

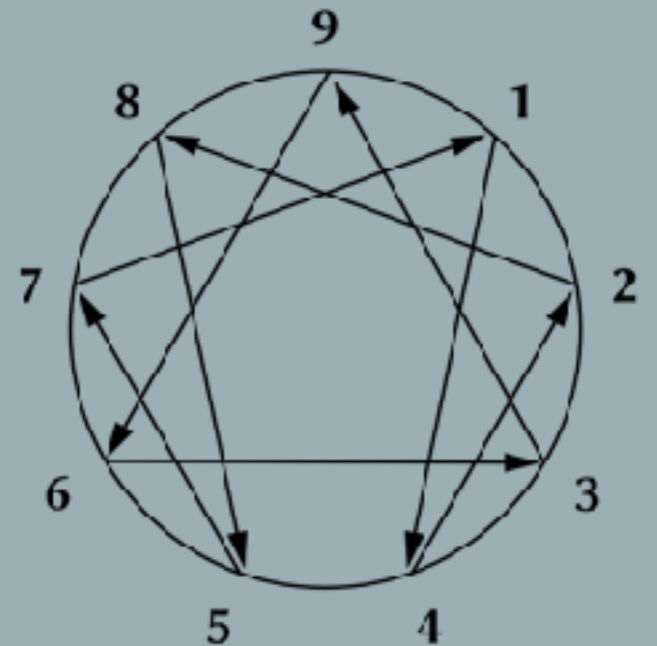
THE ENNEAGRAM

ANCIENT WISDOM FOR MODERN HEALING

Beatrice Chestnut, Phd

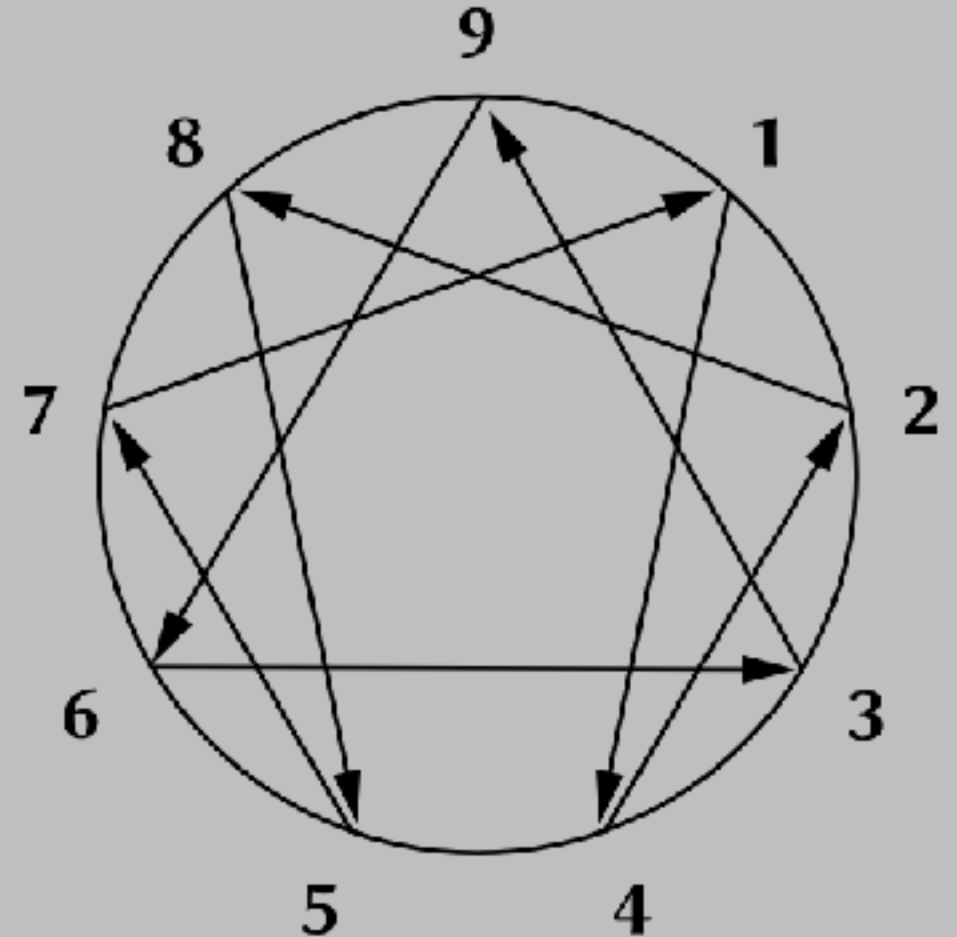
June 27, 2018

Commonweal



OVERVIEW

- ❖ My story: How I met the Enneagram
- ❖ What is the Enneagram?
 - ❖ Ancient roots of the Enneagram
- ❖ How the Enneagram works to bring about healing and transformation
- ❖ My work with the Enneagram



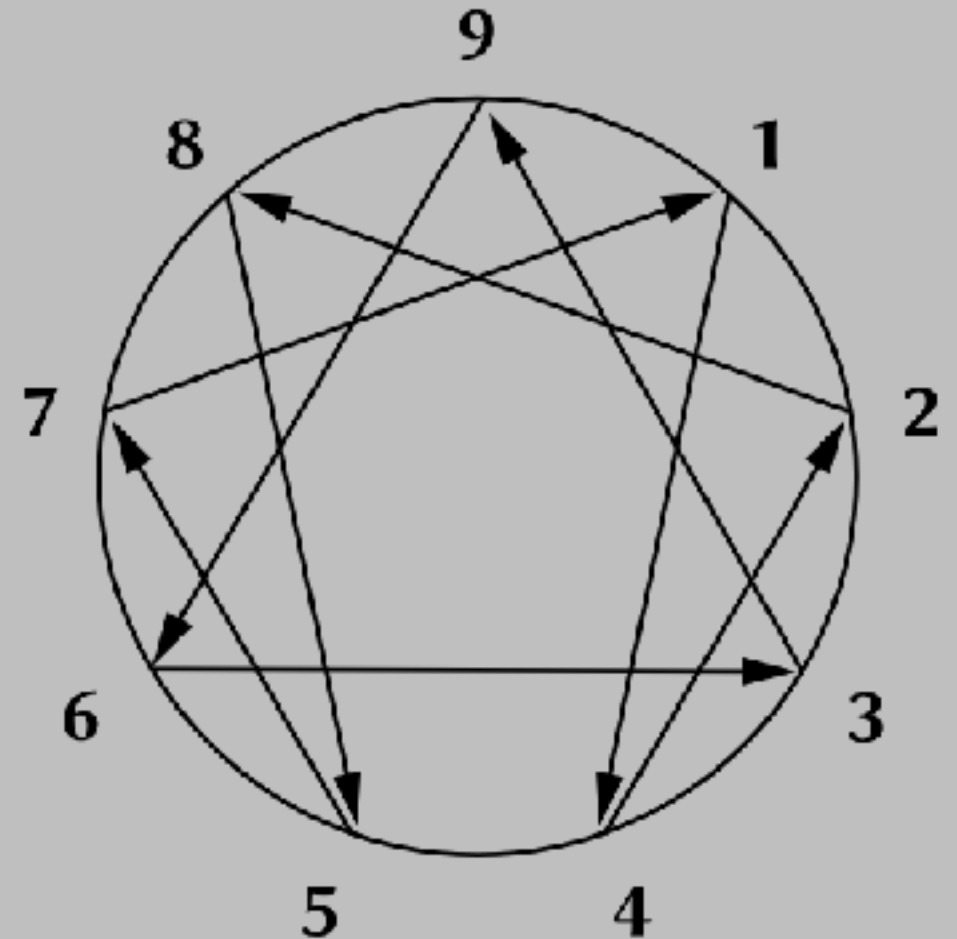
MY STORY

- ❖ 1990: introduction by David Daniels
- ❖ 1997: certified in the Palmer/Daniels Enneagram training program
- ❖ 1999: became a therapist
- ❖ 2004-2009: on the board of the International Enneagram Association
- ❖ 2004: learned Naranjo's modern approach to the "subtypes"
- ❖ 2013: *The Complete Enneagram*
- ❖ 2017: *The 9 Types of Leadership*



WHAT IS THE ENNEAGRAM?

