

## Questions for Guiding your Heroic Journey of Change Process Enneagram

*Essential Wholeness*, by Eric Lyleson

- 9 – Our evolving life occurs in a particular *environment*, and we have a network of associations that define what happens in that environment.
- 1 – There is a network, conscious or unconscious, of *ideals* that define the optimal events in that environment.
- 2 – To move in the direction of those ideals, specific *behaviors* must be performed.
- 3 – To behave in those specific ways, we may have specific *capabilities* that we engage.
- 4 – Whether we use those capabilities depends on what we *value*.
- 5 – What we value is organized by what we most deeply *believe*.
- 6 – What we believe has been organized by our *questioning* of what is true, important and useful.
- 7 – We question what we believe because of the *new ideas* and perceptions we become aware of.
- 8 – The structure of our personal *identity* organizes our awareness of ideas, how we question, believe, value and are capable of behaving in moving towards an ideal in any environmental context.
- 9 – The *communities* to which we belong tend to organize the way we identify ourselves.

For our homeostatic patterns in any *environment* or context to be perturbed enough to break habitual patterns, there must be a compelling *ideal* to motivate one to attempt new *behaviors*, which require developing latent or emerging *capabilities*. These capabilities are in part supported by existing *values* and *beliefs*, yet also restrained by them. To evolve to a higher or more complex order, existing values and beliefs must be *questioned* and, at least in part, let go of in order for new ideas to emerge and be appreciated. Putting new ideas into practice allows a new sense of *identity* to be recognized. That identity will then seek to see how it fits within existing communities, or become part of, or even create, a new sense of *community*.

### **Nine – The Ordinary World**

*How can I continue to feel content and live harmoniously in the world as I currently know it? How do I maintain stability?*

1. Describe your ordinary world?
2. What are your routines?
3. What helps you maintain a sense of security and stability?
4. How do you try to cope with stress and difficulties?
5. Who and what helps you feel stable, safe or comfortable?
6. What do you avoid because it feels too stressful, difficult or unusual for yourself or your family or friends?
7. What do you appreciate?
8. What is working for you?
9. What don't you want to change yet? Why?
10. What do you want to come back to?

*In what environment or context am I wanting to make a change?*

### **One – The Call to Adventure**

*What is not right? What are the limitations of my circumstances? What is the ideal? How could life be better?*

1. What are the signs – calls to adventure – that tell you something needs to change?
2. What is frustrating, imperfect, unpleasant or unfair about your circumstances?
3. How do you try to cope with those frustrations?
4. What's not working for you in your life?
5. What do you wish would just go away?
6. What have you done to try to fix things?
7. If a miracle could happen, what would you ideally hope for?
8. How is your life at this time not matching up to how you ideally would have thought it would be?
9. What are you most critical of about yourself? About others?
10. What problems or mistakes are most difficult for you to admit to yourself?
11. What concerns are important for you to take more seriously?
12. What happens when you try to do the "right thing"?
13. What do you need to focus on in order to get you out of your rut or old patterns?
14. Who is it easiest to express your anger, frustration or disappointment to?

*What is my ideal in the environment or context that I am thinking about making a change?*

## **Two – Refusal of the Call**

*What is needed? How do I get my desired response? What do I need, not just to maintain my current circumstances, but also to grow and thrive, to get ahead? How do I get myself out of this escalating predicament?*

1. What is Life trying to get you to embrace that you have been trying to avoid?
2. What would help you to deal with your frustrations and begin moving towards your ideal?
3. What self-limiting patterns or habits are you reluctant to change?
4. Who is it easy to ask for help? Who is it most difficult?
5. How has pride or fear of embarrassment stopped you from admitting you need help?
6. Whose permission do you think you need before you can do what you want to do with your life?
7. How do you balance what you need in relation to what parents, adult children and friends expect of you?
8. Whose problems have you tried to change, rather than your own? Has it been beneficial?
9. How does your dependence on others help or hinder you in taking the necessary steps to making the most of your situation?
10. How does others' dependence on you, help or hinder you in taking the necessary steps?
11. What are three reasons why you shouldn't begin attending to the difficulties in your life with more care and effort?
12. Who wants to support you in making the changes you want to make?
13. How would you like to be more independent or healthily interdependent, and what responsibilities come with that?

