

# THE ENNEAGRAM

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*the discernment of spirits and self*

*“Unless you tame your demons, you will never  
know your angels.” Rilke*

# OUR GOALS IN THIS CLASS

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- have fun with one another
- know the history of the enneagram
- know the function of the enneagram
- understand the three centers
- understand the nine types
- begin to understand and discern one's type

# AN ULTRA BRIEF REVIEW

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- there are 9 numbers and 3 centers
- everyone has a number (though you might be close between two)
- your number is your number
- your number is your blindness and your sight, your wound and your healing, your sin and your grace
- all of us are working towards redemption and transformation through recognition and confession, through humility
- by knowing ourselves, we can move in healthy ways towards wholeness and belonging

***The Peacemaker***

**9**

***The Challenger*** **8**

**1** ***The Reformer***

***The Enthusiast*** **7**

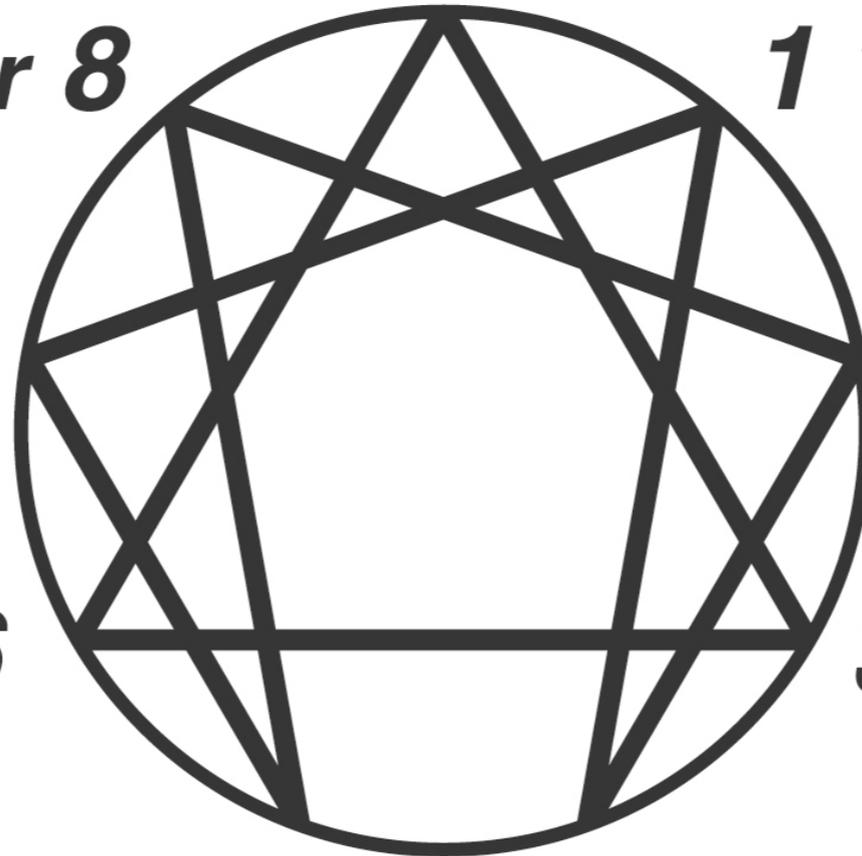
**2** ***The Helper***

***The Loyalist*** **6**

**3** ***The Achiever***

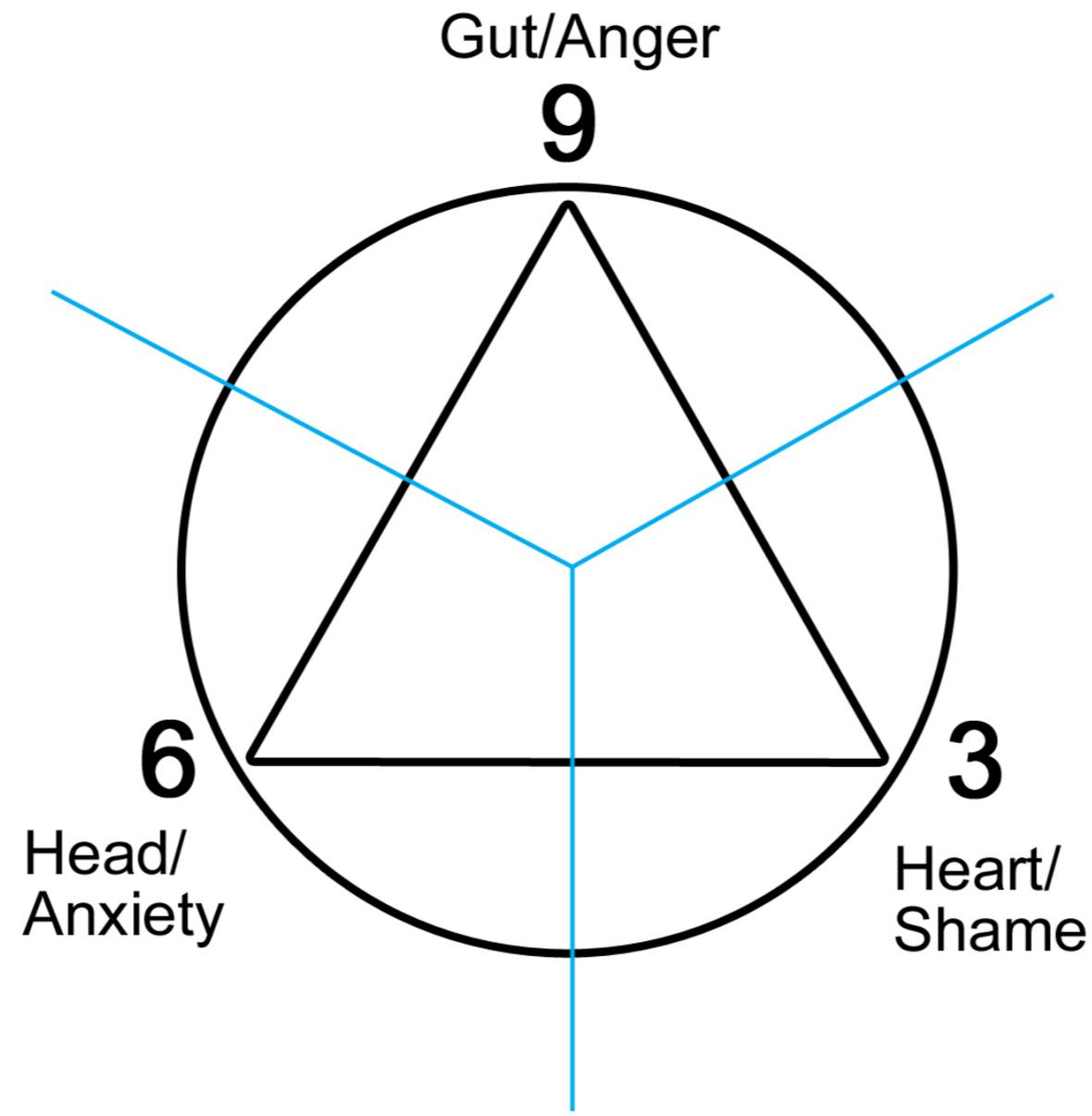
***The Investigator*** **5**

**4** ***The Individualist***



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# REVIEWING THE WEEK

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- spend some time this week thinking of your childhood
- pay attention to the energies and motivations behind your actions
- think about how you've changed and how you've stayed the same

“First the fall. And then the recovery from the fall. And both are the mercy of God.” Julian of Norwich

