

Using the Enneagram as a tool for Spiritual Growth

**The Holy Ideas:
The Powerful Spiritual Roots of the Enneagram**

**Fourth
Presbyterian
Church**
Adult Education
January 8, 15, 22, 2023

 Enneagram
Chicago
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Certified Enneagram Trainers

Fourth Presbyterian Church Adult Education

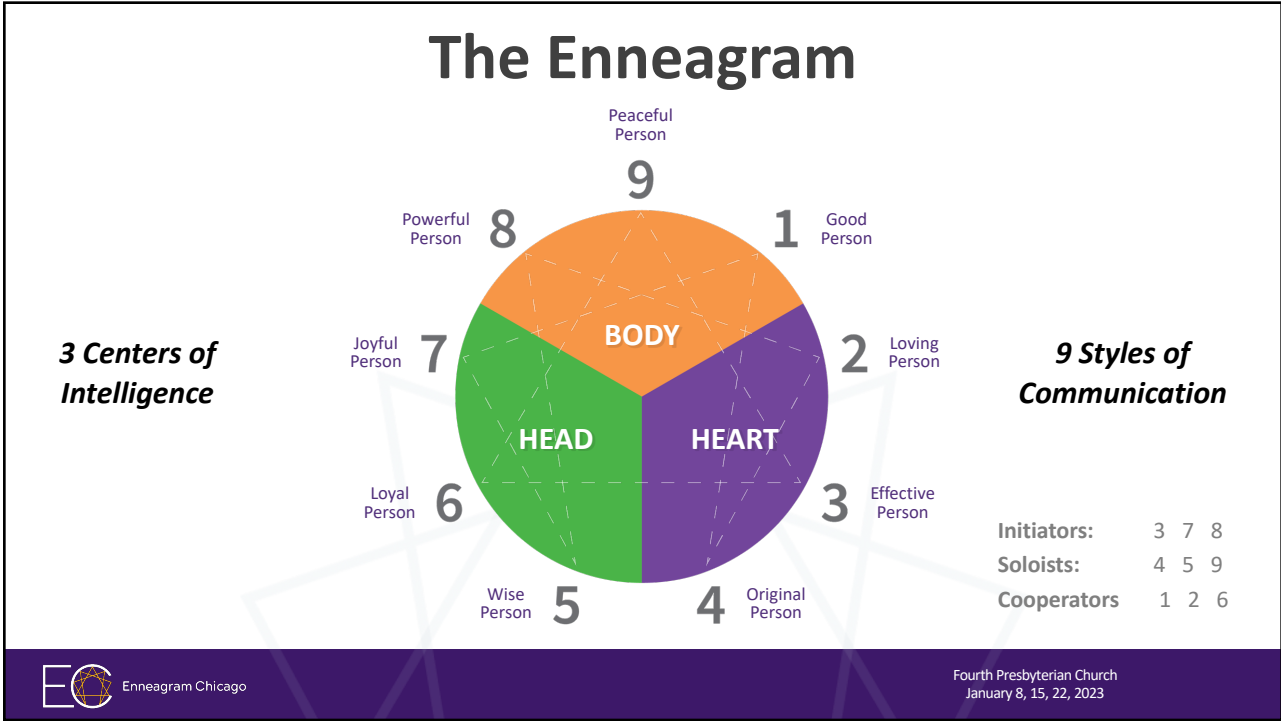
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Key Objectives for Today:

