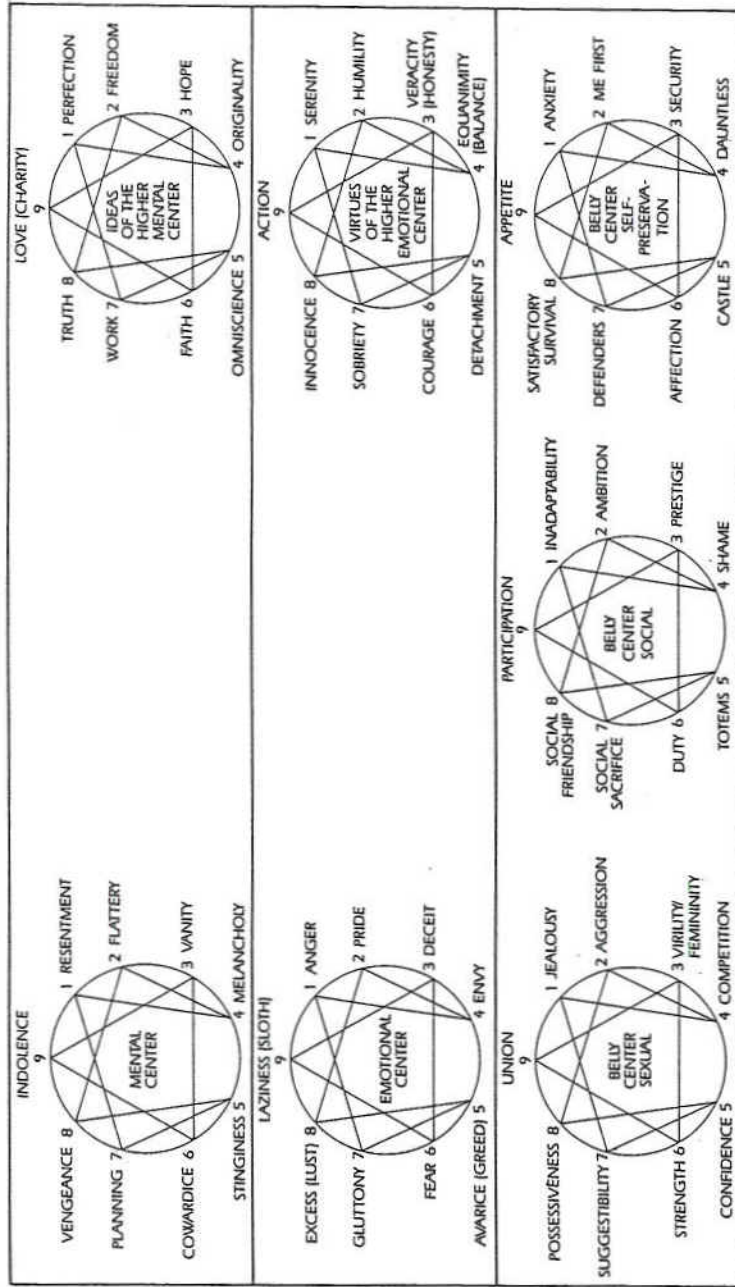


Claudio Naranjo
Healing Civilization
Personal Transformation
enneagram gives insight



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Thus, Ichazo saw the Enneagram as a way of examining specifics about the structure of the human soul and particularly about the ways in which actual soul qualities of Essence become distorted, or contracted into states of ego. In developing his Enneagram theories, he drew upon a recurrent theme in Western mystical and philosophical tradition—the idea of nine divine forms. This idea was discussed by Plato as *the Divine Forms* or *Platonic Solids*, qualities of existence that are essential, that cannot be broken down into constituent parts. This idea was further developed in the third century of our era by the Neo-Platonic philosophers, particularly Plotinus in his central work, *The Enneads*.