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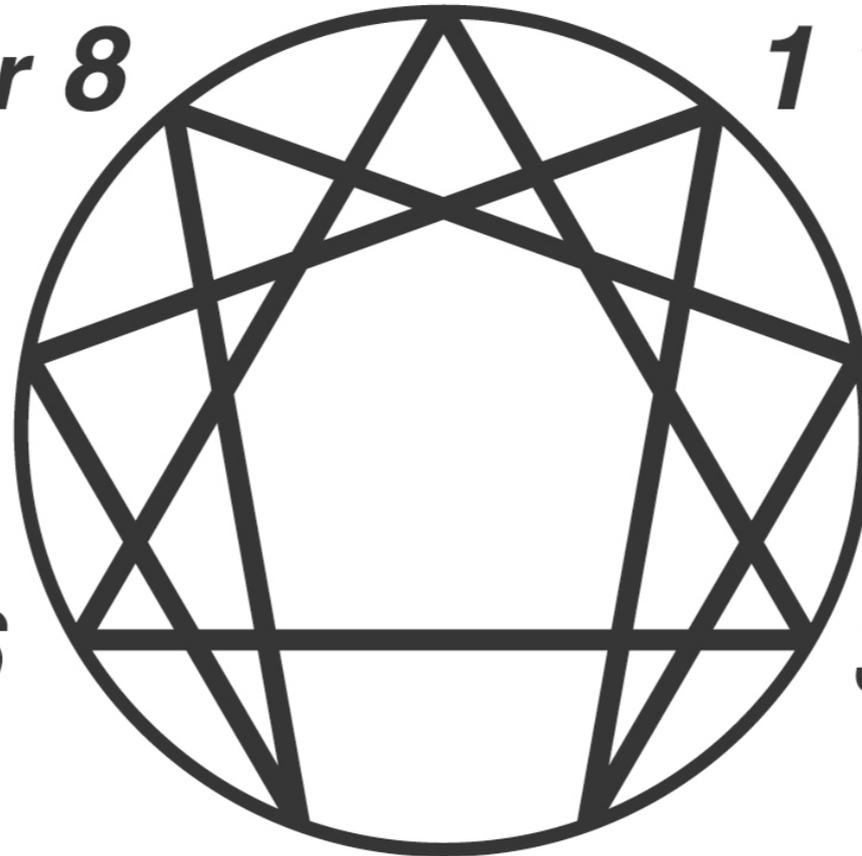
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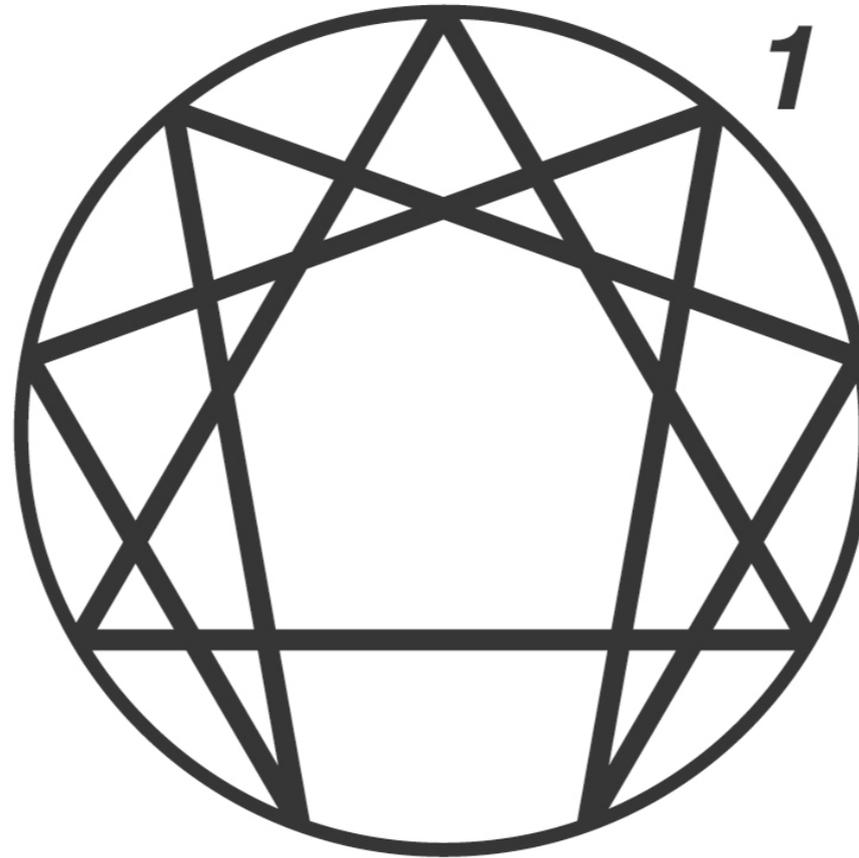
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***1 The Reformer***

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# TYPE ONE – THE NEED TO BE PERFECT

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## ONES AS CHILDREN

- attempt from an early age to be model children
- often seek to earn love by meeting expectations and being “good”
- often had a parent who was moralistic, perfectionistic, or eternally dissatisfied
- as children, were precocious achievers
- were often considered “gifted”

# TYPE ONE – THE NEED TO BE PERFECT

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## ONES INTO ADULTHOOD

- idealists, who struggle to accept imperfections - above all their own
- often seek to earn love by meeting expectations and being “good”
- demanding voices within them never fall silent
- constantly working to be “good” so they can avoid self-condemnation
- sense a natural order to things and know what can be done to make it right