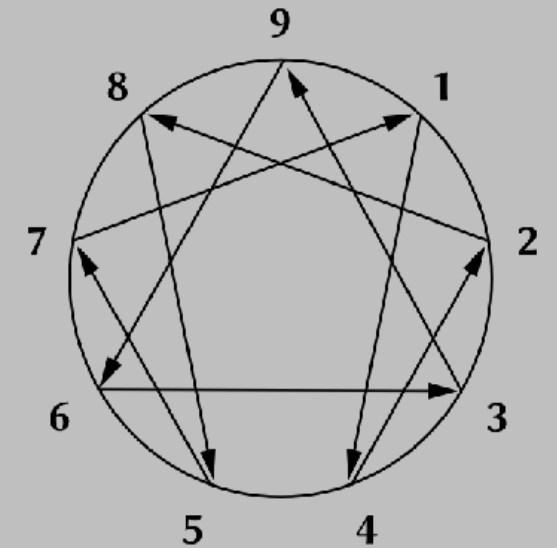
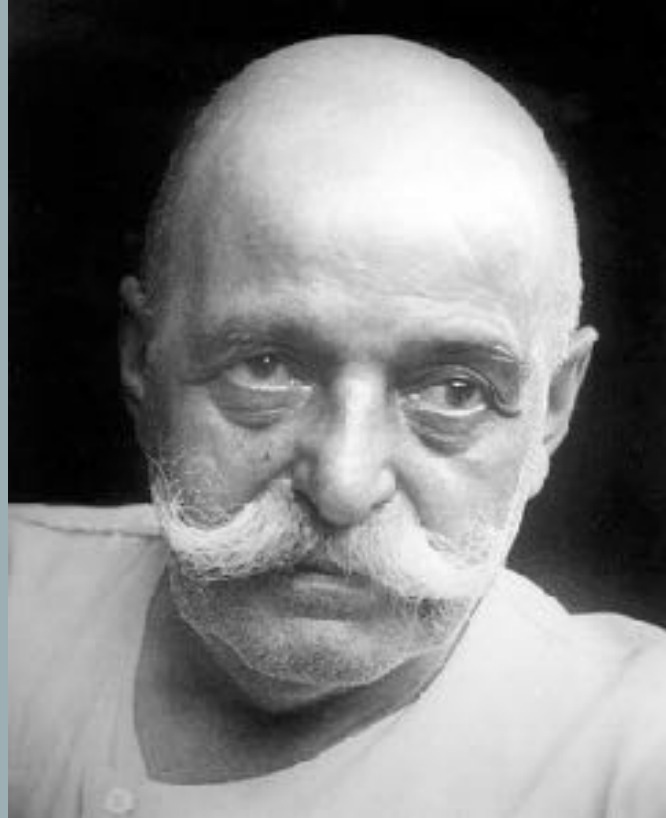
- ❖ An ancient symbol of perpetual motion
- ❖ the framework for a personality typology
- ❖ a powerful tool for enhancing self-awareness and emotional intelligence
- ❖ a "process" map that guides us on a path to healing and transformation



THE ENNEAGRAM MAP

"To be understood, the Enneagram needs to be thought of as being in motion. A fixed Enneagram is a dead symbol."

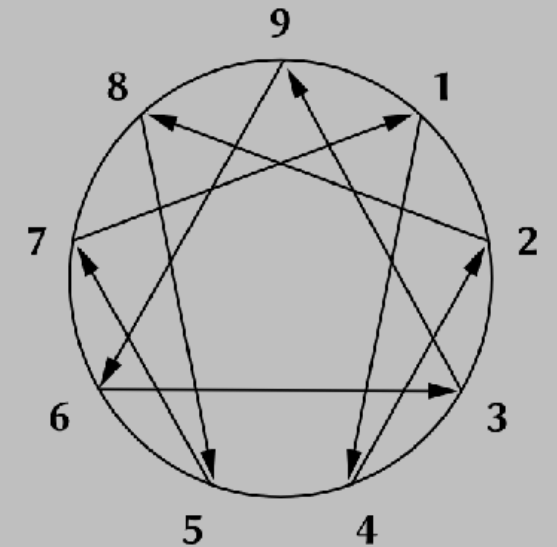
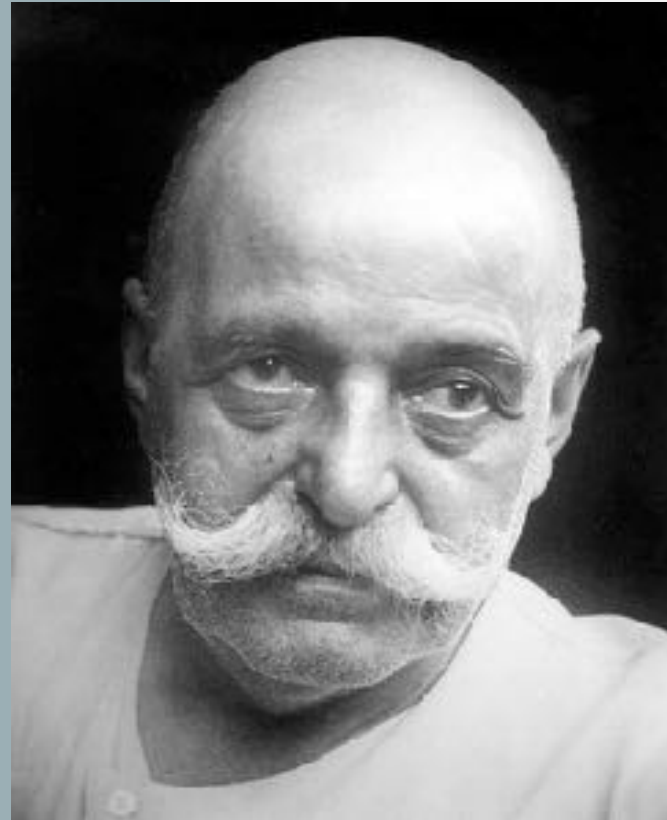
***Gurdjieff, in Ouspensky:
"In Search of the
Miraculous"***



THE ENNEAGRAM MAP

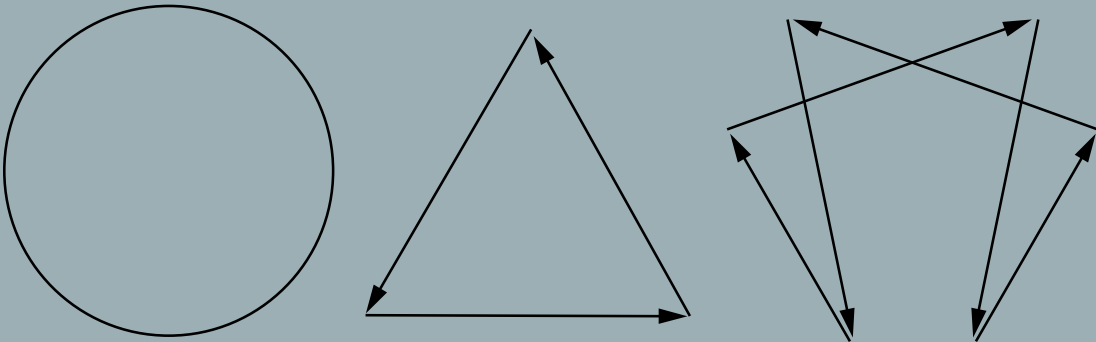
The enneagram is:

- a symbol of perpetual motion**
- the Philosopher's Stone of the alchemists**
- an ancient symbol of unity in multiplicity**
- 9 points arrayed around a circle that communicate both specific archetypes and a process of transformation**