*How would I be behaving in order to be moving towards the ideal that I am now addressing?*

## **Three – Meeting with the Mentor and Crossing the First Threshold**

*How do I begin getting what I need? How can I best promote my agenda and desires?*

1. Who are your mentors? What do they help you learn?
2. Who are your "tor-mentors"? What do they help you learn?
3. If you were guaranteed 100% success, what would you do?

4. What is the first step you will take, or would like to take, or have taken, to move toward your goal?
5. How willing are you to let others show you the way, or do you need to figure it out all yourself?
6. What talent or ability do you already possess that would like to have a chance to prove itself?
7. What life experiences remind you that you have the inner strength to make the most of any opportunity or challenge?
8. How would you like to be living in five years? What is that future-self doing? How does she or he feel about herself or himself? If that future-self could talk to you right now, what advice or encouragement would he or she give you?
9. Who inspires you the most? Why?
10. Who would you like to emulate? In what way?
11. What can you tell yourself to help motivate you out of your comfort zone of old habits?
12. Who, if anyone, do you hope would notice and appreciate your efforts?
13. What will you need to ignore or disregard to get the ball rolling?
14. What sort of promises or commitments do you need to make yourself and/or others?

*What capabilities would I be exercising in order to take action towards my ideal?*

## **Four – Tests, Allies and Enemies**

*What gets in the way? What am I experiencing and feeling right now? What do I really want? What are my deep, authentic desires?*

1. What difficulties, flaws, inadequacies, limitations, or insecurities have tempted you, or could tempt you, to give up on your aspirations?
2. What is lacking in your life that if only you had it, then you could follow your deepest desires? What difference would it make to have it?
3. Who tries to lead you astray from what is most important for you to do? What is the payoff of giving in to being led astray?
4. Who or what helps you to remain true to your deeper calling and authentic self?
5. How do you attend to your weaknesses and limitations? How could you improve on this with compassion and understanding?
6. What past grievances haven't you forgiven yourself or others for yet? How could seeing

forgiveness as *following a path* instead of *crossing a line* be helpful?

7. What deeper longings or desires do you become aware of in difficult and scary times?
8. What dreams help to propel you forward in spite of the difficulties?
9. What do you envy about aspects of other people's lives that remind you of what you value?
10. How are you unique and special? How does that inspire you to make the most of your life?
11. How are your feelings about mundane, routine day-to-day activities changing?
12. How does feeling sad or disappointed help you do the soul searching and inner work needed to tune into your deeper calling?

*What values motivate me to develop capabilities in order to reach my ideal?*

#### **Five – Approach to the Inmost Cave**

*Why is this happening? Why am I going through this?*

*What do I need to learn and know to get through this?*

*What is, and is not, essential and necessary?*

1. What mistakes have you made? What are they teaching you?
2. What is the difference between judgment and discernment?
3. What keeps you going through difficult times?
4. What is important to have space from in order to put things in perspective?
5. Where can you retreat to when you need to feel safe in order to make sense of things?
6. How would a scientist viewing you from a detached perspective describe this transition you're going through?
7. What beliefs keep you going or help you make sense of the challenges in your life?
8. What is most essential and what is expendable in your life?
9. What do you need to know more about or need to know how to do better that would help you face your fears?
10. Who or what is it essential to emotionally detach yourself from?
11. How does not taking things personally and knowing others may have similar challenges help to put things into perspective?
12. How can you maintain some sense of predictability in this time of change?
13. How could getting clearer boundaries between the various domains of your life help you feel more organized or in control?

