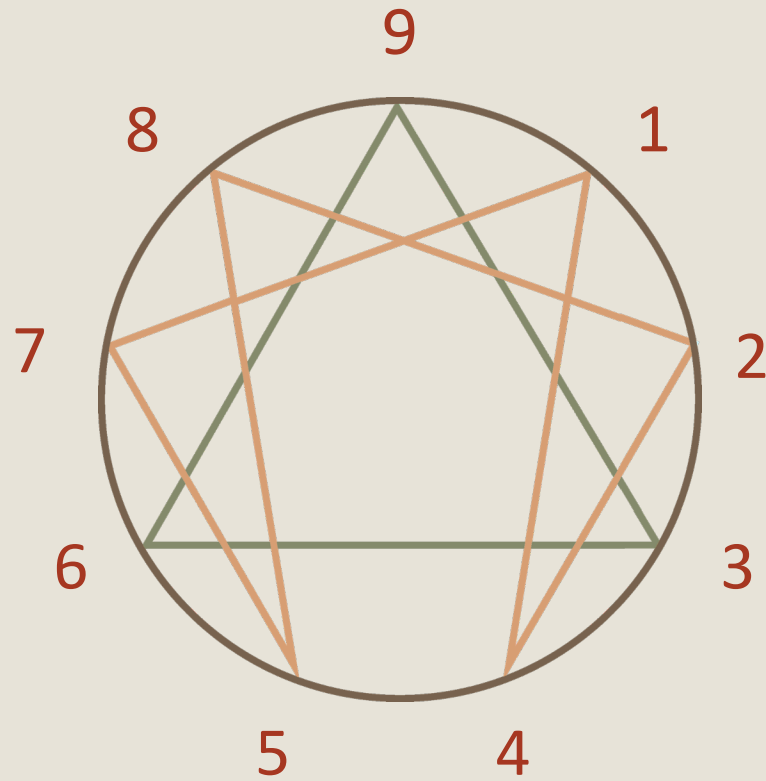


# The Enneagram



Betsy Ingalls



The Enneagram is a precise and dynamic  
map of human consciousness



Wagner, Hudson, Dibb, Others

Naranjo, Palmer, Daniels, Riso

Ichazo      Personality

Gurdjeiff      Symbology 1, 3, 7

350AD to 1920      Esoteric Teachings

Theosophy

Greek Philosophy

Mathematics      Alphabet

Ancient Wisdom      Exoteric Teachings      Archeosophy

Human Consciousness

History of the  
Enneagram

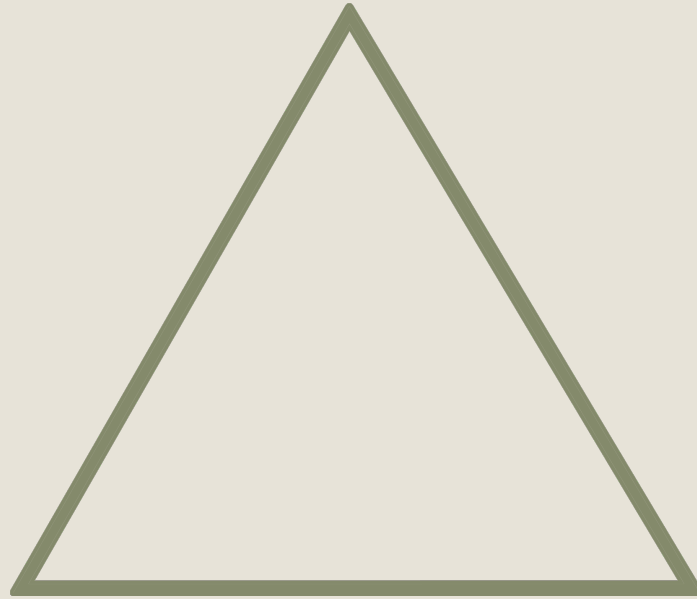
History of Human  
Consciousness

# Archeosophy

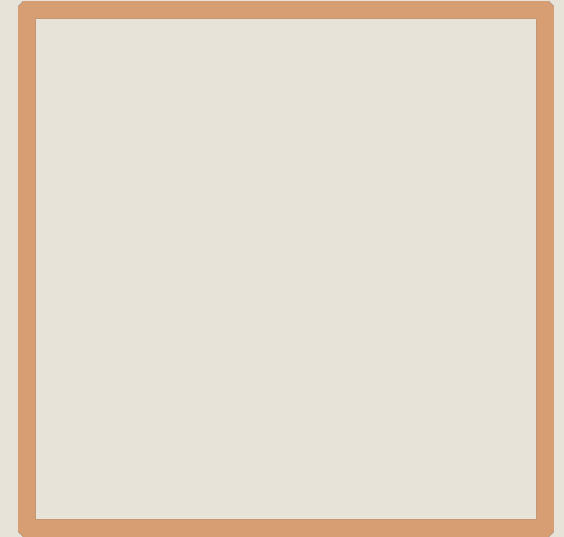
- Edmond Bordeaux Szekely



Wisdom



Love

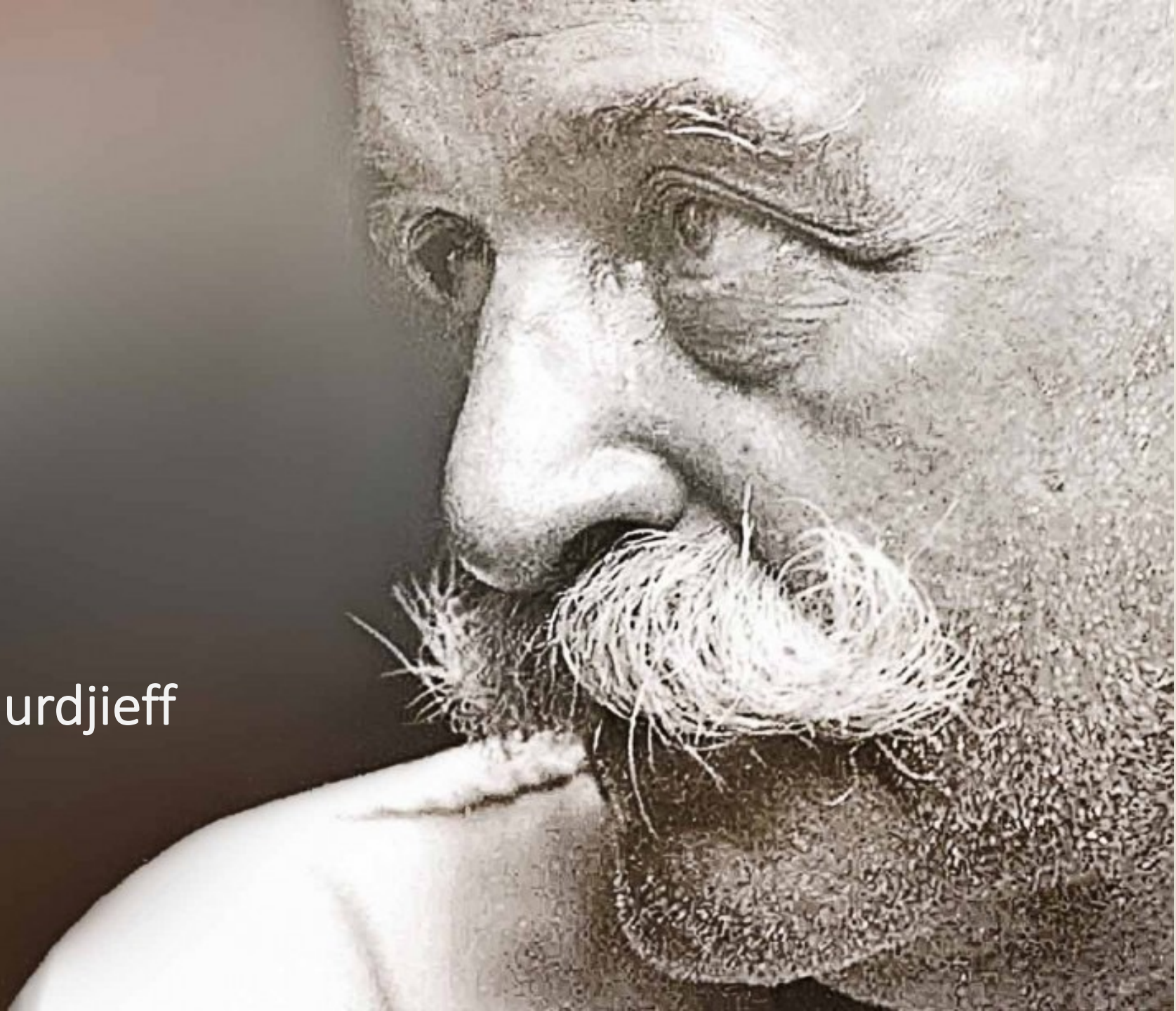


Power

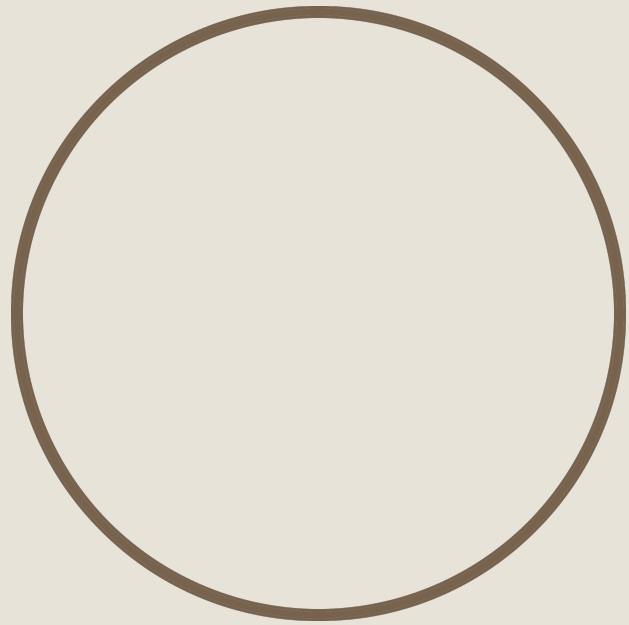
Predates Alphabet by 4000 Years

George Ivanovich Gurdjieff

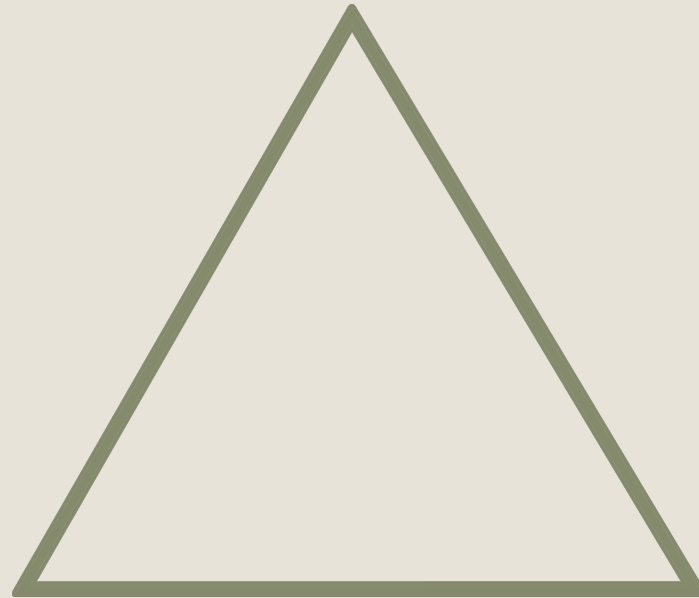