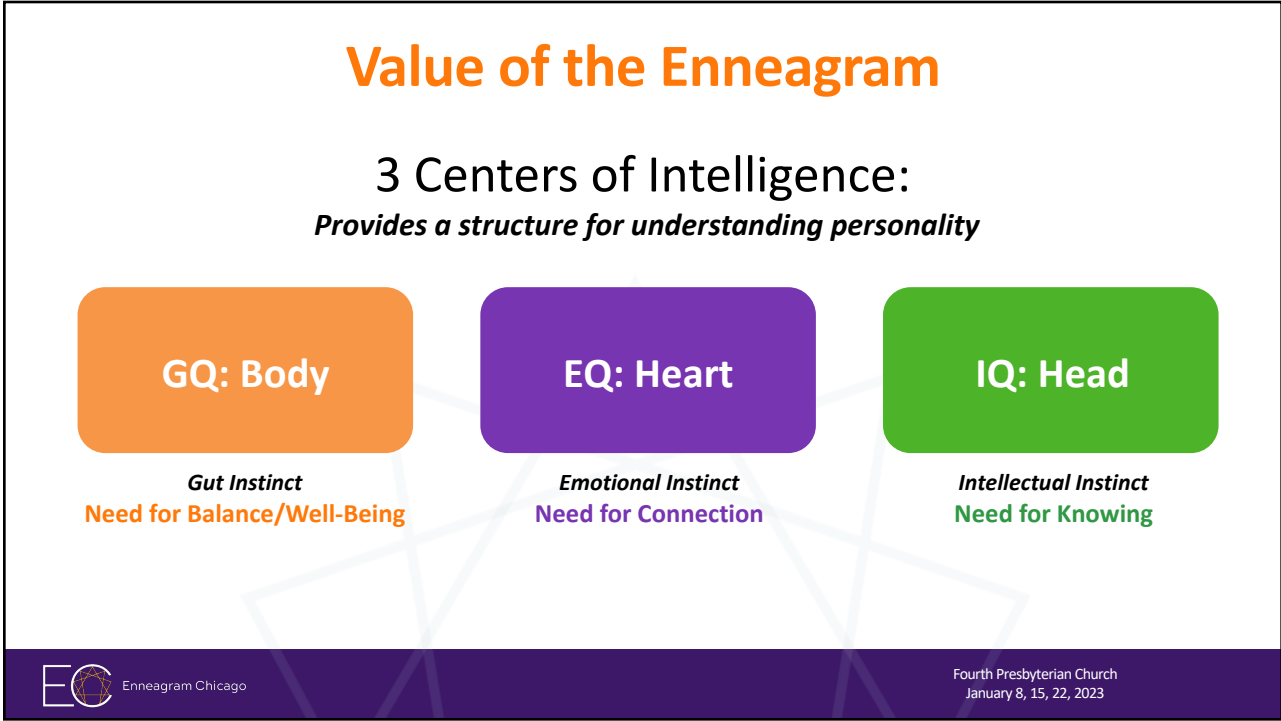
- **The Holy Ideas – What are they and how do they help us on our spiritual journey?**
- **Discuss Paradigm Shifts from Resourceful to Non-Resourceful States of behavior**
- **Summary of what we've learned over the past three weeks**
- **Next Steps – Your own spiritual journey of growth**

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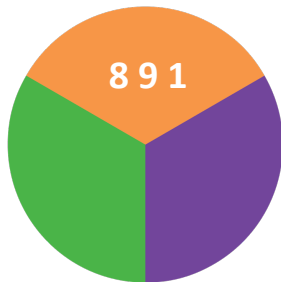


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GQ = Body or Gut

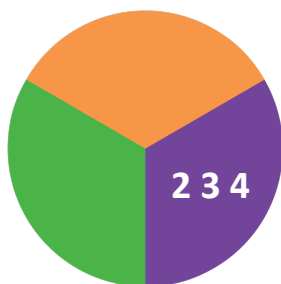


The Sensing/Action Center

- Type 8: The Challenger/Powerful Person
- Type 9: The Mediator/Peaceful Person
- Type 1: The Reformer/Good Person

*All 9 styles depend upon the **Body Center** of Intelligence*

EQ = Heart or Emotional

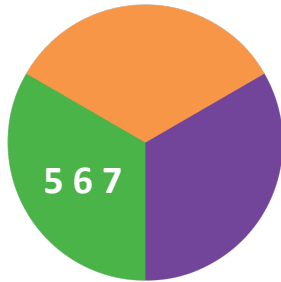


The Doing/Feeling Center

- Type 2: The Giver/Loving Person
- Type 3: The Achiever/Effective Person
- Type 4: The Individualist/Original Person

*All 9 styles depend on the **Heart Center** of Intelligence*

IQ = Head or Thinking



The Perceiving Center

- Type 5: The Investigator/Wise Person
- Type 6: The Questioner/Loyal Person
- Type 7: The Enthusiast/Joyful Person

*All 9 styles depend on the **Head Center** of Intelligence*

The Enneagram of Holy Ideas

What are They?

