

Spiritual Growth & the Enneagram

Robert Holden, PhD, 2019 Shift presentation

[These are my notes. I am not religious and can translate the more religious words for myself. Sue]

3 types of Enneagram:

Enneagram of the personality

Enneagram of parts – a map of consciousness

Enneagram of points – each point is a meditation which is available to every type at any time

Heart Center

2, 3, 4 – we are a soul with a body; how we relate to ourselves and our soul

Mind Center

5, 6, 7 – we think with our Big Mind in order to shift from fear to love

Body Center

8, 9, 1 – we discover heaven is everywhere when we are truly present

Our physical body is the crowning achievement of Creation

Type 1 – path of change and transformation

The paradox is that there is a sacred opportunity when we get it wrong. Goddess/God/whatever never judges. We judge. When we know we are already perfectly made, we soften, which allows us to engage our soul.

Meditation – How do I experience my divinity, sacredness, holiness? Show me what You see when You see me.

Type 2 – path of salvation/recovery

The first person to save is ourselves; only then can we help others.

Meditation – What Enneagram gift haven't I been open to and haven't received yet in this moment? I can always receive more. What is the gift waiting for me to receive?

Type 3 – path with heart

Our heart is missing these days. How can we bring more heart to our lives?

We have to feel and be willing to understand that *we* are the love we are looking for.

Meditation – Pray the prayer in the center of my heart that is just for me. Let my heart pray for me!

Type 4 – palace of nowhere

Nostalgia – the pain of missing home. We feel displaced and need to meet ourselves with no judgment, with no shame. Find a way to come home.

Meditation – What is it like to be me, with no judgment, no shame? To feel understood and precious in the presence of acceptance? This is true intimacy with myself.

Type 5 – path of illumination

Emptying ourselves of everything and all information in order to be open and receptive to learning what we need to know right now in this moment.

Meditation – What does my soul or higher self want to teach me right at this moment?

Type 6 – path of inner darkness & feeling lost

It's our willingness to be lost that gives us the ability to be guided, inspired and supported.

Meditation – Everything I need to know will be provided exactly when it's needed.

Type 7 – the fullness of heaven, of the divine, of the mystical

We feel something is missing in our self-image. See the fullness that is already present. We have a divine inheritance.

Meditation – What is my journey? Describe it. Name it. How will I know when I get there? Feel it right now.

Type 8 – path of innocence

Our ego says we get one shot, and we've probably already used it up already. Our soul is always already in its real supreme state. Innocence is a forever invitation. It's never too late to be innocent again. The world has not ruined us. Be willing to walk the path of forgiving ourselves and others.

Meditation – Begin again. I get a second chance.

Type 9 – the fullness of being human in all the centers and our soul

We need the willingness to not have two names or labels – spirit versus body. The willingness to not judge the physical as somehow less than the spiritual.

We need a new spirituality for this age. The old spirituality is about retreat.

The new spirituality is about coming fully into the world and knowing you can't be disturbed or destroyed by it.

If you feel there is something missing from your life or the world, *it might be you!*

Meditation – Show up and speak my truth – this is my gift to the world.