# TYPE ONE – THE NEED TO BE PERFECT

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## THE DILEMMA OF ONENESS

- the **temptation** for ONES is the search for perfection
- in searching for that perfection, ones may find false fields of joy until they recognize that what they thought was perfect is, in fact, not perfect
- ones can have a heightened sense of frustration
- find it incredibly difficult to “slack off” and enjoy life, because if life must be imperfect, then at least some approximation of perfection comes in the striving
- can often come across as angry because of the imperfection of the world

# TYPE ONE – THE NEED TO BE PERFECT

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## THE REDEMPTION OF ONENESS

- the **redemption** for ONES is in learning to come to rest in order to observe the imperfection of the world (this is their gift, after all) *and* to accept it
- ones must recognize that their **root sin** is anger, and their **avoidance** is an unwillingness to acknowledge and examine this anger. they must embrace their anger to transform it, even though it is an imperfection
- the **defense mechanism** for ones is to control their reactions to everything so as not to appear angry, but this is a mask and not redemption

# TYPE ONE – THE NEED TO BE PERFECT

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## THE REDEMPTION OF ONENESS

- the fruit of the spirit of oneness is cheerful tranquility
- ONES moving towards maturity and transformation learn to “let go” of the need for perfection and fall into love with God, letting themselves go into the beauty of the Creator
- nature can often be a means of conversion for ones - it is an easy space to fall in love, though other forms of creativity can also work
- redeemed ONES are well thought out, make great teachers, and find their answers and rationale to be serene, having passed through their own internal fires

# TYPE ONE – THE NEED TO BE PERFECT

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## THE REDEMPTION OF ONENESS

- the **pitfall** for ones is hypersensitivity
- to overcome this pitfall, they must learn to accept themselves and others without passing judgement
- this means removing themselves from their anger, and stopping identifying with perfection, then they open themselves to the reality of the world

# TYPE ONE - THE NEED TO BE PERFECT

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## SYMBOLS OF ONENESS

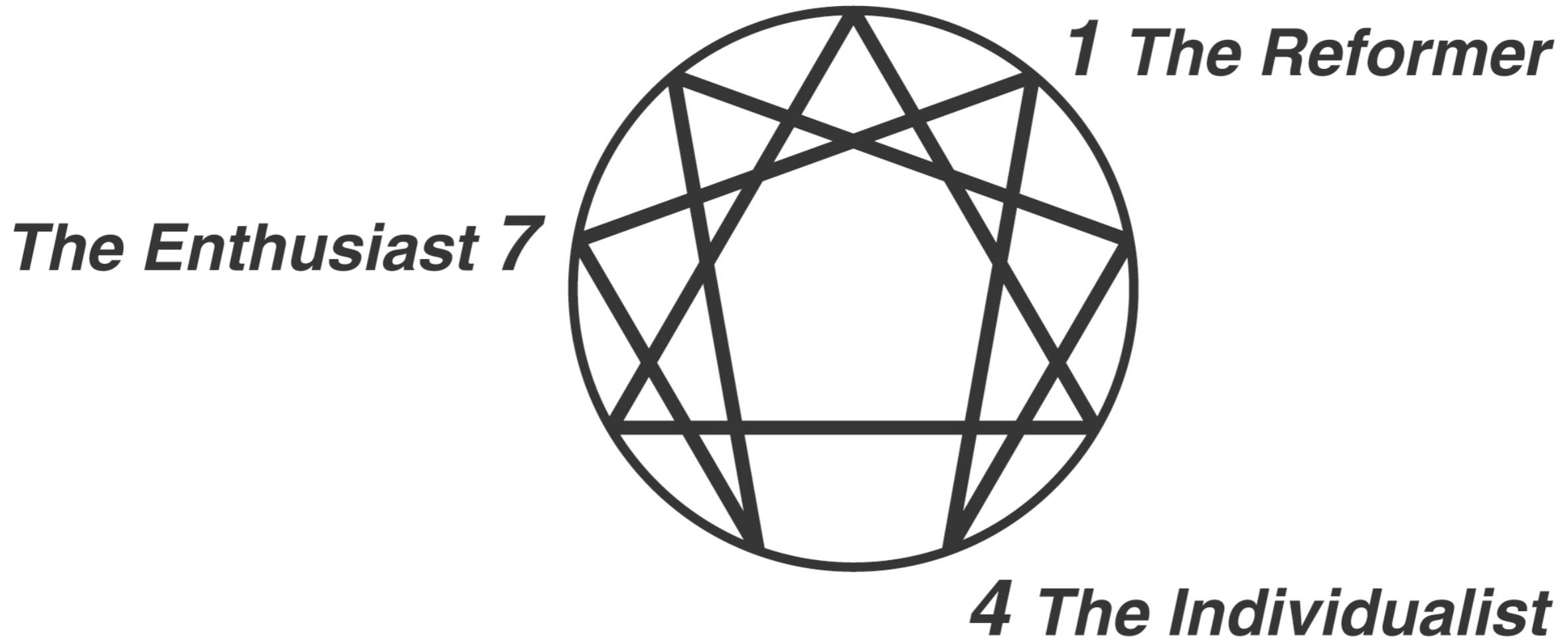
- the **animals** for ONEs - yelping terrier, ants and bees
- the **nation** for ONEs - Switzerland - full of cleanliness and order, idealistic, precision watches, strict neutrality (both sides are right! - which means I can see what is truly right)
- the **color** of the ONE is silver - cool, sober and clear
- Examples of ONEs - Lucy van Pelt (unredeemed), Martin Luther (tower experience is his redemption), the Apostle Paul

