

An Enneagram Journey: Celebrating What is Right about You

SEPTEMBER & OCTOBER 2022 - WOMEN IN RECOVERY

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**What if there is nothing wrong with you?
FREEING OURSELVES FROM THE PRISONS OF OUR OWN MAKING**

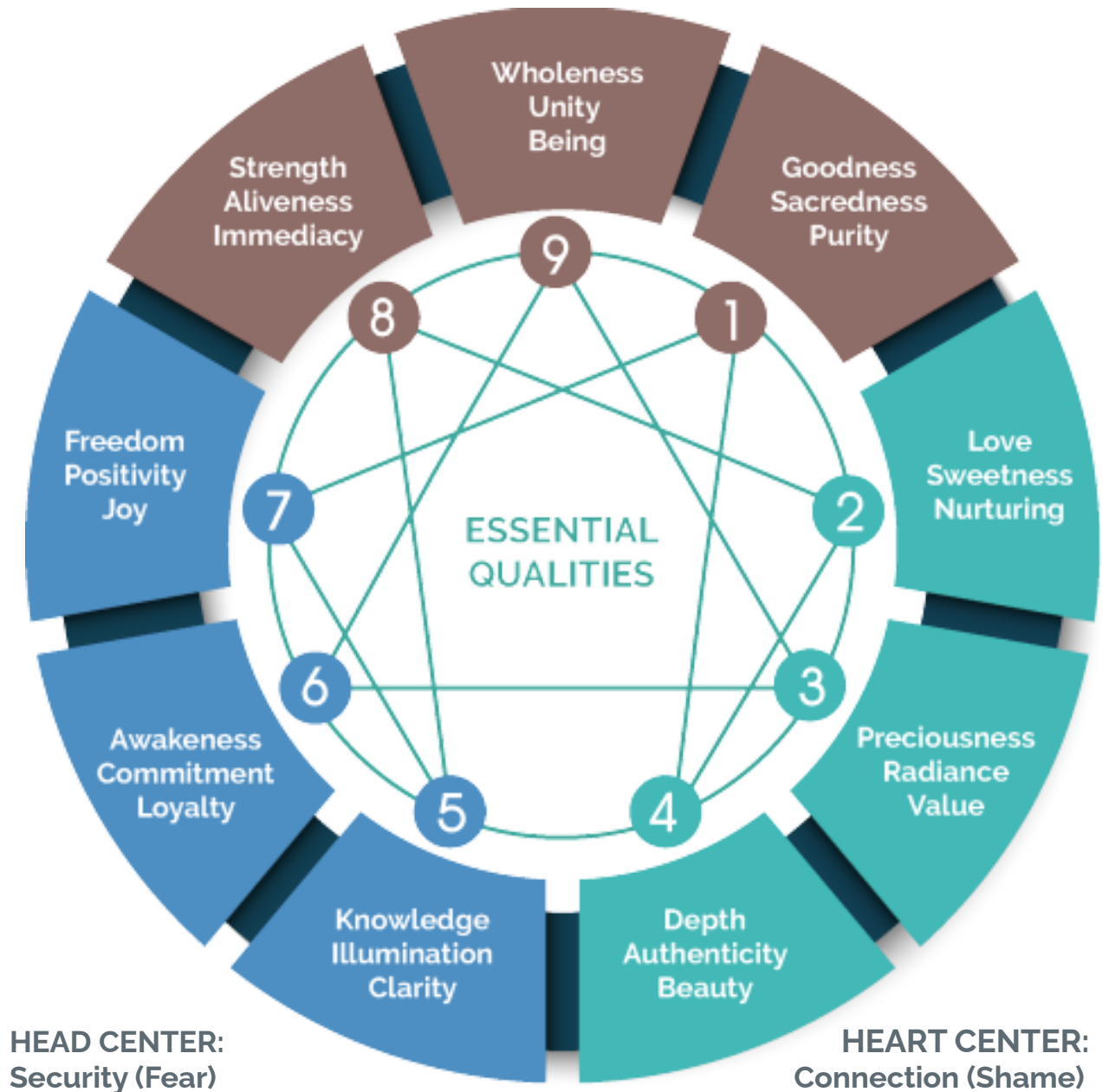
Best resource for more Enneagram learning:

- Book - *The Wisdom of the Enneagram* by Don Riso & Russ Hudson
- Online course - 9 Prisons ONE Key at www.enneagramprisonproject.com

The Essential Qualities - What's Right About You!

