

# The Living Enneagram

And Emotional Freedom Techniques

## Manual

Written by Rosalind Brenner

**Bountiful Living**

## Acknowledgements

My heartfelt gratitude goes to Dr Charles Neophytou, the tutor I discovered while searching for a psychology course. His Diploma course not only set me up on my journey as a counsellor, but he also introduced me to The Enneagram and its multifaceted wisdom. Dr Neophytou's vision of spreading the true meaning of community, has become my inspiration. Through his teachings I have been expanding out of my *boxed personality* and into living with a wider and broader understanding of esoteric principles.

I also would like to acknowledge Keith Hayes, the author of The Living Enneagram. Keith and I were fellow students of Dr Charles Neophytou. His book, written under Dr Neophytou's guidance, delved into the depths of this transformative system. As one of the directors of the Metaphysical Institute, Keith played a pivotal role in my Enneagram journey. Breaking free from my idealistic image I developed a profound passion for the Enneagram's teachings. For the first time in my life, I glimpsed how my ingrained belief patterns had kept me stagnant.

My acknowledgements extend to Khadine Aharon ([www.embraceempowerment](http://www.embraceempowerment)). In my quest to overcome anxiety, pain and trauma I discovered emotional Freedom Techniques (EFT) Emotional Freedom Techniques, commonly known as tapping. Under Khadine's guidance I learned this powerful, yet accessible technique. Three intense days of tapping and subsequent months of assessments allowed me to release trauma within myself and assist others in their EFT therapy. A revelation struck me of how The Enneagram and EFT could harmonize, facilitating true alignment with the authentic selves, becoming free of the past, and being in a place of creating better futures.

# Bountiful Living

## The Living Enneagram

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## Introduction

Whether you are using this training manual to enhance your therapist skills or for your own personal use, welcome! I hope you will find, as I did, this to be a wonderful map of self-discovery. As you embark on this journey, remember that understanding yourself is a major factor in helping others. As the saying goes, *'The greatest study I ever undertook was the study of myself.'* Humans are social creatures, and co-existing harmoniously is essential. By gaining clarity into your own behaviour and motivations, you'll be better equipped to enjoy life, and for therapists, you'll be better equipped to guide your clients toward self- discovery and growth.

It's fascinating to consider how ancient philosophers would perceive our modern world. Indeed, technological advancements and communication have transformed our lives, but some fundamental aspects of human behavior remain remarkably consistent over time.

Let's delve into this story:

In ancient village culture, where men and women once lived as equals, a pivotal shift occurred during the reign of Rameses the Second. His desire for young men as cannon fodder led to a hierarchical order. Women were enslaved, and men were placed at the top of this order, tasked with fighting and producing sons for the army. This marked the emergence of a patriarchal system, where tribalism thrived, and an 'us versus them' mentality took root. The ego reigned supreme.

The ego, driven by self-interest, has played a central role. Men sought dominance, and the desire for power fuelled their actions. The focus shifted from collective well-being to

individual gain. This ego-driven mindset persists in various forms today, influencing political decisions, social interactions, and personal ambitions.

As we reflect on history, it's essential to recognize both progress and persistent patterns. Our journey continues, and perhaps by understanding our past, we can shape a more harmonious future.

In this training manual, an unravelling of ego and personality will evolve. This is a complex system with many parts, and can be likened to unraveling layers, much like a Sara Lee pastry with its intricate folds.

Concepts that have become part of the belief system need to be examined and understood. Each aspect of the study is for identification purposes only and no aspect is better than another. Sit back and use the tapping techniques to assist in relaxation and be as honest as you can be. As with any map, if you don't know your starting point the map will not help you get to your correct destination.

. Let's delve into the key points:

1. **Complexity and Layers:** The analogy of a layered pastry resonates. Our ego and personality are multifaceted, composed of intricate layers shaped by experiences, beliefs, and emotions. Just as each layer in a pastry contributes to its overall flavor, our various aspects contribute to our sense of self.
2. **Belief Systems and Examination:** Concepts embedded in our belief systems influence our behavior and perceptions. By examining these beliefs, we gain insight into our motivations, biases, and thought patterns. Awareness allows us to question and reshape these beliefs, fostering personal growth.
3. **Equality of Aspects:** No aspect of our psyche is inherently superior or inferior. Each serves a purpose—whether it's our rational mind, emotions, or intuition. Recognizing their equality helps us integrate them harmoniously.

4. **Tapping Techniques and Honesty:** Tapping techniques, such as Emotional Freedom Technique (EFT), can aid relaxation and emotional release. Honesty with ourselves during this process is crucial. Authentic self-reflection leads to greater self-awareness.
5. **The Map Analogy:** Like any map, understanding our starting point is essential. Without clarity about where we stand, navigating personal growth becomes challenging. Acknowledging our current state allows us to chart a course toward our desired destination.

As we continue this journey, let's explore further. Feel free to share additional thoughts or questions—I'm here to assist! 😊

## The Ego

Ego is about separation, survival, and self-sufficiency, NOT about self-actualization, co-creativity, and creative living. The Ego supports hardened hearts and does not listen to the small voice of the heart. The ego is divided into three categories. The first step is revealing the ego system applicable to you. This is the lens through which you see your world.

### Three types of Ego

#### 1. PETTY EGO

The petty ego is the basic type of ego. It is yearning, craving, greedy, clinging, grasping, holding, and never sharing. If this person shares it is only what they don't really want, and they will always keep the larger share and only give away that which they cannot take or use. Being miserly, and self-centred, doing and everything just for themselves. Success is measured in material things. They have no philosophy of life itself and use bluffing to get through life. Through the petty ego, one is introverted and motivated by greed. This personality needs to learn to share selflessly the best things they have.

## **2. DISGUSTED EGO**

This disgusted ego is the proud, frustrated idealist, intensely resenting being made to shape up or face the wall, type of ego. They always seek the ideal in others, implementing their view on others. They are frustrating and frustrated. They can be ambitious, but never get fulfilled. When opposition comes, the disgusted ego type doesn't have the courage to face or overcome. If they cannot gain what they want personally they will destroy the good in others. They hide their faults and always have the answer, not allowing others to answer. They are defensive and never defend others and have no hesitation in exposing others. This is the extroverted ego, needing to cultivate an appreciation and an understanding of the others' opinions.

## **3. DELUDED EGO**

This ego is the Almighty, thinking and acting like God, tolerating and regarding anyone they associate with as okay. They think all their thoughts are divinely inspired. They don't believe in co-creativity and don't realize others are part of the same universe. They think they are people of destiny, and anyone who is different and has different plans is an idiot. In their righteousness they act like executioners, not believing in compassion and believing they have no ego. Their ego is camouflaged and are so deluded they do not know that while professing the cause, they are the cause. This person is a combination of extrovert and

introvert and will use whatever is suited to cater to their own ends. They need to manifest faith in themselves and others.

## Human Behaviour

*Human behaviour is complex but understandable*

Overall, people are mostly unaware of the true nature of who they are. The personality preoccupies most of the thinking, while the innate virtues are hidden by a neurotic process that the personality has adopted.

*Most people are only into their own perception of reality*

People identify mainly with thoughts and feelings. When an event occurs it is the thoughts of the event that renders feelings into overwhelming states. In identifying with a pattern of personality, the true essence is hidden. It is not that there are good thoughts or bad ones,

it is the attention held with them, and the implicit trust to believe in what the thoughts are saying that holds us into patterns of behaviour, which becomes the problem.

*Defense mechanisms and patterns of behaviour are for survival only*

Human behaviour is conditioned to help survive the early formative years. Unlike animals, humans don't have sharp teeth and claws to protect themselves. The psyche forms as the fetus grows. From birth this pattern of personality is designed to protect the integrity of the child. The problems arising from childhood also necessitate the development of the personality. And so, the personality grows, naturally without conscious awareness. The personality becomes the way of survival, and a way of adapting into the environment. The child learns to adapt and fit and by the time they have reached puberty they have reasoned how the world works, what people are like, and how to fit in.