- A Holy Idea is a particular unconditioned, and hence objective, experiential understanding of reality - *There are specific delusions reflecting the loss or absence of the nine Holy Ideas. These delusions function as the primary principles of egoic existence. Each delusion forms the center of a psychological complex, which we view as the core of that particular fixation.*
- The Nine Holy Ideas provide us a *window into the oneness with God – no separation from our higher self to the universal truth*
- The Holy Ideas are *unconditioned and experimental understanding of reality*
- A view that arises from the *'ego-less' perspective when there is a freedom from any fixed position*

- "Facets of Unity, The Enneagram of Holy Ideas," by A.H. Almaas, 1998 and The Narrative Enneagram, 2022

The Enneagram of Holy Ideas

What are They?

- Oscar Ichazo, renowned Enneagram scholar, originally coined the term "Holy Ideas" said:
 - "they are what balance the distortion with the universal truth."
- A.H. Almaas, author of *Facets of Unity: The Enneagram of Holy Ideas* wrote:
 - "The Holy Ideas . . . are objective views of reality, reality seen through the eyes of our natural condition. We call them ideas because they are the perspective of the awakened center of the head, the higher intellectual center. They are the nine perspectives of reality seen without the subjective filter of the ego."
- Dr. Jerry Wagner refers to these abstract ideas as, "the 'objective paradigm' of each type."
- Holy Ideas are all the gentle but challenging reminders of what is already here – the universal truths that we lost contact with at a young age*

* The Enneagram of Holy Ideas – Integrative Enneagram Solutions , 04.06.22

The Enneagram of Nine Holy Ideas

Holy Ideas, Body Center Types 8, 9, 1

Type 8 – Holy Truth – “Being deeply loved by someone gives you strength, while loving deeply give you courage.” - Lao Tzu, Chinese Taoist philosopher

- “The unity of existence and what exists beneath the appears of things.”
- “A more universal truth is at play and the truth is we are not separate from anything.”
- **Virtue is Innocence** – :meeting experience and others without preconceptions about what should be happening - a freshness of meeting life without an inner barrier, **being vulnerable, and letting oneself be touched.”**

* The Enneagram of Holy Ideas – Integrative Enneagram Solutions , 04.06.22 and The Narrative Enneagram, 2022

The Enneagram of Nine Holy Ideas

Holy Ideas, Body Center Types 8, 9, 1

Type 9 – Holy Love – *“Remember always that you not only have the right to be an individual, you have an obligation to be one.” – Eleanor Roosevelt*

- “Love is held to be the most universal and driving force in the universe.”
- “Holy Love invites us to feel and experience that we are loved and accepted by forces (God) greater than ourselves, that every being in existence has a right to be loved, and is loved.”
- **Virtue is Right Action** – “awakening from the sleep of personality by **paying attention to self and doing what needs to be taken care of.**”

* The Enneagram of Holy Ideas – Integrative Enneagram Solutions , 04.06.22 and The Narrative Enneagram, 2022



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The Enneagram of Nine Holy Ideas

Holy Ideas, Body Center Types 8, 9, 1

Type 1 – Holy Perfection – *“If you look for perfection, you’ll never be content.” – Leo Tolstoy*

- “We began perfect and are still perfect in our essence.”
- “Holy Perfection invites acceptance of what is, non-judgmental, and surrender to the unfolding life.”
- **Virtue is Serenity** – “The state of being peaceful, calm, and clear. Energy flowing freely. **Experiencing reality without distortion of likes/dislikes.**”

* The Enneagram of Holy Ideas – Integrative Enneagram Solutions , 04.06.22 and The Narrative Enneagram, 2022



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The Enneagram of Nine Holy Ideas

Holy Ideas, Heart Center Types 2, 3, 4

Type 2: Holy Freedom/Holy Will – *“God does not play dice with the universe.” – Albert Einstein*

- “We surrender to what will be, being free to give or not to give, allowing others to live their own truths.”
- “We give ourselves permission and freedom to not know and not do, to receive and take in as much as we give and thus to replenish ourselves.”
- **Virtue is Humility** – “Acceptance of the limitations of the soul, its body and capabilities,”
 - “Freedom comes when we each take our **the rightful place as equals and co-journeymen in our relationships, allowing others to live their own truths.**”

* The Enneagram of Holy Ideas – Integrative Enneagram Solutions , 04.06.22 and The Narrative Enneagram, 2022



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The Enneagram of Nine Holy Ideas