*1866 - 1949*



# The Law of One Three and Seven



Unity

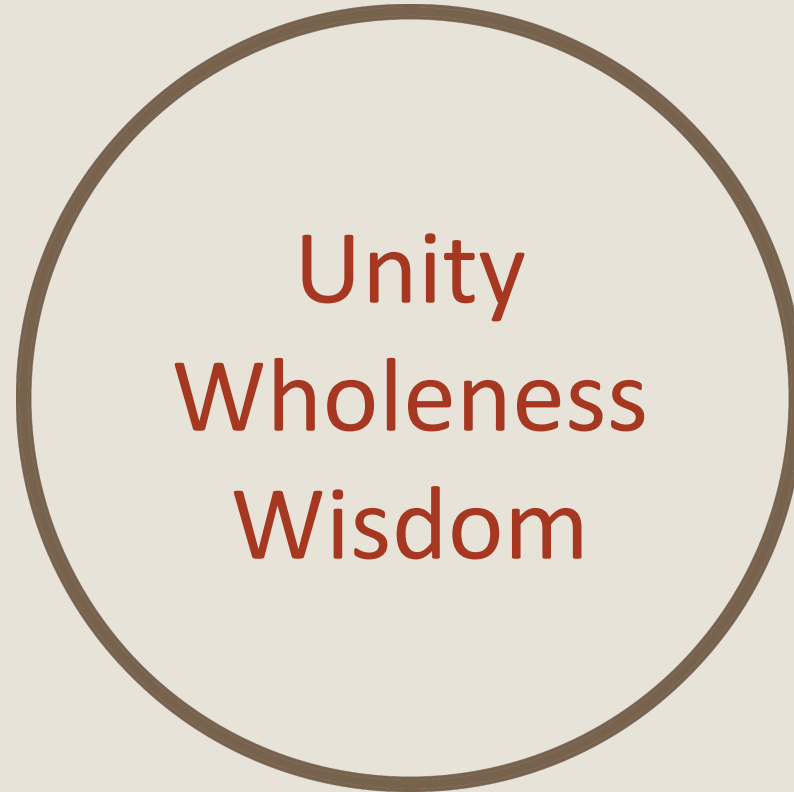


Manifestation



Change

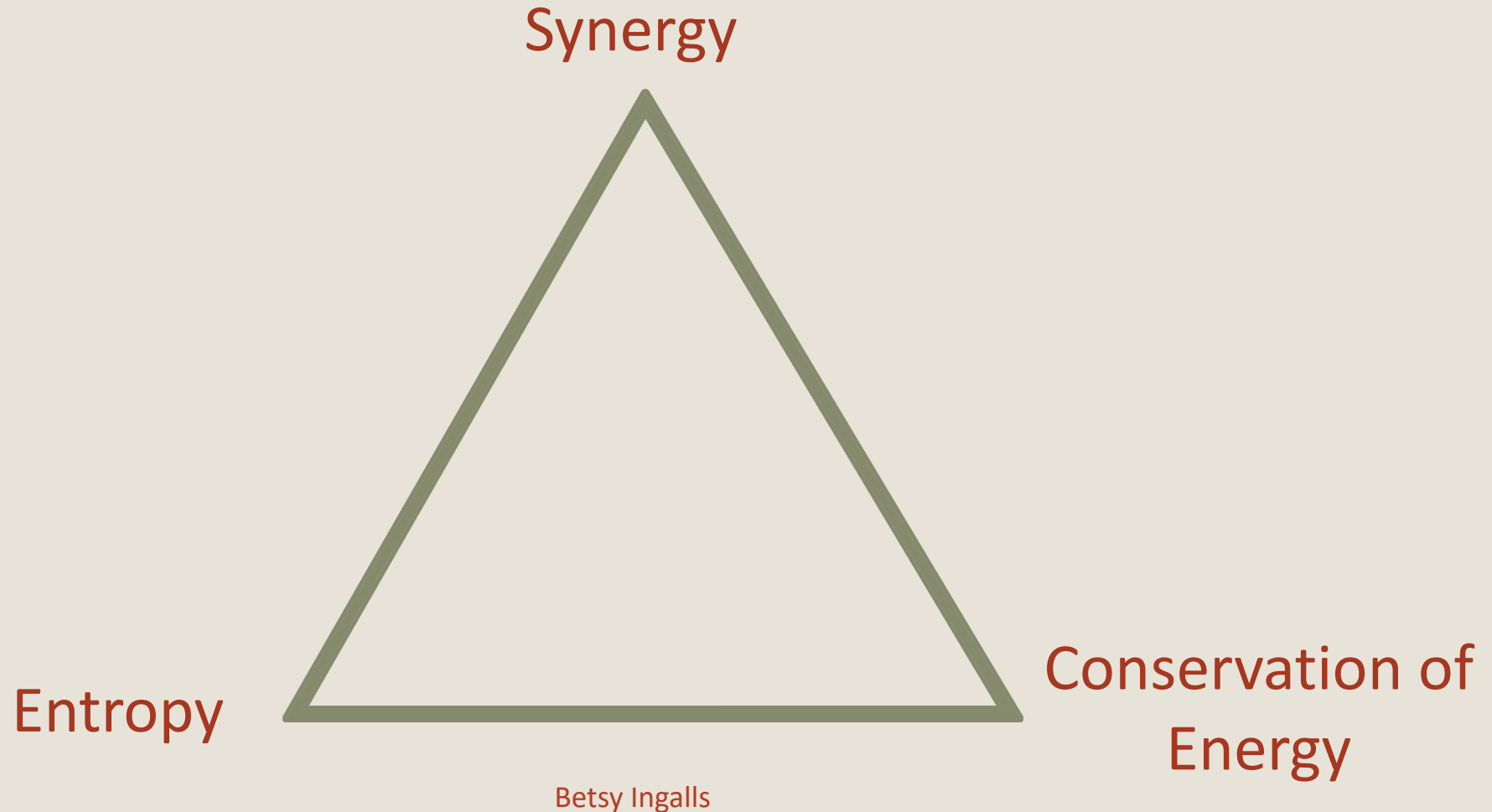
# Law of One



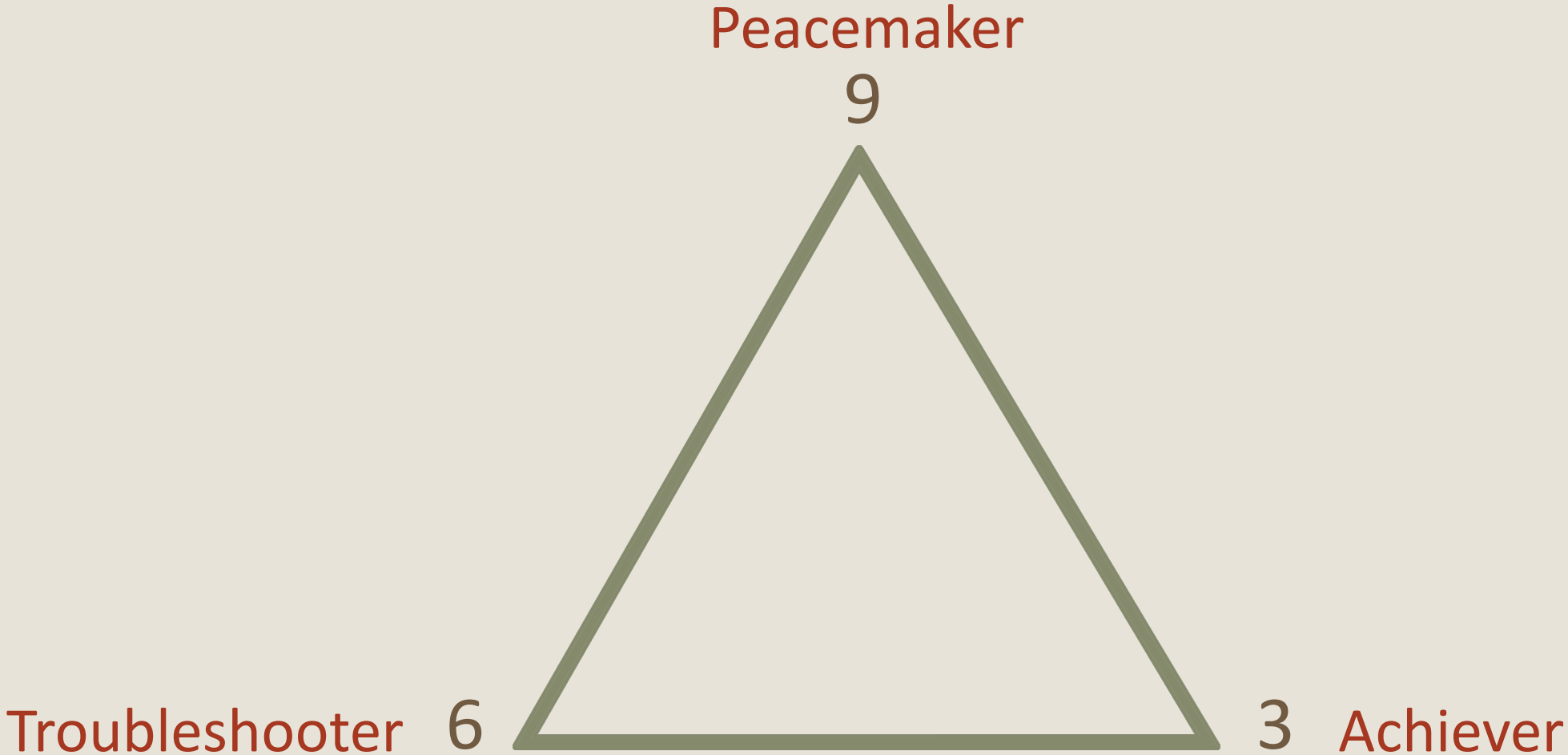
No Beginning and no End

# The Law of Three

The Law of Thermodynamics

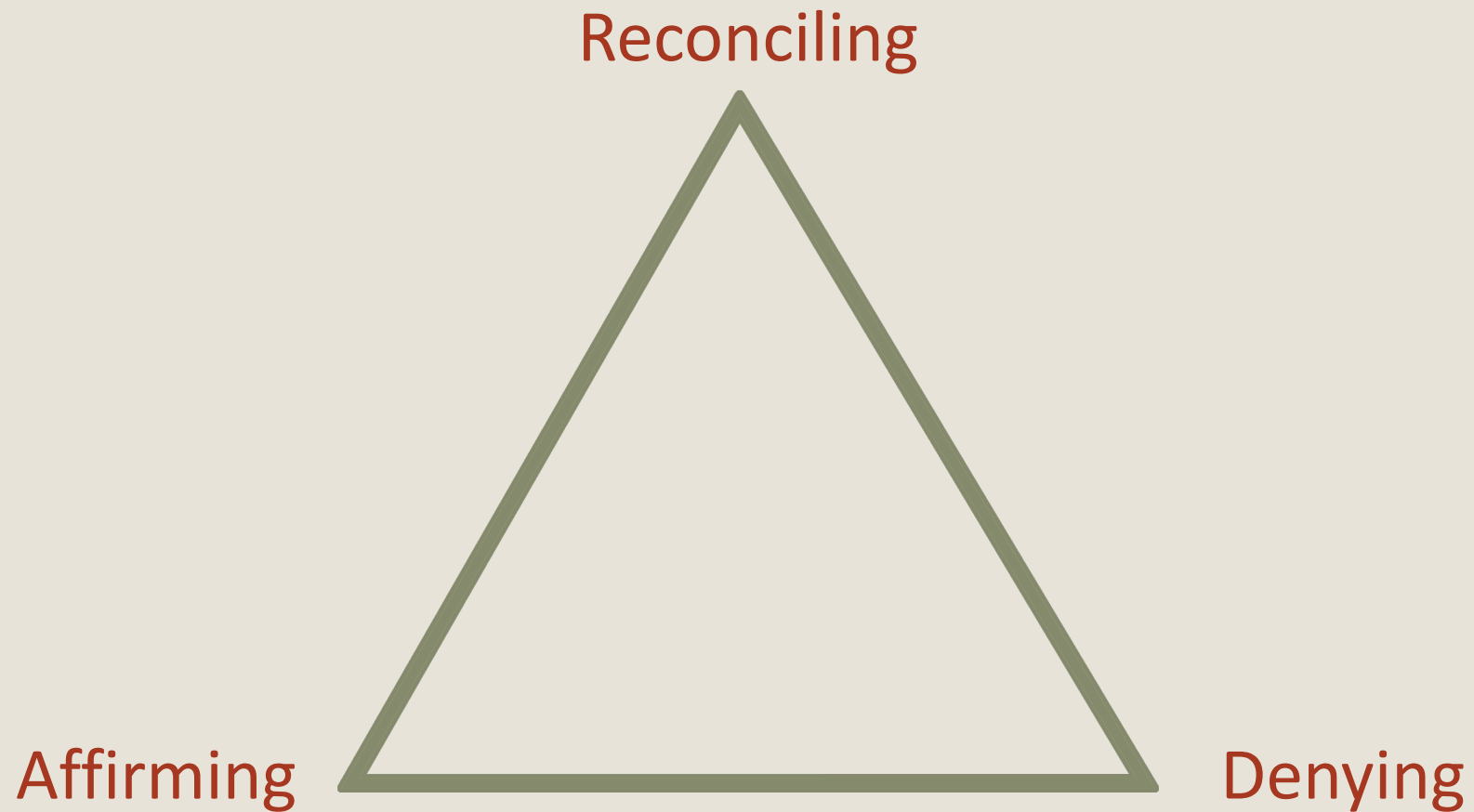


# The Law of Three and the Enneagram of Personality

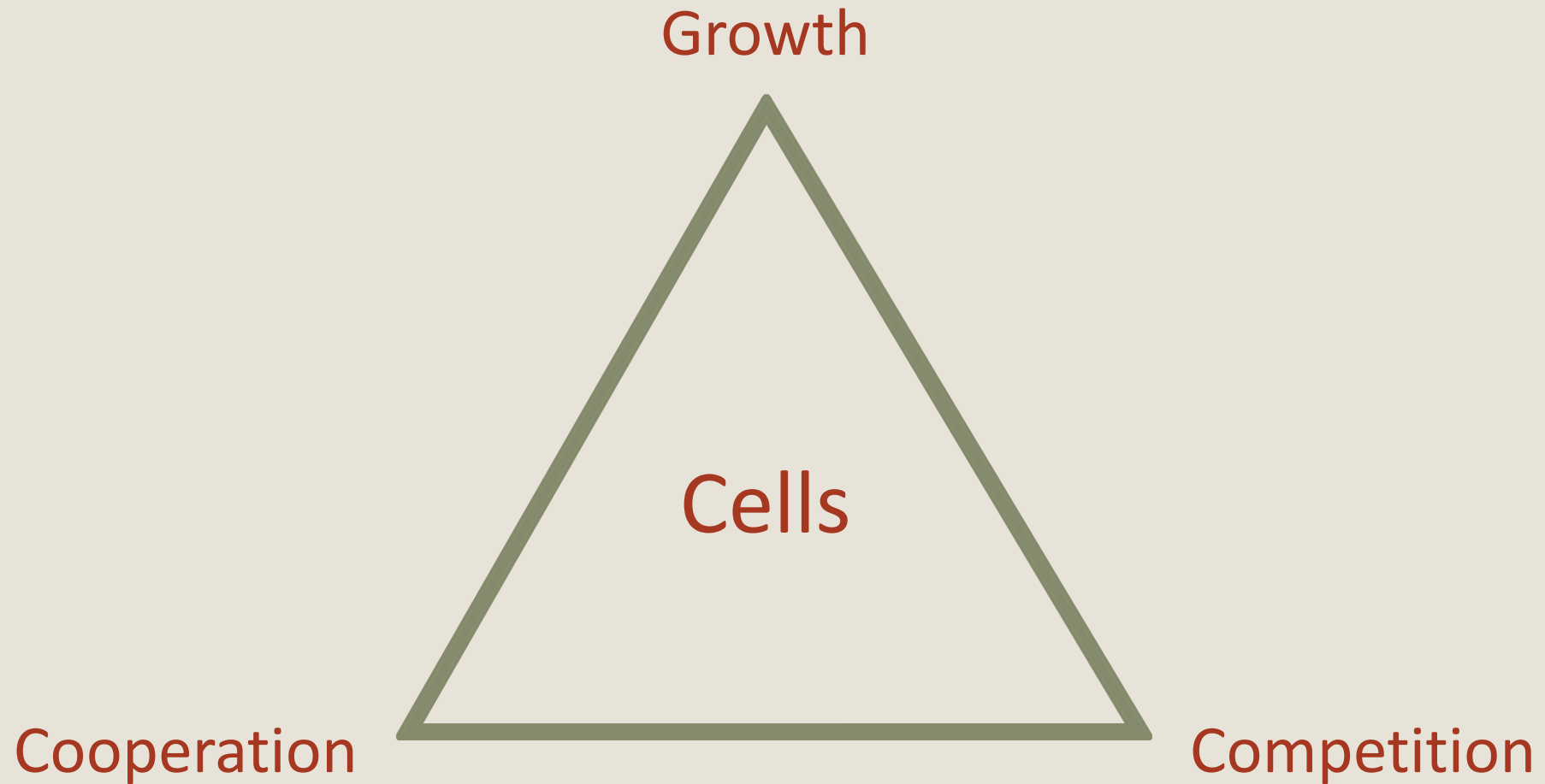


Betsy Ingalls

# The Law of Three



# Emergent Energy



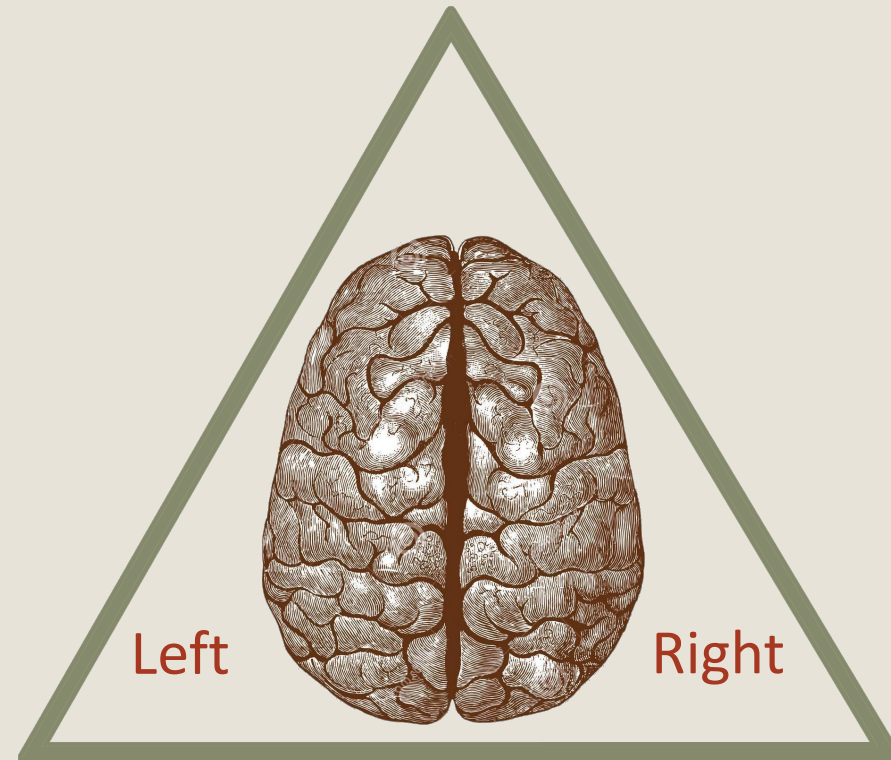
Betsy Ingalls

# Our Brain

## Corpus Collosum

Sequential  
Processor

Parallel  
Processor



Newtonian Physics

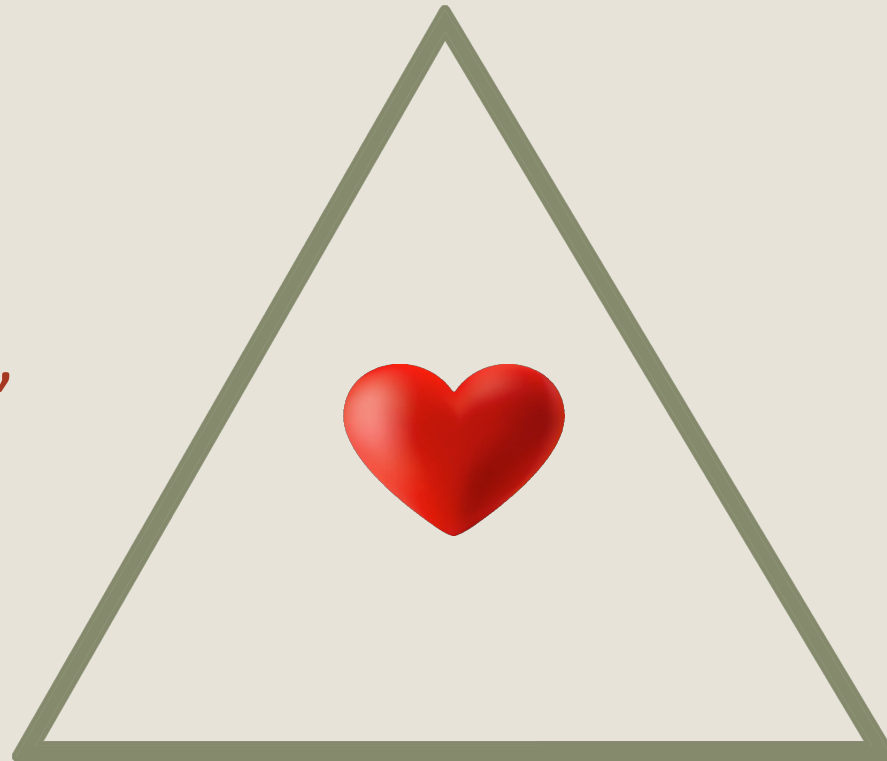
Quantum Physics

# Emergent Energy

## Ho'oponopono

Resolution

“I’m not sorry”  
“I don’t forgive you”  
“I almost hate you”  