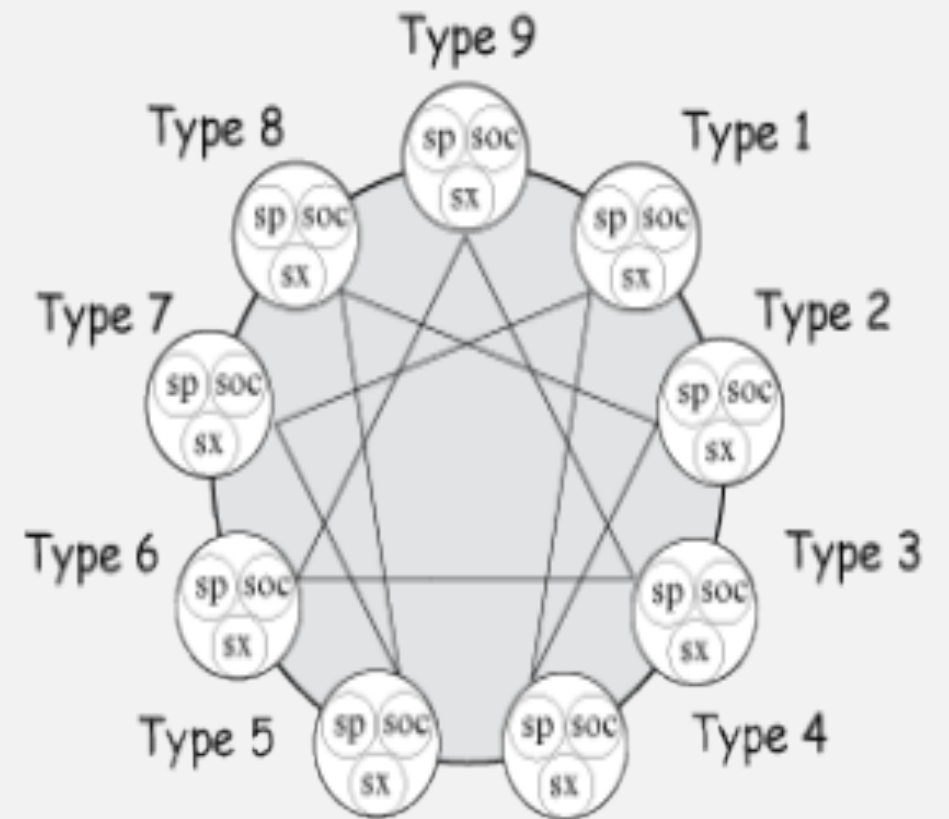


WHAT IS THE ENNEAGRAM?

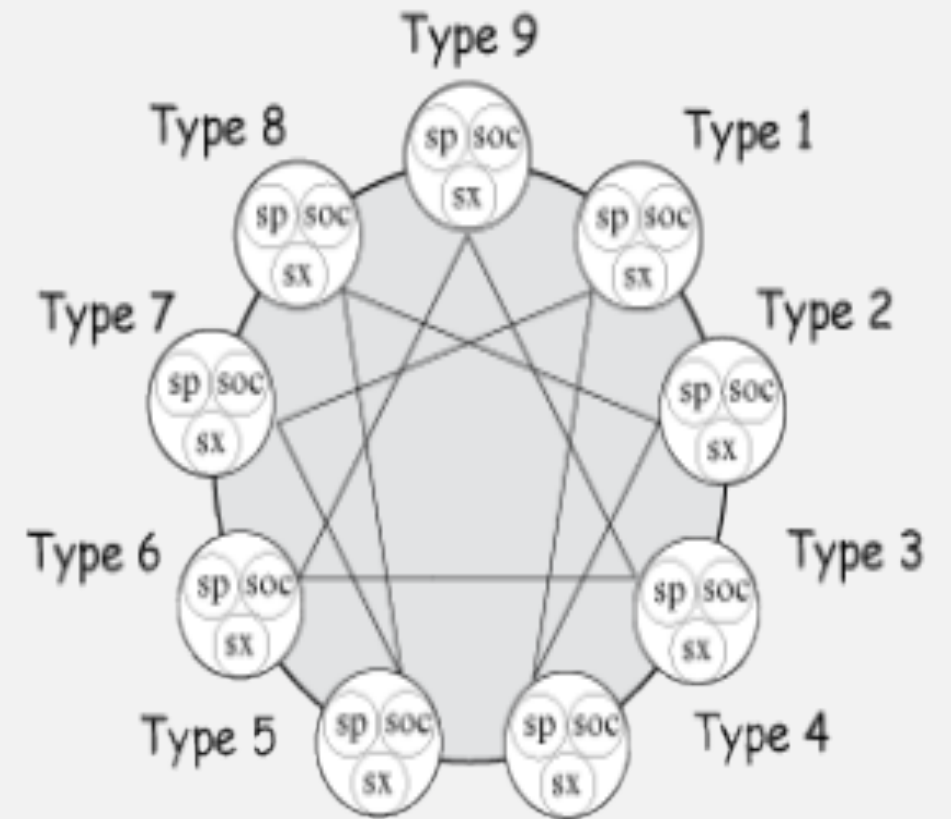
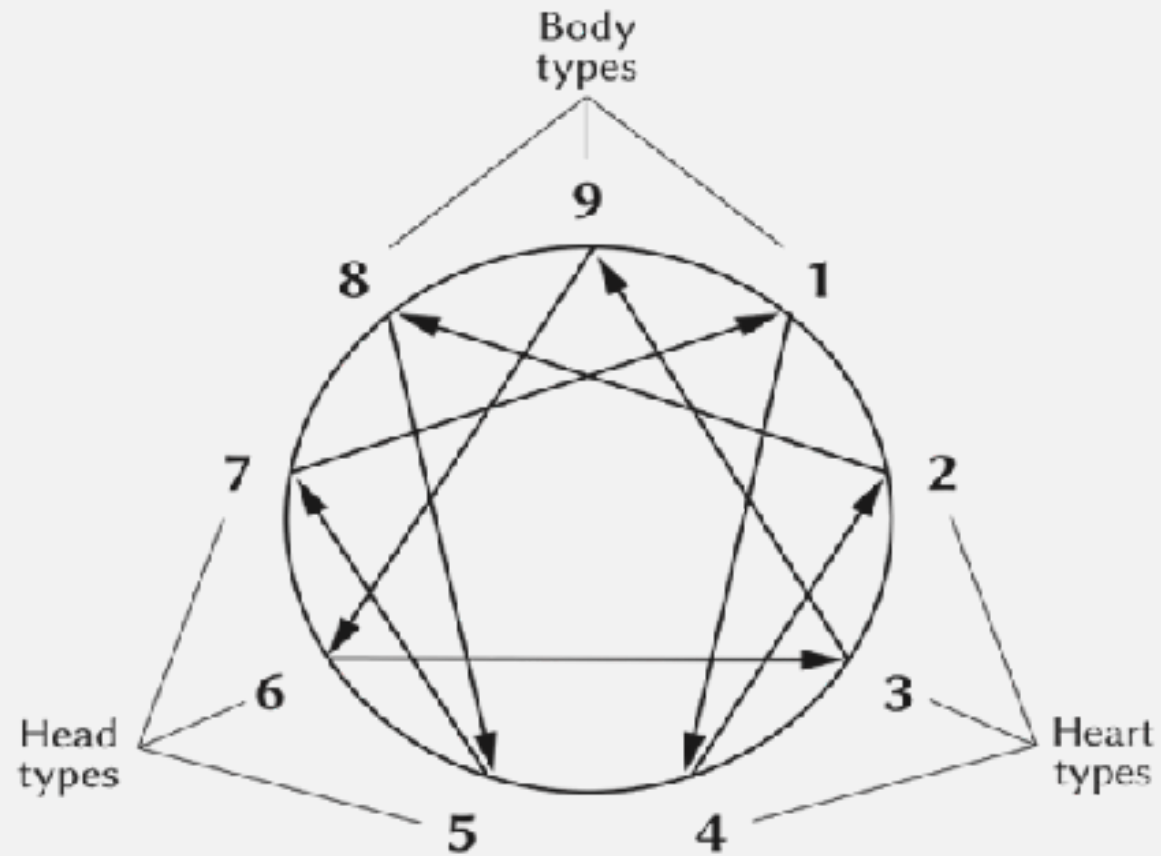
- ❖ A symbol of unity in multiplicity
- ❖ It highlights patterns in nature
- ❖ based on sacred geometry—an integration of the law of one, the law of three, and the law of seven



