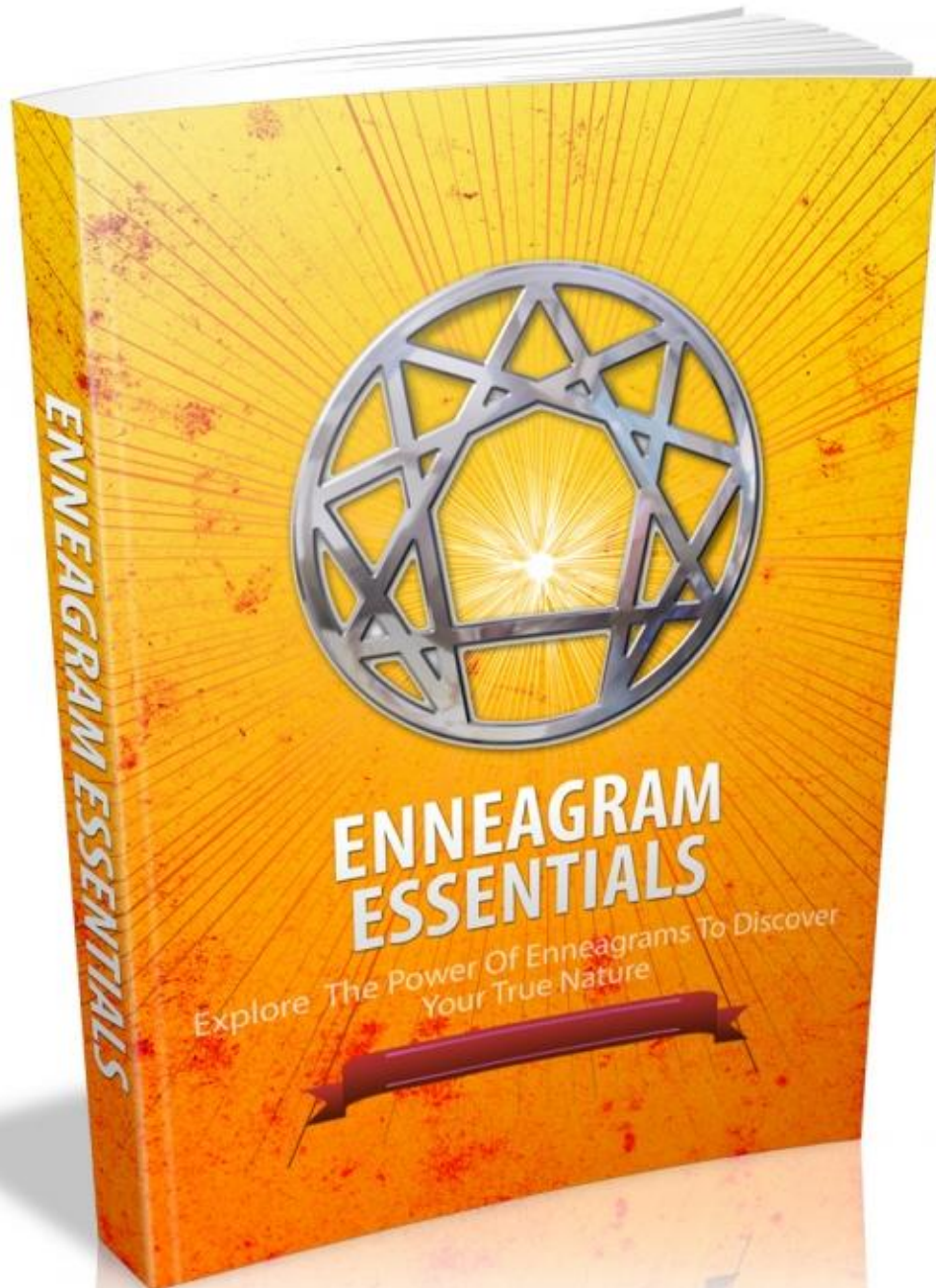


Enneagram Essentials



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Wrapping Up

Foreword

The enneagram is one of the most powerful tools in self discovery and personal development. The results from the enneagram is extremely accurate and tells the strengths, weaknesses, core motivations, moods, mannerisms and basically much about the person once his true type is discovered.

