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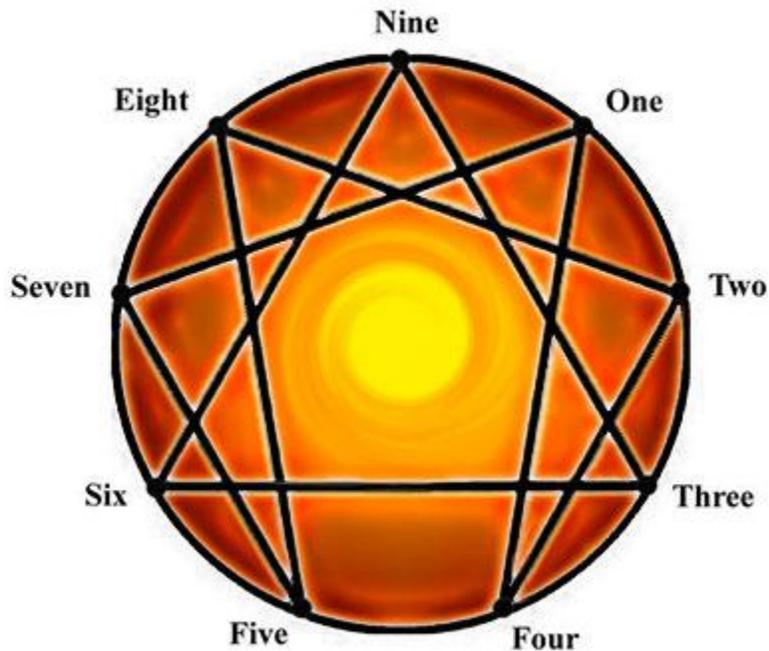
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# Foreword

Enneagram is a diagram of a circle consisting of crossing lines that connect nine points. Enneagram is a linkage between Eastern spirituality and Western psychology. In the current days, generally Enneagram is used for self-discovery, understanding personal types and different communicating patterns. Get all the info you need here.



## *Enneagram Elevation*

How to use the Enneagram to uplift you spiritually

# Chapter 1:

## *Enneagram Basics*

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### Synopsis

Enneagram (where "Ennea" stands for nine in Greek and "gram" stands for drawing) defines nine different personality types: (1) Worker, (2) Helper, (3) Motivator, (4) Individualist, (5) Observer, (6) Networker, (7) Visionary, (8) Activator, and (9) Universalist.



## **The Basics**

These nine types are then split into group of threes, which are centers of intelligence. The groups are instinctual or gut centre (8-9-1), emotional or heart center (2-3-4), and mental or thinking center (5-6-7).

Gut centre is based on body, which means he/she has desires to take action.

Heart center is based on feelings, of which focus on others' needs and attempt to affect others positively.

Thinking center is based on thoughts, which focus on the insight world of ideas.

Another Enneagram type comes in each Enneagram type on both sides. This type happens because not everyone has distinctive Enneagram types. Some people may have traits of both. This type is also known as "wings". However, one wing may be dominant over the other, expressing its traits more than the adjacent one.

There are intersecting lines of connection which are also known as stress points or security points. This occurs as each Enneagram type connects to two other types by lines of connection. These intersecting lines represent how each type works socially.

Enneagram is a new approach for leadership development, personal emotional intelligence (EQ) and communication skills. Enneagram gives us a clearer way of viewing ourselves, our personality as well as ways we handle situations.

It puts a stop to our own assumptions about ourselves. Enneagram is now widely used in business industries, psychotherapy and for spirituality use.



# Chapter 2:

## *The 4 Elements of Consciousness*

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### Synopsis

Consciousness refers to the mind and the surroundings of which it interacts. Consciousness leads to focus, giving us a clear mind and a peaceful insight world of which helps us to understand reality in life. The four elements of consciousness are represented by four Jungian functions of consciousness, which are shown in four quadrants of a circle. These are the four elements of consciousness:



## Awareness

- Sensation. This function provides us with physiological information from everything we see, touch, smell, hear, taste, etc. However, we will not know what it is even though we feel it.
- Thinking. This function recognizes and tells us what exactly it is. The nerve impulses that send information to the brain are being processed and produce exact information about what it is.
- Feeling. This function, also known as valuing function, evaluates and tells us what something is worth to us, or our preference.
- Intuition. This function makes possibilities for real and subjective objects. Intuition lack of reality, making up something that you cannot sense or feel about.