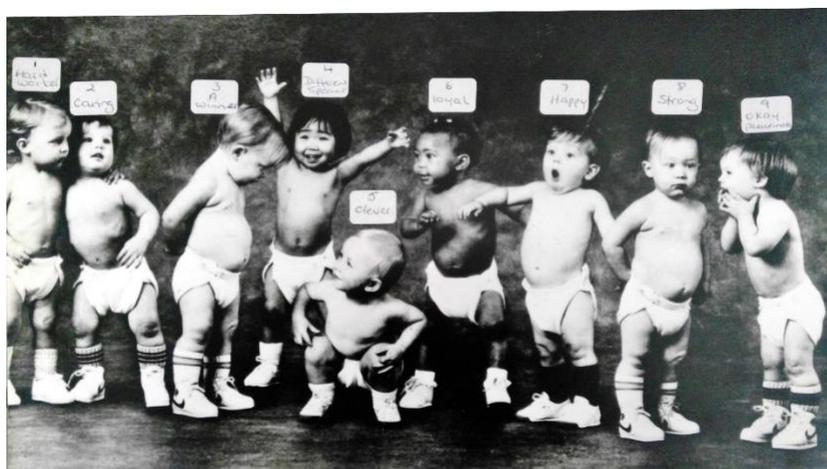
## **George Gurdjieff**

George Gurdjieff is known as the man who brought the teachings of The Enneagram to the western world. Gurdjieff was born in Alexandropol on the Russian/Turkish border, to Greek and Armenian parents. He was brought up in an unconventional manner with a mixture of Sufi and indigenous culture infusing his youth. When he came to Europe from Asia Minor in the early twentieth century, he quickly had a following that he administered his *inner life* training to. He was seen as a great mystical teacher.

George Gurdjieff paved the way for conventional techniques of group therapy, changing preconceived ideas of self-advances and creating the process of self-awareness. His knowledge was drawn from Sufis of central Asia and the mystery schools including Pythagoras. He claimed people are like machines,' they get up out of their beds in the same unconscious state they slept in'.

Primarily he was concerned with the HEART and a study of esoterics. The main discipline technique he used was known as the *Big Freeze*, where his students walked around in the room and at a given signal they would freeze until their body ached, sometimes for hours at a time. His controversial teachings were to see how the *Self* becomes frozen in dogma and beliefs.

Gurdjieff's teachings were mainly oral, and it was his students that recorded his teachings. He was fascinated by personalities and their development.



## Magical Numbers

Cosmic laws govern the universe and mathematics has its place in the mystical nature of the universe.

### Law of three

1. Active

2. Passive
3. Neutral

Three forces

1. Bodily
2. Emotional
3. Spiritual

Three bodies

1. Edible
2. Air
3. Impression

Three sorts of food

### Law of Seven

A period = octave - a formula of cosmic law

DO, RAY, MI, FA SO, LA, TE, DO – basis of music, harmonics.

$1/3=333333$  and is written 3

$1/3+1/3=2/3=6666$  or 6

$1/3+1/3+1/3= 3/3=9999$  or 9

When 1 is divided by 7 a more complex pattern of numbers appears which contains no 3's,6's or 9's

$1/7= 142857142857$

$2/7=285714$

$3/7=428571$

$4/7= 571428$

$5/7=74285$

$6/7=857142$

## The magic is

6/7=857142 +

1/7=142857

1 or 999999

22/7  $\pi$  = 31428571

Which contains the *Sacred 3* and *Sacred 7*

## Metaphysical Science Laws

Metaphysics literally means that which is beyond the physical. It is a science because it is experiential and not a concept.

### The Ten Laws of Metaphysical Science:

1. Universal Mind – an organizing force behind the growth of all forces in the universe
2. Cause and Effect – for every action there is an equal and opposite reaction of the same intensity of the original stimulus. What you put into your life you get back in direct proportion

3. Self-Actualization – a process of self-discovery that leads to self-fulfillment from within
4. Cosmic sympathy – a natural in-born tendency to help in the preservation and growth of nature. It exists in every form of life
5. Equity – implies a natural law of judgement, order, fairness impartiality and justice
6. Creativity – allows for the individual power of self-expression and to live creatively. This law refers to the constant transformation of energy to matter and matter to energy. Everything is conserved and improved upon, nothing is wasted
7. Attraction – nature is constantly at work attracting benefits from interactions ensuring continual growth. This law enables the individual the right to satisfy their hearts desire.
8. Law of interdependence - all of creation is part of a whole, and all are mutually dependent on the other. Interdependence brings relationship into harmony.
9. Regeneration – cycles of nature are an example of natural regeneration. This law shows there is a process of birth, life and death, and lineages pass inherited consciousness onto offspring
10. Perfection – we are linked to the universal mind which is infinite and perfect in its manifestations.

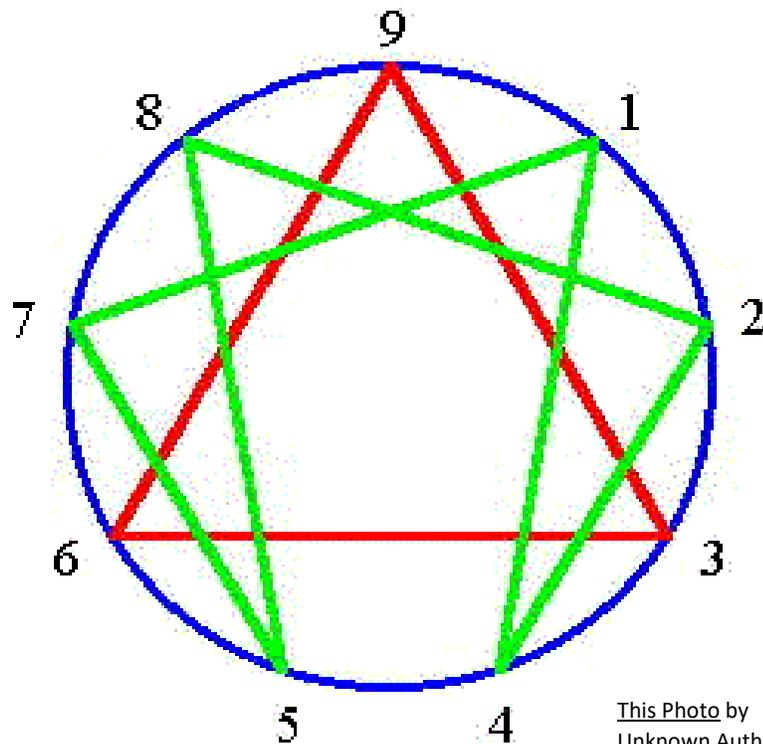
Find the definitions of?

Integration/disintegration

Esoteric/ Exoteric

Innate/ Education

## The Enneagram – Nine-pointed Star



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The Living Enneagram is a tool that teaches patterns of personality. It addresses the relationship between personality and other levels of human capability. It allows for the possibility of humanity's evolution from personality through to a range of human potentials such as empathy, honesty, compassion, courage, and patience.

It is a valuable tool for identifying patterns of behaviour originating in childhood and established in adolescence. It is alive, meaning that patterns are not set and that human behaviour is conditioned as a way of surviving and can be understood and changed.

Around the Enneagram there are nine symbolic points of personality. Each point highlights a person's abilities, talents and challenges and an understanding of talents which need developing. In other words, a self-development program.

There are nine personality points with nine directions and nine sets of virtues. The main point number that describes you is your personality point for life. It doesn't change, but it can blend.

Each personality point has two wings, one on the left and one on the right. Thus comprises a trio of personality points or facets which are never constant. They are subject to your moods and consciousness. The wings allow travel through the primary and secondary numbers and the other centres. This allows for personal growth and understanding of others to be easier when they are more recognizable. It is most important to correctly identify the personality point which is the main thrust (number) of the personality. Mis-identification will not produce stimulated growth.