“No thanks”




“I’m sorry”  
“Forgive me”  
“I Love you”  
“Thank you”

# Law of Seven



# Law of Seven – Musical Octaves

Change  
Movement



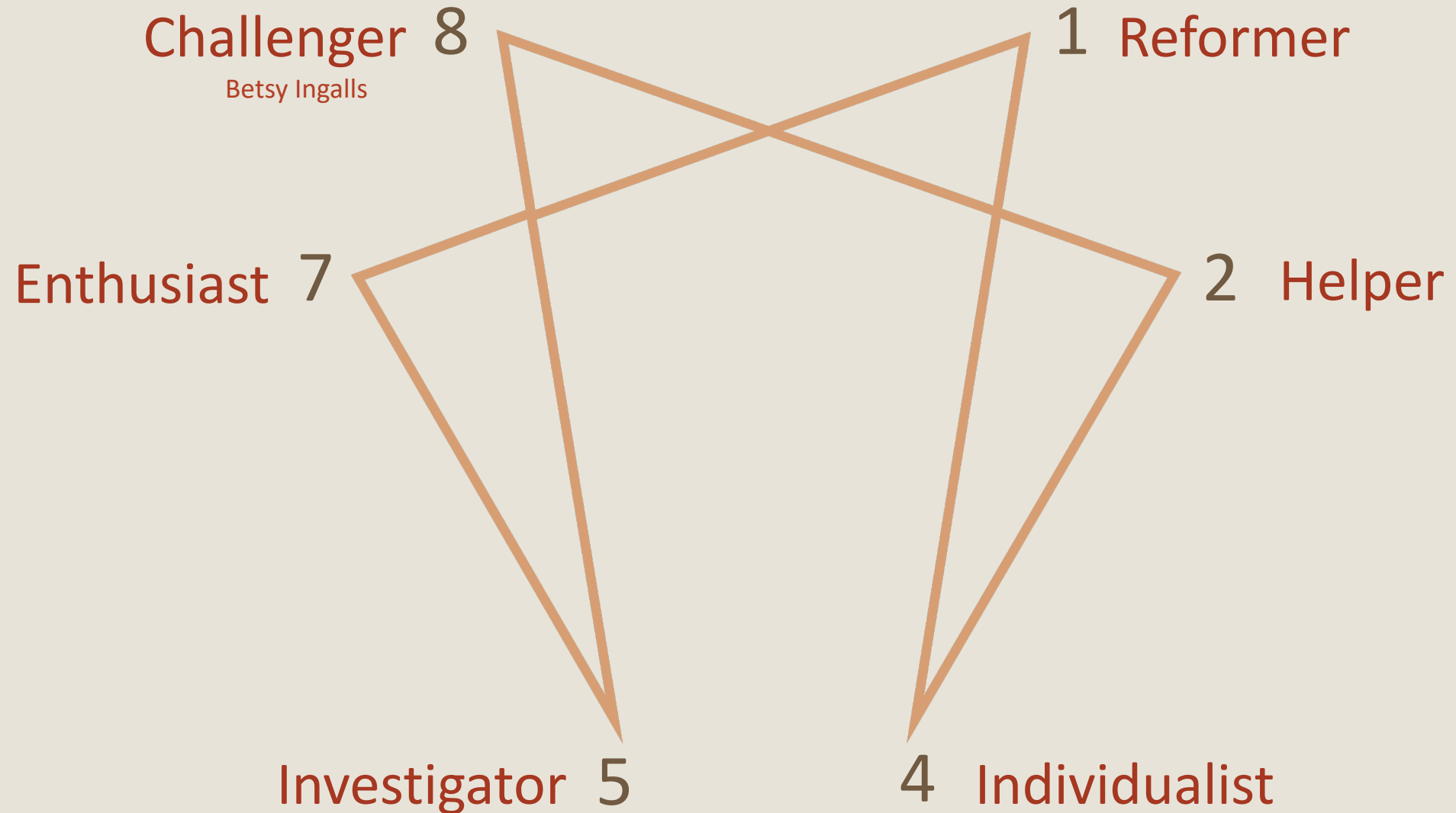
A musical staff in treble clef showing the scale do-re-mi-fa-sol-la-ti-do. The notes are represented by black dots on the staff lines. Two green triangles with red radiating lines are placed over the notes 'mi' and 'ti', each labeled 'Shock Point' in red text. Below the staff, the notes are written in a cursive font, and below that, the numbers 3-6-9, 1, 4, 2, 8, 5, 7, and 3-6-9 are written in red.

*do*   *re*   *mi*   *fa*   *sol*   *la*   *ti*   *do*

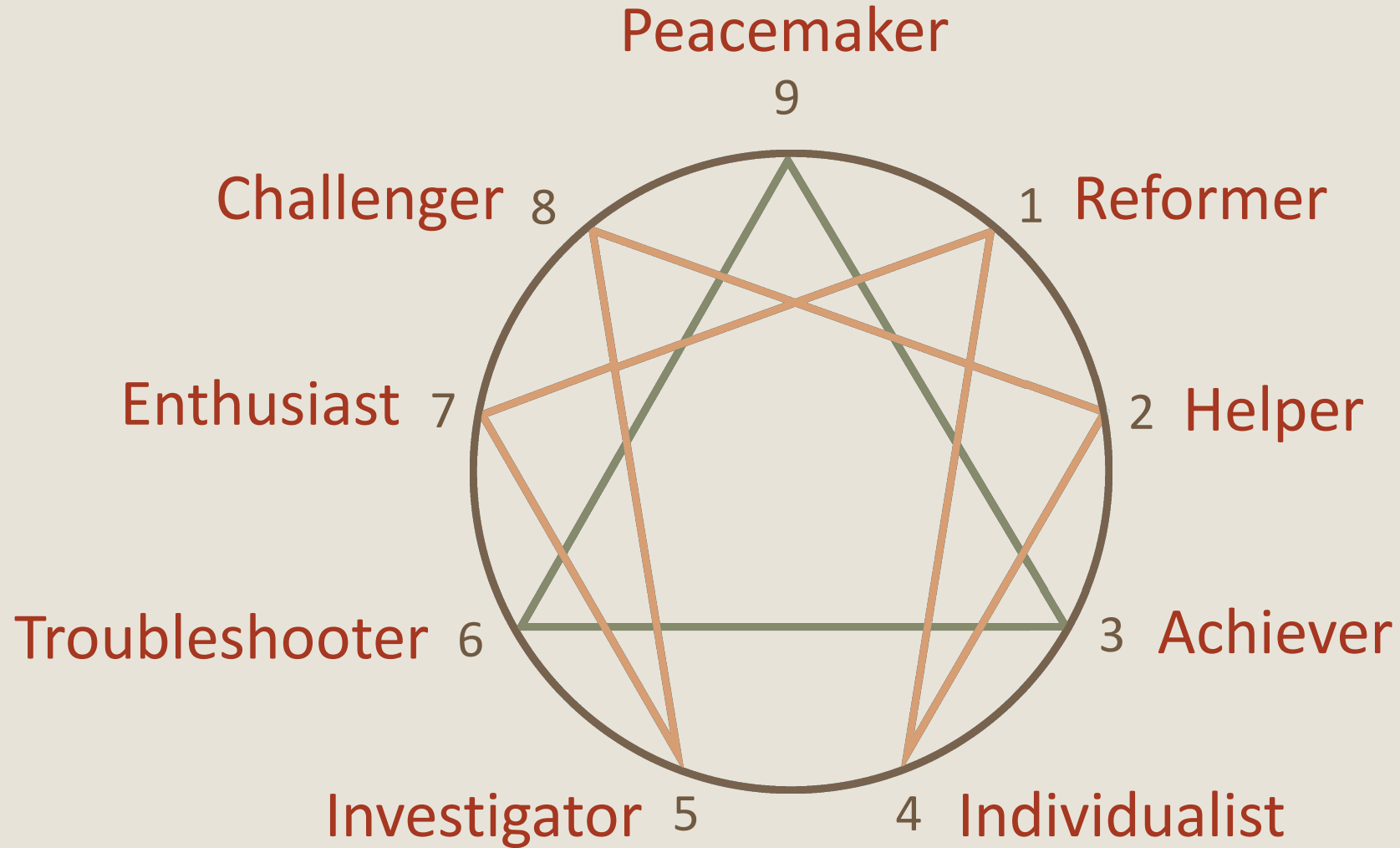
3-6-9   1   4   2   8   5   7   3-6-9

3-6-9: Shock Points

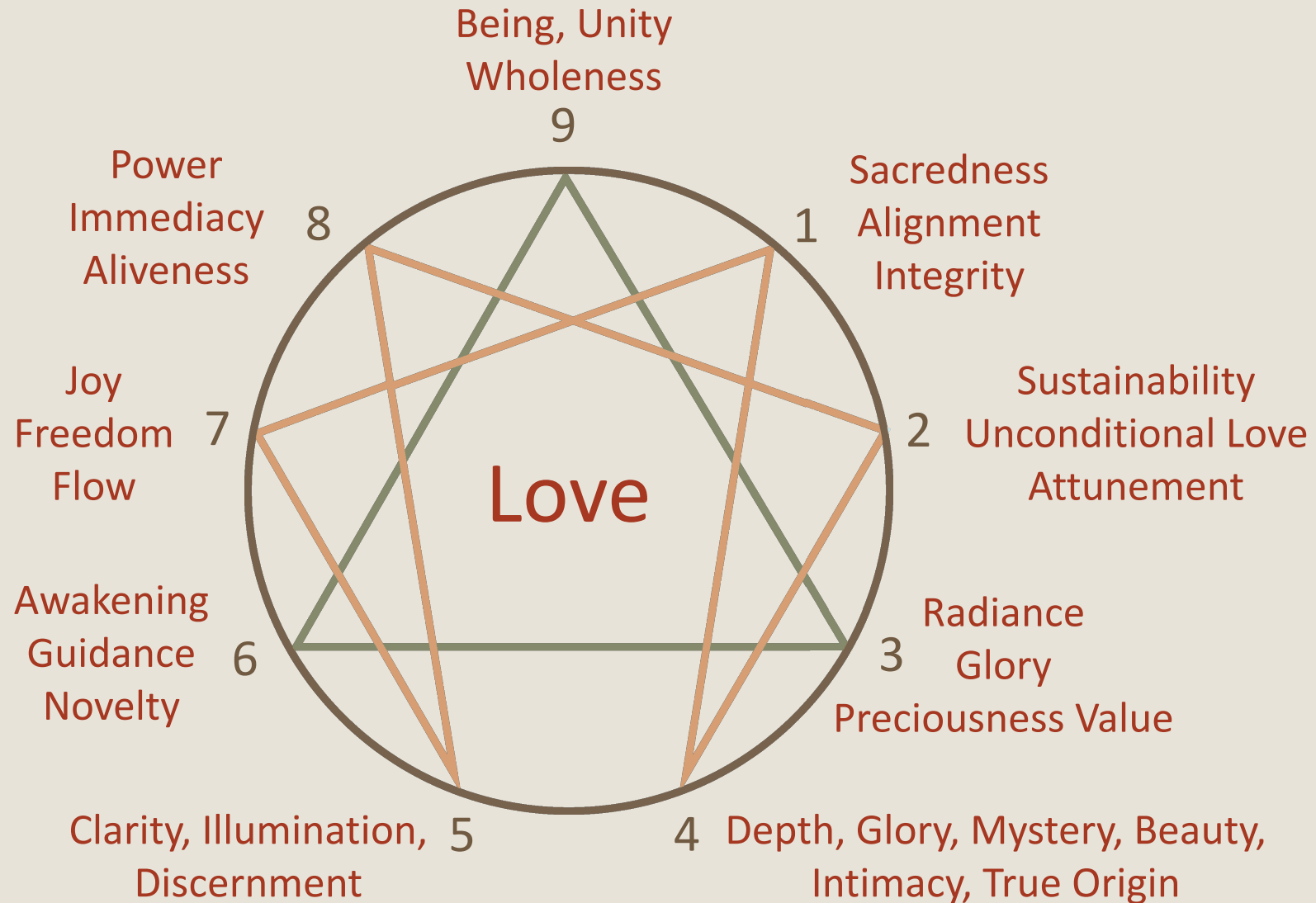
# The Law of Seven and the Enneagram of Personality