# TYPE ONE – THE NEED TO BE PERFECT

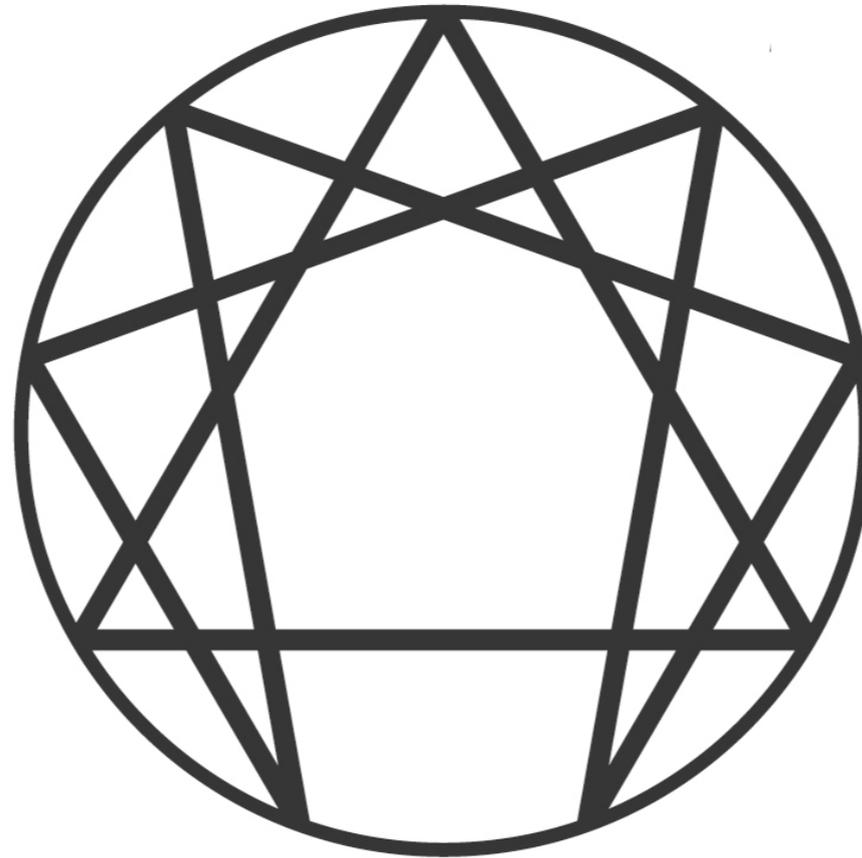
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## CONVERSION AND MATURATION

- accept the imperfection
- let God be in control, if the perfect God has patience, so can you!
- don't take it all so seriously
- accept the **invitation** to believe in growth - all things take time to mature and get better - you will too, as will others
- embrace the **lifetime tasks** of occasionally ignoring duty, order, and work in order to play, celebrate, and enjoy