THREE CENTERS OF INTELLIGENCE, 9 TYPES, AND 27 SUBTYPES



THREE CENTERS OF INTELLIGENCE, 9 TYPES, AND 27 SUBTYPES

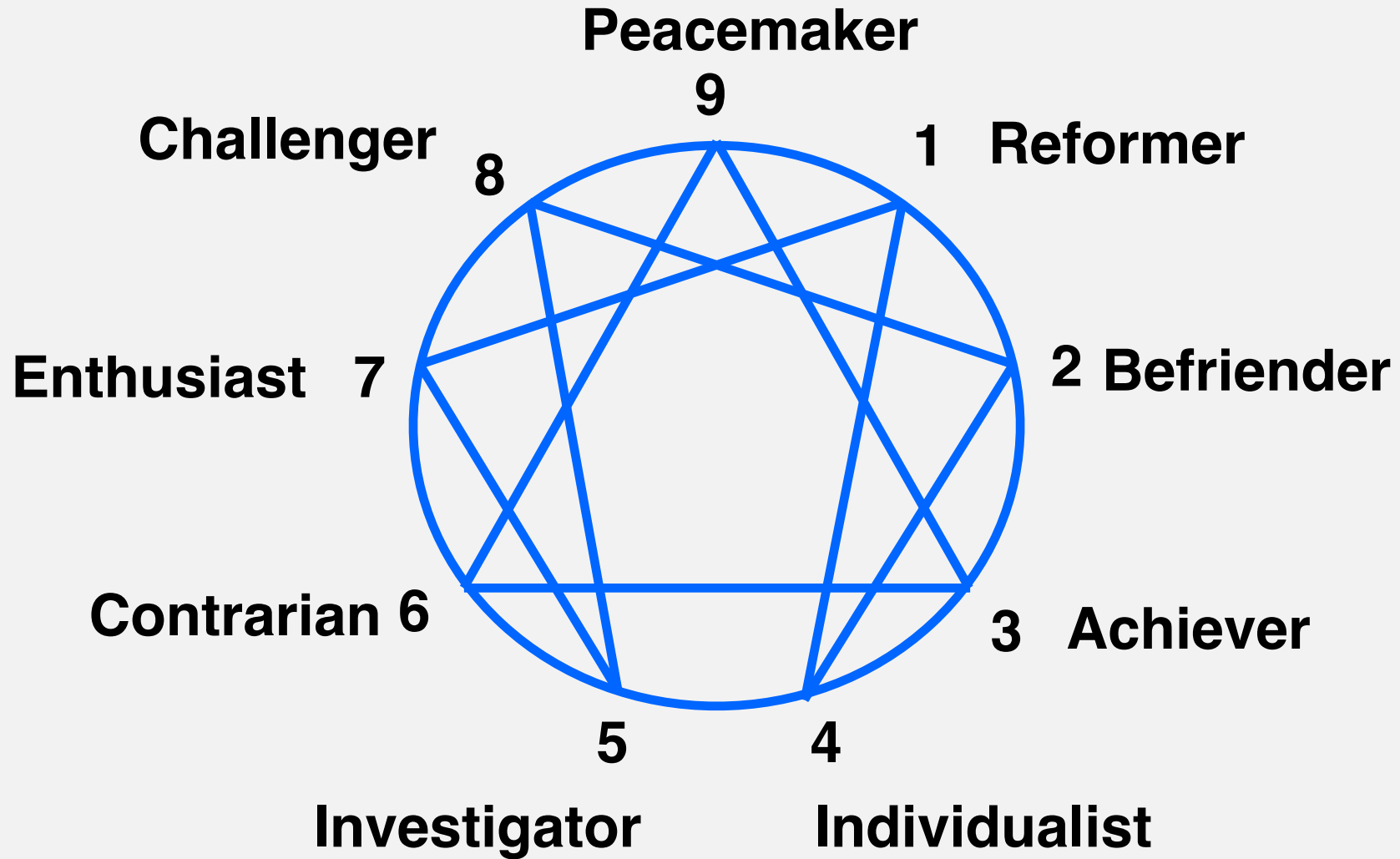


The Enneagram

A Tool for Self-Discovery

The Enneagram

A Tool for Self-Discovery



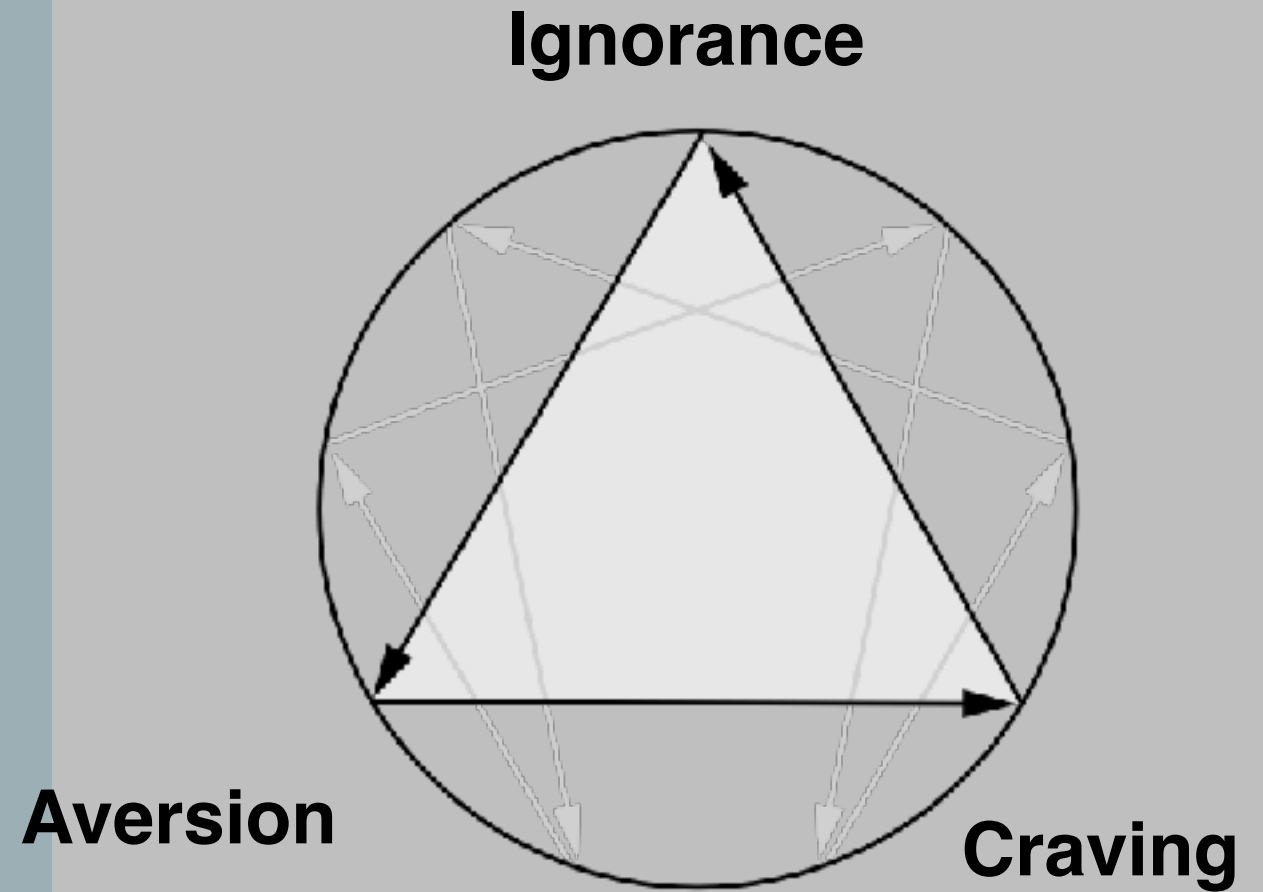
THE STRUCTURE OF THE ENNEAGRAM

Three aspects of the psyche
from which all the rest of
the types derive:

Unconsciousness/Ignorance

Fear/Aversion

Vanity/Craving



The Three Buddhist "poisons"

HOW DOES THE ENNEAGRAM WORK?