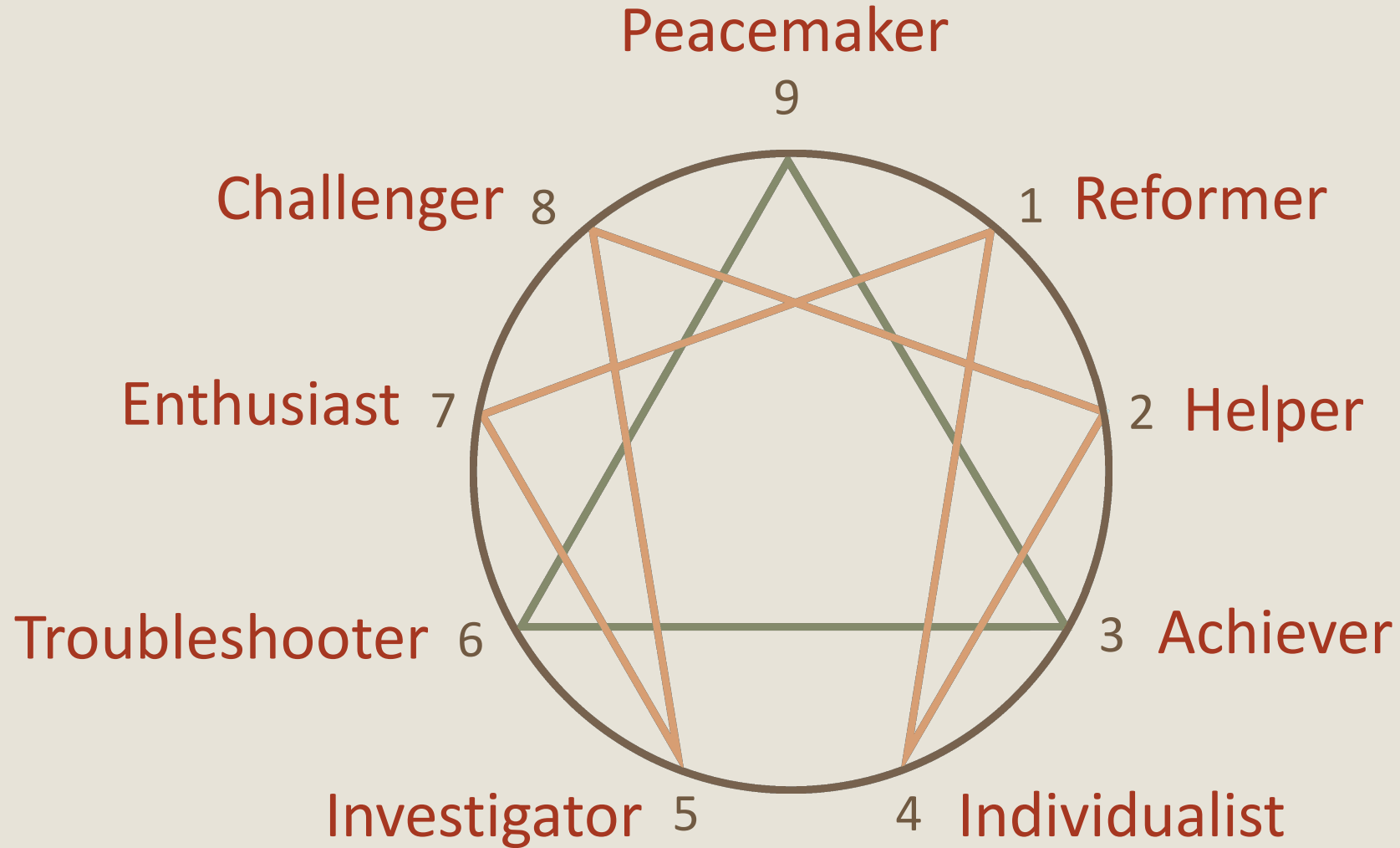
# Enneagram of Personality



# The Enneagram and Essence Qualities

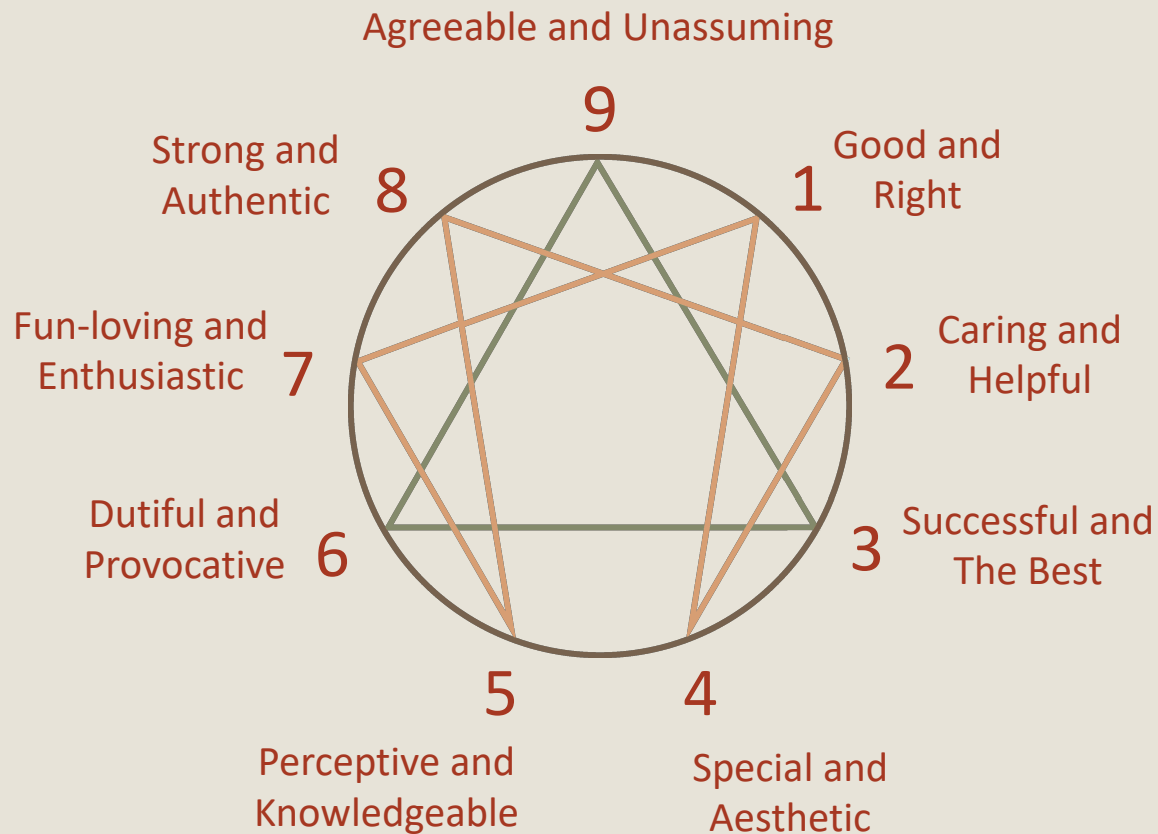


# Enneagram of Personality

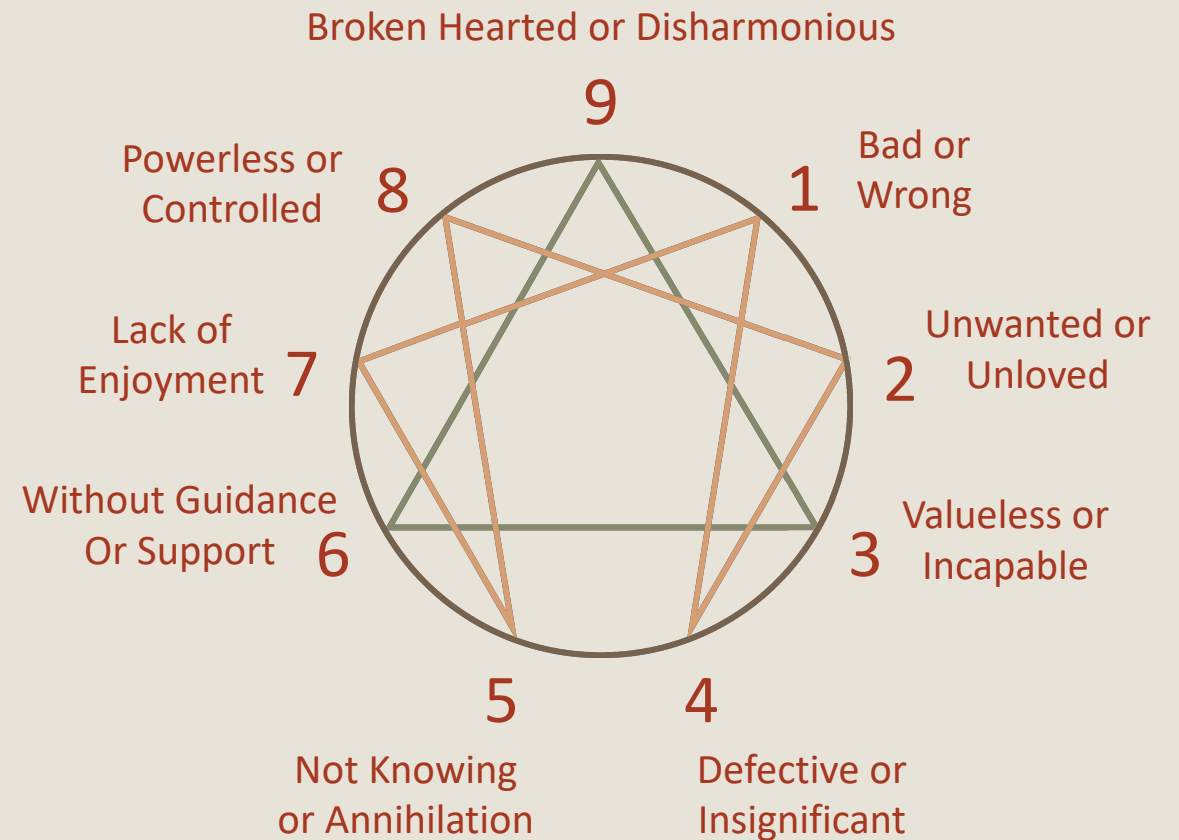


# Self Image and Core Fears

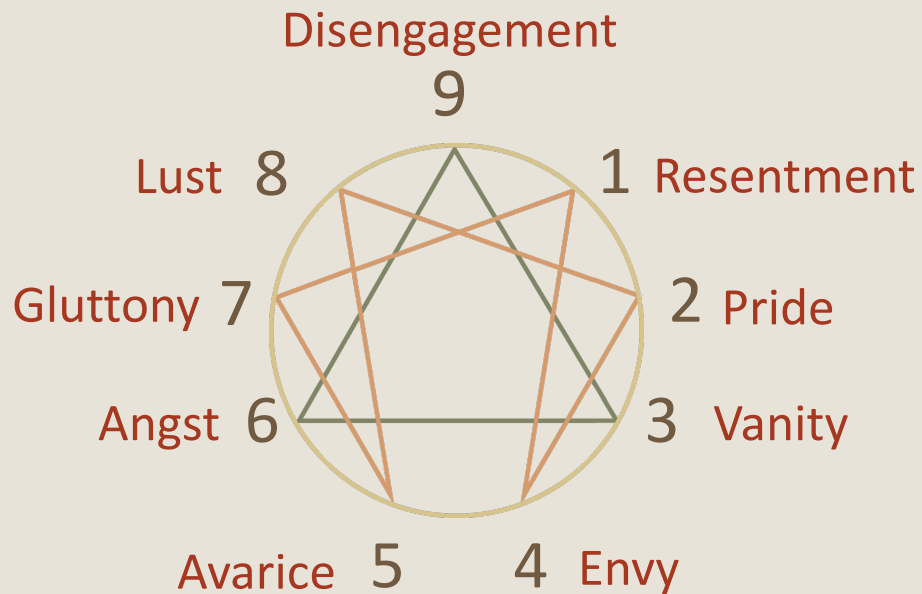
## Self Image



## Core Fears



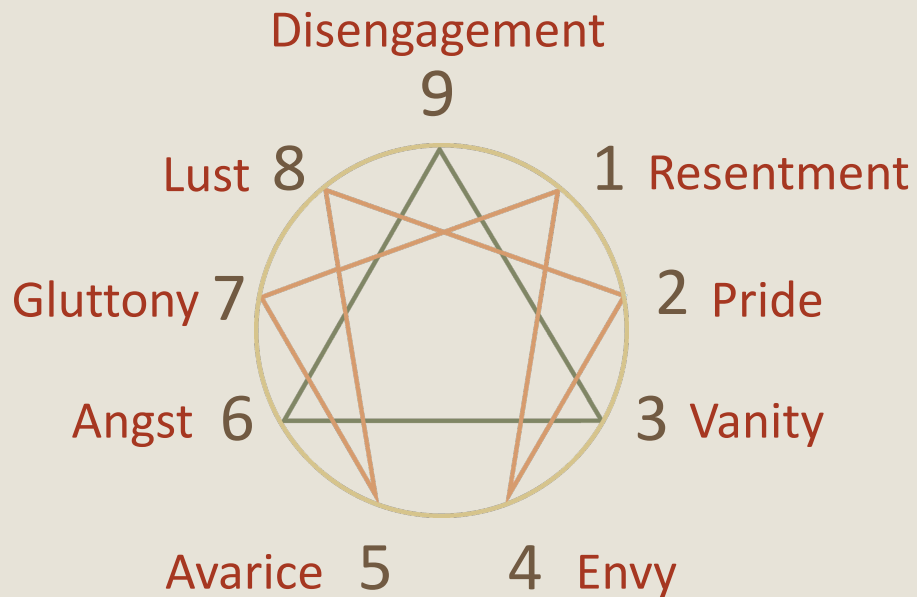
# The Enneagram of Passions



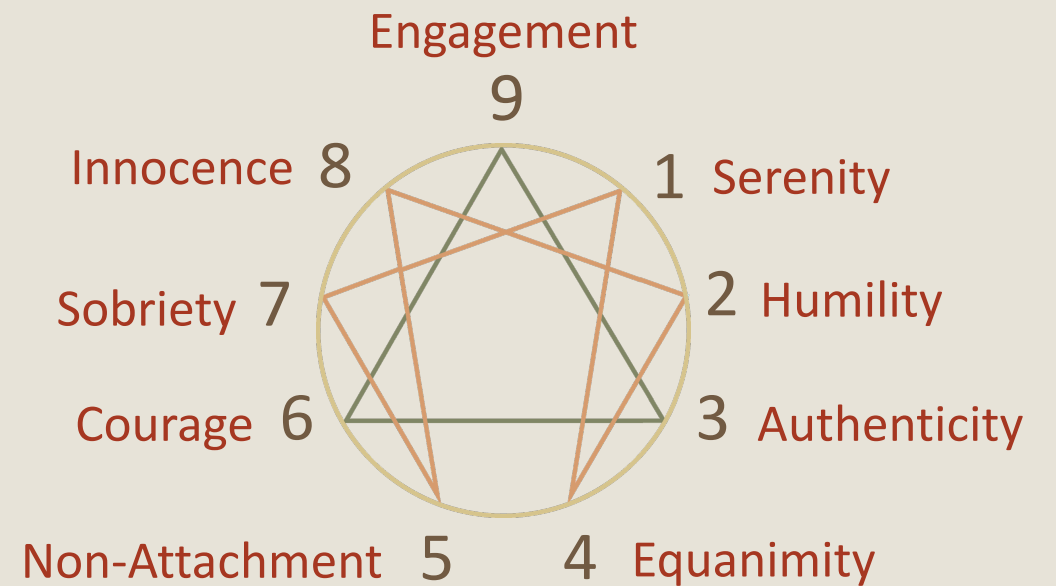
# The Enneagram of Fixations



# The Enneagram of Passions

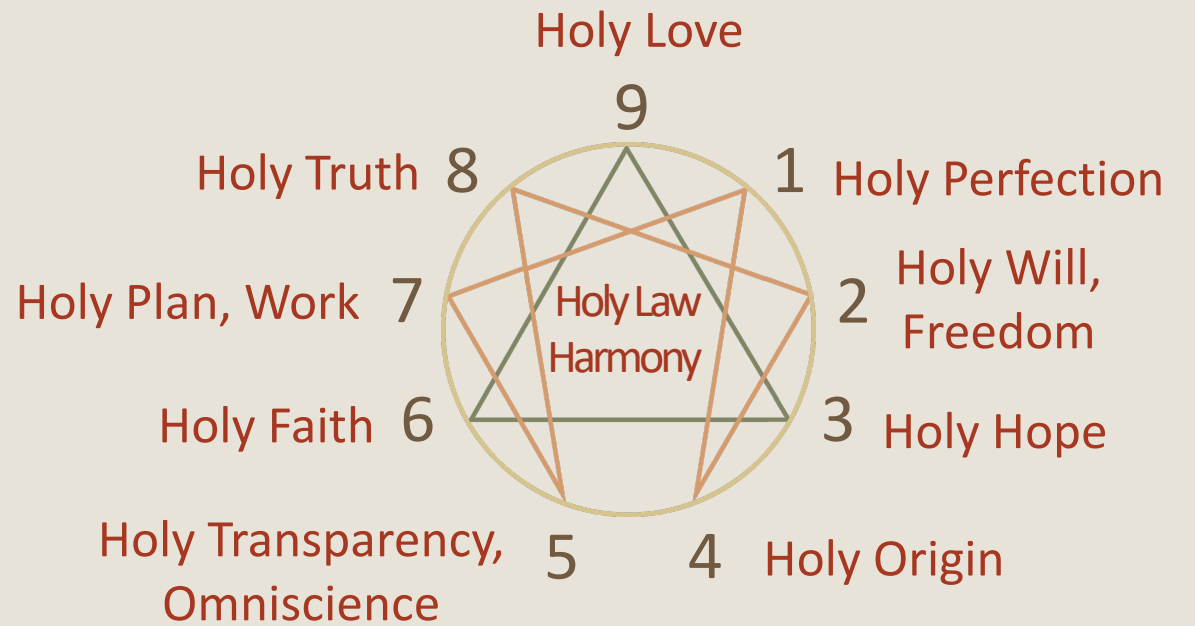


# The Enneagram of Virtues



# The Enneagram of Fixations

# The Enneagram of Holy Ideas



Credit: AH Almaas

# Enneagram Type Key Features

## Focus



## Talk Style



Credit: Katherine Chernick Fauvre

Betsy Ingalls

“Toto, I have a feeling we’re  
not in Kansas anymore.”

*- Dorothy, The Wizard of Oz*

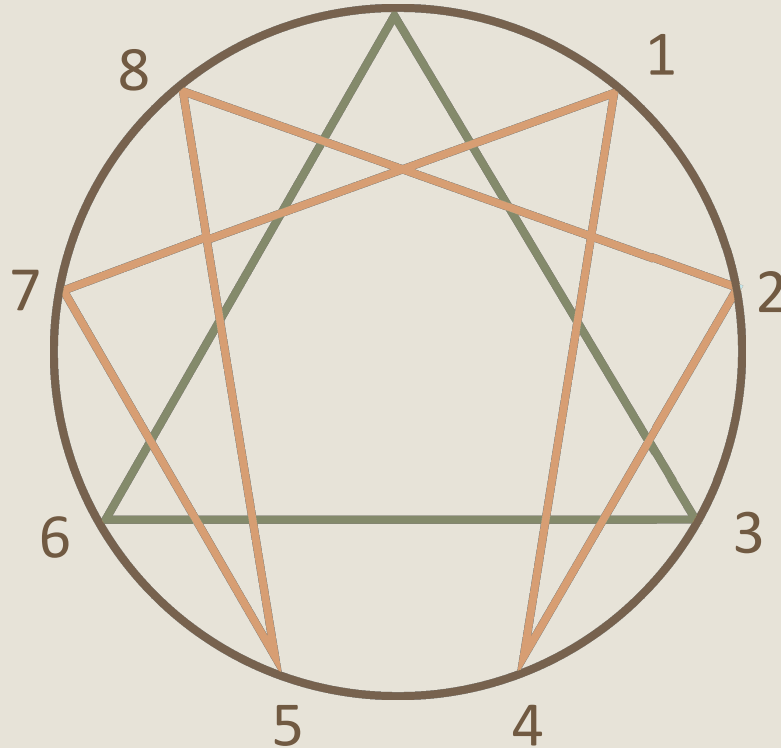
# The Wizard of the Enneagram

Body



"To be or not to be"

9



# The Wisdom of the Enneagram

Head



"It is or is not"

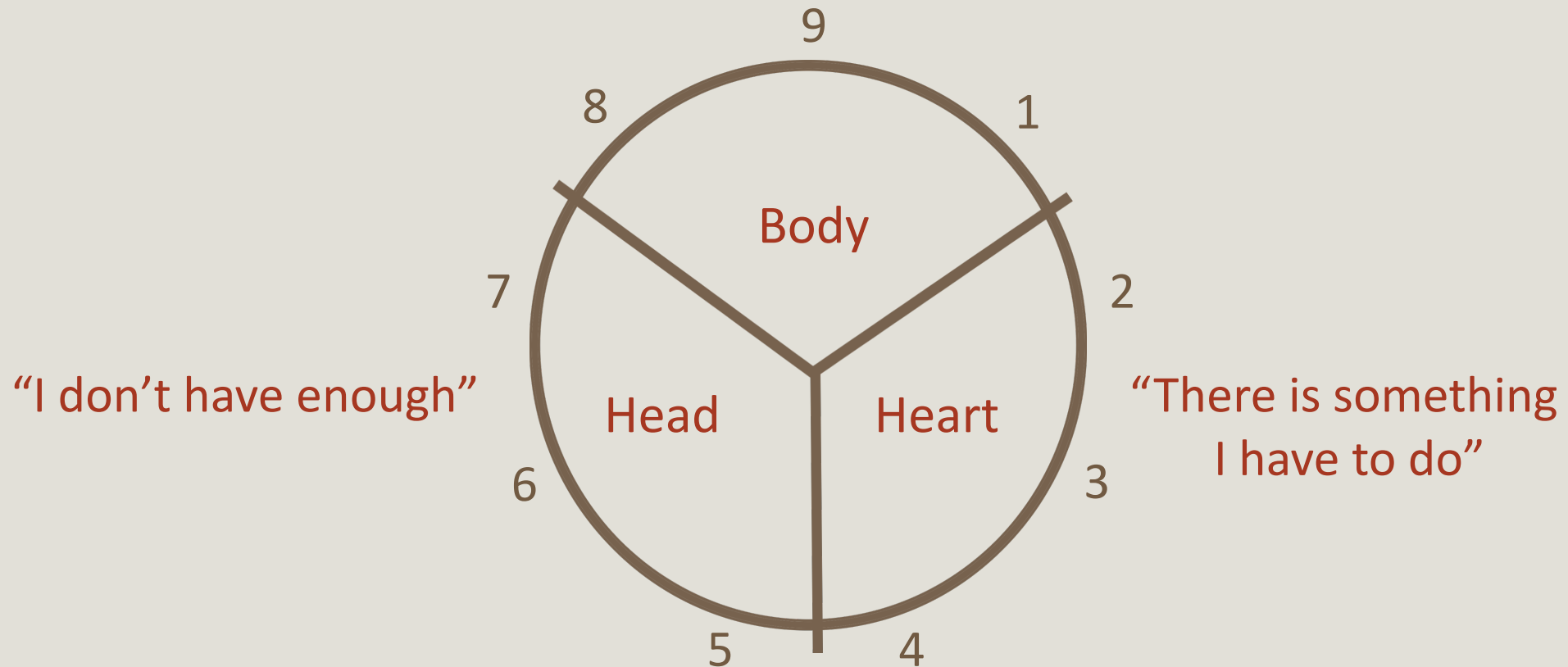
Heart



"To do or not to do"

# Three Common Limiting Beliefs

“There is something wrong with me”



# The Body Center



8 Being Alive by Being Strong

9 Being Alive by Merging

1 Being Alive by Being Perfect

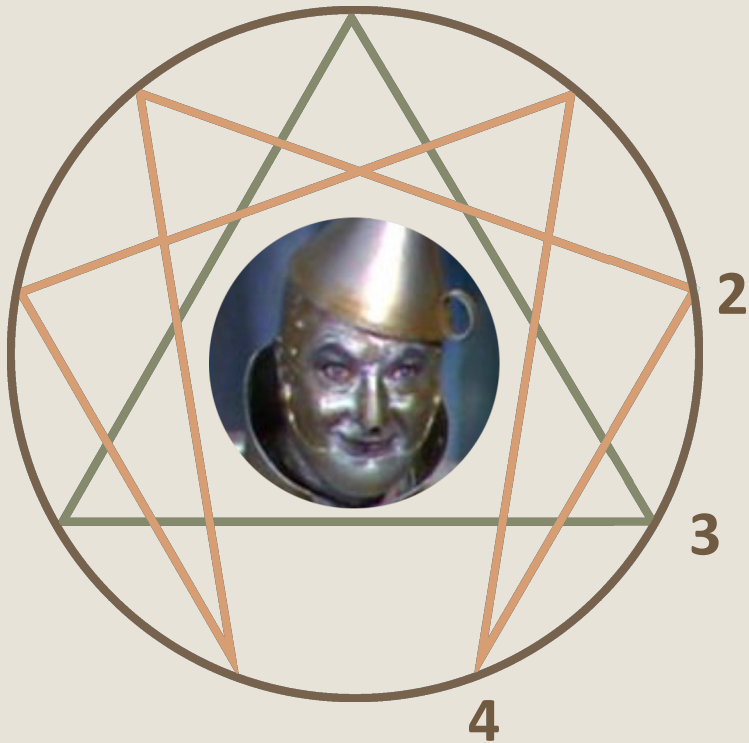
Want a There, There

# The Body Triad



- Concerned with Environment
- Issues with Repression and Aggression
- Want Autonomy