Holy Ideas, Heart Center Types 2, 3, 4

Type 3: Holy Hope/Holy Law – *“I am a human being, not a human doing.” – Kurt Vonnegut*

- “Even when we step back and wait to see what will unfold, life will continue and we will be okay.”
- “Holy Law invites us to see that the universe and all things within it, operate according to their own laws, and they can be allowed to do so without our assistance.”
- **Virtue is Veracity/Honesty** – “Seeing one is not separate, **facing the truth of one’s experience knowing what one is feeling, sensing, and thinking. Telling the truth.**”

* The Enneagram of Holy Ideas – Integrative Enneagram Solutions , 04.06.22 and The Narrative Enneagram, 2022



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The Enneagram of Nine Holy Ideas

Holy Ideas, Heart Center Types 2, 3, 4

Type 4: Holy Origin – *“You are not a drop in the ocean. You are the entire ocean in a drop.” - Rumi*

- “We are spiritual beings having a human experience; we all come from the same place and are part of a bigger creative flow.”
- “This Holy Origin means that, by definition, you are original, perfect, and connect to everything. We can stop searching for acceptance and truth, knowing we hold it inside us as our birthright.”
- **Virtue is Equanimity** – “Meeting life and experiences with balance. Living in harmony with the environment, inner and outer. Responding just as necessary from wholeness. **Being with what is, as it is.**”

* The Enneagram of Holy Ideas – Integrative Enneagram Solutions , 04.06.22 and The Narrative Enneagram, 2022



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The Enneagram of Nine Holy Ideas

Holy Ideas, Head Types 5, 6, 7

Type 5 – Holy Omniscience/Transparency – *“Knowing is not enough; we must apply. Being willing to do is not enough; we must do.” - Leonardo da Vinci*

- “Omniscience means ‘the capacity to know everything’, an attribute that we usually associate with godliness.”
- “Holy Omniscience is a reminder of a deeper, most universal level of knowing.”
- **Virtue is Non-Attachment** – the energy of life flows easily through the body and consciousness, fully entering directly into one’s inner and outer experiences. **We are more generous and generative in how we engage.**”

* The Enneagram of Holy Ideas – Integrative Enneagram Solutions , 04.06.22 and The Narrative Enneagram, 2022



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The Enneagram of Nine Holy Ideas

Holy Ideas, Head Types 5, 6, 7

Type 6 – Holy Faith – *“I’m not afraid of storms, for I am learning how to sail my ship.”*
- Louise May Alcott

- *“Faith asks us to have courage and trust our real, essential self and to respond to whatever challenges might come up, spontaneously and authentically.”*
- *“When we are not in touch with our true nature, we lose touch with our inner voice and Holy Faith aims to re-establish this connection.”*
- **Virtue is Courage** – “The willingness to face the contents of consciousness, including fear, trusting that will take one to something deeper. **Trusting the ‘Ground of Being/God’ to be there”**

* The Enneagram of Holy Ideas – Integrative Enneagram Solutions , 04.06.22 and The Narrative Enneagram, 2022



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The Enneagram of Nine Holy Ideas

Holy Ideas, Head Types 5, 6, 7

Type 7 – Holy Work/Plan – *“Life is a journey, not a destination.”* - Ralph Waldo Emerson

- *“The idea that we are all part of a Holy Plan suggests that we might stop trying to shape and control the future, and instead surrender to what is happening now.”*
- *“Holy Work reminds us that the true work of becoming, living, and being, exists in the present moment and that while the work may not be exciting or comfortable, it is Holy and noble to engage in it.”*
- **Virtue is Sobriety** – “The capacity to **stay with the experience with calm and meeting the experience directly in the moment.”**

* The Enneagram of Holy Ideas – Integrative Enneagram Solutions , 04.06.22 and The Narrative Enneagram, 2022



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Group Discussion – Discuss the 9 Holy Ideas

- **Body Center: Type 8 – Holy Truth (Innocence), Type 9 – Holy Love (Right Action), Type 1 – Holy Perfection (Serenity)**
- **Heart Center: Type 2 – Hold Will/Freedom (Humility), Type 3 – Holy Hope (Veracity), Type 4 – Holy Origin (Equanimity)**
- **Head Center: Type 5 – Holy Omniscience (Non-Attachment); Type 6 – Holy Faith (Courage), Type 7 – Holy Work (Sobriety)**

How can we access them through our type's virtue?