- ❖ The power of the Enneagram as a personal growth tool starts from the ancient idea that the basis of all knowledge was the study of the self
- ❖ The ancient idea that the purpose of life is to "**Know Thyself**"



THE HUMAN DILEMMA: WE ARE ASLEEP

- ❖ The wisdom tradition behind the Enneagram tells us we humans exist in a kind of waking sleep, until we do the work it takes to **wake up**
- ❖ The Enneagram is thus a guide for **self-observation**, so we can become aware of how we actually operate—awakening to our unconscious patterns so we can create more internal space for more conscious choices

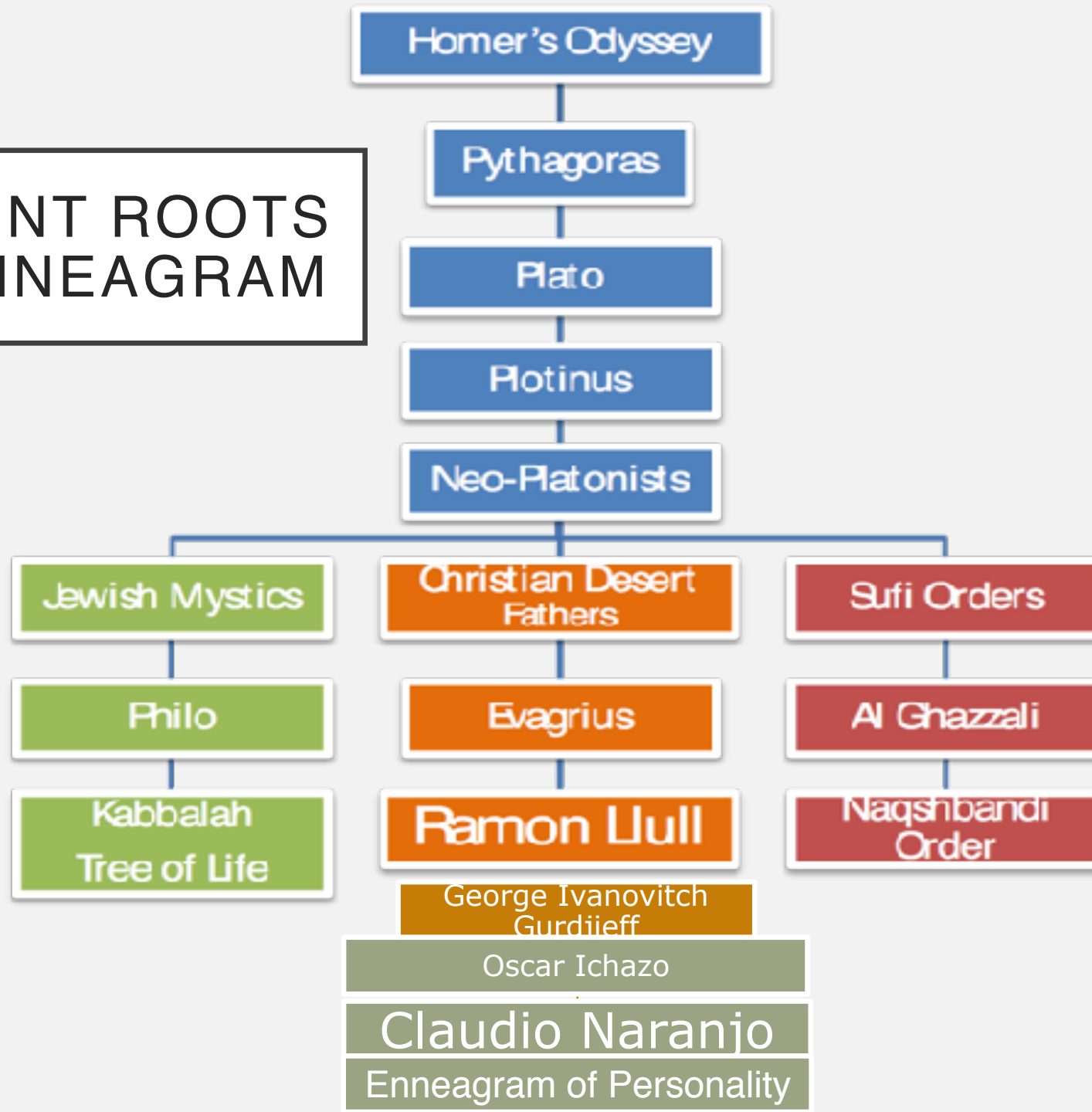


THE ENNEAGRAM...

ALSO HELPS US TO HAVE
MORE EMPATHY FOR
OTHERS



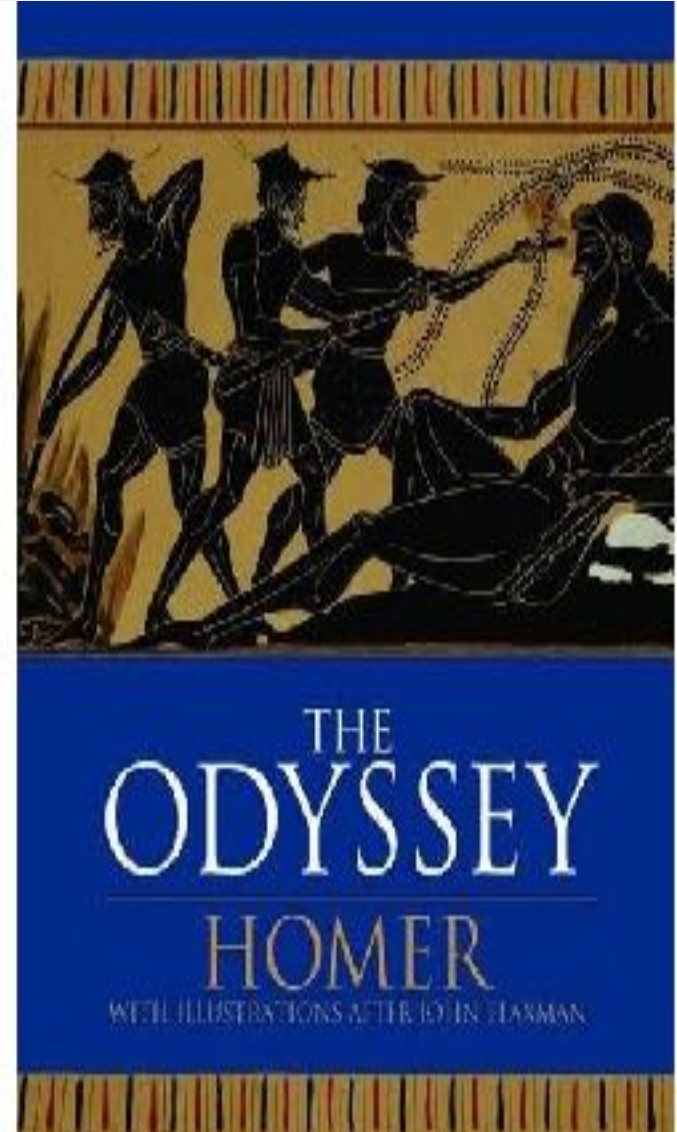
THE ANCIENT ROOTS OF THE ENNEAGRAM



EARLY EVIDENCE OF THE ENNEAGRAM MAP—
THE JOURNEY HOME TO THE TRUE SELF IN
HOMER'S *ODYSSEY*

A metaphoric story of **homecoming**:

- Odysseus visits 9 mythic lands populated with mythic creatures that match up with the Enneagram types exactly
- He visits them in order as they appear on the Enneagram symbol
- He learns through being tested