# The Heart Center



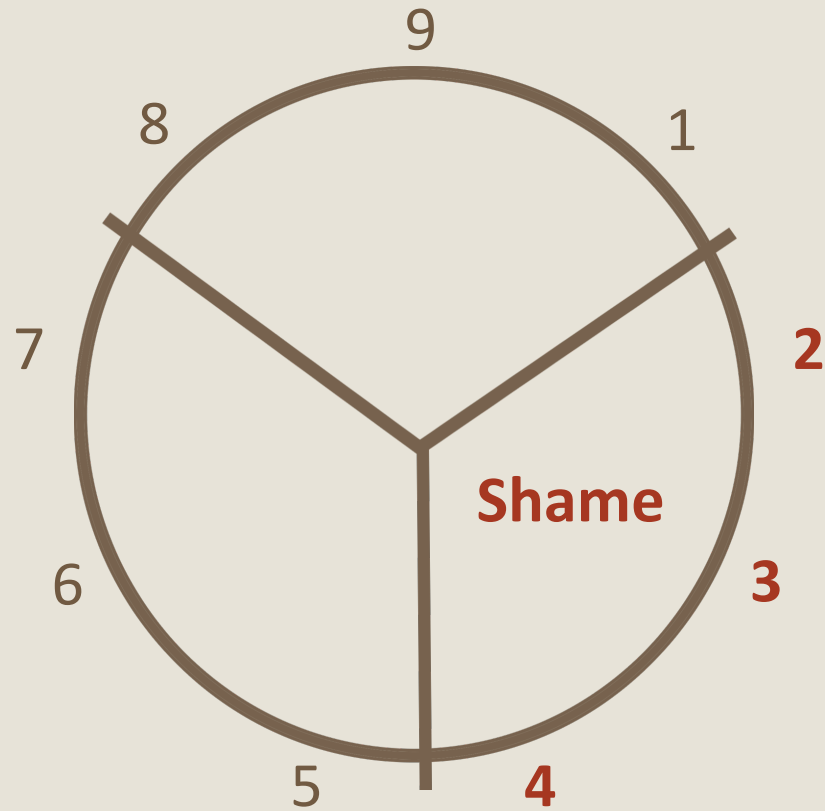
2 Avoids Rejection by Giving

3 Avoids Rejection by Meeting Goals

4 Avoids Rejection by Going Deeper Into Feelings

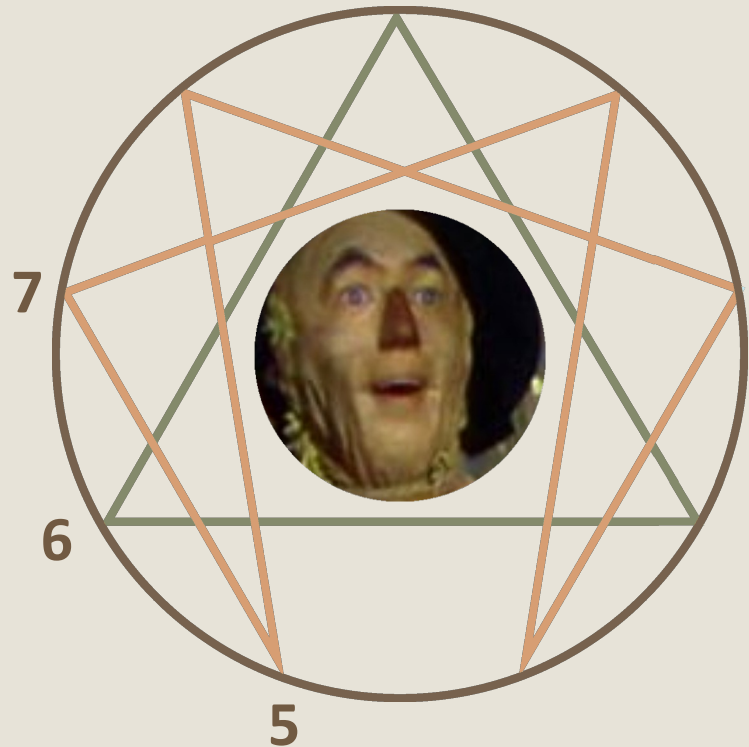
Create an Image to Receive Love

# The Heart Triad



- Concerned with Image
- Issues with Identity
- Want Attention

# The Head Center



5 Seeking More Knowledge

6 Question and Doubt Inner Voice

7 Avoids Dissatisfaction by Making Plans

Looking for Inner-Authority

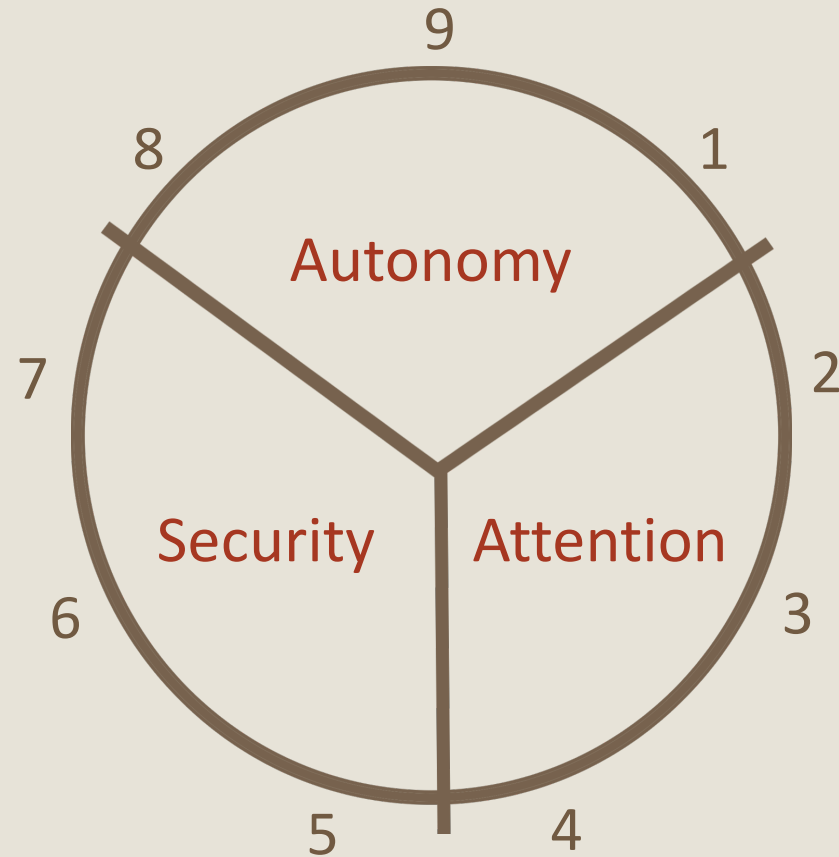
# The Head Triad



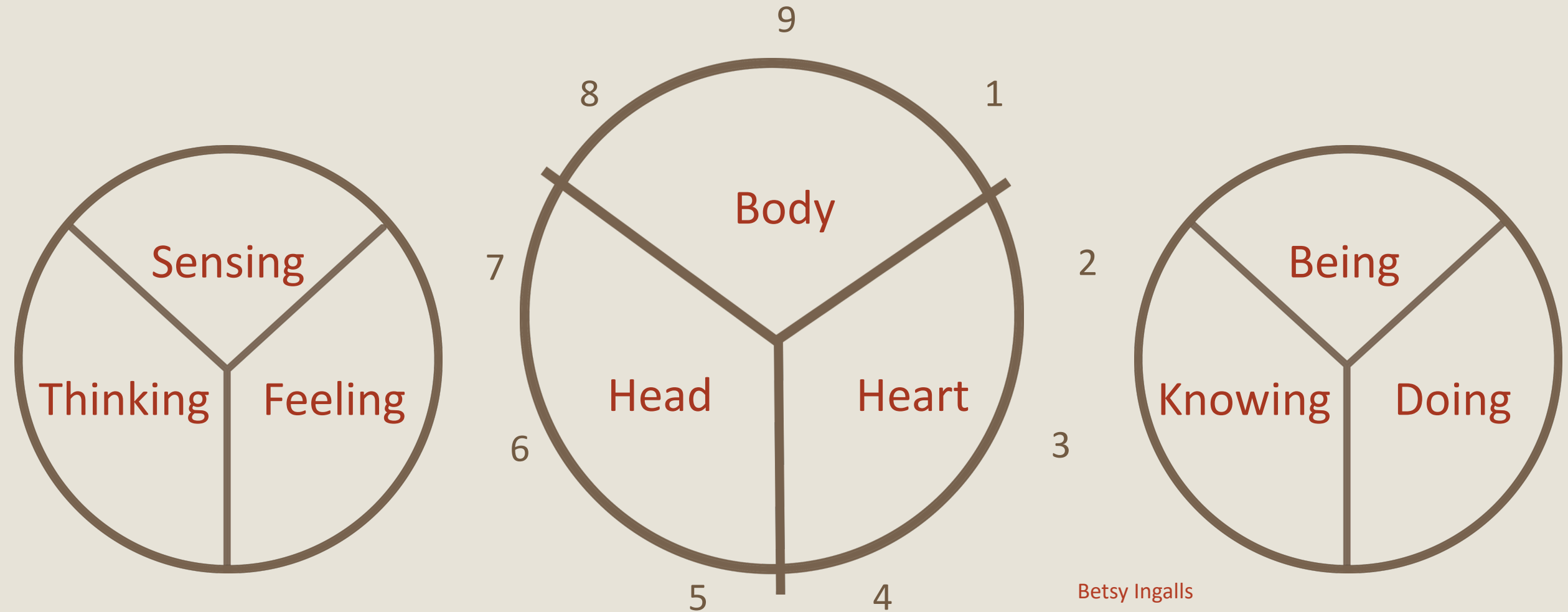
- Concerned with Strategies and Beliefs
- Issues with Having Enough
- Want Security