These ideas found their way from Greece and Asia Minor southward through Syria and eventually to Egypt. There, it was embraced by early Christian mystics known as the Desert Fathers who focused on studying the loss of the Divine Forms in ego consciousness. The particular ways in which these Divine forms became distorted came to be known as the Seven Deadly Sins: anger, pride, envy, avarice, gluttony, lust, and sloth. How the original nine forms, in the course of their travels from Greece to Egypt over the course of a century, became reduced to seven deadly sins remains a mystery.

Another key influence Ichazo employed in developing these ideas comes from mystical Judaism, and particularly from the teachings of the Kabbala. Central to Kabbala is a diagram called Tree of Life (*Etz Hayim* in Hebrew). The Tree of Life is said to be a map showing the particular patterns and laws by which God created the manifest universe. The diagram is composed of 10 spheres (*Sefirot*) connected by 22 paths in particular ways. Most significantly, Ichazo must have been aware of the Kabbalistic teaching that all human souls are "sparks" that arise out of these spheres or emanations from the Kabbalistic Tree. (The first sphere, *Keter*, is reserved for the Messiah, leaving nine other spheres for the rest of us.) In the traditional teachings of the Kabbala, for instance, each of the great patriarchs of the Bible were said to be embodiments of the different spheres of the Tree. This teaching suggests that there are different kinds of souls different emanations or facets of the Divine Unity.

Ichazo's brilliant work was in discovering how these Divine Forms and their corresponding distortions connected with the Enneagram symbol and with the three Centers of human intelligence, Thinking, Feeling, and Instinct. He called the higher, essential qualities of the human mind the Holy Ideas, in accordance with western mystical tradition. Each Holy Idea also has a corresponding Virtue. The Virtues are essential qualities of the heart experienced by human beings when they are abiding in Essence. As a person loses awareness and presence, falling away from Essence into the trance of the personality, the loss of awareness of the Holy Idea becomes a person's Ego-fixation, and the loss of contact with the Virtue causes the person's characteristic Passion. While everyone has the capacity to embody all of the Holy Ideas and Virtues, one pair of them is central to the soul's identity, so the loss if it is felt most acutely, and the person's ego is most preoccupied with recreating it, although in a futile, self-defeating way. See the diagram below.

Thus, the Passions and Ego-fixations represent the ways that spiritual qualities become contracted into ego states. There are, according to Ichazo's theory, nine main ways that we lose our center and become distorted in our thinking, feeling, and doing, and are thus the nine ways that we forget our connection with the Divine. (The Passions can also be thought of as our untamed animal nature before it is transformed by contact from higher influences—awareness and Grace.)

Because of this particular relationship between the higher qualities of the soul and their corresponding ego distortions, a person could, by using presence and awareness to recognize the pattern of their distortion—their characteristic passion and ego-fixation—come to recognize the quality of Essence that had been obscured. By remembering or contemplating the higher quality, balance could be restored, thus accelerating the person's awareness of themselves as Essence. Knowing one's "type" was a way to direct one's inner work to facilitate the transformative process.

The Virtues, Passions, Holy Ideas, and Fixations

The Virtues describe the expansive, non-dual qualities of Essence experienced in a direct, felt way by a person abiding in their true nature. The Virtues are the natural expression of the awakened heart. We do not try to force ourselves to be "virtuous"—rather, as we relax and become more present and awake, seeing through the fear and desire of the ego self, these qualities naturally manifest themselves in the human soul.

"An essential individual will be in contact with these [Virtues] constantly, simply by living in his body. But the subjective individual, the ego, loses touch with these Virtues. Then the personality tries to compensate by developing passions." (Interviews with Oscar Ichazo, page 19).

The Passions represent an underlying emotional response to reality created by the loss of contact with our Essential nature. As we saw in Chapter 1, we all inevitably lose contact with the ground of our Being, with our true identity as Spirit or Essence. The underlying hurt, shame, and grief that this loss entails are enormous, and our ego is compelled to come up with a particular way of emotionally coping with the loss. This temporarily effective, but ultimately misguided coping strategy is the Passion. But because the Passion is a distortion of an inherent, essential Virtue, recognizing the Passion can help us to restore the Virtue.

