

What is the Enneagram?

The Enneagram is a powerful healing tool that melds the disciplines of psychology and spirituality into a seamless path to wholeness. The study of enneagram teaches us about our truest essence and helps us to understand ourselves at ever deepening levels.

Based on ancient teachings from the mystical traditions of three of the world's major religions (Christian Gnosticism, Jewish Kaballah and Islamic Sufism), this work moves beyond the structure and rules of religion and into the spiritual connection between each person and their spiritual essence. The formation and study of enneagram is thought to be more than five thousand years old. Enneagram teaches that each of us embodies one of nine personality "stances" in life, one corresponding to each point of the nine-pointed shape known as the enneagram. The enneagram teaches us how to recognize which stance is ours, as well as how we can move into ever freer and healthier realms within our type. The enneagram is a symbol or shape; it contains three overlapping triangles that form what looks like a nine pointed star. (Ennea is the Greek word for "nine" and gram is the Greek word which indicates "form" or "shape.") Each point of this "star" corresponds to a core personality style or type. Our type then determines, to a large extent, who we are in the world. Each type is a composite of beliefs, ideals, values, longings, energetic patterns and goals that create our personalities. By understanding our unique view of the world, we have the opportunity to grow in profound ways and to shift from the mysterious and incomprehensible realm of human chaos into the truly mystical universe.