According to Jung, sensation and intuition functions are irrational function dyads, whereas thinking and feeling functions are rational.

In a diagram of a circle, sensation and intuition functions are placed directly opposite of each other, and the same goes to thinking and feeling functions.

The Jungian function forms centers of intelligence with the first function from the first dyad, then a second and third function from

the second dyad. The fourth function is excluded, as it is difficult to go into consciousness as it opposes the dominant or first function.

Anything that belongs to external of the body is considered extrovert, while that of internal, introvert.

Thus, there are a total of eight conscious processes on the Enneagram of Consciousness, namely extroverted sensation (Type 7), extroverted intuition (Type 4), extroverted thinking (Type 1), extroverted feeling (Type 2), introverted sensation (Type 8), introverted intuition (Type 9), introverted thinking (Type 5), introverted feeling (Type 6), and extroverted moving and persona (Type 3).



# Chapter 3:

## *Understand What “Type” You Are*

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### Synopsis

Enneagram describes your personality. "Ennea" in Greek, means nine while "gram" means drawing. As it goes with the name itself, Enneagram shows nine personality types to define who you are. These are the nine types:



## Have A Look

### ❖ One- The Worker.

➤ A focused, hard working, intense perfectionist. They measure everything, particularly about themselves and their performances, with perfectionism.

### ❖ Two- The Helper

➤ An empathetic, sympathetic one with a sense of sensitivity on others' needs. This type places others' needs above their personal needs.

### ❖ Three- The Motivator

➤ A work-oriented, goal-oriented, active one. This type would use abilities to look through lives of others and learn to achieve their own success. They are generally optimistic- they will try to avoid negative people.

### ❖ Four- The Individualist

➤ A self-absorbed, over-analyzed one. This type is emotionally sensitive, which is both of good and bad. The good is, they are able to project their sensitivity into creativity. The bad is, they take everything too personally, which affects them most of the time.

❖ Five- The Observer

➤ A non-committed, reserved loner. They often find things that they only have interest in to do. Their main desire is to seek knowledge and transform it to wisdom.

❖ Six- The Networker

➤ A responsible, reassurance-seeking, secure-finding moralist. This type desires personal contact and affirmation on what they do. They also have deep needs for group relationships. They are often energetic and lively.

❖ Seven- The Visionary

➤ An analytical, entertaining, fun-loving idealist. This type particularly enjoys life, and is easily distracted by new interests. They find it hard to follow practical plans and ideas.

❖ Eight- The Activator

➤ A competitive, passionate, vital one. This type generally deals directly with most situations. They are not easy to admit their wrongs, whereas prefer to make a stand.

❖ Nine- The Universalist

➤ An easy-going, unaffected emotionally, peaceful one. This type is mostly respected by others, and is socially friendly. They can solve problems for others, and stay calm to handle situations.

# Chapter 4:

## *Understand What Your “Type” Needs For Spirituality*

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### Synopsis

Understanding which Enneagram type you belong to leads you to understand better your personality and how you handle situations in life. For spiritual needs, every different Enneagram type has their own special requirements.



## **The Spirit**

1. The Worker. People belonging to this type are perfectionists, and they need to let go of the outcomes and be satisfied with what they have. Spirituality may get in touch with the out-of-control side of their personality.

2. The Helper. This type puts others first before themselves. Spirituality would get in touch with their own needs, of which they neglect. They need to learn meeting their needs directly.

3. The Motivator. They are optimistic and hard working. For spirituality, they have to spend some time slowing down what they are doing, instead enjoying some relaxing and beautiful moments of life.

