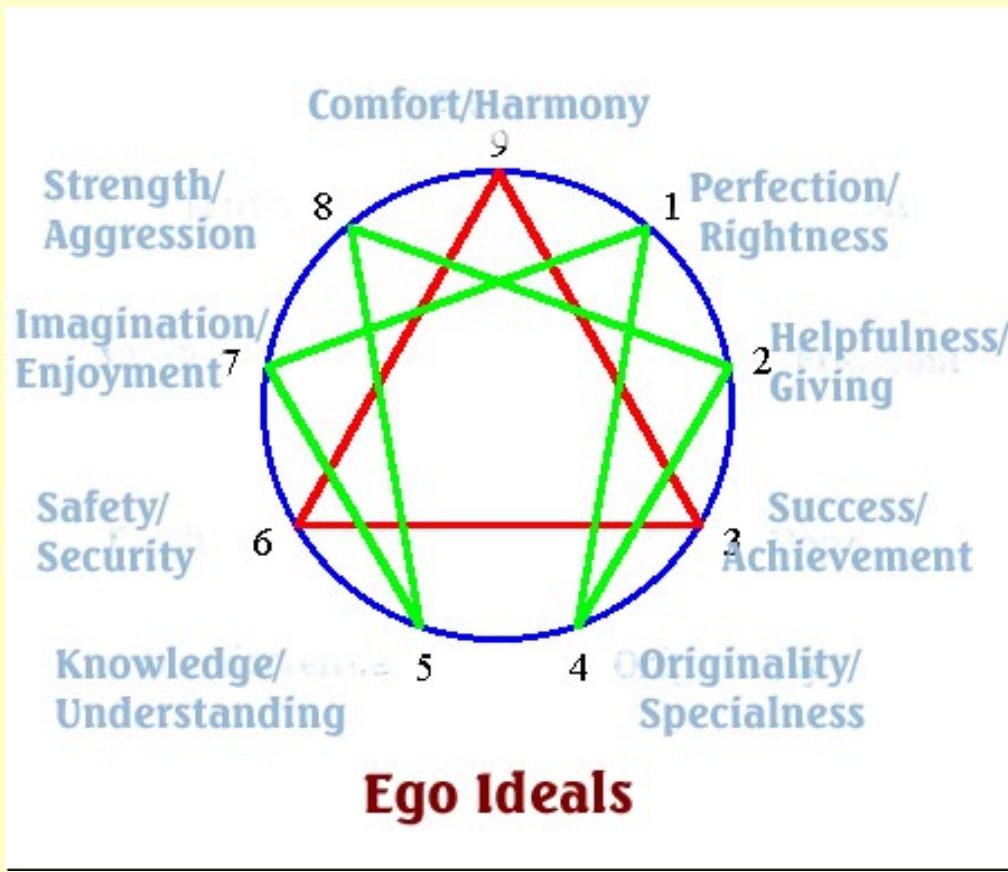


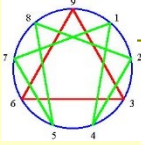
# Power of Presence

... the Gurdjieff Work. At the center of these practices was the orientation of *inquiry*, which for me was a Fourth Way approach of bringing the full intelligence of the centers to whatever phenomenon was arising in our consciousness. It entails grounded presence, openheartedness, and a willingness to experience with an open, receptive quality of mind. We learn not to reject our experience, and when we can bring the fullness of presence to anything arising in us, consciousness itself, or Grace, if you will, transforms the experience into something more profound and helpful. - A. H. Almaas. *Keys to the Enneagram* (Foreword, p. xix)