# The Three Centers

## Motivations

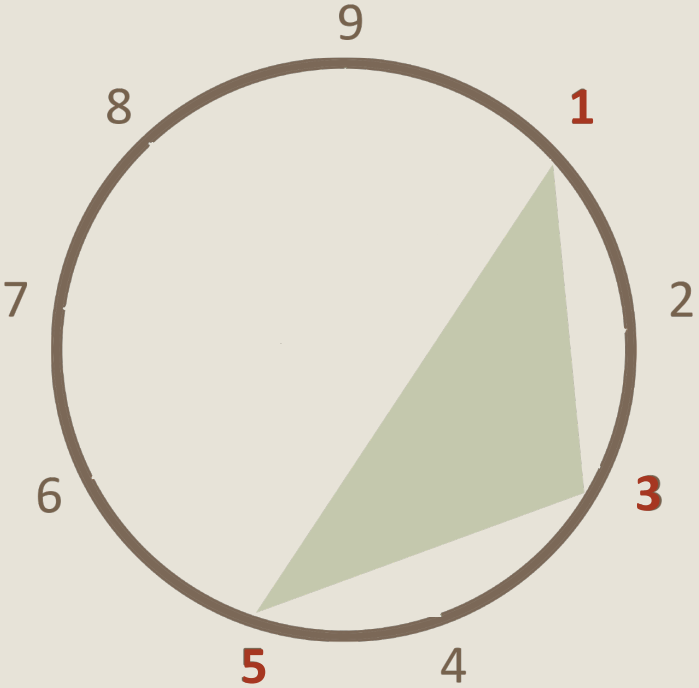


# The Three Centers

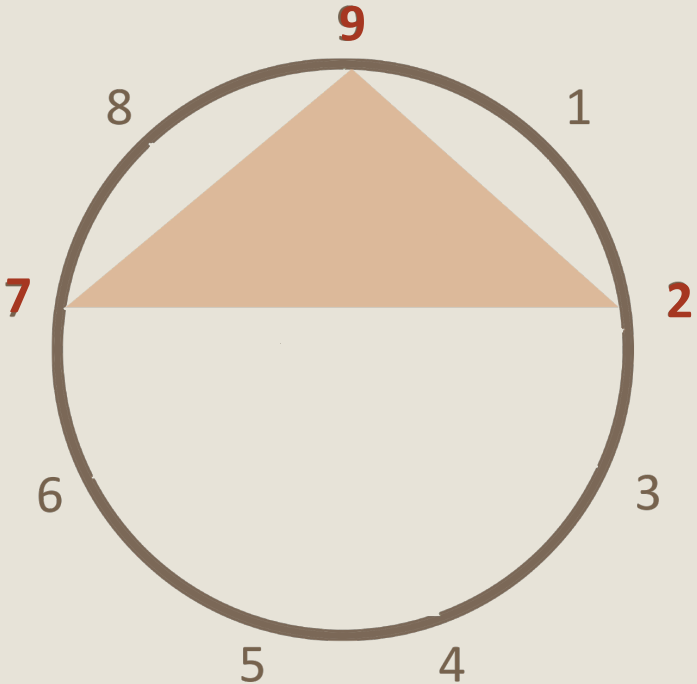


# The Harmonic Groups

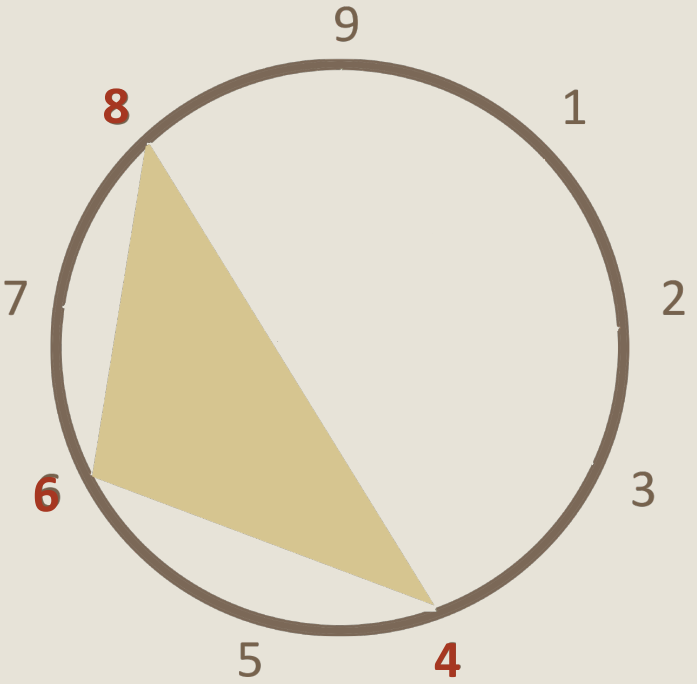
Competency Group



Positive Outlook Group



Emotional Reactive Group

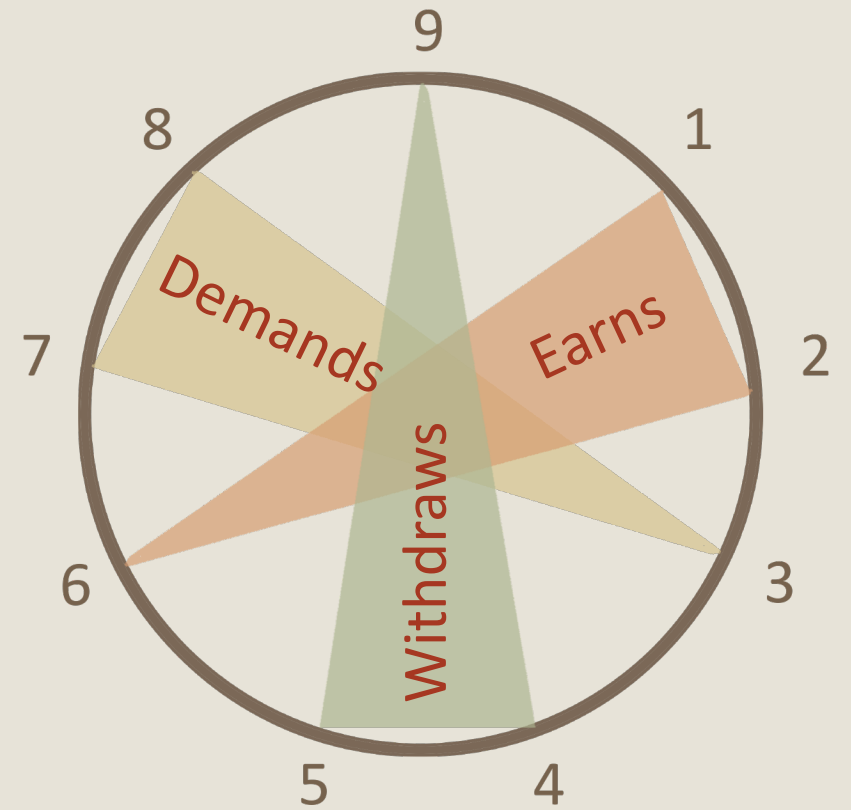


# The Hornevian Groups

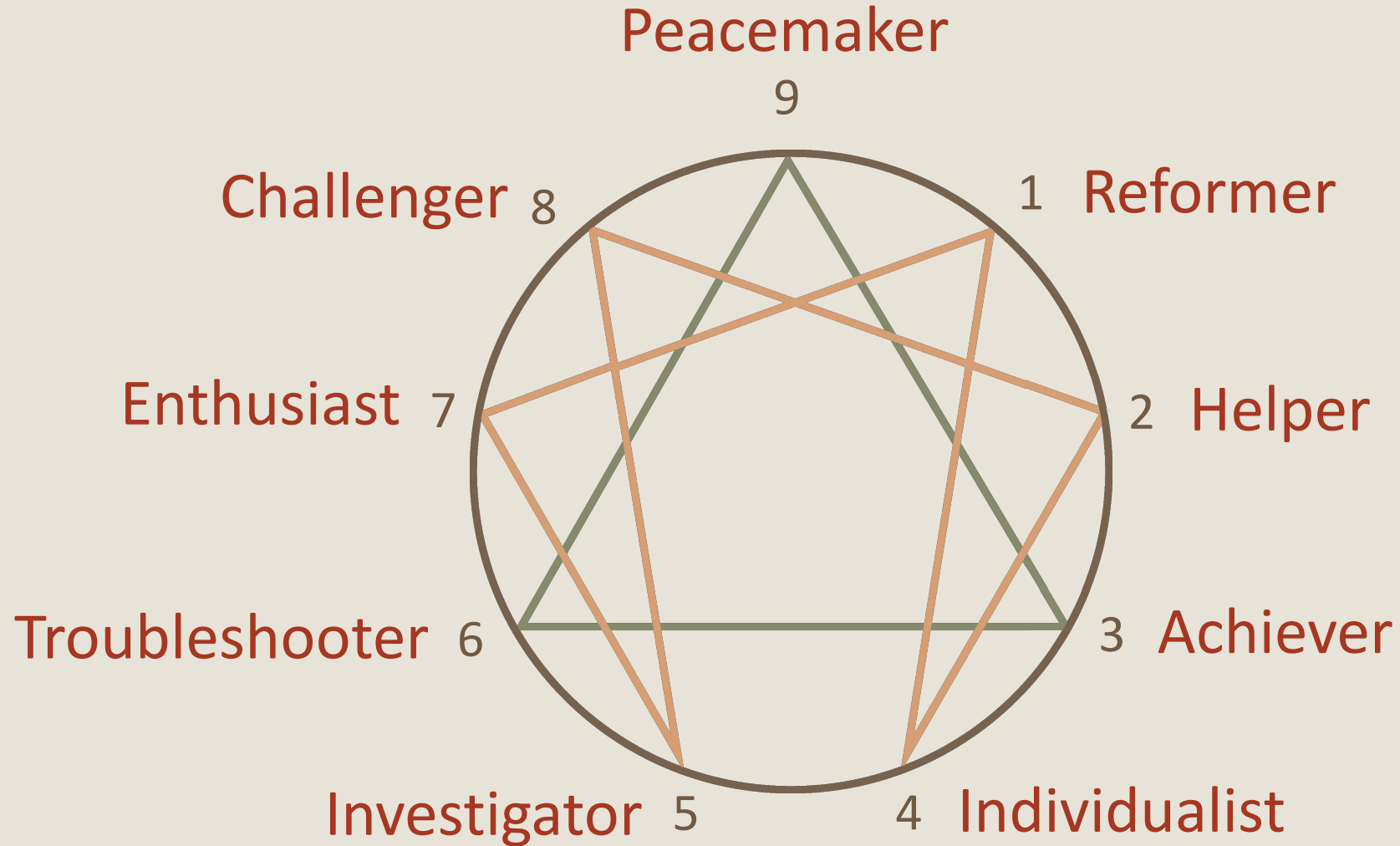
## Social Style



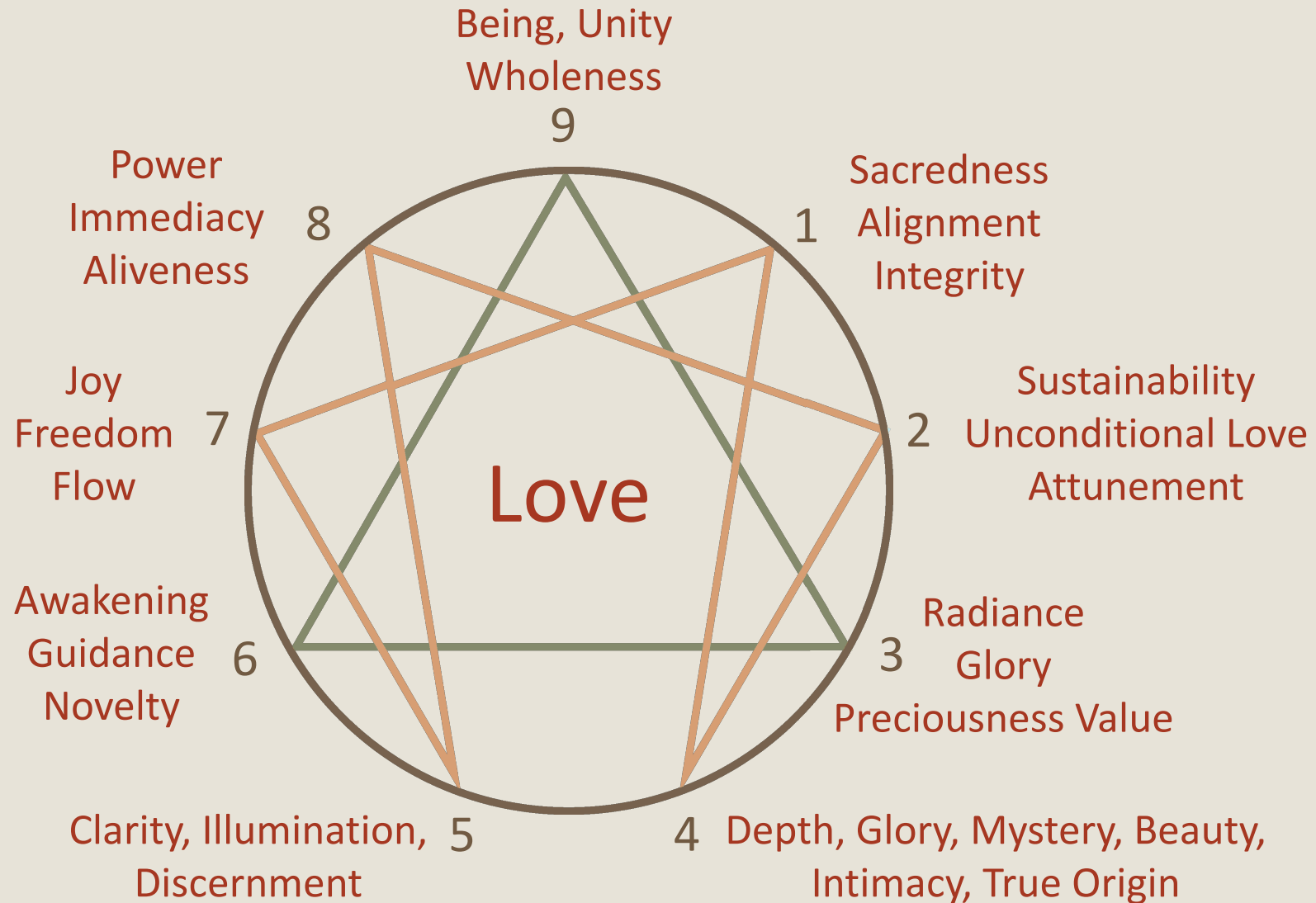
## Strategies to Get Needs Met



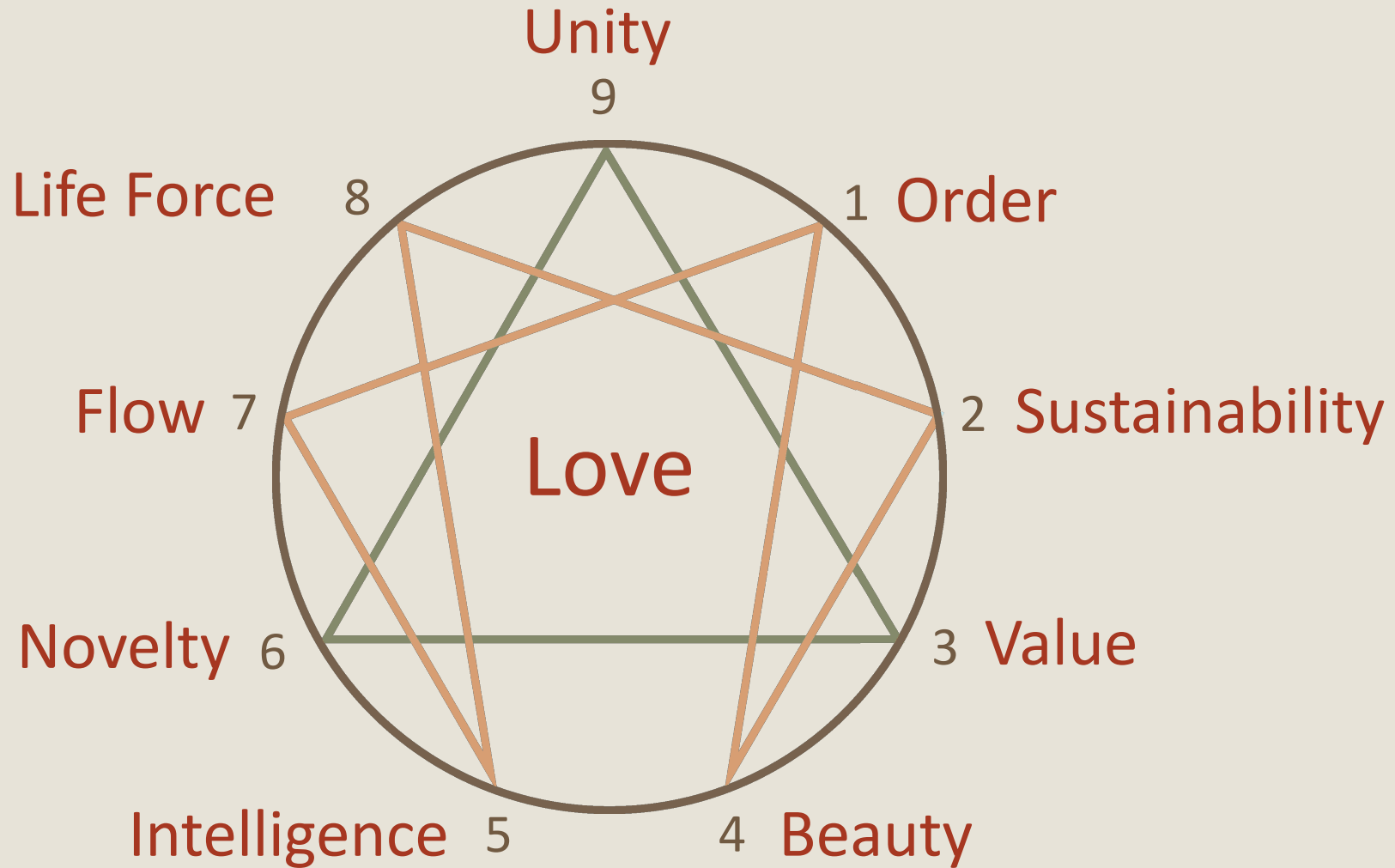
# Enneagram of Personality



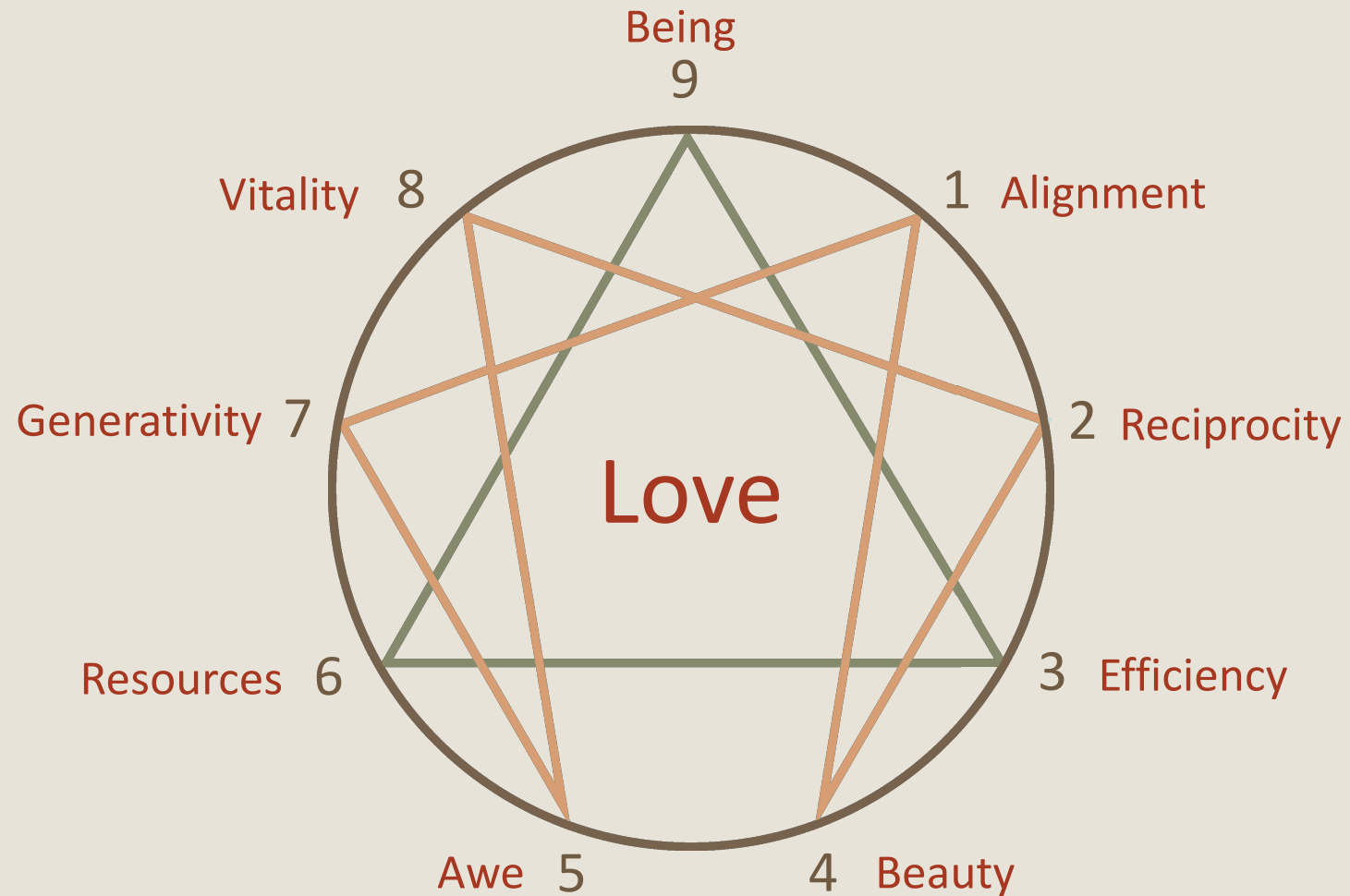