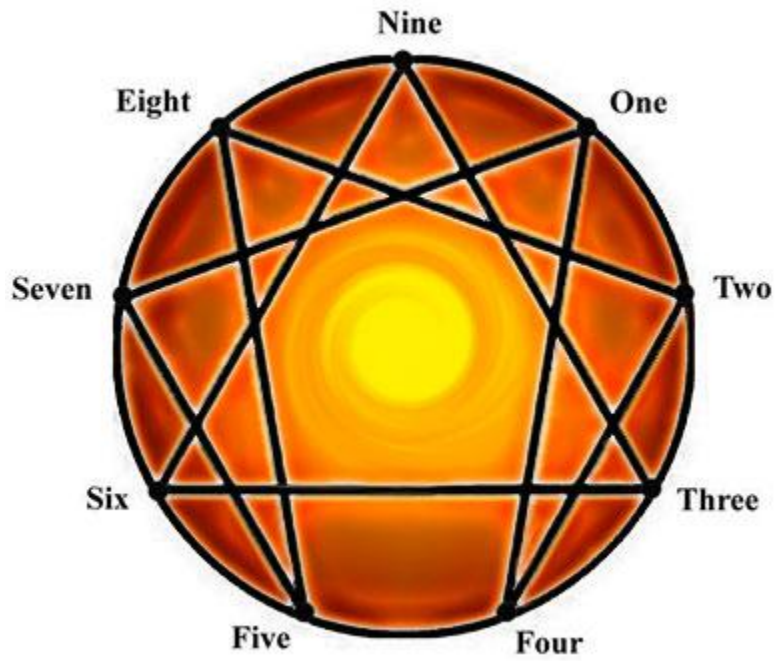
The first inception of the enneagram begun with George Ivanovich Gurdjieff – an Armenian mystic and spiritual teacher. His work on the enneagram is really profound because of the fact that the enneagram model has been known since ancient times but it was Gurdjieff research who made the model publicly known.

In the last decades, there is a profound shift in the way the enneagram is studied as it gained more prominence in the field of personal developmental studies through these two individuals – Oscar Ichazo and Claudio Naranjo.

Enneagram is synonymous with the number 9 as the enneagram has 9 points of references. Each of the points in the enneagram represents a unique and distinct personality type.

A person who has the traits of a type one (typically known as the reformer or perfectionist) may differ greatly from a person who is a type 4 (typically known as the artist or the individualist).

In depth study of the enneagram reveals profound self discovery and is really useful when it comes to handling businesses, conflict and many aspects of a relationship.



Enneagram Essentials

Explore The Power Of Enneagrams To Discover Your True Nature

Chapter 1:

The Basics

Synopsis

The best way to determine your enneagram type is by going to this website below:

<http://www.eclecticenergies.com/enneagram/test.php>

Your dominant type is the most important part of your being



The Start Point

What you need to do is to fill in the personality that you are – namely what you have been like over a period of time or most of the time.

The greatest mistake one can make while doing this test is to do it for the sake of doing it without examining themselves properly. This often leads to marred results and inaccurate findings. In order for this test to work properly, you have to make sure you answer everything honestly, without filtering the answers or by lying to yourself.

For example, one may be faced with a choice between assertiveness and shyness. Though one desires to be more assertive, you have to be truly honest with yourself about where you are most of your life and not pretend to be assertive or desire to be more – it doesn't work if you think into the future to determine who you want to be. You have to be where you are right now – that is your true nature.

Once you determine who you are, there is a computer generated result which will reveal to you 3 things:

- Your dominant type
- Your wing
- Your instinctual sub-type

Record these down as well as the 2nd and 3rd results of the test. Often times, the script will generate a set of results that is most likely

your personality. Be sure to examine the results of the 2nd and 3rd probability as it is important for you to consider all the possibilities especially when all the results are really close to one another.

If you are a type 5 (investigator/observer), it means that you are born into that type. You have been that type all your life and it doesn't change.

Now one may content that one experiences growth throughout their lives, this doesn't mean that your type shifts, it means that you have grown from a new or unhealthy type into a more healthy type. Remember that no one type is better than the other – it just means that you are growing from one health level to another.

Each type has it's on sets of strength and weaknesses that follows that person throughout his or her life.

For every type, there is a set of core motivations that associate itself with that type. This can be summarized into the following:

- Ego Fixation
- Holy Idea
- Basic Fear
- Core Desire
- Biggest Temptation
- Greatest Vice
- Virtue

Remember that each and every individual is completely different. 2 people of the same dominant type may look and function different outwardly, but their basic core desire is still the same.

□



Chapter 2:

Wings and Instinctual Sub Types

Synopsis

A person's basic dominant type is often modified or highly influenced to some degree by its neighbors. This theory manifests itself as a certain 'wing'.