There are nine virtues which exist within each person and surround them, because the entire universe exists inside the consciousness in every cell of the body.

The above star is divided into two groups, secondary numbers, and primary numbers. The red equilateral triangle is the primary numbers, and the secondary numbers make up the remaining six points.

### **Disintegrated Enneagram**

1428571 secondary numbers

3963 primary numbers

Disintegration happens as a safeguard against a perceived or real threat, the ego becomes energized and activated. But disintegration is only two stages.

### **Integrated Enneagram**

1758241 secondary numbers

3693 primary numbers

Integration happens in the process of self-actualizing and the virtues become developed, and the ego is dropped. Integration happens the whole way around the Enneagram.

Many of the belief systems we hold in place about ourselves are not part of us. They seem they are, but they are only accepted by us and have been passed on by other people, who also believed them to be true. As you go through this program examine your own weaknesses and shortcomings and question the beliefs you hold about yourself.

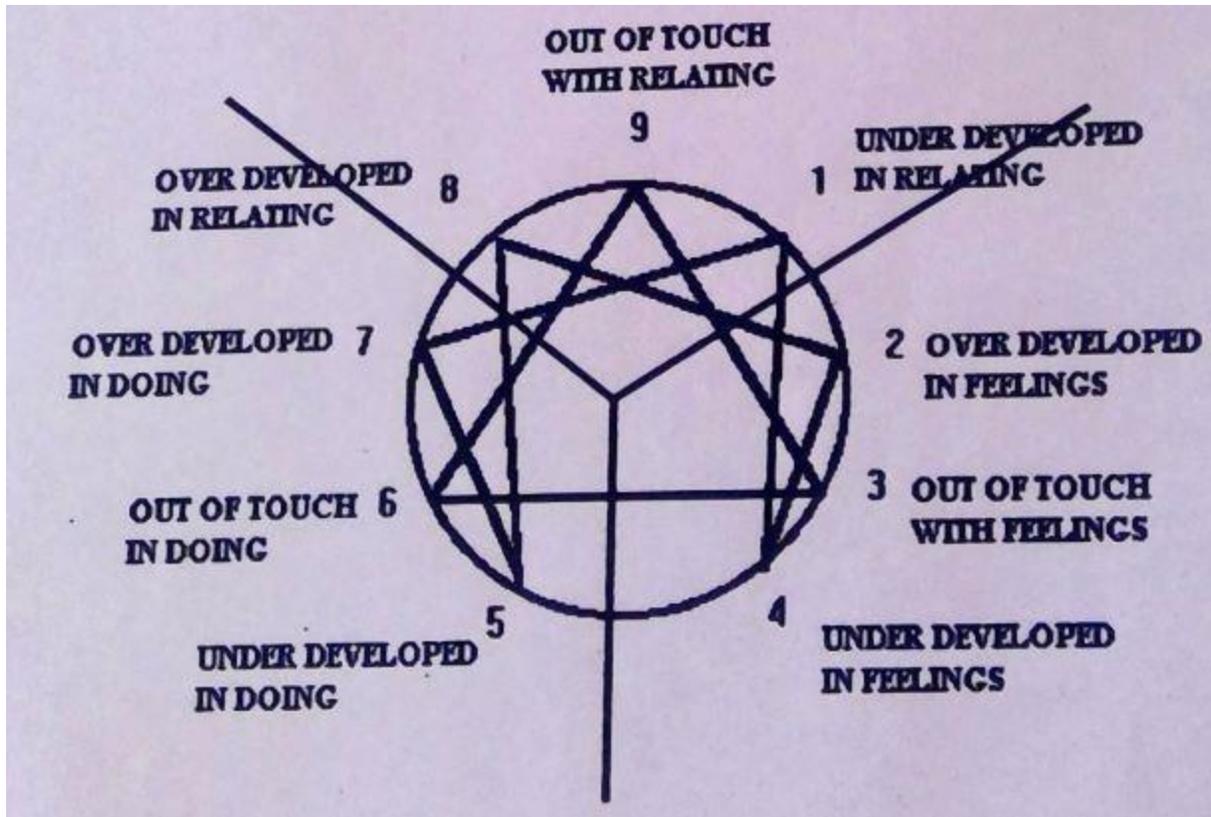
### **Structure of the Enneagram**

The following exercise emphasizes how the mind looks for the negative. The numbers 142857 and 396 is the numerical value of the reoccurring decimal used by the

philosophers of the Mystery Schools for developing virtues. It seems contrary to call this dis-integration, however this is the way most common way to demonstrate the study of the Enneagram.

1. In the circle below draw an equilateral triangle. Number these points 9,3,6, the primary numbers, as you see in the previous diagram.
2. At equal distance around the circumference number the other six points 142857, secondary numbers.
3. From the centre of the circle draw a Y as shown in the following diagram. This gives the triads and centres.
4. Connect the secondary points in the sequence of: 1 to the 4, 4 to the 2, 2 to the 8, 8 to the 5, 5 to the 7 and back to the 1. Mark corresponding arrow heads in the same sequence as well as adding arrow heads to the primary numbers of 3 to the 9, 9 to the 6 and 6 back to the 3. This shows the direction of dis-integration. The arrows in opposite direction are the direction of integration.





**Gut - 8,9,1 - Relating**  
**Heart - 2,3,4 - Feeling**  
**Head - 5,6,7 - Doing**

Each personality type has three centres. **GUT, HEAD & HEART**. One centre is always stronger than the other two. The strongest one is favoured, but one is no more important than the others. Just as a three-legged stool with only one reliable leg would determine how you would sit. The weight would be distributed unbalanced and give you a wobbly seat. So, it is with the preference of the centres.

### **GUT ENERGY**

Eight, nine and one are the types who fight life. They fight for justice and the cause. Decision making is spontaneous. They are often forceful, stubborn, and powerful earthy people

concerned with issues of justice. When the ego is energized it is unmistakably recognized as a tightening in the gut area. Anger is experienced in the gut and is a frequent issue in relationships and is THE big issue whether it is openly expressed, or denied avoiding conflict, or suppressed seething silently.

## **HEART ENERGY**

Two, three and four are the types who don't fight life but move towards it. They are emotionally driven and less logical than the HEAD or GUT type. Decisions are made from the heart, while the heart is an automatic reactor, feeding information to the brain providing an unbalanced look of their world. The focus is outwards, having a small inner world and a big outer world, like guppies in a fishbowl. They are good manipulators, have a lot of anxiety, and base everything in life on relationships. *"Look at me when I'm talking to you"* is their give away. When the ego is energized it is like a wounding in the heart. The major issue is with relationship - either over relate in extroverted fashion, or under relate with exaggerated concern for their own image, how they look and how they come across to others. They like to know who's who on the social scene.

## **HEAD ENERGY**

Five, six and seven come from the base of logic. They are the thinkers and intellectuals of the system, assessing situations and trying to make sense of how things work and how it all fits together. They tend to hold back emotions in relationships, hiding their heart so they won't get hurt or rejected. They present as too rational or impersonal. The head centres are the observers of the human race with a small outer world and a very large inner world. They hide behind the screen, finding it hard to communicate from their inner self. They are full of plans, dreams, thoughts, and fears, often lacking genuine emotion due to their fear of expression. Decisions are based on logic, never emotions. When threatened and under

stress and their ego is energized, they experience a dissociation as if shutting down, like the person is in a state of shock. Fear is the big issue, and the avoidance of it.

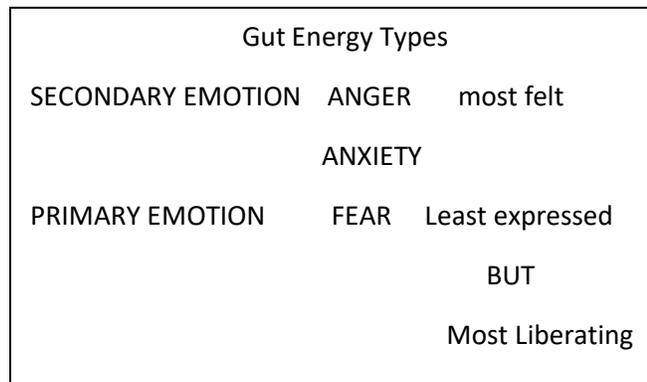
## Emotional Drawers

Each centre has a sequence of expressing emotions to a **NEGATIVE REACTION**

Each of the centres have a sequence of how instinctual emotions of anger, anxiety and fear are used. In the diagrams below you can see the first drawer is the secondary emotion and is the most felt emotion of that personality centre. The bottom drawer will be the liberating emotion to access.