14. When you observe your thoughts rationally, which ones support you and which ones weaken you?

*What beliefs do I already hold that support my values?*

#### **Six – Ordeal**

*What do I remain faithful to, and what will I begin to have faith in? What do I need to let go of? What am I leaving behind? What am I opening up to? What if I do this, or what if I do that?*

1. What from your old situation or lifestyle is most frightening to face or let go of?
2. What is difficult for you to accept about yourself and the world we live in?
3. What have been your greatest fears and doubts?
4. What could help you to face your fears and find the courage to follow your heart?
5. How about listing your worries and then brainstorm ideas for what could help you avoid or prepare for those possible challenges?
6. What authorities, institutions, or rules have you tended to question or be in conflict with?
7. Which of your loyalties support your being true to yourself and which seemed to hold you back?
8. Who do you need to reach out to and who do you need to walk away from at this time?
9. What approval or friendship do you feel you might risk losing to be true to yourself?
10. What beliefs are you questioning or feel confused about? What beliefs are the most scariest to think about losing?
11. Who else is going through similar challenges in their life? How might this be part of some bigger trend?
12. Who is having or could have less control or influence over you, as you find more faith in yourself?

*What limiting ideas would I come to question in order to honor my beliefs?*

#### **Seven – Reward – Seizing the Sword**

*What next? What's new? What is attractive? How do I enjoy what I have realized? What else is possible?*

1. Can you give yourself permission to act more spontaneously or to seize a promising opportunity?
2. What new possibilities are you becoming aware of, and how can you begin to explore them?

3. What new ideas and insights are expanding your perception of what was possible for you?
  4. Where could you go, who would you like to meet, or what could you read that might help open up to more new possibilities for yourself?
  5. What are you ready to free yourself from? So you can be freer now to do... what?
  6. What sort of options are you considering before committing to a new path?
  7. How might keeping your options open assist you at this time?
  8. What sorts of plans or fantasies boost your optimism?
  9. What can help you avoid being pulled back into old habits?
  10. What responsibilities could you take a break from in order to make space for some new discoveries?
  11. Are you willing to take a leap of faith and let luck or grace help you follow your bliss?
  12. What sorts of things that you previously judged negatively and scary are you seeing in a more positive, uplifting light?
  13. How does feeling you deserve and are worthy of something better influence your choices?
9. What sort of person are you beginning to think of yourself as?
  10. How is the way you identify yourself changing? What sort of a difference is it making taking on a potentially new title (mother, father, student, job title, husband, wife, adult, spiritual seeker, truth-teller, dream-catcher, Awakened, etc.)?
  11. Whose opinions or feelings might you need to dismiss, at least for a period of time, so that you can have a chance at manifesting your dream or desire?
  12. How might your fortitude and determination help you override some personal needs or weaknesses in order to rise to the challenge?
  13. How will you protect and nurture your gains?

*What sort of person would I be after making the change I am considering? Who, in that environment, is working towards those ideals, by behaving in those specific ways, utilizing those capabilities, because of holding those values, which are supported by those beliefs, which I am able to honor because I began to doubt those old limiting ideas, which enabled me to realize those new ideas?*

*What new ideas are coming to me that support my reasonable and prudent doubts and concerns (and also potentially limiting doubts and concerns), and what new ideas are coming to me that will enable me to invest in what I value the most?*

### **Eight – the Road Back and Resurrection**

*What do I want to master or manifest? What am I already mastering and manifesting? How can I take control?*

1. Of all the new things you have been exploring, what are you ready to commit yourself to?
2. What are you ready to claim as your own, even if it means fighting for it?
3. What new rules are you making for yourself to reach your objectives?
4. What are you choosing in order to make the most of your life?
5. What in you drives you to really go for it?
6. How will you need to discipline yourself in order to accomplish your objectives?
7. How might you need to guard your time and space in order to get to where you want to go?
8. In what way is your self-concept changing and being more compassionate, open and forgiving?

### **Nine – Return with the Elixir**

*How do I consolidate my efforts and maintain stability and the changes in my life?*

1. Who else will benefit from what you're putting into practice?
2. Who supports you in this new way of life?
3. What adjustments could they make to support you?
4. What new habits or routines are you establishing to consolidate your efforts?
5. What is taking less conscious effort, as it becomes part of your routine?
6. How is your environment changing in response to, or to support, this new way of life?
7. What adjustments are you making to fit in with people who are important to you?
8. How are you helping to keep things rolling along harmoniously?
9. What conflicts of interest do you need to mediate to maintain stability and your new changes?
10. In what direction is the momentum of what you have started taking you?