

Body –

The *power* of the Enneagram is that it is a profound and comprehensive tool to harness and transform self-defeating behavior into life enhancing personal empowerment.

1. **Loss of Love**
2. *Indifference*
3. Ignorance, denial, asleep to true self
4. **Fear of Neglect**
5. Need for Acceptance
6. Lacked space to be/exist

Heart –

The *gift* of the Enneagram is that through self-discovery, one can create and sustain meaningful and lasting relationships.

1. **Loss of Hope**
2. *Craving*
3. Desire, attachment, identified with false self
4. **Fear of Being Ignored**
5. Need for Affirmation
6. Lacked accurate mirroring

Head –

The *wisdom* of the Enneagram is that it recognizes nine very different yet inherently valid views of reality.

1. **Loss of Faith**
2. *Aversion*
3. Prejudice, hatred, separation from others
4. **Fear of Chaos**
5. Need for Reassurance
6. Lacked trustworthy guidance

<http://www enneagram.net/enneagram.html>

9/11/18

3 intentional behaviors that create an attitude toward learning and development

One behavior is that of **grounding**. This includes becoming aware of your breathing, and giving your breath the space to find its own natural rhythm. This simple but deliberate action can lead to feeling more settled within. Grounding also involves making felt the contact between your body and whatever it is in physical contact with. For example, paying attention to the contact of your feet on the floor, and your hips and back physically held by a chair can further lead to being where you are at the moment. Grounding is a process that enables us to gradually take up residence in our physical nature, offering us a source of vital intelligence.

A second behavior brings our attention to our heart. With a **kind** attitude oriented toward your heart, you may feel a slight softening and opening here. The heart responds at a different rhythm and pace than does the head, so taking sufficient time to simply be with whatever you are experiencing in your heart supports the development of a new relationship with yourself. In essence, this practice invites you to be kinder and more receptive to yourself.

A third behavior is being **curious**. It's useful to bring a willingness to question your ideas about who you are, and how life works. We humans carry so many stories about life and we have believed those stories to be true. Learning about ourselves through the Enneagram is filled with surprises, including those where we discover that a particular story we've long held as unquestionable simply isn't true. The qualities of curiosity and open-mindedness help us to use those surprises for our growth.

Deep, Living: Transforming Your Relationship to Everything That Matters through the Enneagram, Howe-Murphy, Roxanne, ISBN 0979384710, Reviewed by Riso & Hudson