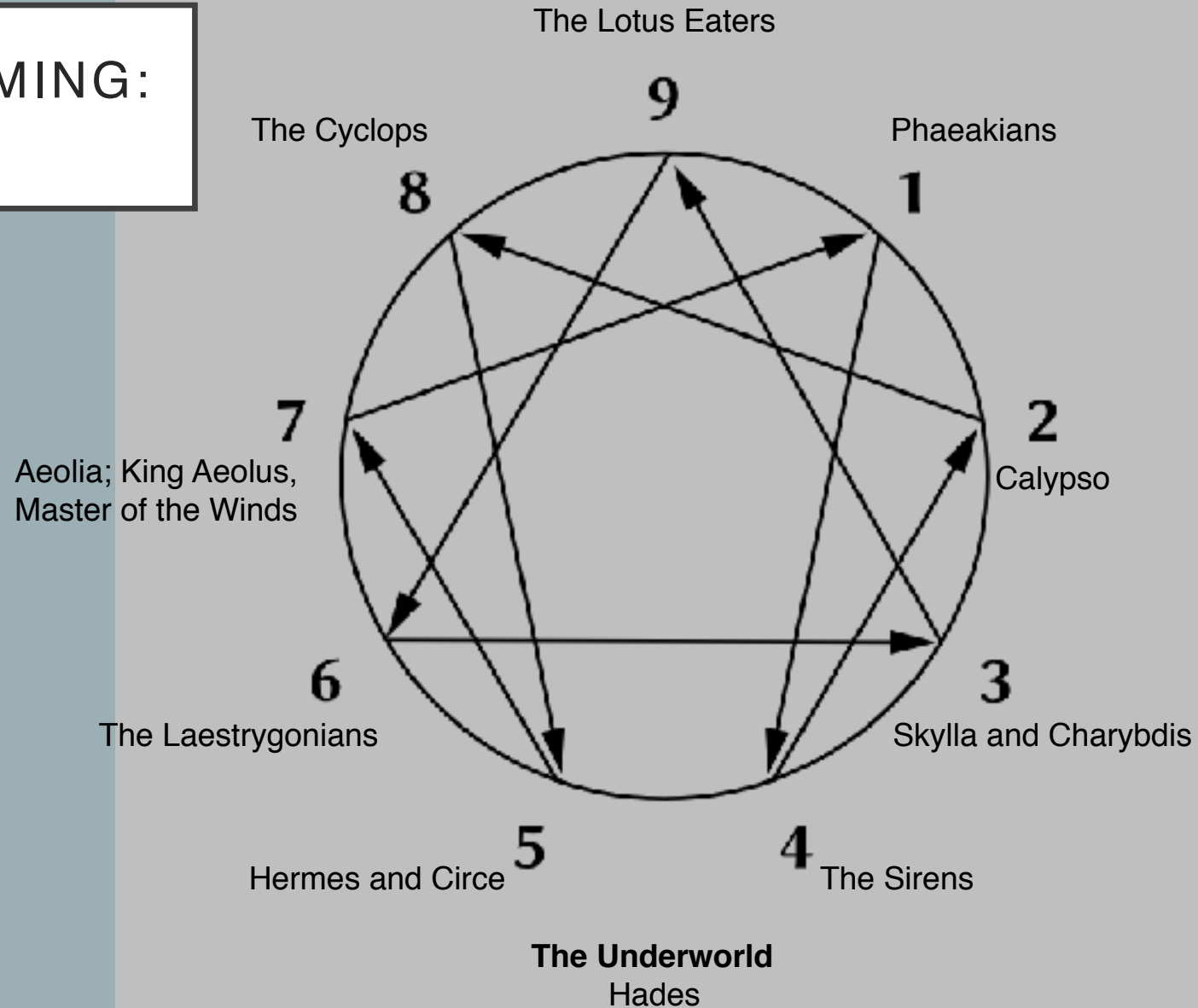


THE JOURNEY OF HOMECOMING: HOMER'S *ODYSSEY*

The *Odyssey* tells the story of Odysseus' trip home after the Trojan War.

It is a metaphor for the inner journey home to the True Self.

The 9 Enneagram personality archetypes are dramatized as part of Odysseus' "great wanderings."



A MAP OF PROCESS: THE
ENNEAGRAM MAPS THE HUMAN
JOURNEY

the way down: the false self

the fall into unconsciousness

the way back: to the true self

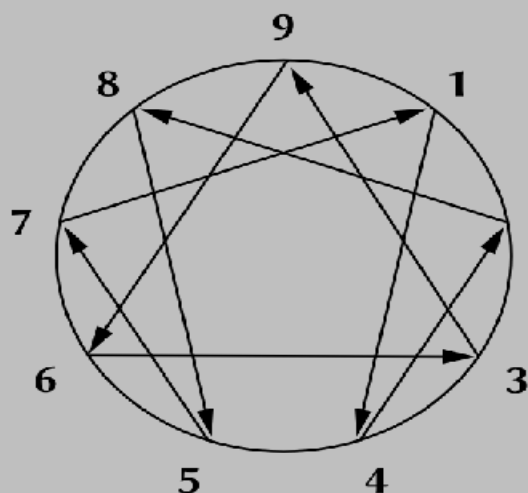
departure: undertaking the journey

initiation: facing the shadow

return: self-remembering



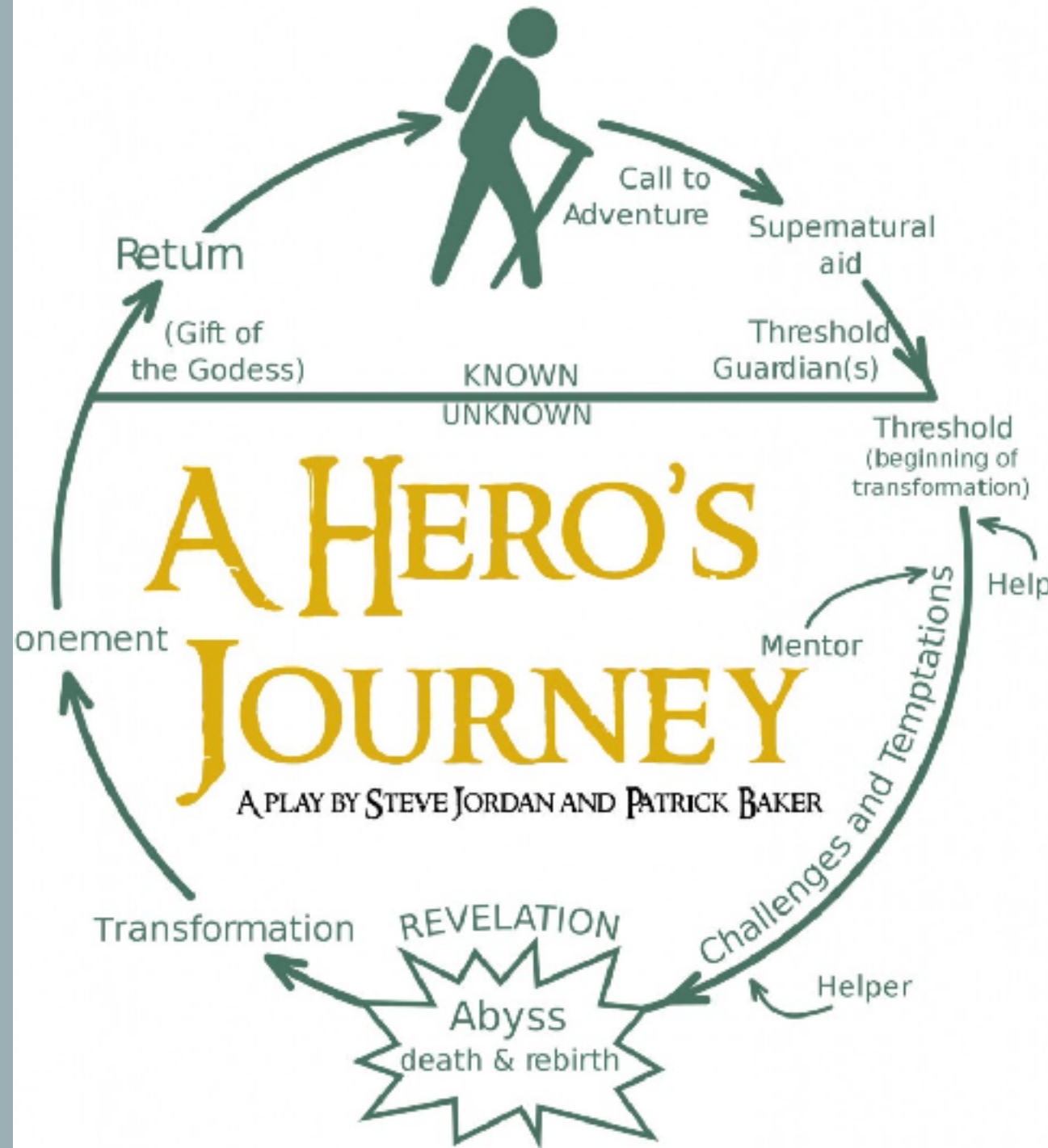
THE ENNEAGRAM AS A MAP OF THE HUMAN JOURNEY



departure

return

initiation



HOW THE ENNEAGRAM MAP HELPS US GROW: INTEGRATING BLIND SPOTS

As an objective map of the human personality, the Enneagram helps us see, own, and integrate our blind spots, or Shadow--and so helps us break out of invisible, self-limiting patterns adopted in childhood so we can manifest our highest potentials



The Acorn Parable



THE ENNEAGRAM HELPS US
SEE AND OWN OUR BLIND
SPOTS

The false self doesn't see itself as the
false self

We naturally resist seeing the
"Shadow" parts of ourselves we come
to believe are unacceptable

But we must become conscious of
our Shadow parts to become whole

The truth
will set
you free,
but first
it will piss
you off.

