

Enneagram – A Spiritual Tool for Transformation

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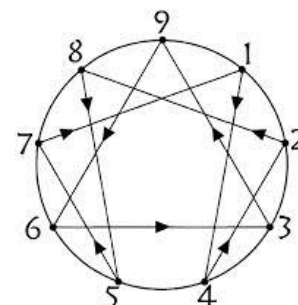
The Enneagram is an ancient spiritual map of personality types – Super Powers – offering insights into human nature and paths of transformation. According to this map, human beings react with certain patterns of deeply held psychological and emotional motivations. The types or points of view describe not only how we learned to cope with the demands of life in the past but also how we can better learn to meet life's demands in the future. With deepening awareness of these portals to our Deeper Self and our Divine nature, wisdom bubbles up from our inner core and compassion enfolds our humanity, enabling us to satisfy our needs for love and belonging on this our wonder-filled journey of Life.

History of the Enneagram

Ancient origins of the Enneagram –

- 6,000 years ago in Egypt
- 4,000 years ago in Babylon
- prehistoric Korea & folk Buddhism
- Greek philosopher Pythagoras fused mysticism and mathematics, developed the Law of Three
- Roots in Jewish mysticism and philosopher Philo
- Early Egyptian Christian ascetic mothers and fathers led by 4th century mystic Evagrius Ponticus
- Sufi development in Central Asia, Iraq to Afghanistan from 13th to 16th century
- George Gurdjieff, Russian, ~ b.1872, introduced to the West in 1900s
 - Enneagram is constantly in motion and must be taught through movement and choreography
 - Taught on cosmic rather individual level; taught 3 Intelligence Centers

- **Riso & Hudson** – *Understanding the Enneagram - The Practical Guide to Personality Types*
- **Susan Rhodes** – *Archetypes of the Enneagram – Exploring the Life Themes of the 27 Subtypes from the Perspective of Soul*
- **Eric Lyleson** – *Essential Wholeness – Integral Psychotherapy, Spiritual Awakening, and the Enneagram*
- **Ginger Lapid-Bogda** – *What Type of Leader Are You? Using the Enneagram System to Identify and Grow Your Leadership Strengths*
- **David Daniels** – *The Enneagram, Relationships, and Intimacy: Understanding One Another Leads to Loving Better and Living More Fully*
- in the Jewish Kabbalah, Buddhist Dharma, Christianity, Sufiism, Greek Orthodox
- in business, parenting, finance, relationships
- taught at UCLA Med Center, Stanford Business School, St Mary’s College, Georgetown, JFK, Loyola, Ontario College
- Russ Hudson’s EnneagramInstitute.com
- Narrative Enneagram – EnneagramWorldwide.com
- EnneaApp – cell phone app



Nine Types / Points of View / Super Powers	<u>Continuum</u>	<u>Two Wings</u>	<u>Two Connection Lines</u>	<u>Three Instincts</u>	<u>Three Centers</u>
	Healthy, Average, Unhealthy		Soul/Stress/Growth/Disintegration for grounding & understanding; and Spirit/Security/Heart/Integration for expansion & fresh insights <i>(both have upsides & downsides)</i>	<ul style="list-style-type: none"> • Self-preservation (drive to matter) • Sexual (drive to attract) • Social (drive to belong) 	<ul style="list-style-type: none"> • Gut/Body (8,9,1) • Heart (2,3,4) • Head (5,6,7) <p style="text-align: center;">Other Triads</p>