There is a theory that also influences the enneagram types greatly besides the wings – it is the instinctual sub-types.



Offshoots

- If you are a type 2, you may have a wing of type 1 or type 3.
- This can be summarized as a 2 with wing 1 or a 2 with wing 3.
- If you are a type 9, you may have a wing of type 1 or type 8.
- This can be summarized as a 9 with wing 1 or a 9 with wing 8.

A person who is strongly influenced by one side manifests only one of the wings. A person who is strongly influenced by both sides (or none at all) is considered a person with balanced wings or 'no wings'

(meaning that they are a pure personality type of their dominant type without the influence of their neighbor).

No matter how strong a person's wing, it does not change the fundamental type of the dominant personality.

In other words, two people may have the following characteristics:

- 2 with wing 3 (Helper with Achiever Wing)
- 3 with wing 2 (Achiever with Helper Wing)

They both can still be really different with one another though they may share the common dominant type and wing.

A simple way to summarize this is that you will always have a chocolate flavored ice cream but it is completely different from an ice cream flavored chocolate – meaning the CORE type never changes and so do their primary functions.

The subtypes are typically manifestations of a person's instinct as they deal with the world.

The instinctual energies are expressed in such a way that each person who has the dominant type may manifest their instinctual energies in different ways.

The 3 instincts are:

- The self preservation variant

- The sexual or one-to-one variant
- The social variant

Self preservation types tend to focus more on their personal safety, their well being, natural resources, their nest egg, health and are generally more reserved compared to the sexual or social variant.

Sexual types tend to focus strongly on the chemistry or the connection between one individual and another. They are not necessarily driven by sex drives but more as a way of expressing their relationships through intimacy or deep emotional connection. Unlike the social sub-type, they prefer to have a few very close friends or a strong intimate relationship.

Social types on the other hand are not that fixated on primary intimacy. They function well in groups and are leaning more towards many personal connections rather than intensity or intimacy.

There is a theory that when a child is born, they need to feel safe, secure and well fed. Failure to meet this need throughout one's childhood leads to a person developing a self preservation variant which is mostly fixated on their own survival.

If a child's physical and safety needs are met but emotional connection is absent, a person might grow up to become a sexual variant as they long and seek intimacy with others which often times is absent when growing up with one or both parents.

If both needs are well met, they become healthy social types.
There may be exceptions to this rule of upbringing but it is often a recurring pattern among subtypes.



Chapter 3:

Points of Integration and Disintegration and Harmonic Groups

Synopsis

One of the interesting aspects about the dominant type is that it often shifts around the enneagram when they are totally relaxed or when they are under stress.

These points are sometimes called security or stress points or known as integration and disintegration points.

There are 3 noticeable patterns for all the 9 types in the enneagram. Each of these types share common characteristics in their group when they do not get what they want (or have unfulfilled needs and react under stress).



More In Depth

These points are sometimes called security or stress points or known as integration and disintegration points.

Your core personality will shift around yielding different results from a person depending on the health level they are under.

Here is a summary of the stress and security points:

- Type one move to four when under stress and seven when relaxed.
- Type two move to eight when under stress and four when relaxed.
- Type three move to nine when under stress and six when relaxed.
- Type four move to two when under stress and one when relaxed.
- Type five move to seven when under stress and eight when relaxed.
- Type six move to three when under stress and nine when relaxed.
- Type seven move to one when under stress and five when relaxed.
- Type eight move to five when under stress and two when relaxed.

- Type nine move to six when under stress and three when relaxed.

It is said that stress points often create negative results but security points yield positive results. This may be true most of the time but it also depends on the person's ability to handle stress and the ability to remain grounded when they are lost in relaxation.

□

The three harmonic groups are:

- Positive outlook group
- Competency group
- Emotional realness group

The positive outlook group consists of the types two, seven and nine. They typically have difficulty balancing their needs versus the needs of others. They also have difficulty acknowledging the painful process of growth and perturbation.

The competency group consists of the types one, three and five. They typically deny feelings as they feel that they often get in the way of their competency when dealing with tasks. They also relate to rules in their own unique distinct way.

The emotional realness group consists of the types four, six and eight. They are all emotionally expressive and vent their feelings to others all the time. They also expect others to 'mirror' their emotions. When

they have unresolved emotions, they will harbor many grudges or have unresolved feelings. Once they address their emotions first, things usually blow over quickly and they are more forgiving once these are resolved.



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