For the **GUT** feeling fear will be the liberation of all constrictions.

For the **HEART** it is getting in touch with anger that will liberate them from their pain, and for the **HEAD** type the liberating factor will be feeling and acknowledging anxiety. Once it is learnt these are the emotions that are safe to feel, the personality can feel growth and expansion.



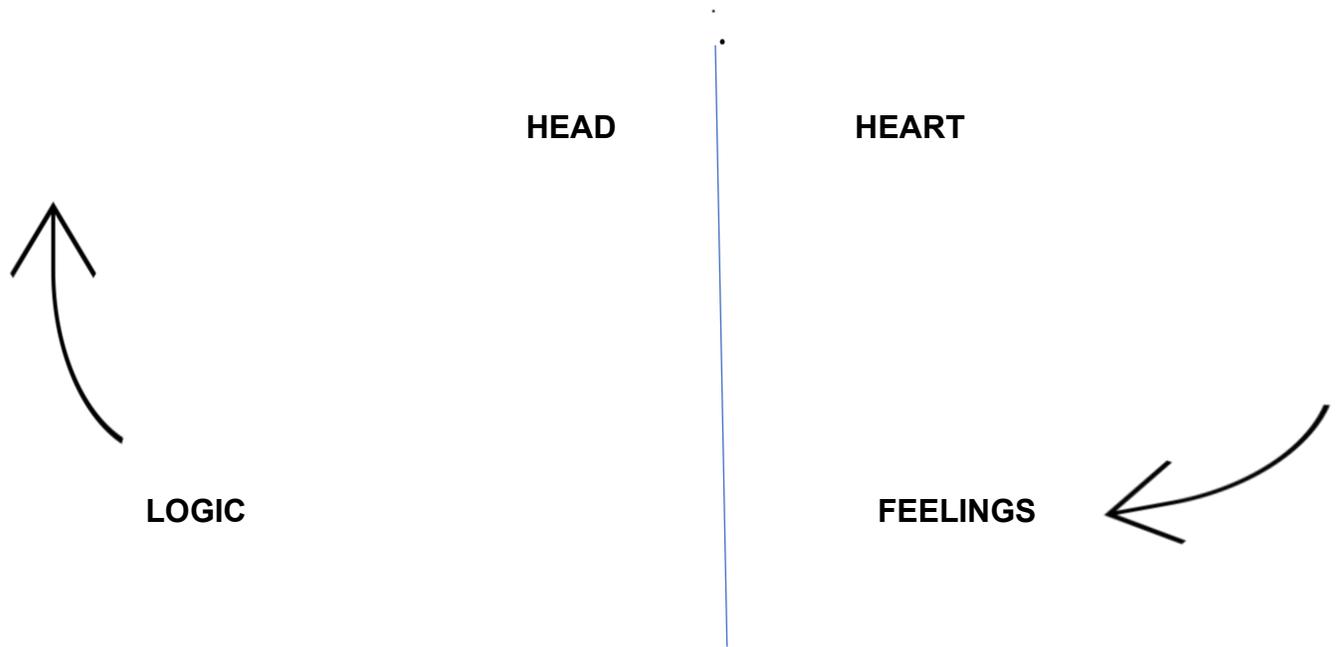
Heart Energy Types		
SECONDARY EMOTION	ANXIETY	most felt
	FEAR	
PRIMARY EMOTION	ANGER	Least expressed
		BUT
		Most Liberating

Head Energy Types		
SECONDARY EMOTION	FEAR	most felt
	ANGER	
PRIMARY EMOTION	ANXIETY	Least expressed
		BUT
		Most Liberating

**SPONTANEITY**



**GUT**



It is essential for each personality with their favoured centre, retain that centre and at the same time progress in a clockwise direction to integrate with the other two neglected centers, creating balance.

**GUT** types -eight, nine and ones retain their gut or instinctual space and develop more feelings (heart) and logic (head).

**HEART** types – two, three and four retain their heart or feeling space and need to develop their logic and instinct.

**HEAD** types – five, six and seven need more spontaneity through the gut and to connect with their feelings.

## **Descriptions**

### **The nine Personality points**

1. The Perfectionist
2. The Helper
3. The Winner
4. The Artist
5. The Thinker

6. The Loyalist
7. The Generalist
8. The Boss
9. The Peacemaker

## 1. THE PERFECTIONIST

Rules and regulations are the key to this type. They are principled and orderly. There is one way of doing things, one way only and that's their way. Their life is driven by rules and maintaining those rules. Ethics and justice mean a great deal to them. They try to be objective they are moral teachers with personal integrity. They are high minded idealists, striving for excellence in everything. They want to be right, improve others, they hate criticism and condemnation. Major lesson in life for this type is their rules aren't necessarily the right rules, its okay to be wrong. When balanced, are conscientious and hard working.

## 2. THE HELPER

Being helpful and caring is the key to this type. They can spend most of their time helping and servicing others, at their own expense. Their major desire is to be loved. They can be over manipulative with their caring and helping disguised as 'being loving' to gain love. They are very demonstrative people, everyone gets hugs and attention. Major lesson is life for this type is to realize their own personal needs before committing themselves to others needs. When balanced, are loyal, loving and genuinely compassionate.

## 3. THE MOTIVATOR

Looking good and being what you want them to be is very important to this type. Once they have your acceptance, they become the motivators, self-assured and ambitious people. They are excellent managers and are charismatic. Their fear is failure. They are driven by impressing others. Major lesson in life is to realize that they can express their own true feelings and emotions without being criticized or rejected. Out of balance they have an inner emptiness. Very often are workaholics. When balanced are effective leaders, good packagers, competent promoters, captains of winning teams.

#### 4. THE ARTIST

The artist can often be absorbed with feelings and emotions which can inhibit their growth, a self-absorbed dreamer capable of enormous depressions and huge elation. They have a reserved inner space, they are brilliantly and originally creative. They seek to understand themselves and they can withdraw to protect their feelings. They always look forward to beginning their "real" lives because they tend to dwell on the negative past or pessimistic future. They are extremely artistic and when inspired and creative are capable of producing beautiful work. Their major lesson in life is to not over-identify with their feelings.

#### 5. THE THINKER

This personality is the intellect. They have their own private world where they fill themselves full of knowledge. They are extremely intuitive and creative to avoid their own sense of emptiness. They are very reserved with their emotions. with a high ability for concentration and mental involvement. They become specialized, making a science out of things. It is this type that makes excellent inventors and designers. They are innovative, original ideas are their specialty. Key motivation is to understand the environment and defend self from

potential threat. major lesson in life is to learn the art of emotional expression. When balanced are excellent decision makers, ivory tower intellectuals, and austere monks.

## 6. THE LOYALIST

In balance they are regular and obedient. Out of balance they are the rebel. They need the rules laid out clearly and fixed without deviation. Clear definition is essential. They are very trustworthy, co-operative, loyal and dependable. They can be extremely stubborn; they sacrifice their own authority to another for security. They fight against anxiety and insecurity and their desire is to be liked and approved of. Their anger is deep seated and seldom shown. They have few friends but keep them for life. Their trap is taking too much time to think before taking action. Major lesson in life is to find their own inner authority.

Evolved sixes can be great team players, loyal soldiers, and good friends. They will work for a cause in the way that others work for personal profit.