4. The Individualist. They are emotionally sensitive. They can simply feel the pain of living, with their own judgment through their feelings. They will find spirituality means letting go of the pain.

5. The Observer. They are the withdrawn type, which means they love to stay inside of their thinking world. For spirituality, they must learn to get out of being themselves and see the world outside.

6. The Networker. They are mostly fearful or easily nervous. Spirituality involves them learning to control their minds instead of letting the mind control them.

7. The Visionary. They like to keep themselves busy. For their spiritual needs, they have to slow down their pace for everything, control their overactive energy and pay more attention to their feelings.

8. The Activator. They are competitive, headstrong ones. They have to learn to express their physical energy in a less confronting way for their spiritual needs. They have to seek more of their tender side.

9. The Universalist. This type of person is generally a peacemaker. Spirituality will get in touch with their repressed anger, thus, they must find healthy ways to deal with it.

# Chapter 5:

## *Learn How To Manifest Through Your Tritype*

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### Synopsis

Enneagram types occur in three centers of intelligence: head (5-6-7), heart (2-3-4), and gut (8-9-1). One of these three types in your tritype is dominant and represents the ego's defense strategy.

If the dominant type fails to defend, the ego will use the other two types of tritype, in descending order, repeatedly.

Your Tritype gives important clues as to what are the needs to live a more meaningful life. Your Tritype shows the unique ways in how you manage your life using different strategies.

## **Bringing Things About**

These Tritype interactions consist of two parts: the high side and the low side. Each of them has a distinguishable purpose. The high side of the Tritype interactions gives focus and directions to one's ego. The low side creates a blind spot in which weakens one's ability to efficient self-assess by keeping them in a self-defeating way.

These are some examples of how to manifest through your Tritype:

5-4-8 or The Observer Tritype has Type 5 (in the mental center) as dominant, which then generates Type 4 (in the heart center) and Type 8 (in the gut center) in cascading order. Even though Type 4 is a possible wing for Type 5, it might not be included in Type 5's Tritype.

9-2-7 or The Universalist Tritype has Type 9 as dominant. After using Type 9 strategies, the person may move to Type 3 and Type 6 (their lines of connection) and to Type 1 and Type 8 (their possible wings). This shows that Tritype is usually only being engaged when the defenses of both wings and all lines of connection have been used up. However, if the connections are not effective, it may move to Type 2, and then Type 7.

9-3-5 or The Thinker Tritype has also Type 9 as dominant. However, after utilizing wings and lines of connection, it will move to Type 3, and then move on to Type 5. This Tritype is completely different from 9-2-7 Tritype.



# Chapter 6:

## *Why Consciousness Is Important*

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### Synopsis

To live consciously is to live with total awareness of the present. Consciousness is a clear state of mind where you know what to do and how to react to a certain situation. These are generally some reasons why consciousness is important.



## **Great Info**

Direct your energies to where they are needed. If you live consciously, you will use your time wisely and channel your energies well to create something new or plan for your future, rather than just spend time on unnecessary stress and worries.

Avoid robotic reactions. When something bothers you, you will pay attention to your thoughts and emotions, and react accordingly. You will not react in such a way to protect your ego, as our mind does.

Make peace with people and nature. When you find peace in yourself, you will also be able to generate it externally. You will find that there is a need to love and feel for others. In this way, you are more sensitive towards others' feelings.

Embrace fear. When you face difficulties or terrifying situations, instead of trying to avoid them, you will find a solution or ways to resolve the problems with consciousness. Hence, you are able to handle it better the next time it happens again.

Appreciate life as it is. Our misconceptions about life, environment or people around cause us not to enjoy life with fullness.

With consciousness, we know and can be able to distinguish between reality and misconceptions. Therefore, see the world around you with love and peace, soon you will find that beauty lies within everything you get in touch with.



# Wrapping Up

Discover your true self. Being conscious causes you to understand everything that defines you currently is all the works of your mind. You will no longer limit yourself to your shortcomings, background, or environment that surrounds you.