In a related way, the Virtue of each type can also be seen as an antidote to its Passion and as a focal point for the type's positive traits. By recalling the Virtue in a state of presence, the Passion can be gradually transformed. The restoration of the virtue and the transformation of the passion is an extremely important part of the spiritual use of the Enneagram.

The Holy Ideas represent specific non-dual perspectives of Essence—particular ways of knowing and recognizing the unity of Being. They are what naturally arises in a clear, quiet mind when a person is present and awake, seeing reality as it actually is. The loss of a Holy Idea leads to a particular ego-delusion about the self or reality, called the type's Ego-fixation. Through the ego-fixation, the person is trying to restore the balance and freedom of the Holy Idea, but from the dualistic perspective of ego, cannot. Again, understanding the perspective of our type's Holy Idea functions as an antidote to the ego-fixation. The non-dual perspective of our true nature is restored as we see through the particular delusions of our type.

<p>E5 Holy Omniscience, Transparency -direct apprehension of knowingness. -essence experiences reality thru our organism(sensory) -universe knows itself thru us -clarified mind sees thru boundaries-everything distinguishable yet oneness -see underlying depths of reality - we feel transparent</p>	<p>Non attachment-no hint of rejection(radical acceptance of reality) -don't cling;abide in nature -don't need mind's endless activity -at one-everything touches and transforms but we don't have to attach identity to anything -profound compassion for all; see compassionate nature -to understand all =forgive all</p>	<p>Avarice≠greed rather small, tiny, helpless in vastness -universe rejected us, find way to do with our wits -inner impoverishment- clutch little we have as afraid of losing- no nourishment so it hoards so it can f in universe -collector mentality (more and more knowledge, books so hope can go into world with confidence</p>	<p>Stinginess(Retention) Hoard knowledge & power to build self up -in identifying with mind this way detached from being and connection to universe - need more and more so frightening to give of self, not even enough for me -no amt of hoarding, studying, learning can ready to deal with life</p>
<p>E6 Holy Faith not beliefs rather recognize the actual support of presence and being -realize our essence(true nature) can't be lost -we don't have to make support happen; it's there -faith in inherent goodness of life and universe-so inner freedom</p>	<p>Courage-absence fear not defying it or toughen up -arise in heart when deeply grounded in moment -when abide in true nature, inner strength naturally arises -draws on strength & will so felt held up so can accept no knowing imbedded in Divine</p>	<p>Fear(anxiety) –a feeling of unsupported without inner guidance so don't know how to go ahead -Sense of imagined future and not knowing(reality) ; we can plan but can be undone -often just things that might happen.–how make predictable</p>	<p>Cowardice(worrying)- failure in our confidence to know & received inner guidance- self doubt. – hedge bets create social security. 2nd guess & undercut decisions - always doubting self</p>
