

Nine Observations about Spiritual Work

In our own explorations of this system, we have made nine observations about the process of uncovering our true nature. These nine observations do **not** correspond to the nine Personality Types; they are equally applicable to each, and each type will discover the truth of these points if they pursue their journey far enough. These nine observations encapsulate many of the major points we have discussed throughout this book.

Observation 1 **Our true nature is Essence.** Essence and personality are not separate: personality exists in, and is made out of Essence. While we have a personality, it is only a part of the totality of our true Self. Most of the time we are entranced by our personality and do not remember our Essential nature, or who we really are.

Observation 2 **Work on ourselves proceeds layer by layer,** from the most external forms of personality to the inner core of our Being. The automatic pattern of our personality draws us outward, but by bringing awareness to these patterns, we reverse the course. We can start peeling away the layers and uncover our true identity. Awareness (mindfulness) plus the willingness and ability to work through our psychological issues are the keys to our Work.

Observation 3 **We will succeed in our Work if we are willing to know the truth** about what is really occurring in us. Truth allows us to live in reality. We must tell the truth to ourselves, and where appropriate, to others. Being with the truth of our condition brings an ingredient that dissolves the structures we have been trapped in. But we must be willing to name our demons, to count the bars of our prison cell.

Observation 4 **We need to be willing to observe our resistance to reality,** our attachment to our self-image, and our fear. It is not in our power to transform ourselves, but we can bring awareness to these three major barriers: we can observe them and be willing to have them removed from us. It is helpful in our transformational work to pray for healing, and to seek healing with one's heart.

Observation 5 **Whenever we work through a particular layer, the issues of the next layer automatically present themselves.** The soul has its innate wisdom and yearns to be free. Therefore listen to your heart, your higher mind, and your body. The Self will unfold organically as we bring non-judgmental awareness to it and stay with the process. There is no finish line; the process will continue as long as we live.

Observation 6 **The deeper we go with our process, the more difficult it becomes**—at least for a while, and from the perspective of the personality. Initially it becomes more difficult because we uncover deeper and

more intense sources of pain. This is because the closer we come to the truth, the more our ego is threatened. Later, difficulties arise because the barriers become more subtle and elusive. However, the deeper we go, the greater the rewards. We become more alive, joyful, and peaceful, and also more determined to stay on track.

Observation 7 **We must be willing to be uncomfortable** for a while if we wish to be released from whatever has bound us. We must remain present to whatever we find—whether it brings us sorrow or ecstasy. Remember that all negative behavior is the result of unprocessed pain. In the course of our work, we uncover difficult feelings, powerful Essential states, and many qualities of emptiness. The more we can learn to tolerate these different aspects of ourselves, the more quickly and smoothly our work will progress. The personality cannot tolerate almost anything, whereas the spirit can embrace everything.

Observation 8 **We gradually learn to disidentify with the personality** and to identify with our Essence, our true self. This, of course, requires that we be able to recognize our Essence and to distinguish our personality trances from it. We cannot accomplish this by judging, disliking, or trying to get rid of the personality. In fact, those very desires and attitudes are part of personality and are not characteristic of Essence. When the personality is seen in its proper context, its true function reveals itself.

Observation 9 **Remember that it is our birthright and our natural state to be wise and noble, to be loving and generous,** to esteem ourselves and others, to be creative and constantly renewing ourselves, to be engaged in the world in awe and wonder and in depth, to have courage and to be able to rely on ourselves, to be joyous and effortlessly accomplished, to be strong and effective, to be self-possessed and enjoy an unshakable peace of mind—and above all, to be present to the unfolding mystery of our lives.

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