## 7. THE GENERALIST

Enthusiastic, appreciative, lively practical, productive, dazzlingly multi-talented, they put too much on their plate with everything. They lack empathy for others, like to keep their options open and get fixated into always planning. They constantly amuse themselves with new things and activities, they favour prestige brands, they want the good things out of life and they are prepared to work hard to get it. It is difficult to get them to commit. Their attitude to life is "you only live once" but if you do it right, once is enough. Major lesson in life is to stop running from issues with over-activity and denial.

## 8. THE BOSS

The boss is described as having self-assertive, self-confident, self-reliant, authoritative, and decisive traits of behaviour. They believe that nothing can stop them. They despise weakness and they protect the underdog. In balance they are very just and out of balance can be vengeful. They call a spade a spade and have no trouble telling others exactly what they think of them. they can be belligerent, belittling and arrogant. They can cut others down to size in one mouthful. They can challenge authority in their demand for fair play and equally so. they are so tender and protective to those they love.

Major lesson in life is to find their own gentleness that they sacrificed as a child.

Evolved eights are excellent leaders, especially in the adversarial role. Can be powerful supporters for other people; want to make the way safe for friends.

## 9. THE PEACEMAKER

The peacemaker appears uninterested and not wanting to be bothered. They are deeply receptive and unselfconscious. Emotionally stable. They lose their identity by blending with others. They are not charismatic as they like to blend into the surroundings. They are very self-effacing, too easy going, passive and complacent. They can become very laid back by preserving the peace and being one of the crowd. They have the ability to defuse situations and are excellent arbitrators. Major lesson in life is to refrain from devaluing themselves and their opinions.

## Avoidances

Avoidance is part of the childhood patterning developed as each personality learnt to behave and adapt in a particular manner, especially to gain either love, acceptance, respect, approval or as a safety requirement.

1. The Perfectionist – always wanting to improve things. They are conscientious, idealistic, and super critical as well as impatient and rigid.

**ONES AVOID** anger to maintain a good boy/girl image.

2. The Helper are friendly, caring, generous, possessive, manipulative and a martyr and self-sacrificing.

**TWOS AVOID** their own needs so they can maintain an image of selflessness and be the caring helper.

3. The Motivator are competitive, efficient, image conscious and attention seeking.

**THREES AVOID** failure so they can maintain the image of being the winner.

4. The Artist hides behind an act. They are moody, day dreamers, tragic, romantic and super sensitive.

**FOURS AVOID** ordinariness so they can maintain the image of being unique.

5. The Thinker is the observer, emotionally detached, the loner and non-expressive.

**FIVES AVOID** emptiness with information and data, not to project an image but to camouflage their own emptiness. It could be described as a non-image.

6. The Loyalist is committed to the cause, suspicious, defensive and suppressed.

**SIXES AVOID** deviance and breaking the rules to maintain their self image of loyalty and obedience to the cause.

7. The Generalist is super optimistic, extroverted, practical, multi-talented, shallow, undisciplined, and reluctant to commit.

**SEVENS AVOID** pain to maintain a happy image and to prevent themselves looking backwards into their life.

8. The Boss is stubborn and complacent, strong and resourceful. They call a spade a spade, never back down.

**EIGHTS AVOID** weakness to maintain their self- image of being strong and capable.

9. The Peacemaker is compliant, trusting, and stable.

**NINES AVOID** conflict so they can play down any struggles and maintain the image of the peacemaker.

### Exercise

What is your avoidance?


### Look- a-Likes

Personalities can be confused with another because characterisations at first glance can appear similar.

Personality types 9,4,5 are **withdrawn**, they have a common denominator of stubbornness, where they are withdrawn or hold back.

Personality types 6,1,2 are **compliant**, it's more of a fitting in or a type of go along to get along.

Personality types 3,7,8 are **aggressive**, their self-confidence is often mistaken as arrogance.

### **Further look- a-likes**

The personality type **9&2** are friendly and amicable. The nine does not try to impress, they try to belong, whereas the two, when compelled, is friendly for a reason, to be needed. The two likes to be the centre of attention and the nine likes to be central for union.

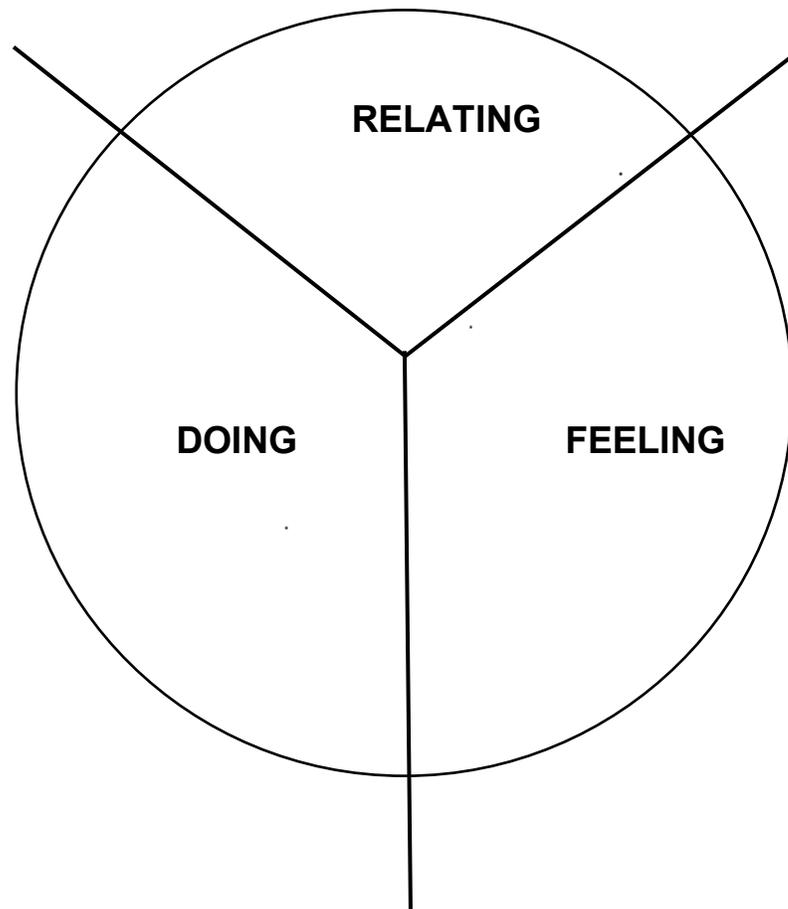
The personality type **3&7** are motivated to achievement. The seven is motivated to gain the good things in life, and the three is to avoid failure. The three is concerned with their image but the seven is not.

The personality type **3&8** are leaders. Eight uses power, threes use motivation. Eights do not fear rejection, but the three does, and the eight is not so worried about portraying an image as the three is.

The personality type **4&6** are self-blaming. Both are harsh on their self. They are the most self-punishing of all the nine types.

## **Triads**

Once again, the symbol of the enneagram is divided into three sections. These three sections for this layer of the enneagram are the triads. Each personality point will react differently to the three groups within each triad.



Each of the groups - Relating, Feeling and Doing contain three personality types. The top triad is the **relating** centre and the nine is the central number. It is the one that is most *out of touch* with relating. The eight *over-relates* and the one *under-relates*.

The **feeling** triad has the number three as the central number. The three is most *out of touch* with feeling, the two is *over-developed* and the four is *under-developed* with feelings.