# The Enneagram and Essence Qualities



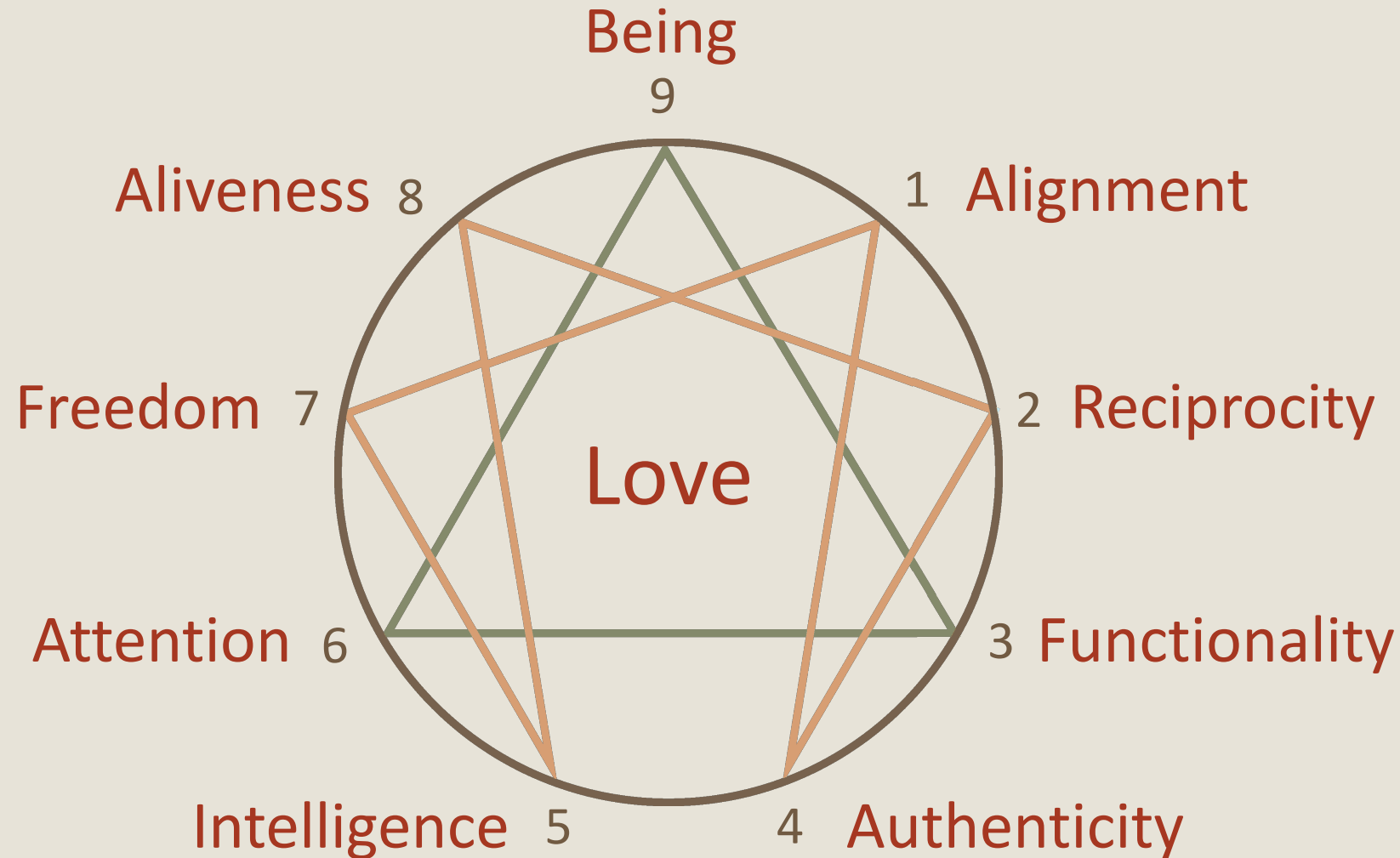
# The Enneagram of Essence Qualities



# The Enneagram of Abundance



# The Enneagram of Essence Qualities



“Be who you are and be that well”

*- St Francis de Sales*

# The Wisdom of the Enneagram – Don Riso and Russ Hudson QUEST

## The Quick Enneagram Sorting Test

**For the QUEST to yield the correct result it is important that you read and follow these few simple instructions:**

Select **one** paragraph in each of the following two groups of statements that best reflects your general attitudes and behaviors, as you have been most of your life.