<p>E7 Holy Wisdom(divine plan unfolding perfectly) , Work(consciously participating in miraculous unfolding is holy& satisfying) , Plan(know our souls part of so joyous) -ego's desire to steer reality seen through. Satisfaction not in any particular act but in quality of how participating Pleasure in journey itself</p>	<p>Sobriety-when abide in true nature, feel awake, sober- this' bracing- see world exquisite-a different feeling the glutton's giddiness-things wonderful-not swept away, fully here -much less anticipated from experience -brings a sense of gratitude for everything have-life is gift & filled with joy</p>	<p>Gluttony ≠ stuff rather all good exists outside of me -False sense of abund. & excite that masks frustrations & we can fill up self emptiness -fear won't get what need to make happy/secure -excess is way of life; can't distinguish wants & needs so more fillup,less find happiness</p>	<p>Planning(anticipation)- tend to fill mind with exciting future projects & ego makes optimal -don't trust needs met; so continually scheme and miss treasures here.. -always looking forward to next moment filling schedules -looking for mysterious, exotic, but afraid will miss. And while waiting for it do miss the here and now</p>
<p>E8 Holy Truth- all is one- everything part of one unfathomable reality that collectively is truth. Non conceptual.. we feel truth in our very cells.. all alienation, fear, desire ends This knowledge is liberation and a profound inner peace comes.</p>	<p>Innocence—being fully, deeply human; responses completely sincere, direct, heartfelt. -unselfconscious as feel profound communion with natural world. awakens a largeness of heart that allows to feel compassionate/ benevolent towards self, others, world magnanimous. Gentle, forbearance, mercy</p>	<p>Lust(forcefulness)≠ sexual rather addicted to intensity give sense of aliveness; like getting worked up feel strong -don't like luke warm more insecure greater the need for intensity, control -blocked from relaxation -use force discussion≠dialogue -not open to natural vitality U.. -want to dominate enviro and people WHERE POWER?? but quite out of control, irony -the objects of lust(+/-=) control us</p>	<p>Vengeance(objectification) Like 4, sense something missing- but react rather than understand depth of loss -angry, rejected by God for crime not committed -subconsciously world against & see everything as struggle so nothing will be easy -fight for justice(but often that retribution) – very popular in our culture- MRV and news rooms</p>
<p>E9 Holy Love- all one and ultimately beneficial/supportive -all made from Divine love -relax ego activity and trust Being to support us -ego mind can't fathom we could be loved by Divine and actually made of love. – by being grounded in can move through lives in deep compassion, nobility & unshakeable peace -action – as love has dynamic affect on souls-what transforms life more powerfully than love-separateness dissolves.</p>	<p>Action-≠physical but rather embrace dynamism of reality - affected& transformed constantly (not cushy statis-but surrendering to familiar identity constantly to dynamism of true nature. -awake to seeing self reshaped every moment. -so participate dynamically in life—moved to help others achieve -create healing/harmonious environment for self/others -capacity to live fully and dynamically</p>	<p>Sloth(disengagement)≠ lazy -resistance to being deeply affected or engaged in life -give little attention to own development -go to sleep to one's life, not arise as independent person or take rightful place in things(hope things will flow around them) -tend to ignore issues; avoid anything that rocks inner tranquility but takes energy to resist so lack energy to be self aware -fantasize about unity, but to off to do inner work to gain -not in contact with deficiency</p>	<p>Indolence(daydreaming) -avoid deep contact with our interior – can know about outer reality -if present, without content so don't have meaningful awareness of others -lost & centerless but withdraw in to safety of our imaginations-adopt comforting philosophy or idolize others or create feelings of wholeness -disengage attention from our core - dissociate, check out mentally-cautious- don't engage –conflict with other – surface friendly but don't want to change</p>