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***2 The Helper***

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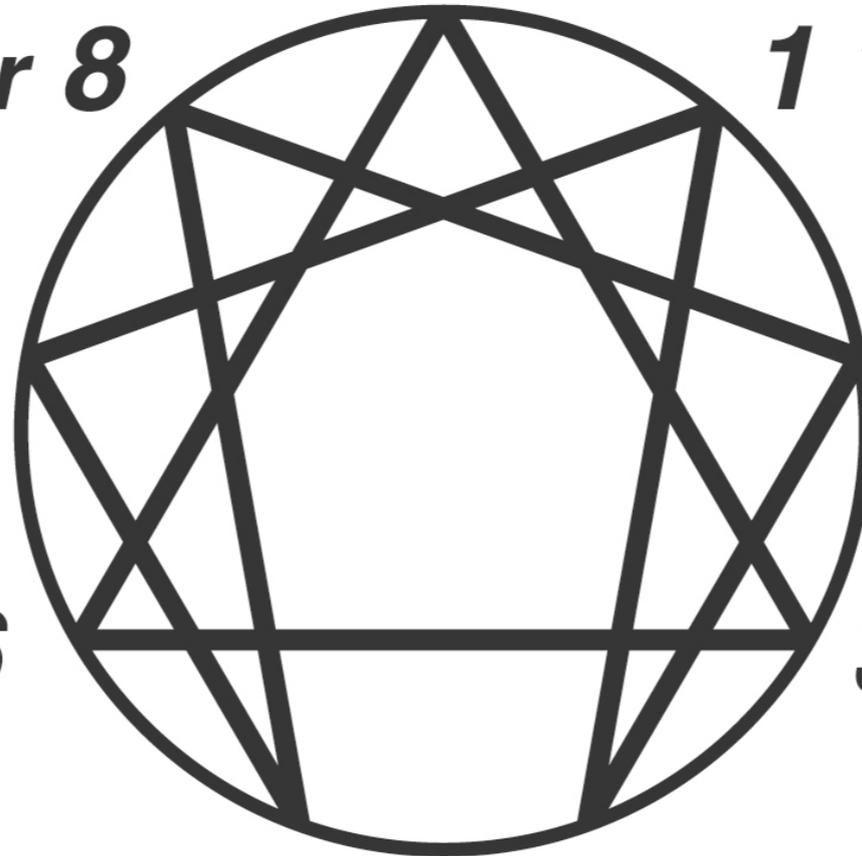
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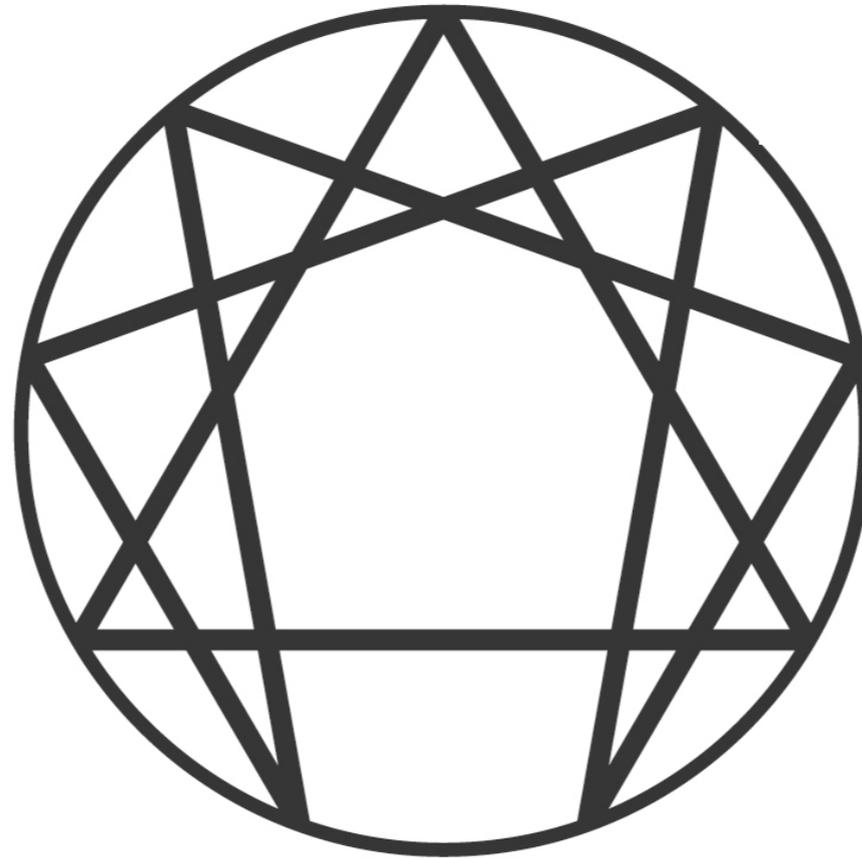
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***2 The Helper***