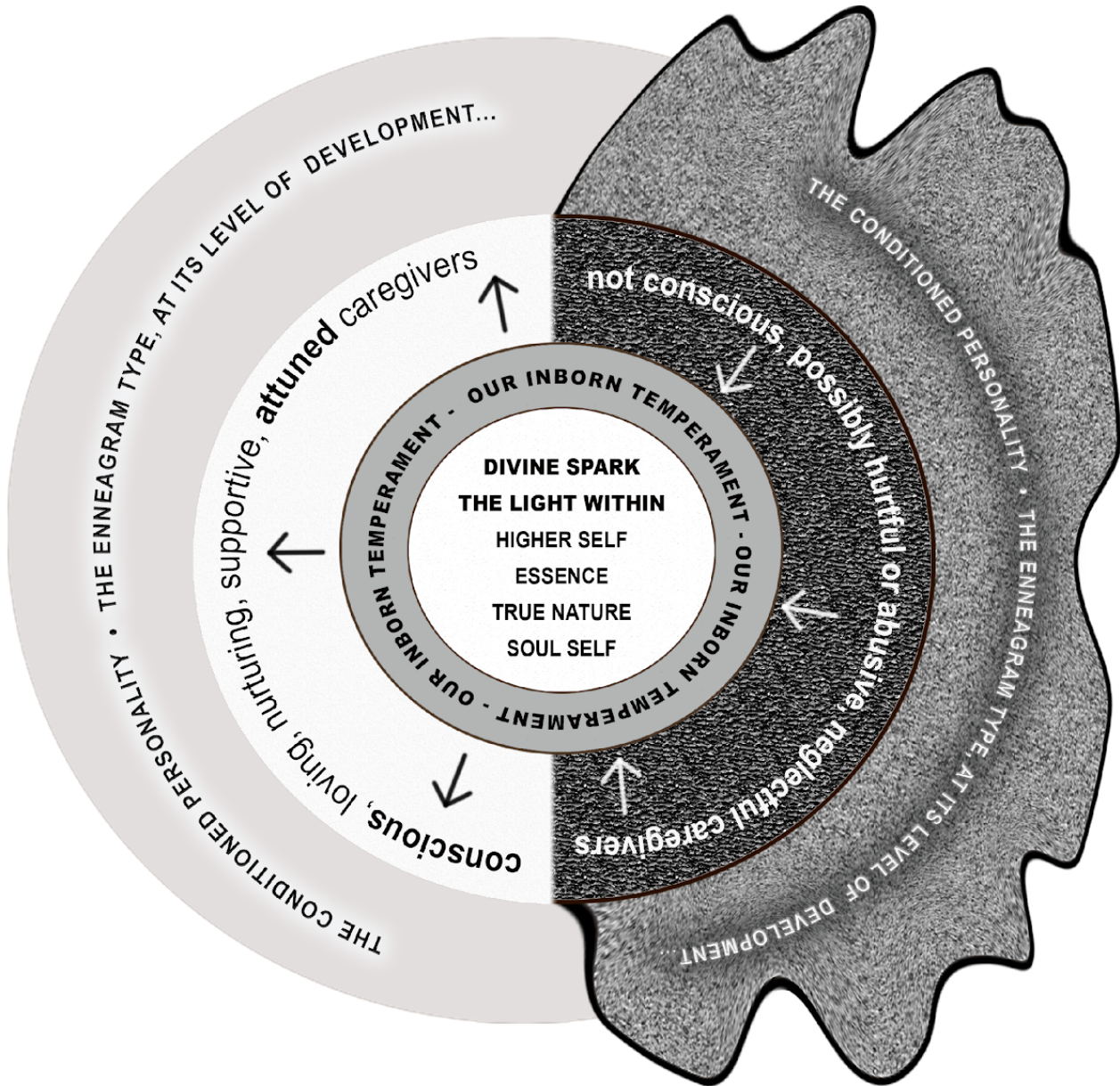
The Enneagram shows us many things about ourselves. The system showcases what is "right" and good at the core of each type. We call these the "Essential Qualities". These are the gifts we learn from each type.

BODY CENTER: Autonomy (Anger)



How our PERSONALITY forms

1. DIVINE SPARK
2. TEMPERAMENT
3. ATTACHMENT
4. CONDITIONING
5. PERSONALITY



	ESSENTIAL QUALITY	PASSION
TYPE EIGHT	Aliveness/Immediacy	Lust
TYPE NINE	Wholeness/Being	Sloth
TYPE ONE	Goodness/Purity	Anger
TYPE TWO	Love/Nurturing	Pride
TYPE THREE	Radiance/Value	Vanity
TYPE FOUR	Depth/Authenticity	Envy
TYPE FIVE	Clarity/Illumination	Greed
TYPE SIX	Awakeness/Loyalty	Fear
TYPE SEVEN	Freedom/Joy	Gluttony

The Passion for each Type is the ego's emotional mimic of the Essential Quality that we believe we cannot grasp.

- For **Type Eight**, when I forget that I am fully alive in the present moment, then I try to make myself feel alive with intensity and desire.
- For **Type Nine**, when I forget that I belong to the wholeness of being, then I try to make myself feel at peace and harmonious in my inner fantasy world.
- For **Type One**, when I forget my inherent goodness, then I try to make myself feel that all is right with my angry zeal.
- For **Type Two**, when I forget that I have all the love I need, then I try to make myself feel that I am all set and it is other people's needs that deserve attention.
- For **Type Three**, when I forget my own preciousness, then I try to make myself feel that I am the best.
- For a **Type Four**, when I forget my own unique inner beauty, then I try to feel connected to uniqueness and beauty outside of myself.
- For a **Type Five**, when I forget the wisdom available in my own mind, then I try to feel competent by hoarding my knowledge.
- For **Type Six**, when I forget that I am completely supported in every moment, then I try to make myself feel safe by fretting and worrying about everything.
- For **Type Seven**, when I forget that life is full of joy and hope, then I try to make myself feel good by taking in as many experiences as possible.

What is the first and most important step toward healing?

COMPASSIONATE CURIOSITY