How do we recognize our type's restrictions/vices holding us back being "one with God?"



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Paradigm Shifts

Paradigm Shifts are Movements from Non-Resourceful to Resourceful States

- **Non-Resourceful: Type 8: I am Powerful vs. Weak**
 - Attracted to and appreciate power – how to get it, keep it, and use it
 - Overidentify with an idealized self-image of being powerful, addicted to power and control
 - Must avoid any semblance of weakness or vulnerability
 - Avoid tenderness, compassion, kindness as unbefitting of a powerful person
- **Resourceful: Type 8 moves to High Side of Type 2**
 - Compassionate, vulnerable, empathetic, empowering, helpful
 - Move toward others vs. against them, and resist dominance, vengeance, violence

- The Enneagram Spectrum of Personality Styles



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Paradigm Shifts

Paradigm Shifts are Movements from Non-Resourceful to Resourceful States

- **Non-Resourceful: Type 9: I am Settled vs. Conflicted**
 - Overidentify with the idealized self-image of being settled and avoiding any kind of conflict
 - Overdo agreement and ambivalence about whether to agree or disagree, conform or not conform
 - Difficulty taking a position, choosing sides, procrastination in decision-making
 - Fearing to express yourself lest you displease others and risk their abandonment
- **Resourceful: Type 9 moves to High Side of Type 3**
 - Focused and goal-oriented, determining what you want and get it in a step-by-step manner
 - Become organized, structured, and generate your own energy vs. draining off others

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Paradigm Shifts

Paradigm Shifts are Movements from Non-Resourceful to Resourceful States

- **Non-Resourceful: Type 1: I am Good vs. Angry**
 - Overidentify with the idealized self-image of being good, right, or perfect
 - Difficulty accepting yourself, other people, and reality as it is
 - Become overly preoccupied with details and getting everything right
- **Resourceful: Type 1 moves to High Side of Type 7**
 - Acknowledging "I'm okay even though I'm imperfect"
 - More spontaneous, letting go, and lightening up – going with the flow
 - Focus on what is right in yourself vs. what is wrong

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Paradigm Shifts

Paradigm Shifts are Movements from Non-Resourceful to Resourceful States

- **Non-Resourceful: Type 2: I am Helpful vs. Needy**
 - Overidentify with the idealized self-image of being loving and helpful
 - Compulsive helper – give love to gain attention and approval
 - Manipulate others to like you through flattery, expecting it in return
- **Resourceful: Type 2 moves to High Side of Type 4**
 - Recognize you are special and your needs area as important as other's needs
 - You develop your creative, self-expressive side vs. being self-effacing
 - Get in touch with your sadness and regret over abandoning yourself in the service of others

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Paradigm Shifts

Paradigm Shifts are Movements from Non-Resourceful to Resourceful States

- **Non-Resourceful: Type 3: I am Successful vs. a Failure**
 - Overidentify with the idealized self-image of being successful and productive
 - Become overly efficient, machine-like, and ultra-programmed to achieve
 - Lose your personal identity by conforming to group image or image the group wants you to be
- **Resourceful: Type 3 moves to High Side of Type 6**
 - Loyal to yourself - "To thine own self be true"
 - Trustworthy as well as competent – this combination makes a good leader
 - Believe in something and commit to it even if not socially applauded or popular

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Paradigm Shifts

Paradigm Shifts are Movements from Non-Resourceful to Resourceful States

- **Non-Resourceful: Type 4: I am Special vs. Ordinary**
 - Overidentify with the idealized self-image of being special and unique
 - Your identity and self-worth depend on you being original and different
 - You believe you are so sensitive and your experiences so deep that mere words can't express it
- **Resourceful: Type 4 moves to High Side of Type 1**
 - Take an action-oriented, problem-centered approach and focus on one feeling at a time
 - Maintain a sense of proportion, balance, equanimity, and don't exaggerate your response
 - Do your work objectively and contribute to the world from a realistic self-awareness