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# TYPE TWO – THE NEED TO BE NEEDED

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## TWOS AS CHILDREN

- may have had a childhood that seemed gray and sad to them
- had a difficult time finding a full feeling of security or true home
- love of important persons had to be bought by good behavior
- often had to swap roles with parents and “mother” one or both of the adults at the cost of their own needs being met
- heard “I am loved when I am tender, understanding, and ready to be helpful, and defer my own needs.”
- had a heightened sense of importance because of role reversal

# TYPE TWO – THE NEED TO BE NEEDED

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## TWOS INTO ADULTHOOD

- desperately want to be liked and validated
- see “goodness” as an emotional, not moral category
- spoils and looks after other people, even if unasked or unsolicited
- are familiar with feelings of betrayal and exploitation because they don’t often get back what they give
- are “other directed” until they feel that they are unloved and unappreciated, then it become toxic
- sensitive and emotional
- need to be the most important person in their friends lives

# TYPE TWO – THE NEED TO BE NEEDED

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## THE DILEMMA OF TWONESS

- the **temptation** for TWOS is to continually help others as they constantly evade themselves
- TWOS find it difficult to find their own center and identity and instead of learning to look for it, bury themselves in others
- find such great beauty in being needed (love working with children who need much help) that they can avoid self-identification
- can often turn on those who they feel have not returned their love or appreciated it appropriately

# TYPE TWO – THE NEED TO BE NEEDED

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## THE REDEMPTION OF TWONESS

- the **redemption** for TWOS is in learning to love without conditions, ulterior motives, or hidden agendas. this is achieved through surrender
- TWOS must recognize that their **root sin** is pride, and their **avoidance** is a suppression of their own needs while they transfer them onto others
- the **defense mechanism** for TWOS is repression - they push down their negative impulses and feelings to avoid a rejection of love

# TYPE TWO – THE NEED TO BE NEEDED

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## THE REDEMPTION OF TWONESS

- the **pitfall** for ones is obligingness or flattery
- to overcome this pitfall, they must learn to stop denying themselves in order to please others
- they must embrace their neediness

# TYPE ONE – THE NEED TO BE PERFECT

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## THE REDEMPTION OF TWONESS

- the fruit of the spirit of twoness is humility
- When TWOs can see and embrace their true motives (“I give so I can get”) they can come to an insightful and sobering new reality
- TWOs weep for their sins of pride and find they still care for others, but from a new space internally
- real humility comes from a realistic self-appraisal and a healthy feeling of self-worth

# TYPE TWO - THE NEED TO BE NEEDED

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## SYMBOLS OF TWONESS

- the **animals** for TWOs - cat (symbolizing ambivalence between distance and closeness), donkey (symbolizing a giving up when it becomes too much)
- the **nation** for TWOs - Italy - the caricature of the Italian mamma who rules the family through caring and warmth, but hides her cunning
- the **color** of the TWO is red - life, power, and passion
- Examples of ONEs - Martha (sister of Mary), John the apostle,