You do not have to agree completely with every word or statement in the paragraph you select! You may agree with only 80 to 90% of a particular paragraph and still select that paragraph over the other two in the group.

However, you should agree with the general tone and overall “philosophy” of the paragraph you select.

You will probably disagree with some part of each of the paragraphs. Do not reject a paragraph because of a single word or phrase! Again, look at the overall picture.

Do not over analyze your choices. Select the paragraph that your “gut feeling” says is the right one for you, even though you may not agree with 100% of it. The general thrust and feeling of the paragraph as a whole is more important than individual elements of it. Go with your intuition.

If you cannot decide with paragraph best fits you in one of the groups, ***you may make two choices*** but ***only in one group***; for example: C in Group I, and X and Y in group II.

**Enter the letter you have selected for that group in the appropriate box.**

## The Quick Enneagram Sorting Test

### GROUP I

**A.** I have tended to be fairly independent and assertive: I've felt that life works best when you meet it head on. I set my own goals, get involved and want to make things happen. I don't let people push me around, either. Most of the time I know what I want and I go for it. I tend to work hard and to play hard.

**B.** I have tended to be quiet and am used to being on my own. I usually don't draw much attention to myself socially, and it's generally unusual for me to assert myself all that forcefully. I don't feel comfortable taking the lead or being as competitive as others. Many would probably say that I'm something of a dreamer – a lot of my excitement goes on in my imagination. I can be quite content without feeling I have to be active all the time.

**C.** I have tended to be extremely responsible and dedicated. I feel terrible if I don't keep my commitments and do what's expected of me. I want people to know that I'm there for them and that I'll do what I believe is best for them. I've often made great personal sacrifices for the sake of others, whether they know it or not. I often don't take adequate care of myself – I do the work that needs to be done and relax (and then do what I really want) if there's time left.

**GROUP I  
CHOICE**

## The Quick Enneagram Sorting Test

### GROUP II

**X.** I am a person who usually maintains a positive outlook and feels that things will work out for the best.

I can usually find something to be enthusiastic about and different ways to occupy myself. I like being around people and helping others to be happy – I enjoy sharing my own well-being with them. (I don't always feel great but I try not to show it to anyone!) However, staying positive has sometimes meant that I've put off dealing with my own problems for too long.

**Y.** I am a person who has strong feelings about things – most people can tell when I'm unhappy about something.

I can be guarded with people, but I'm more sensitive than I let on. I want to know where I stand with others and who and what I can count on – it's pretty clear to most people where they stand with me. When I'm upset about something, I want others to respond and to get as worked up as I am. I know the rules, but I don't want people telling me what to do. I want to decide for myself.

**Z.** I tend to be self- controlled and logical – I am uncomfortable dealing with feelings. I am efficient – even perfectionistic –

and prefer working on my own. When there are problems or personal conflicts, I try not to bring my feelings into the situation. Some say I'm too cool and detached, but I don't want my emotional reactions to distract me from what's really important to me. I usually don't show my reactions when others "get to me".

**GROUP II  
CHOICE**

# The Wisdom of the Enneagram – Don Riso and Russ Hudson QUEST

## Interpreting the QUEST

Together the two letters you have selected form a two-letter code. For example, choosing paragraph C in Group I and paragraph Y in Group II produces the two-letter code CY. To find out which basic personality type the QUEST indicates you are, see the QUEST codes to the right.

**2-Digit Code**

**Type**

**Type Name and Key Characters**

**AX**

**7**

**The Enthusiast** – Upbeat, accomplished, impulsive

**AY**

**8**

**The Challenger** – Self-confident, decisive, domineering

**AZ**

**3**

**The Achiever** – Adaptable, ambitious, image-conscious

**BX**

**9**

**The Peacemaker** – Responsive, reassuring, complacent

**BY**

**4**

**The Individualist** – Intuitive, aesthetic, self-absorbed

**BZ**

**5**

**The Investigator** – Perceptive, innovative, detached

**CX**

**2**

**The Helper** – Caring, generous, possessive

**CY**

**6**

**The Loyalist** – Engaging, responsible, defensive

**CZ**

**1**

**The Reformer** – Rational, principled, self-controlled

# Bibliography

Wisdom of the Enneagram Russ Hudson and Don Riso\*

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Russ Hudson, Jessica Dibb, and the Shift Network 2021-2022

Facets of Unity A. H. Almaas

The Art of Typing, Ginger Lapid-Bogda

The Complete Enneagram, Beatrice Chestnut

The Essential Enneagram, David Daniels and Virginia Price\*

Personality Types: Using the Enneagram for Self-Discovery, Don Riso and Russ Hudson

The Enneagram of Passions and Virtues: Finding The Way Home, Sandra Maitri\*

The Spiritual Dimensions of the Enneagram, Sandra Maitri

The Enneagram: Understanding Yourself and Others, Helen Palmer\*

The Enneagram in Love and Work, Helen Palmer

The 27 Enneagram TriTypes(R), Katherine Chernick Fauvre

Whole Brain Living, Jill Bolte Taylor, PHD\*

Stroke of Insight, Jill Bolte Taylor, PHD

Be The Sky, Not the Clouds: The new Mindful Psychology of Happiness and Well-Being,\*

Spencer Sherman, PHD

The Essene Book of Creation, Edmond Bordeaux Szekely

\*recommended

**Betsy Ingalls**





# The Instinctual Drives



Nature in Our Body



“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom”

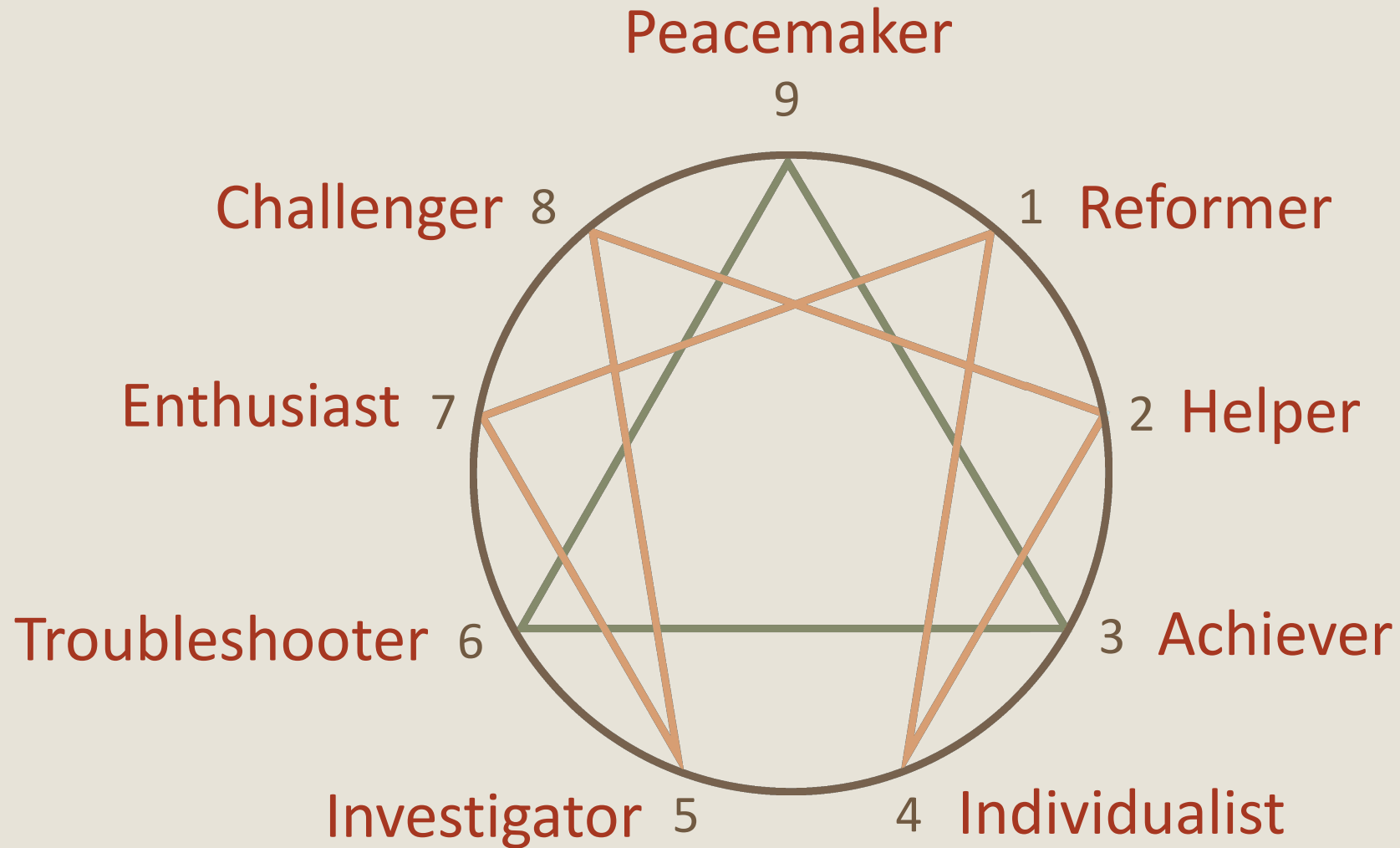
*- Anais Nin*

# The Enneagram and Object Relations

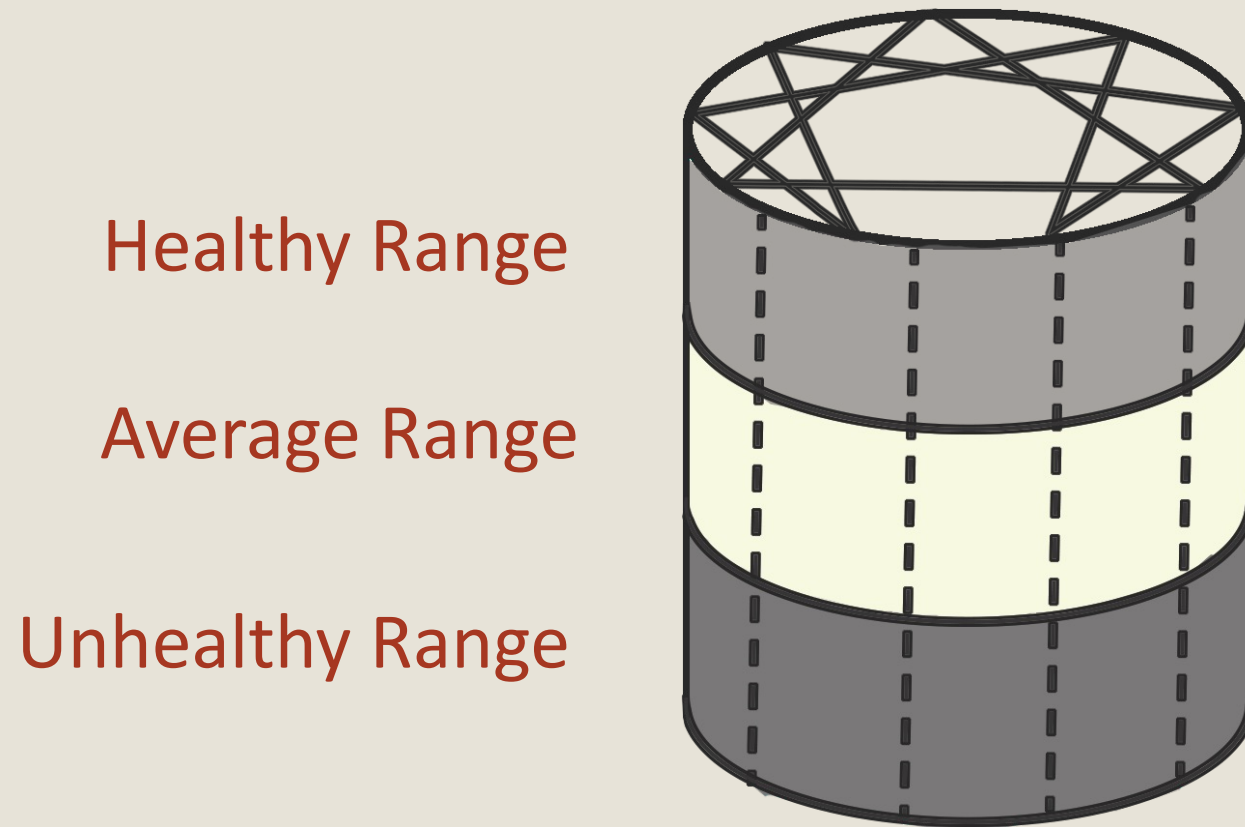
## Formation of the Ego

	Nurturing	Protective	Belonging	Infancy
Attachment	3	6	9	Object relation, not me
Frustration	7	1	4	Not getting enough of what we want
Rejection	8	2	5	Not available
	Aggressive	Compliant	Withdrawn	

# Enneagram of Personality



# The Levels of Development Within the Enneatype







“There’s only one corner of the universe you can be certain of improving, and that’s your own self”

*- Aldous Huxley*

# What Prevents Us From Delving into Ourselves?

- Fear of losing control and losing self-esteem
- Fear of change and the unknown
- Not wanting to let go of the masks we wear to protect ourselves
- Fear of feeling and remembering buried wounds
- Service to our Superego and Character Fixations

# Reasons to Explore Yourself When Life is Already Great

- You want a better relationship with yourself and others
- Fear and pain of being alone
- Not wanting to hurt other people
- A desire for enhanced love of self and others
- Want to be your best self

# What is the Best Approach For Self-Discovery?

- **Presence Practice**

  - Open and Loving Heart

  - Acceptance and Curiosity of Mind

  - Awareness of Sensation in Body

- **Forgiveness**

- **Guidance**

  - Pathway to Understanding

- **Love**

# Virtues and Mudras

- 8 **Innocence:** Hands in prayer position in front of chest with only fingertips touching.
- 9 **Engagement:** Left hand: thumb and index finger touch, other three fingers long, rest on left knee  
Right hand: touching the surface of whatever you are sitting on (the earth)
- 1 **Serenity:** Left hand rests in lap, shoulders relaxed – Right arm out to side parallel to shoulder and raise forearm with palm forward
- 2 **Humility:** Cross right arm onto left shoulder and left hand onto right shoulder, hands resting
- 3 **Authenticity:** Hands with thumb and index fingers touching, other three fingers long, resting on thighs, palms up
- 4 **Equanimity:** Hold right and left arm close to sides but raise forearms forward with palms up
- 5 **Non-Attachment:** Same as 4 but rest forearms on thighs
- 6 **Courage:** Like 2 but hands are tunnels touching thumb and index fingers (like the pharaohs)
- 7 **Sobriety:** Like 5, but palms are resting downward