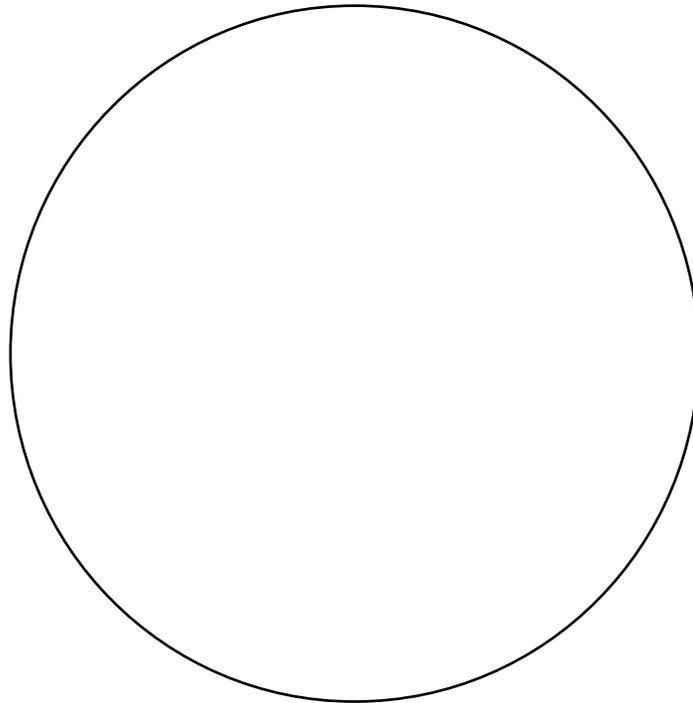
On the **doing** triad, number six is most *out of touch* with doing, the number five is *under-developed* with doing and the seven is *over-developed* with doing.

The journey of self-actualization depends on the discovery of the nine virtues, whether it be a primary or secondary number. Although it may appear that the secondary types

have a longer journey than the primary types, secondary numbers are either over or underdeveloped within each triad.

### Exercise

In the circle complete the enneagram and identify the **secondary types**. Write the relationship within each triad.



### Primary Numbers

The Primary numbers are separated because they are most out of touch with their own individual triads - **Nine** is most out of touch with relating. **Three** is most out of touch with feeling. **Six** is most out of touch with doing.

### Primary and Secondary Descriptions

**Personality type one - Underdeveloped in the relating triad**

The compliant nature and unexpressed anger leave the ONE to silent seething. There is a difficulty in expressing themselves openly and saying how they truly feel. They are unable to relate to others and the environment easily. In a group situation they analyze and criticize in silence of what is being said and will only verbally interact if the subject matter meets with their approval. When their own standards are incorrect, their thoughts tend to be self-condemning. The ONE personality type needs so much to be right that when proven wrong, they are forced to work even harder on themselves.

### **Personality type two – Overdeveloped in feeling triad**

Being overdeveloped in feelings means an insult or rejection is experienced as a heart wrenching episode, and the pain of other's is taken on board with great intensity. The personality of the TWO can feel the mood of the room and other people. The image portrayed is loving and caring irrespective of their own inner turmoil, due to maintaining the helpful boy/girl image since childhood.

### **Personality type four – Underdeveloped in feeling triad**

The judgement and logic of the FOUR is clouded by internal super sensitivity. The feelings need to be intense and as such are subject to huge elation or huge depression. Even though the FOUR is heart based and appears full of feeling, paradoxically they can go through life as an actor on the stage, becoming the part. It is the pattern of the abandoned child, retreating into fantasy.

### **Personality type five – underdeveloped in doing triad**

For the FIVE personality doing is an effort. They are not competitive and don't waste words or energy. They are more interested in accuracy and quality. Emotional engagement is not natural, and they withdraw from intimacy, seeming logical and not present. Social interaction is a learned ritual, whereas an intimate relationship would be terrifying. It is the continuing pattern from childhood rendering them a social misfit.

### **Personality type seven – overdeveloped in doing triad**

Being overdeveloped in doing means the SEVEN types can't sit still, super energetic workaholics, getting caught up in constant activity. The optimist, forever planning, burning the candle at both ends. The super activity is an escape route, reinforcing childhood patterns. Learning to commit is growth for the SEVEN.

### **Personality type eight– overdeveloped in relating triad**

The camp boss or camp mother, overdeveloped in relating, demanding to be the authority and over responsible are traits of the EIGHT. Carrying a heavy load to prove their strength and capabilities. The personality of the EIGHT is boisterous and forceful with others, overpowering their partner or workmates with a bullnose way of relating. The internal sensitivity and positive motives are hidden by the blunt and pushiness of needing to achieve a desired result. All to maintain the childhood self-image of the strong little girl/boy.

### **Primary Numbers**

Three, six and nine are joined in the diagram by the equilateral triangle. The reason why these are separated is they are most out of touch with their own individual triads and have blockages in connection with the realness of the connected triad.

### **Personality type nine – most out of touch with relating**

The NINE will shut down to relating and lose all association with their environment.

### **Personality type three – most out of touch with feeling**

The THREE loses sense of real and honest feelings, only expressing what may be required and not being in touch with the real emotions which are buried away to protect their image.

**Personality type six– most out of touch with doing**

Fears absorb the SIX into indecision and consequently procrastination but can be misinterpreted as lazy or disinterested. But its fear causing the blockages of doing.

**Exercise**

**In the space below write your observation of your own relationship within the triad**

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**The Virtues**

The real aim of the Enneagram is to learn of the virtues and fulfill the potential lying within each human being. Like facets on a diamond the necessity of the Enneagram is to polish each facet, so a lustrous nine faceted diamond appears. Self-actualizing is a natural process, underway it results in a balanced and happy human being, going about the business of being themselves.

Each new life carries the potential to actualize to the fullest. The child only loses its innocence due to conditioning and nothing else. The child creates its own personality so it can grow into a beautiful human being.

When the personality is in balance, it naturally uses the virtues assigned to the thrust number.

With a consciousness of the virtues a person can make decisions, benefitting themselves and interpersonal relations.

### **The nine virtues**

1. ONE When this personality is in balance the virtues of being highly principled, orderly, and correct are favoured.
2. TWO When this personality is in balance the virtues of caring, friendliness and altruistic and compassionate are chosen.
3. THREE When this personality is in balance the virtues of authenticity, honesty and high motivation are in play.
4. FOUR When this personality is in balance the virtues of creativity, originality and intuition are active.
5. FIVE When the personality is in balance, the virtues of stability, empathy and detachment in a positive way, together with wisdom are favoured.
6. SIX When the personality is in balance, the virtues of courage, loyalty and commitment are active
7. SEVEN When the personality is in balance, the virtues of joy, playfulness and spontaneity are expressed.
8. EIGHT When the personality is in balance, the virtues of strength, self confidence and justice take the lead for the eight personality.
9. NINE When this personality is in balance, the virtues of patience, union and passivity come into play.

## **The Influence of the Wings**

Each personality is made up of a thrust number and two wings. The wings are on either side of the thrust number. However, one of the wings is going to be stronger than the other. There is a big difference between a two with a one wing, and a two with a three wing. The identification is an important part of the process, which is why the study includes the wings in conjunction with the thrust number. Together they enable the movement around the whole Enneagram.

It is unlikely each wing would have the same strength or preference. The personality is never static, and it will fluctuate towards each wing, and will operate with the virtues of

that wing. With a new consciousness of these virtues and what they entail, a person can make beneficial decisions for themselves, as well as interpersonal relations. But when stressed, compulsions become activated, and the ego is energized. The blending of the wings brings out different traits of the personality. If stress is not addressed the disintegration continues and the personality will make a movement to the next point of the enneagram.

This is where the tool of observation, which is the work of using the Enneagram comes into effect. EFT will help reinstate the balance and head the person back to picking up their virtuous state.

### **Thrust Number One**

The wing of the two carries the virtues of gentleness, caring and altruism, blended with the one's virtues of being highly principled, orderly, and correct, they tend to produce a more friendly but disciplined person concerned in a personable way. The serious face of the number one personality is softened with humour and generosity.

Whereas with the influence of the nine wing a more objective, fair minded and moderate person comes into play. The wing of the nine carries the virtues of union, patience, passivity, and a universal attitude.

When stressed and the compulsions become activated then the ego becomes energized. The one with the nine wing would tend towards being disinterested, non-cooperative, and stubborn, locked into their own opinionated belief systems. If the one leans toward the two wing, then the outcome would be more of a manipulative person who is concerned with instilling guilt in others and bringing them to task, as well as being self-deceptive and self-righteous, superior, and harsh.

If the personality becomes even further disintegrated, they will head to the next point, being that of the four.