Gloria Steinem

THE ENNEAGRAM HELPS US SEE AND OWN OUR BLIND SPOTS

The problem with seeing and integrating our blind spots (or “shadow”), is we don’t know what we don’t know...

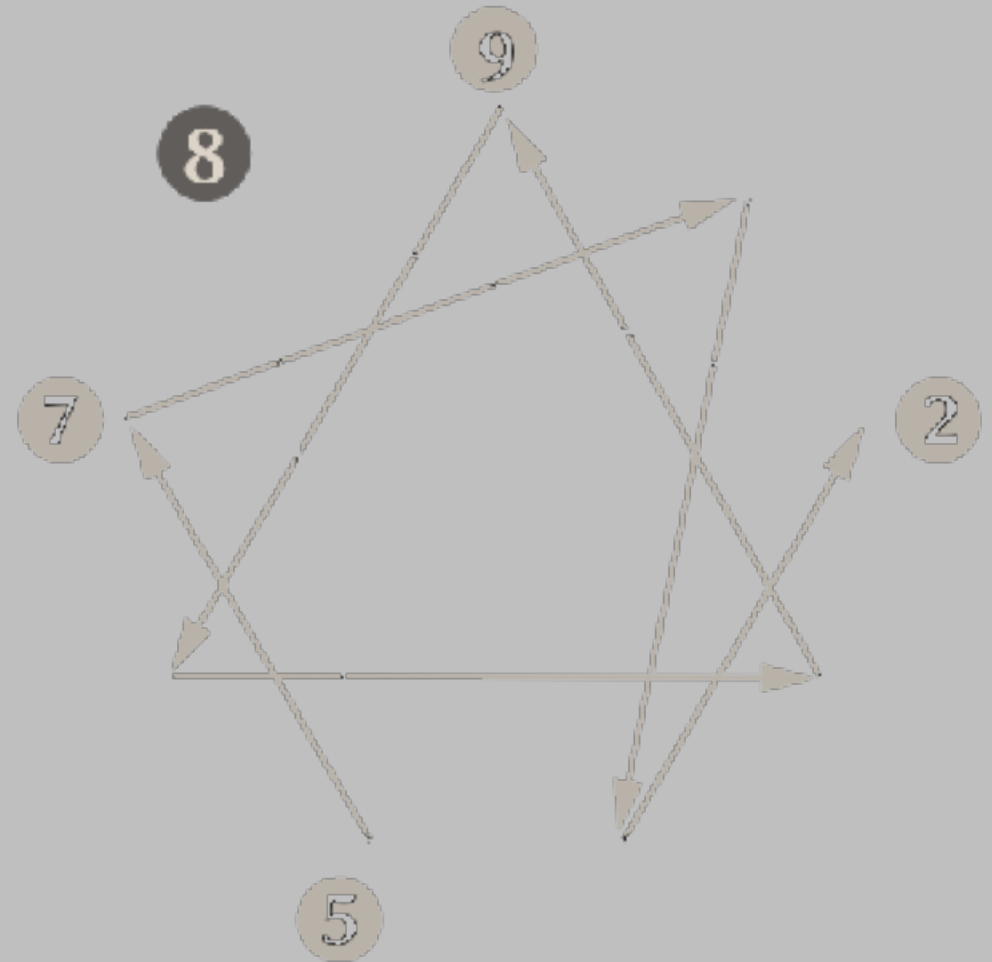
“The fall [from consciousness to unconsciousness] is such that awareness comes to be blind in regard to its own blindness, and limited to the point of believing itself free.”

Claudio Naranjo, in
Character and Neurosis: *An Integrative View*



DIFFERENT WAYS OF USING THE ENNEAGRAM

- ❖ Self-observe to become more conscious of automatic habits and defensive patterns
- ❖ Integrate blind spots
- ❖ "Vice to Virtue" conversion
- ❖ Use the dynamism mapped by the symbol to integrate other types' strengths to become more whole
- ❖ wings as growth opportunities
- ❖ moving with the arrow lines: connected points as growth paths



VICE TO VIRTUE CONVERSION

Type One: Anger to Serenity

Type Two: Pride to Humility

Type Three: Self-Deceit to Honesty

Type Four: Envy to Equanimity

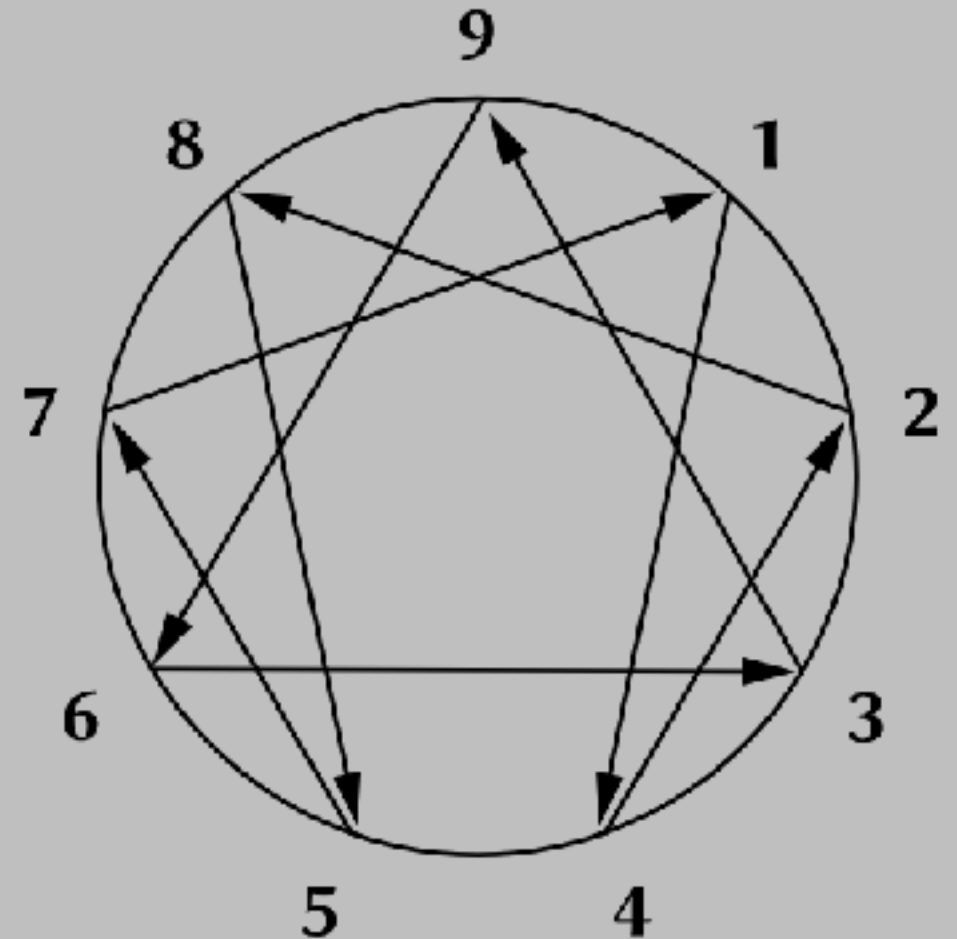
Type Five: Avarice to Non-Attachment

Type Six: Fear to Courage

Type Seven: Gluttony to Temperance

Type Eight: Lust to Innocence

Type Nine: Sloth to Right Action



USING THE ENNEAGRAM TO GROW: A POEM ABOUT HOW IT WORKS

Autobiography in Five Short Chapters

I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost... I am helpless.
It isn't my fault.
It takes forever to find a way out.

