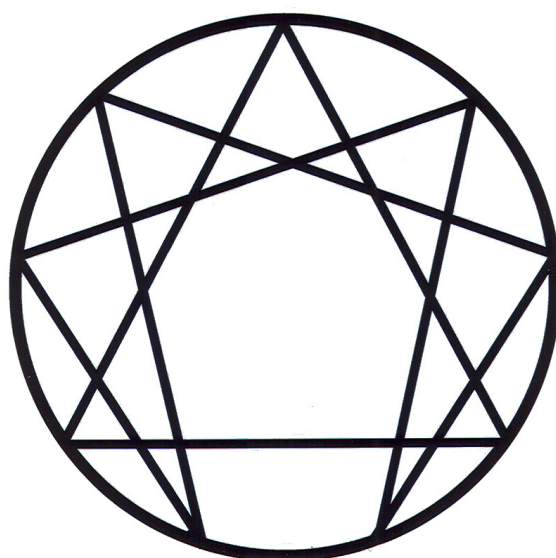


C L A U S   S P R I N G B O R G ,   P H D

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E N N E A G R A M   &  
S P I R I T U A L I T Y

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S E N S I N G M I N D . C O M

# 2 types of pointers

## Being Personality

### Pointing at Being

Work: Become aware of Being

Goal: Dissolve unnecessary personality patterns by becoming aware of Being and, thus, making them redundant.

Risk: Seeking and/or imitating Being becomes a new personality pattern (spiritual bypassing)

Perspective on ego: Ego points to Being

### Pointing at blockages

Work: Become aware of personality patterns

Goal: To become aware of Being by freeing one's attention from the grip of personality patterns.

Risk: Analysis of personality patterns become a new personality pattern.

Perspective on ego: Ego is blockage



# Enneatype 1

## See your patterns

- What are the things in the world you feel should be different?
- What are the things you want to improve in yourself?
- When do you feel justified in correcting others?
- When do you try to change others by being a model for others to imitate?
- When is your self-criticism driven by fear of blame or being at fault?

## See what you are reaching for

- What would you feel if, one day, both you and the world operated exactly as you would like and would remain in this mode forever without any effort?
- Focus on what would be attractive or positive about the scenario since that is what motivates the one-ish patterns in you.



# Enneatype 2

## See your patterns

- What do you reject in yourself in order to be liked?
- What do you highlight in yourself in order to be liked?
- Whom do you seek to be liked by (individuals/groups)?
- What needs would you get met by being liked?
- What needs would you prefer to have met without having to ask for it?

## See what you are reaching for

- What would you feel if, one day, everyone was absolutely fascinated by you and offered you any help you could wish for so you never had to ask for anything?
- Focus on what would be attractive or positive about the scenario since that is what motivates the two-ish patterns in you.



# Enneatype 3

## See your patterns

- What criteria do you need to meet to consider yourself a success?
- How optimistic are you about meeting these criteria?
- What do you set aside in your pursuit of success?
- Who is your audience? In whose eyes do you want to be a success?
- When do you want to be seen as someone who doesn't care about how others see you?

## See what you are reaching for

- How would you feel if everyone recognised you as the number one in the world in all areas you care about without you having to work hard at obtaining and maintaining this position?
- Focus on what would be attractive or positive about the scenario since that is what motivates the three-ish patterns in you.



# Enneatype 4

## See your patterns

- When have you experienced hopelessness, despair, deficiency or feelings of being less than others?
- When have you devaluated something you envied in others in an attempt to feel better about yourself?
- When do you use the intensity of your pain to justify your actions?
- When do you display your pain as a way to ask for sympathy and support?
- When do you endure suffering without complaining as a way of earning love?

## See what you are reaching for

- What would you feel if someone could see all your flaws and deficiencies, even the ones you haven't seen yourself, and you knew that they loved you and always would?
- Focus on what would be attractive or positive about the scenario since that is what motivates the four-ish patterns in you.