### **Thrust number Two**

The thrust number two type personality will favour either the one or the three as its wings. The one wing carries the virtues of being highly principled and orderly with a zest for getting things done correctly. When the virtue of the one wing blends with the virtues of the two, there becomes a person with a balanced regard for all, fair minded and having true concern for others, and helpful but not at the expense of their self, and being able to freely display warmth for others.

When the virtues of the three wing of authenticity, honesty, and motivation to meet goals, come into play the result is a flamboyant, self-assured type who is greatly concerned for others with a spirit of community.

When both wings are active at the same time and the person is in balance, they are happy, being themselves and on the journey of a self-actualization process, even though they might not realize it.

When stressed, the compulsions will become activated, and the thrust number will blend with the favoured wing. The ego becomes energized and releases the memories of the past. With the three wing, like the chameleon and all of its disguises and abilities to adapt itself to any situation, or the two thrust number can go the opposite way to the number one and becomes a more self-righteous and moralistic person, with tendencies to be inflexible, unable to see their wrong and selfish ways. And if awareness of the traits is not seen, disintegration will take the personality towards the next point, double disintegration at the point of the eight.

This is where EFT can assist in alleviating the stress through tapping the meridian points and bringing the body out of the past and into a calm present.

### **Thrust number three**

With the two wing in a virtuous state, this personality will display traits of a person who is genuinely warm to the few people they select and consider to be close with. The blending of the wing with the thrust number enables a slowing down, no longer trying to

beat the clock, and is more relaxed and able to give of themselves in a loving way, just as the golden Labrador.

With the virtues of the four wing, the result is a sensitive person, delighting the team and motivated for the success of the team as they are no longer driving for prestige and an image to impress. When both wings are active at the same time the thrust number is in balance.

When stressed the compulsions of the thrust number and the two wing will bring out behaviours of deceit and self-deceit and camouflaging their true self. They can behave nastily and be manipulative when they don't get the admiration and love they feel they deserve. They can also act hostile and become narcissistic, a poor loser and have even been seen to throw tantrums in public events.

If the three thrust number leans toward the four wing, then the outcome is delusions of grandeur and a fantasy of being the greatest. They can get locked into an awful state of self-contempt.

If this personality continues disintegrating it will head to the next point of double disintegration, the six.

### **Thrust number four**

When the thrust number four is in balance and using the influence of the three wing, a highly energetic and extremely good mixer on the social scene comes to the fore. One that is professional and attractive, although not so concerned with their image or how they come across to others, because the four's sensitivity eradicates the emptiness often felt by the three personality type. Even though they are both from the feeling triad, the influence of the four wing on the three is stabilizing.

When the virtues of the five are favoured, stability, empathy, and inner knowingness, are applied and the result is an intuitive person, in tune with what's going on around them. This is the point where the heart centre blending with the head centre produces greater balance. Whereas the three wing brings into play the same heart centre.

In stress the compulsions become activated and blend with the favoured wing. The five wing would tend to produce a more withdrawn type that can be very cruel to themselves, with harsh self-talk, full of self-doubt and self-effacing, these are behaviours that lead into depression.

If the thrust number leans to the three then the outcome would be more of a peacock than chameleon, with the obsessive desires of looking attractive, desirable, and admirable, while on the inside are feeling vulnerable and fearful of being humiliated. There are no kind words for themselves, and the personality has disintegrated and become alienated from others and soon will be heading towards the next point of double disintegration to the point of the two.

At this stage applying techniques of EFT will reduce the stress and tension and the integration of the wings can restore balance and happiness will become the business of the day.

### **Thrust number five**

This personality, when in balance and using their virtues of stability, inner knowingness and positive detachment, when they lean to the six wing which carries the virtues of courage, loyalty and commitment, a blend occurs to produce a person who is dutiful and friendly, keepers of the peace. When the virtues of the four are favoured, the personality brings in the heart space and influences the personality greatly as two of the centres are at work -the heart and the head. Here, the feeling of love takes the five personality type beyond their thoughts and theories. When both wings are active at the same time the thrust number is in balance, this person is well on the way of the self-actualization process but may only be aware of life at its best and being themselves, happy and balanced.

When stressed the compulsions are activated and along with the old memory tactics the ego becomes energized. If they lean to the six, then a timid personality locked into the logic and calculations of things, no longer able to express their feelings and exclude

interpersonal relationships. They have lost a sense of who they really are and emerged into activity at the exclusion of everything else. If the five thrust number leans toward the four wing a more introverted and isolated personality emerges. The heart emotions are still activated, but in a destructive way of depression and self-hatred, possibly leading the personality into destructive behaviours of addiction. Double disintegration happens at the point of the seven.

### **Thrust number six**

When the thrust number six is in balance and using the virtues of courage, loyalty and commitment and favour the seven wing, the virtues of joyousness and spontaneity blend together to create a person with a high level of self-acceptance, intelligence, and talent. This person is also likable and sociable, taking life in its stride. When they pursue what they love as a career they can really excel.

When the virtues of the five come into play the result is somebody with high intellectual abilities, the love of learning along with intuitive and perceptive powers can often lead this type to become great inventors or come up with highly developed concepts. With both wings active at the same time the person will be in balance and happy with life. When stressed the personality becomes compulsed. With the seven wing the compulsed personality tends to be dependent, inferiority prevalent along with self-punishing self-talk. Anxiety would be a driver for bingeing or indulgence of some kind. With the five wing, the outcome would be a suspicious and withdrawn personality, a hermit shut off from society. At further disintegration the point of the nine is the double disintegration.

### **Thrust number seven**

This personality displays virtues of joy, happiness, and spontaneity when in balance. When they favour the wing of the six it tends to produce a stabilising effect as the six has the virtues of loyalty, courage, and commitment. Leaning the other way, toward the

eight, a most powerful personality emerges with capabilities emphasising justice, as the eight carries the virtues of leadership, self-confidence, and justice.

When stressed and leaning toward the six wing this personality would tend to become anxious, depressed and use manipulative behaviours. They would appear sulky, avoiding responsibility of themselves, and looking for a caretaker. Leaning toward the opposite side, that of the eight wing, the personality will more likely display anti-social behaviours, with little or no regard for others. Being demanding and pushing for their own way.

The more disintegrated they become, a double disintegration to the point of the five is the direction they will be heading for.

### **Thrust number eight**

When in balance the virtues of the eight are leadership, self-confidence, and justice. This combined with the favoured wing of either the seven or the nine, different strengths will emerge. The wing of the seven brings the virtues of joyousness, impulsivity, and happiness, in other words a lover of life. When these virtues are blended with the activated virtues of the eight, a dynamic individual with the ability to move mountains will emerge. When the power of this combination is harnessed toward the good of the group the extraordinary can be achieved while at the same time being protective of those close to them. But when the virtues of the nine wing blend with the eight the need to be the boss is replaced with a concern for others, especially family. They become exceptionally mild mannered and polite. When both wings are active at the same time the result is someone well on the way in their self-actualizing process, living the business of being themselves, balanced and happy.

When stressed the compulsions become activated and the ego is energised, with the seven wing being leaned into, the eight will become impulsive, bombastic, throwing their weight around and belittling anyone who gets in their way. Leaning towards the nine wing, the outcome would be still an intimidating person, but not as loud, still threatening

with a whisper. Their vibrations can still be threatening, as they exude powerful negative vibrations. The next point of disintegration will be the double disintegration to the five.

### **Thrust number nine**

When in balance the nine's virtues are of union, patience, and passivity. The one wing carries the virtues of high principles, order, and correctness. When these virtues blend with the activated virtues of the nine personality type, an ethical person, concerned with fair play, honesty and justice comes to the fore, producing a most effective leader, self-assured, wise and discerning. When the eight wing is active the results are an expressive personality, forceful and passionate, able to be constructive and task oriented, self-contained, and confident, sometimes misread as arrogance. When both wings and thrust number, are active this person is in the self-actualizing process, without having to work at it.