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Paradigm Shifts

Paradigm Shifts are Movements from Non-Resourceful to Resourceful States

- **Non-Resourceful: Type 5: I am Wise vs. Empty**
 - Overidentify with the idealized self-image of being wise and perceptive
 - Live within your head and forget you also have feeling and a body
 - Become overly analytical, skeptical, and unwilling to consider others' perceptions and ideas
- **Resourceful: Type 5 moves to High Side of Type 8**
 - Being in touch with your inner authority and have something to offer
 - Believing you are powerful and can stand up for what you believe in
 - Moving against vs. pulling back – balancing the input with the output

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Paradigm Shifts

Paradigm Shifts are Movements from Non-Resourceful to Resourceful States

- **Non-Resourceful: Type 6: I am Loyal vs Deviant**
 - Overidentify with the idealized self-image of being loyal and doing your duty
 - Can become rigid, inflexible, and overly protective, smothering, and restricting out of fear
 - Compliant or rebellious when attached to the wrong idea (authoritarian vs. non-authoritarian)
- **Resourceful: Type 6 moves to High Side of Type 9**
 - Calm yourself and recognize the solution lies within you
 - Go with the flow and trust the process
 - Find truth in all sides of an issue instead of polarizing the issue and seeing only one truth

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Paradigm Shifts

Paradigm Shifts are Movements from Non-Resourceful to Resourceful States

- **Non-Resourceful: Type 7: I am O.K. vs. in Pain**
 - Overidentify with the idealized self-image of being okay and become overly attached to pleasure
 - Unwillingness to follow-through once the work becomes boring, mundane, or repetitive
 - Attracted to excitement, joy, and forget that growth also takes place in quiet, cold, dark silence
- **Resourceful: Type 7 moves to High Side of Type 5**
 - Deepen your resolve to be thorough and methodical in completing projects
 - Learning to appreciate silence, being alone, and slowing down to observe/contemplate
 - Stay focused and control impulses and energies

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Group Discussion – Discuss the Paradigm Shifts

Body Center: Type 8 – Lust to Innocence, Type 9 – Sloth to Right Action, Type 1 – Anger to Serenity

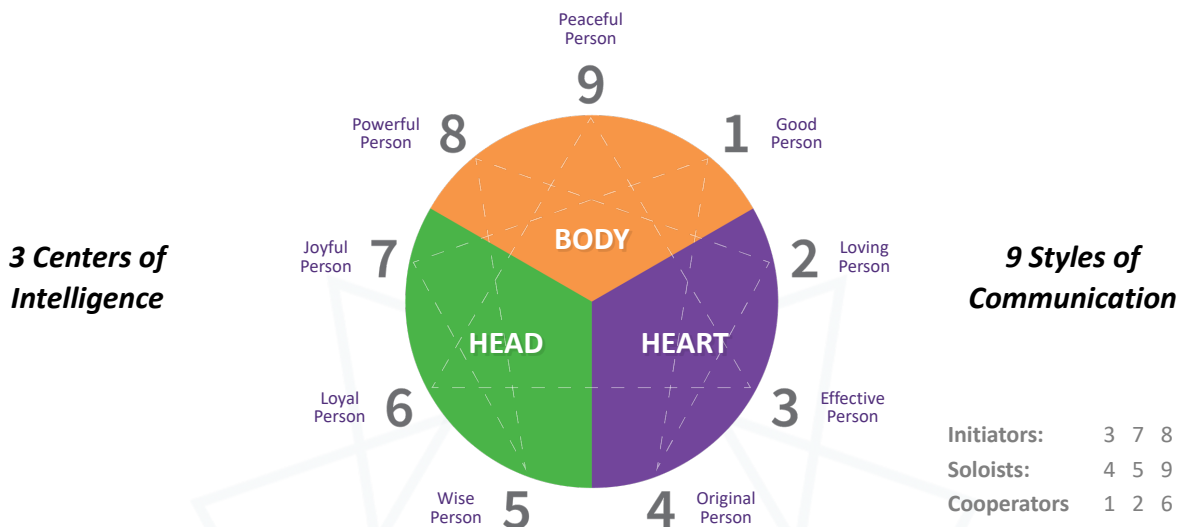
Heart Center: Type 2 – Pride to Humility, Type 3 – Deceit to Veracity, Type 4 – Envy to Equanimity

Head Center: Type 5 – Avarice to Non-Attachment, Type 6 – Fear to Courage, Type 7 – Gluttony to Sobriety

How can we access them through our type's virtue?

How do we recognize our type's restrictions/vices holding us back being "one with God?"

The Enneagram



Thank You

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