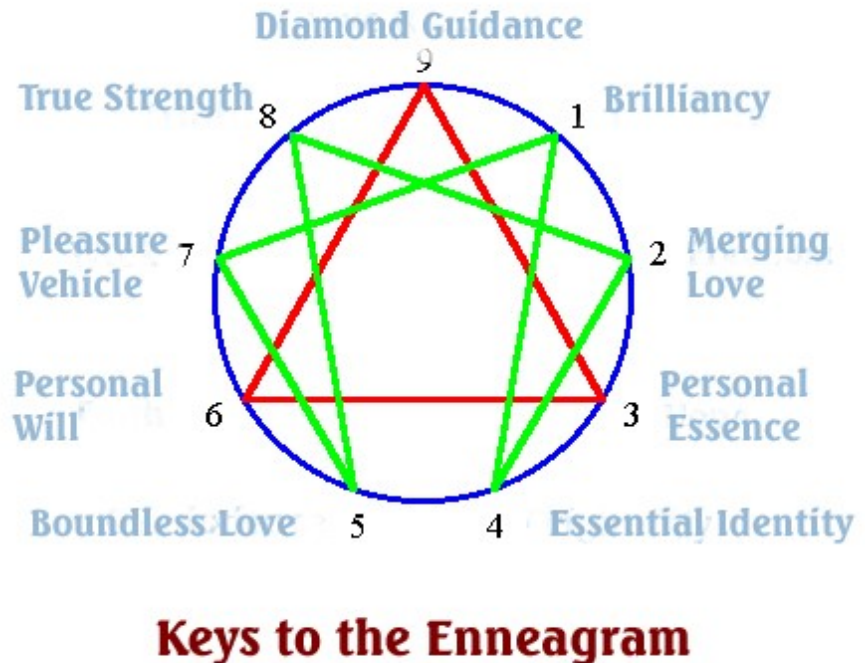
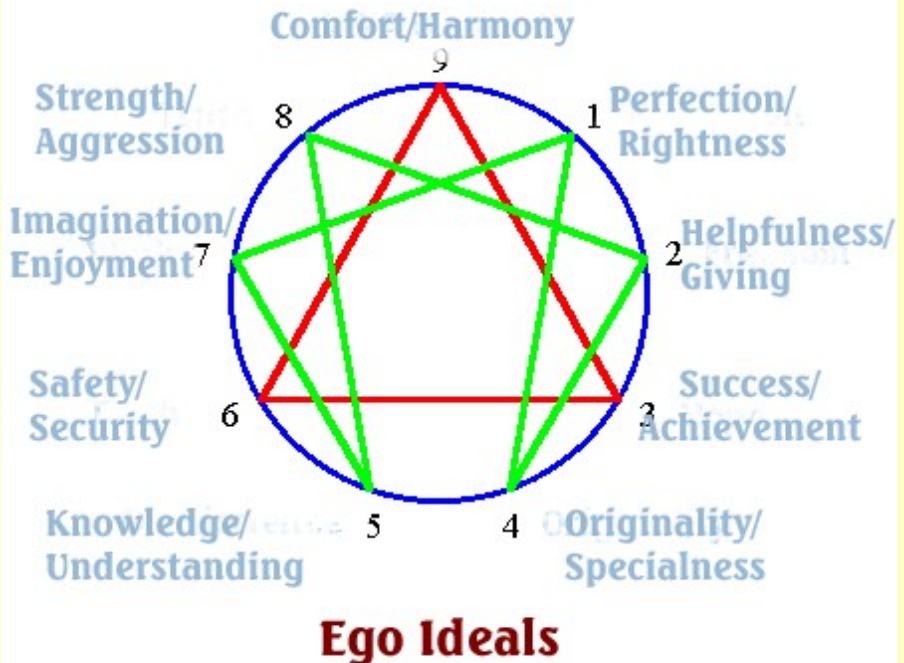


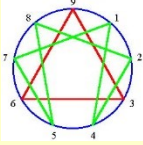
# Ego-Ideals Rule Our Lives





# Enneagrams of Ego-Ideals & Keys





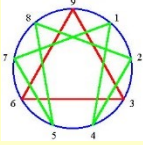
# Point 8 - Boss

**Strength / aggression, competent,  
need to be strong / tough / take  
charge of situations**

- Must push away weakness: emotions that are weak
- Not wanting to feel grief / emptiness / deficiency / sense of lack / vulnerable
- Importance of realness, directness, immediacy, aliveness
- In the effort to be tough you have to deaden and shut down aliveness
- Can't risk certain feelings without feeling helpless as we were as kids
- Good with anger / not good with sadness and hurt

**True strength (essential strength**

- It is the difference between toughness and essential strength
- Strength gives support to the heart
- Bring us to the immediacy of our experience
- Connects us to life force, life energy
- Incredibly intelligent, in service of love
- Associated with color red: blood, vitality, aliveness → strength of our nature



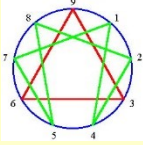
# Point 9 - Mediator

## Comfort / harmony, peaceful and at ease

- Law that numbing unpleasant also numbs pleasant
- Numb out what doesn't feel pleasant
- Dukkha & sukkah inter-are!
- Disassociating / imagination
- Self-forgetting / losing touch with Ground Of Being
- Undervalue themselves

