



## PROCESS ENNEAGRAM

*The Heroine's & Hero's Journeys*

The cosmos, full of clusters and stars, planets and moons, black holes, gravities, forces – separate but connected. Our earth, with its oceans and rivers, mountains and plateaus, forests and animals, and multitude of peoples – separate but deeply entwined. Our bodies, our skin, bones, muscles, blood coursing through our veins every second of every day. What is the story, our story? What connects us?

The Circle – the never ending line encircling the Enneagram – represents both wholeness and the interdependence of the 9 different positions or types, one of which we each overly identify with. The **personality enneagram** emphasizes the role of our dominant type, through our somewhat fixed temperament, in governing the way we see the world. The **process enneagram**, on the other hand, emphasizes the dynamic way in which we respond to changing life circumstances. We need to utilize both.

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Point 9/0 – *In a story*, at the beginning of anything new, we start with wishing and dreaming of the world as we would like it to be so we can set the stage for action.

### **Beginning** – Points 1, 2, 3 – the initial phase, when something new begins to happen

*In a story*, we get the basic setup (step 1), get introduced to the characters (step 2), and see the flow of everyday life (step 3).

*In a transformational project*, we envision our goals, ideals and initial concrete plans; vague hopes are translated into perfectible goals in accordance with ethical values (point 1); our high ideals are humanized and translated into a form agreeable to real people who can support them; justice is tempered with mercy (point 2); and then our planning and organizing flips into high gear; developing and testing practicality – what works and what doesn't work (point 3). The focus of the Beginning is on outer accomplishment. The Middle involves real world complications and problems in which the Hero and Heroine begin to lose their way.

### **Middle** – Points 4, 5, 6 – the trouble phase, when complications ensue

*In a story*, a dramatic event occurs that changes everything: people must reach inside themselves (step 4), solve new problems (step 5), and confront their ultimate fears (step 6).

*In a transformation project*, we move into a time of difficulty that requires us to get fully emotionally commit to the descent into the Deep or Shadow (point 4); we're turned inward, deeply absorbed into exploring the basic nature of things in order to convert new problems into solvable puzzles (point 5); and we accept the transformations, including discarding unneeded fear-based beliefs, that are happening to us as we courageously transform to something else (point 6).

### **End** – Points 7, 8, 9 – the resolution phase, when difficulties are resolved

*In a story*, there's a breakthrough: we feel elation and a sense of joy (step 7), achieve our goals (step 8), and learn a lesson from our experiences (step 9).

*In a transformational project*, there's a breakthrough: we experience a sense of effortlessness in starting new projects (point 7); we embrace responsibility and achieve mastery in embodying our truth and managing our energy (point 8); and we integrate our successes and failures, pleasures and pains, and return to our everyday life enriched from them (point 9). We have converted raw experiences into a form that makes them truly universal.



**PROCESS ENNEAGRAM**  
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What we have available to learn on our journey –

**Process Step 9→0**  
Incubating & Imagining  
*Personality Type 9 – The Storyteller*  
We learn to appreciate peace,  
harmony and the enjoyment of  
participating.

**Step 8 – Completing**  
*Type 8 – The Master*  
We learn what it's like to feel really  
big and to magnanimously use it.

**Step 1 – Perfecting a Plan**  
*Type 1 – The Perfectionist*  
We learn what it's like to seek out  
and create a higher set of principles.

**Step 7 – Finishing Up**  
*Type 7 – The Improviser*  
We learn what it's like to  
wander freely on the earth and  
produce joy.

**Step 2 – Getting Input & Support**  
*Type 2 – The People Person*  
We learn what it's like to build  
and enjoy relationships.

**Step 6 – Following Through**  
*Type 6 – The Steward*  
We learn what it's like to face  
our fears and value our family.

**Step 3 – Testing Initial Ideas**  
*Type 3 – The Self-Tester*  
We learn what it's like to work  
hard and achieve success.

**Step 5 – Solving Problems**  
*Type 5 – The Puzzle-Solver*  
We learn what it's like to be curious  
and love knowledge.

**Step 4 – Delving Deeper**  
*Type 4 – The Deep Sea Diver*  
We learn what it's like to value  
authenticity and remain true to our inner  
vision.