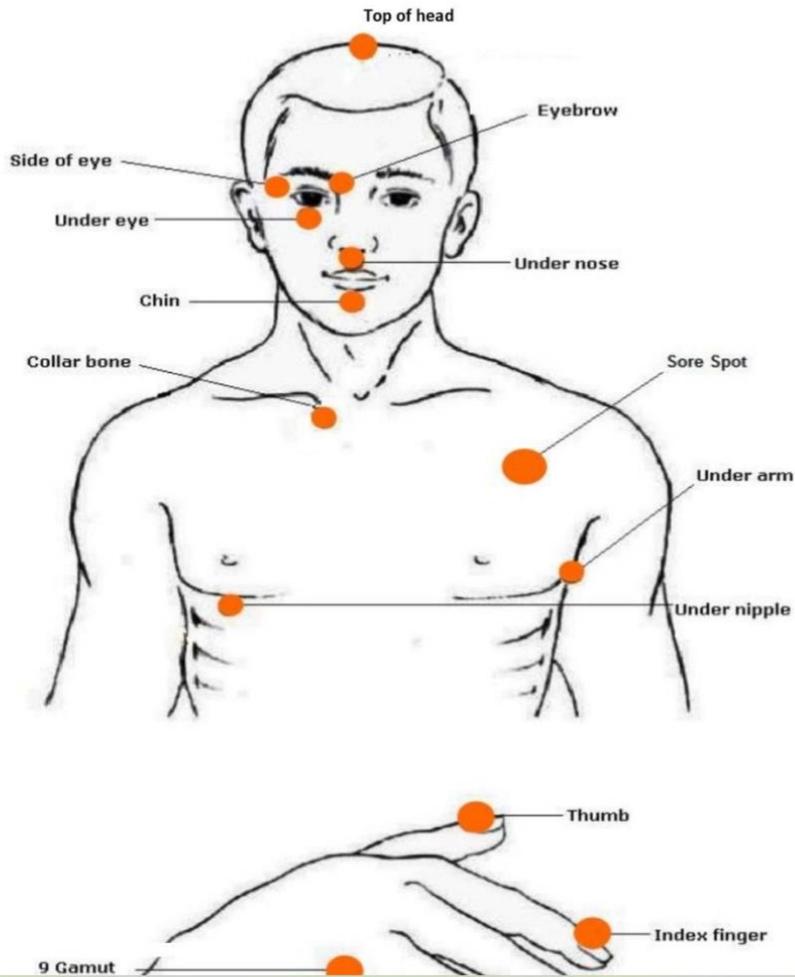
When stressed and the compulsions become activated the number nine will blend with a favoured wing. If it is the one wing indignant, resentful, and seething behaviours take the lead and an individual might act like a rumbling volcano, obsessed with issues of unfairness, and injustice, getting lost in the problem, whereas when in balance are master problem solvers. If the thrust number of the nine leans the other way, toward the eight wing the outcome will be very different. They become more verbal, cutting people down to size, protective of their families and personal beliefs, and aggressive to anyone attempting to demean their family or beliefs. If, at this stage the person continues the compulsions they will be heading toward a double disintegration toward the point of the six.

At this point the Enneagram has been fully described and presents a nine-pointed star in a circle, divided into three sections. Other writers and teachers have given different names to the personality types, for instance the seven could be described as The Generalist or the Epicurist. Both are insufficient to describe the personality type completely. These points are not people, and it is easy to become confused when not knowing the number. These are characteristics of virtues and compulsions.

No matter who we are, mostly we have had some sort of damage in childhood, and we have had to survive through the crafting of a personality. It is not by accident, and it is not unique, the design of survival includes a personality.

Don Richard Riso is one of the foremost developers of The Enneagram. In his book of Enneagram transformations he states, *“the Enneagram is about self-transformation through self-transcendence. It shows us that we can be transformed if we stop identifying with our personality. We must risk creating an opening in ourselves that will allow something higher and more essential to touch our wound self and heal it.”*

## THE TAPPING POINTS



## IDENTI -TEST

Answer the questions as fast as you can using a scale of 0 – 10, 0 being no agreement and 10 is most agreement. Do not allow time to over think.

1. I have great empathy for others \_\_\_\_\_
2. I don't need very much for myself \_\_\_\_\_
3. I like to help others and to be needed by them \_\_\_\_\_

TOTAL A \_\_\_\_\_

4. I am a winner, and nothing will stop me \_\_\_\_\_
5. I am efficient in my business and personal life \_\_\_\_\_
6. I hate the thought of disgrace and failure \_\_\_\_\_

TOTAL B \_\_\_\_\_

7. Do it yourself if you want it done right \_\_\_\_\_
8. I don't express anger, I silently seethe \_\_\_\_\_
9. I stick to my principles \_\_\_\_\_

TOTAL C \_\_\_\_\_

- 10. I couldn't live a common, boring existence \_\_\_\_\_
- 11. I am original, unique and creative \_\_\_\_\_
- 12. People can see that I wear my heart on my sleeve \_\_\_\_\_

TOTAL D \_\_\_\_\_

- 13. I am often called bossy boots, I suppose it's true \_\_\_\_\_
- 14. I'm not short of confidence, I love being powerful \_\_\_\_\_
- 15. I can't stand wishy washy people \_\_\_\_\_

TOTAL E \_\_\_\_\_

- 16. I am super optimistic, yesterday's dead \_\_\_\_\_
- 17. I am jack of all trades & the life of the party \_\_\_\_\_
- 18. I'm the eternal youth, I want to stay young Forever \_\_\_\_\_

TOTAL F \_\_\_\_\_

19. **Keep the pace at any price, I hate conflict** \_\_\_\_\_
20. **Easy come, easy go, I don't make waves** \_\_\_\_\_
21. **Sometimes I need a push start to get going** \_\_\_\_\_

TOTAL G \_\_\_\_\_

22. **I'd rather observe life from the sidelines** \_\_\_\_\_
23. **I'm very logical and practical** \_\_\_\_\_
24. **I avoid embarrassment at all costs** \_\_\_\_\_

TOTAL H \_\_\_\_\_

25. **I need lots of time to think before I do  
Anything** \_\_\_\_\_
26. **I'm very loyal to the group** \_\_\_\_\_
27. **Show me the rules and I'll stick to them** \_\_\_\_\_

TOTAL I \_\_\_\_\_

To Score – put totals in the appropriate boxes. The higher score will reveal the personality number.

<b>A</b>		2
<b>B</b>		3
<b>C</b>		1
<b>D</b>		4
<b>E</b>		8
<b>F</b>		7
<b>G</b>		9
<b>H</b>		5
<b>I</b>		6

## Tapping Script for the nine Virtues

Repeat the **I Am** statement for a complete round (refer to diagram of tapping points)

**I AM** highly principled, ethical, conscientious, virtuous, pure divine, reputable and equitable.

**I AM** caring, compassionate, loving, responsive, understanding, Benevolent, warmhearted and generous.

**I AM** honest, authentic, real, genuine, truthful, sincere, heartfelt and earnest.

**I AM** creative, artistic, extraordinary, originative, a leading edge visionary, passionate and exotic.

**I AM** wise, discerning, sagacious, insightful, knowledgeable, perceptive, judicious and prudent.

**I AM** courageous, valiant, strong, secure, loyal, reliable, solid and steady.

**I AM** joyous, optimistic, visionary, committed, enthusiastic, spontaneous, calm and satisfied.

**I AM** strong, powerful, passionate, decisive, a natural leader, energetic, courageous and confident.

**I AM** patient, humble, tolerant, enduring, accepting, calm, decisive and diligent.

## Focus

When the focus is aligned with the natural virtues instead of the programmed thoughts of protection, life will evolve in miraculous ways, just as it is designed to do. Until it is really understood how the personality and ego are in charge, no amount of doing things differently will change the outcomes of this. The only thing to change is noticing where the focus is. Knowing virtuous feeling thoughts will bring alignment and harmony.