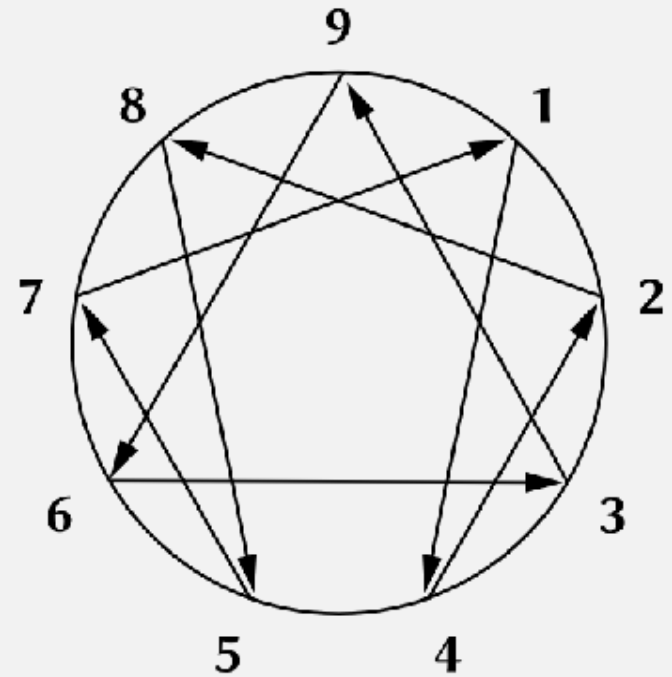
I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in this same
place.
But, it isn't my fault.
It still takes a long time to get out.

I walk down the same street.
There is a deep hole in the sidewalk.
I see it is there.
I still fall in...it's a habit...but,
my eyes are open.
I know where I am.
It is *my* fault.
I get out immediately.

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

I walk down another street.

— Portia Nelson, from [*There's a Hole in My Sidewalk*](#)



USING THE ENNEAGRAM TO GROW

Ultimately, happiness comes down to choosing between the discomfort of becoming aware of your mental afflictions and the discomfort of being ruled by them.

---Yongey Mingyur Rinpoche



MY WORK WITH THE ENNEAGRAM

- ❖ **The Chestnut Group:** Leaders and teams in organizations
- ❖ Other international workshops: (e.g., Dante's *Divine Comedy* & the Enneagram, Subtypes)
- ❖ **The Chestnut-Paes Enneagram Academy** (with Uranio Paes)
 - ❖ Workshops for professionals using the Enneagram (outer impact)
 - ❖ Inner Work retreats for personal growth (inner transformation)
 - ❖ Certification programs
 - ❖ Building a community of people dedicated to deep inner work



IN SUMMARY: THE ENNEAGRAM MAP...

HELPS US TO KNOW OURSELVES AND EACH
OTHER AS WE TRULY ARE—THE FALSE SELF IS
A PATH BACK TO THE TRUE SELF

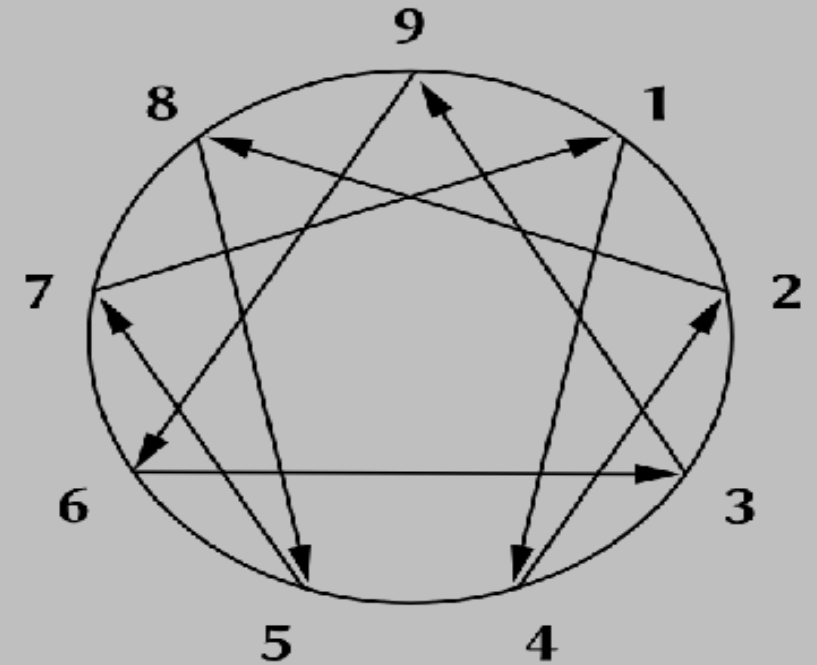
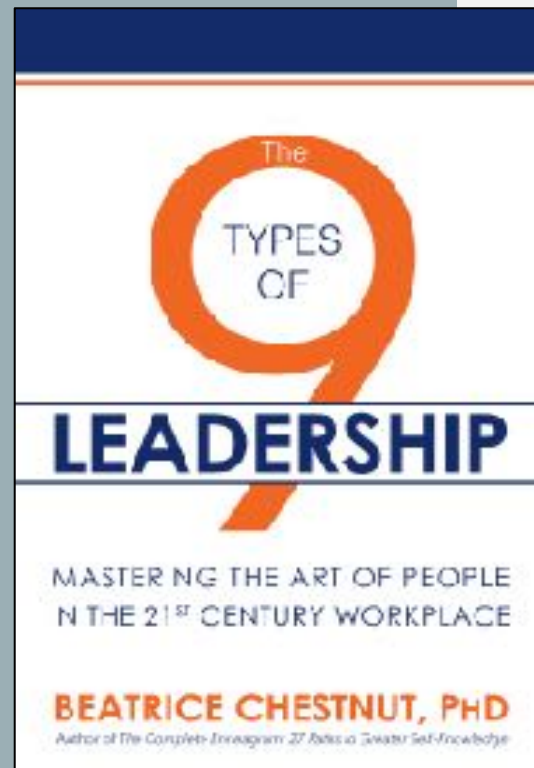
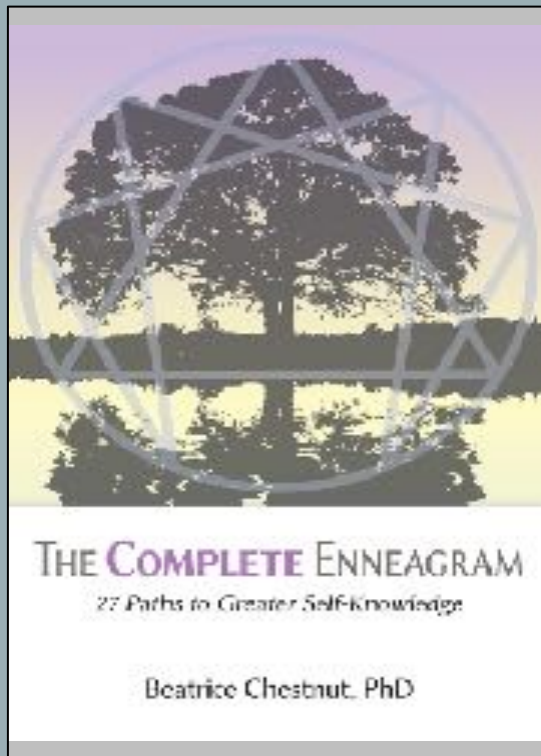
HELPS US HAVE MORE UNDERSTANDING OF
AND COMPASSION FOR OURSELVES &
OTHERS

HELPS US MAKE OUR UNCONSCIOUS
PATTERNS CONSCIOUS, SO THAT WE CAN
GROW BEYOND HABITUAL, SELF-LIMITING
PATTERNS

HELPS US MANIFEST OUR HIGHER
POTENTIALS—BE ALL THAT WE CAN BE AS
OPPOSED TO BEING STUCK IN OLD
DEFENSES/SURVIVAL MODE



THANK YOU!



www.beatricechestnut.com