## Boundless love (living day light)

- Difference between being at one with the world and being in my own little world
- Quality of benevolence / love / friendly
- Loss of boundless love produces loss of basic trust so boundless love restores it
- The great reunion – the more we drop into presence the more we experience that “all is one” feeling or as Thay would say, interbeing.
- Ultimate nature is positive
- True nature as love, goodness, positivity



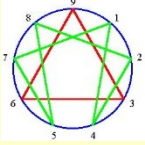
# Point 1 - Perfectionist

## Perfection / rightness, purity, righteous

- Efforts to be good
- Develop a certain rigidity to avoid be truly here
- Needing things to be definite
- Judgment and criticism of self and others: ego activity

## Brilliancy

- Gives rise to completeness, wholeness
- The intelligence of True Nature can act through all 3 centers
  - Head → wisdom, understanding
  - Heart → intelligence of working with emotional lives and others
  - Belly → function intelligently
- Operates when consciousness is not cluttered by preconceptions
- Everything is included
- Creates order
- Recognition of goodness
- Need to come into it with a sense of receptivity
- Relationship to luminosity re: awareness of awareness, the light of our nature



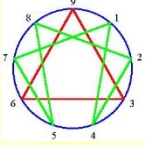
# Point 2 - Giver

## Helpfulness / giving, good person, lovable, warm, intimacy

- Compassion / empathy / recognition
- Response to needs / suffering (self but mostly others)
- Lack of awareness of our own needs
- Generosity
- Urge for others
- “I shouldn’t be limited!”
- Difficulty saying “No!”
- Loveliest, warmest, best friend

## Merging love (merging gold)

- Quality of melting, merging, “Melting sweetness!”
- Think of Madonna with the Crist child: merging
- Gateway is tenderness: reality / our soul / how we perceive the world and others /
- Helps to relax the boundaries when they go up due to trauma or difficulty or scary places
- We are able to be with whatever we are experiencing
- Property of True Nature or presence itself
- Think of a time when you fell in love with someone
- We can’t produce these qualities, we must open to them and realize them
- Union with True Nature



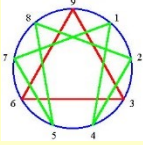
# Point 3 - Performer

**Success / achievement, effectiveness, efficiency, functioning, getting things done and doing it well**

- doing and thinking
- goals and accomplishments: make them feel successful
- best meditators, best at everything they do
- drive to excel / prove myself / successfully functioning person
- emptiness inside → outer directed
- focus on tasks, meetings, whatever

**Personal essence (the pearl)**

- Transformation from person of ego to a person emanating true nature
- Embodied in the Crist / Krishna principle
- Effortless functioning / flow / in the zone
- Main theme of Western religions
- Answer to the question of how to live my life in True Nature / presence
- Be in the world but not of it



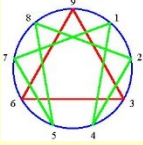
# Point 4 – Tragic Romantic

## Originality / specialness, Elite, Authenticity, creativity, unique

- Don't have sense of valuing who they are or their own specialness
- Don't realize that they are unique even though they may know this intellectually – they don't feel it
- Instability / insecurity about oneself
- Dress in unique ways
- Sensitivity
- Often think their experience is deeper than others
- More in tune with suffering – but may be dramatized
- Individualist / unique
- Control of how we present

## Essential identity

- This is the point where our identity lies – we are here to experience the experienter
- Certain way that we cannot be separated from anyone or anything (interbeing)
- The more we are realizing the essential identity, the more our experience of life and reality and our experience of intimacy and beauty develops
- Need to drop into a deeper experience of emptiness
- The realization is considered enlightenment
- I am a unique manifestation of True Nature



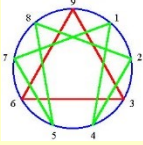
# Point 5 - Observer

## Knowledge / understanding, clarity, lucidity, solitude

- Need to withdraw, to detach, to disconnect in order to think
- Need to fill up with knowledge to feel confident and competent
- Points to lack of wisdom which comes from presence
- Detachment prevents wisdom
- Do have feelings and do care about people although it may not seem like it
- Profoundly private
- Treehouse in their heads – need to leave in order to engage
- Fear of deep engagement with reality, others
- Lack of energy