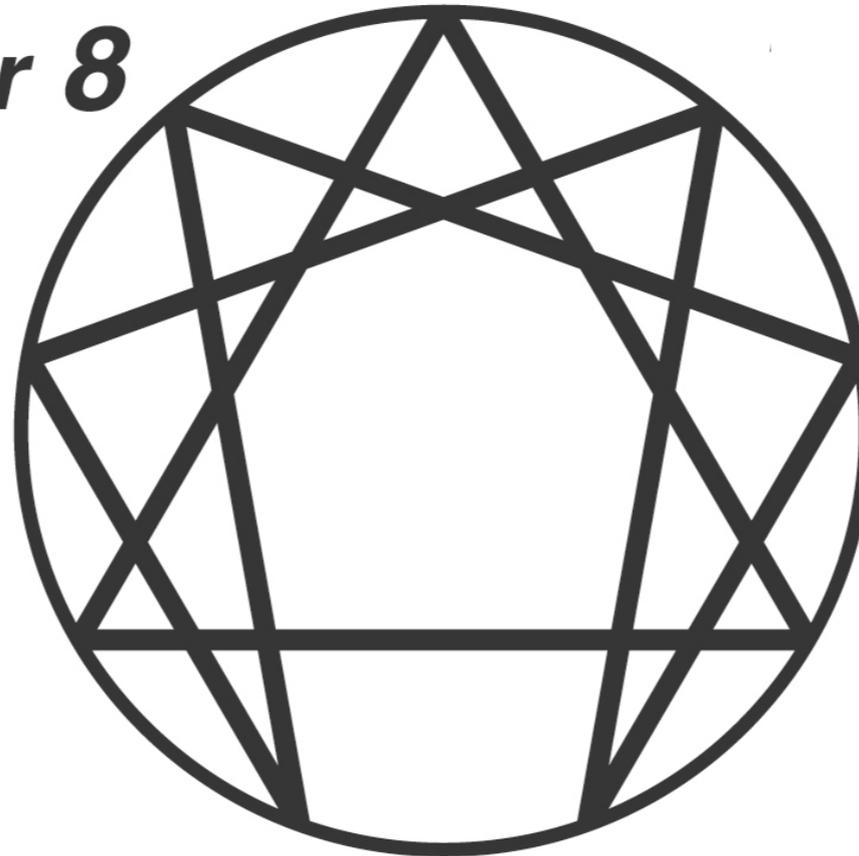
# TYPE TWO – THE NEED TO BE NEEDED

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## CONVERSION AND MATURATION

- accept your needs without being pushed into them
- care regardless of the return you get
- accept unconditional love
- accept the **invitation** to believe in be free - let go of manipulation and be yourself
- embrace the **lifetime tasks** of becoming objective and being free from gossip, flattery, false intimacy, sentimentalism, and the need for reinforcement

***The Challenger 8***



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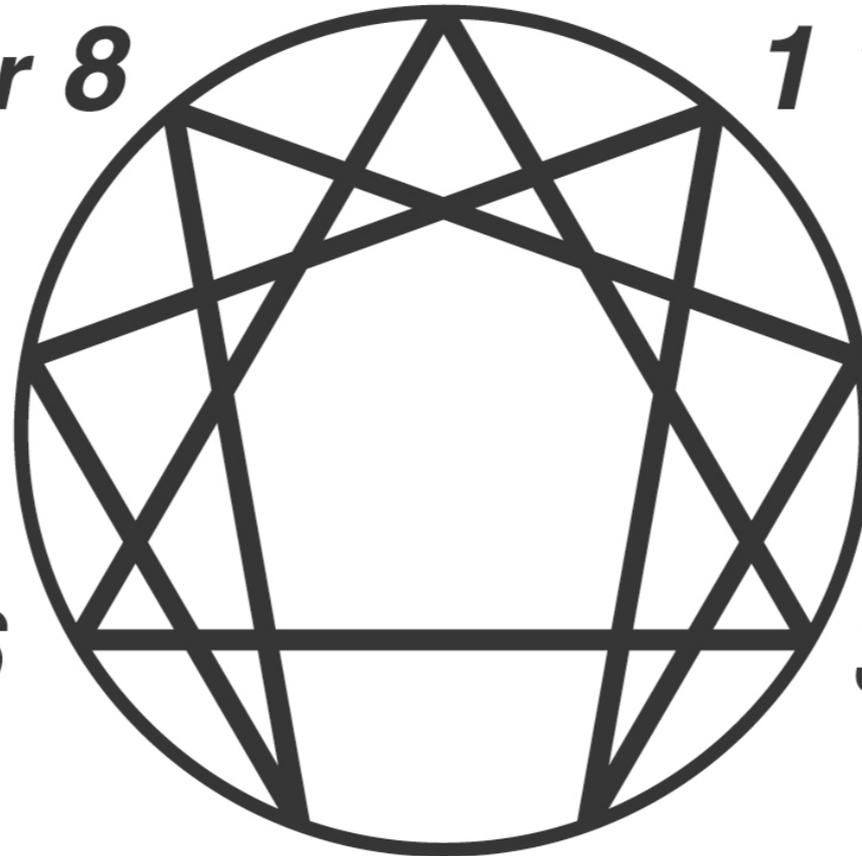
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