# Enneatype 5

## See your patterns

- When do you find the world overwhelming and want to seek refuge?
- What resources do you hoard (money, friendship, knowledge, something else)?
- When do you seek to isolate yourself in your “cave”?
- When do you bury yourself in books or documentaries and seek to isolate yourself in knowledge?
- When do you seek to isolate with a partner (real or imaginary)?

## See what you are reaching for

- What would you feel if you knew you had a place where you could go any time you liked, where you had all the resources to cover all your needs without you having to deal with other people?
- Focus on what would be attractive or positive about the scenario since that is what motivates the five-ish patterns in you.



# Enneatype 6

## See your patterns

- When do you worry about threats, even if they are unlikely?
- When do you actively test other people or search for signs that they are untrustworthy?
- When do you use attack as a form of defence?
- When do you seek safety in black-and-white thinking or clear ideas about right and wrong?
- When do you seek safety in ambiguity, vagueness and doubts?

## See what you are reaching for

- What would you feel if you had an infallible radar that could detect any danger and automatically, without you having to do anything, ensure that nothing harmful could even befall you?
- Focus on what would be attractive or positive about the scenario since that is what motivates the six-ish patterns in you.





# Enneatype 7

## See your patterns

- When do you indulge in (excessive) pleasure and enjoyment as a way of avoiding pain?
- When do you feel a craving for enjoyment, pleasure or entertainment?
- When do you put a positive spin on things to avoid discomfort?
- When do you seek the thrill of being seen as a good person?
- In what ways do you seek to establish a group around you in which you have a privileged position?

## See what you are reaching for

- What would it feel like if you could set down all burdens and live a life of endless pleasure and variety without being bothered by pain and other inconveniences?
- Focus on what would be attractive or positive about the scenario since that is what motivates the seven-ish patterns in you.



# Enneatype 8

## See your patterns

- What social norms do you disregard or do you wish to challenge?
- What weaknesses do you override in yourself to be strong (vulnerability, sadness, emotions in general)?
- When have you taken pride in defying social norms?
- When have you either sought to or desired to dominate others?
- When have you disregarded social norms out of solidarity with someone weak or oppressed?
- When do you place your own needs and satisfaction above the needs and well-being of others?

## See what you are reaching for

- What would it feel like to have sufficient strength and power to be able to completely disregard social norms if you desire to do that?
- Focus on what would be attractive or positive about the scenario since that is what motivates the eight-ish patterns in you.



# Enneatype 9

## See your patterns

- When do you forget about yourself and your wishes, ambitions, desires and needs?
- When do you avoid conflicts?
- When do you seek to forget about problems by living through a partner?
- When do you seek to forget about problems by living through the group?
- When do you seek to forget about problems by focusing on basic comforts in life?

## See what you are reaching for

- What would it feel like if all your wishes, desires and needs, present and future, perfectly matched the wishes, desires and needs of other people so that no conflict would ever arise between you and others?
- Focus on what would be attractive or positive about the scenario since that is what motivates the nine-ish patterns in you.



# Essences

## Dictionary

- White - support, grounding, confidence
- Red - strength, courage, aliveness
- Black - peace, power, stillness
- Green - compassion, loving-kindness, tenderness
- Yellow - joy, happiness, light-heartedness, curiosity
- Pink - appreciation, cosiness, softness (Red & White)
- Milk - nourishment, satisfaction, fulfilment
- Gold - love, unity, sweetness
- Pomegranate - passion (combination of Red & Black)
- Luminous Black - intimacy, friendliness, closeness
- Living Daylight - trust, loving holding, benevolence

## Other traditions

- Internal Family Systems - The eight self-energies
- Sufism - The Lataif
- Islam - The 99 names of Allah
- Christianity - The 7 Holy Virtues/ The Arch angles
- Buddhism - The three antidotes (generosity, detachment and contentment)
- Hinduism - The Trimurti, Brahma (the creator), Vishnu (the preserver), and Shiva (the destroyer)



# The 3 Layers

## Being, Essence & Personality