## Diamond guidance

- Wisdom vehicle – composed of all the other qualities of True Nature
- It is manifesting here as the capacity of our consciousness primarily functioning through the head center, of recognizing what is most real in the present situation.
- Asking question like “What is going on?” “What am I experiencing?” “What is the impact on my consciousness?”
- Capacity for seeing depth
- Diamond guidance tells us that it is possible for the intellect to function in an embodied way
- How our consciousness illuminates truth
- Heart and mind working in sync – heart lights up when diamond guidance operates
- Inquiry is a kind of invitation to divine guidance
- Operates in the service of truth and compassion utilizing the heart



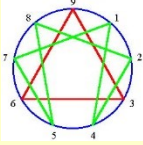
# Point 6 - Trouper

## Safety / security, loyal, solidity, support

- The fear that there is nothing under me
- Hardheaded, opinionated and stuck in beliefs to anything that appears to be solid
- Sense of resiliency
- Authority driven
- In search of ground: strong partner / company / nation / religion / enneagram, etc.
- Inner committee
- Counter phobic: going against danger / authority
- Needs to find what they can depend upon in life / need to trust presence

## Personal will (ground)

- Will is the way we experience ground, foundation, support
- Tremendous settling quality of personal will: steady, grounded
- Trusting in the unfolding of experience without hesitation
- Sometimes opens up at a time of danger: eg. Micah, me with cancer
- Something in you trust the kind of intelligence of action that you are part of, and you just move into what needs to happen.
- Can rely on ground as something supportive and it can be relied on
- Sense of orientation and direction



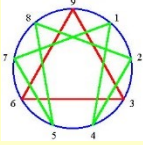
# Point 7 - Epicure

## Imagination / enjoyment, seeking experience








- Freedom and being fulfilled
- Excitement / energy → underlying anxiety: FOMO
- seeking experience is a way to cover up this anxiety
- The anxiety makes seeking experience compulsive
- For 7's, anxiety == boredom! Not enough going on to relieve the boredom!
- Makes them start to look for the next exciting thing / person / event / experience
- Freedom = options / choices / possibilities
- Becomes a trap because when something is chosen, there is one less option left!
- Drive for stimulation and engagement

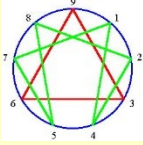
## Essential identity (Markabah = chariot)

- Inner turning in that we make when we are really doing the sensing practice, when we are really devoting ourselves to our meditation, we are turning toward our deepest nature, we are turning inwards
- The wisdom here tells us that the source of delight, the source of the experience that we call pleasure as human beings, the root of it is True Nature
- Turning towards experience just as it is rather than seeking other distractions
- Really after sense of gratification, of the pleasure inside of us not out in the world
- Exhibit a kind of causeless positivity
- Wanting this experience for everyone







# Learning the Enneagram

-  The oral tradition – exemplars of the points respond to questions about themselves and life
-  Typing interview – call for an appointment
-  Class and workshops
-  Presentations like this one
-  Websites like the Enneagram Instrument (<http://www.enneagram-instrument.org>)
-  Enneagram instruments
-  Books (later)




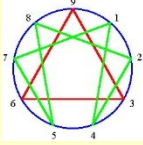
# Books

## Helen Palmer

-  *The Enneagram: Understanding Yourself and the Others in Your Life*
-  *The Enneagram in Love and Work*
-  *The Pocket Enneagram*
-  *The Enneagram Advantage*

## David Daniels

-  *The Essential Enneagram: The Definitive Personality Test and Self-Discovery Guide*





# More Books



Claudio Naranjo


 *Ennea-Type Structure: Self Analysis for the Seeker*


 *Character and Neurosis: An Integrative View*

 *The Enneagram in Psychotherapy*




Kathleen Hurley, and Theodore Dobson


 *My Best Self: Using the Enneagram to Free the Soul*

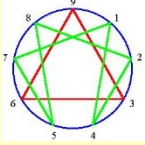
 *What's My Type? Use the Enneagram*



Don Richard Riso

 *Personality Types: Using the Enneagram for Self-Discovery*

 *Discovering Your Personality Type*



# More Books



Russ Hudson and Don Riso



Understanding the Enneagram



The Wisdom of the Enneagram (seminal book)



A. H. Almaas



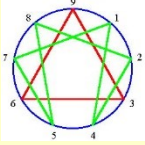
Keys to the Enneagram (advanced)




Sandra Maitri



The Spiritual Dimensions of the Enneagram



# Contact Information

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Enneagram Instrument: <https://enneagram-instrument.org/e-order.php>

Typing interviews: <https://enneagram-instrument.org/e-typing.php>