1. need it

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<p>Holy Idea-(essence ways of knowing --see unity of being- arise in clear, quiet mind when person awake) <i>Head</i></p>	<p>Virtue (natural expression of awakened heart) <i>Heart</i></p>	<p>Passion(emotional response by loss of contact which causes shame, hurt, grief- so ego comes up with way to deal with) <i>gut</i></p>	<p>←9 ways lose center & forget connection to divine EgoFixation(way delude self about reality)</p>
<p>E1-Holy perfection- present moment always perfect(inherent rightness) -feel divine plan unfolding as should;even past acts ie dinosaurs according to plan -don't ignore suffering; respond compassionately -can't know big picture(grand plan) for our limited view</p>	<p>Serenity-when awake will accept reality as is- called to action helping others in need but do in compassionate spirit- so more effective in world - don't feel separate, or comparatively better or worse than other- such evaluation meaningless -not only accepting of others, but self too -comfortable with feelings a body -allow energies of life to flow through & not resist/control -flow feeling calm & balanced</p>	<p>Anger(but not present to-simmering feeling- even self control can't keep at bay(so bound to have neg. impact on relationship Feel that reality not way should be -don't see self as angry;rather under control-striving to get things right.</p>	<p>Resentment(judging) -vague sense of perfection-resent cut off from that feeling -wonder why is everything messed up? It doesn't have to be this way -so ego wants to recreate this sense of perfection.. - but when fails to find perfection, resentful of self and angry at own apparent imperfection- thus sustaining the passion-CYCLE.</p>
<p>E2 Holy Will, Freedom -don't need personal effort to make good things happen (goodness can flower without me) -in dualism, ego thinks making things happen AGENCY? -reality is everything in God's hands - so identity (Beingness) not dependent on helping beyond compulsive need of ego to be good -sense of freedom and exhilaration and openness when see part of unfolding</p>	<p>Humility-when in true nature-don't need others RX -not self disparaging or not taking satisfaction in work or relationships-not forced humble -when present issues of identity and self worth don't arise -can love others without expectation of appreciation & self congrats(don't keep score)</p>	<p>Pride Vainglory- pride in one's own goodness- not tendency to be kind or good but compulsion to call attention to- want to be admired, repaid, praised for being humble -can't admit own hurting or need but terrified break down and others will see sadness-don't allow to see our pain BON?? -denial of contact with loss of essence & qualities of real love..</p>	<p>Flattery(ingratiation) - ego tries to make good things happen -flatter others to get appreciation in return -can't feel good about self unless get others accolades -do good for others to get their praise -preoccupied(find nice things to say or do- so can feel good about self while convincing self of own loving goodness that others confirm -meet others' need to fulfill own needs</p>
<p>E3 Holy Law/Hope -correct false perception that ego's doing something -1 complete, total reality in each moment- a oneness -reality is dynamic, unfolding (emergence?) -no independent doing as everything is happening together - one creative dance -universe is benign, developing, and optimizing -so rest in Holy Hope without endless agendas - we sense God is doing a good job</p>	<p>Truthful(Authentic) If untruthful, detach from true nature Our heart's desire(most important thing in life be ourselves deeply & completely) -realize no accomplishments gain this -see no reason for deception when feel profound connection -liberated from roles as don't need value from achievement and experience depth of heart -able to be(identity based on direct experience in moment) -true being allows to love others simply & genuinely -own preciousness see in all</p>	<p>Deceit(Vanity) -so common in our culture -not lying rather inauthentic -how seldom we express what feel, think- need to be connected to hearts which can't if in ego's trance -tend to behave in conformist ways in adjusting to prof, personal, social demands so lose touch with true nature. -we become a particular self image and must deceive ourselves about who are and what want (learn to develop the image and perfect the package- identify with performance and don't know what want in life. -want others to applaud and support this false self</p>	<p>Vanity(Deceit) Invest energies in making persona to compensate for loss of essence. Keep trying to make ego feel real and valuable- really caught up in and see any inner work as threatening and waste of time -obsessed with doing what makes feel worthwhile- career, goals, prestigious schools, etc - become lost in these roles</p>
<p>E4 Holy Origin- cut off from ground so need constant RX - ego maintains identity -slow down and see source -can't do/achieve things but see we're not separate(self is aspect of this creative flow) -recognize true identity and feel exquisite delight.</p>	<p>Equanimity(emotional Balance) -in presence, feel expansive & open in heart -not swept away in emotions (not storm tossed by feelings) -grounds our soul's capacity to be transformed by life's events -soul can transform even negative to positives</p>	<p>Envy-something's missing in us- compare; others have better. - they're more alive and not possible for us -have a sense of inner lack -make lifestyle of suffering & construct identity and make up stories. Alienates from life /others -storminess & reactivity</p>	<p>Melancholy(fantasizing)- use imagination to fuel feelings & so obscures reality & true nature. -inner commentary one's flaws and how let down others -so feel like victims so self conscious and cut off from identity</p>