THE ENNEAGRAM
ANCIENT WISDOM FOR MODERN HEALING

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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: 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
“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 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
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The Enneagram
A Tool for Self-Discovery
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Peacemaker

Challenger

Enthusiast

Contrarian

Investigator

Individualist

Reformer

Befriender

Achiever
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

Homer's Odyssey
- Pythagoras
  - Plato
    - Plotinus
      - Neo-Platonists
        - Jewish Mystics
          - Philo
            - Kabbalah
              - Tree of Life
            - Ramon Llull
              - Evagrius
              - Al Ghazzali
              - Naqshbandi Order
        - Christian Desert Fathers
          - Sufi Orders
            - George Ivanovitch Gurdjieff
            - Oscar Ichazo
            - Claudio Naranjo
            - Enneagram of Personality
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 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."
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

initiation

return

A HERO'S JOURNEY
A PLAY BY STEVE JORDAN AND PATRICK BAKER

Return

Call to Adventure
Supernatural aid
Threshold Guardian(s)
Threshold (beginning of transformation)
Help
Challenges and Temptations
Helper

Transfiguration
Transformation
REVELATION
Abyss
death & rebirth
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 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 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
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
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 pretend I don't see it. I still fall in. 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 walk around it. I walk down another street.

I walk down the same street. There is a deep hole in the sidewalk. I pretend I don't see it. It isn't my fault. It still takes a long time to get out.

― Portia Nelson, from There's a Hole in My Sidewalk
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!

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