

Enneagram Style 5

Summary

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The Investigator, Sage, Expert

At their Best: visionary pioneers, often ahead of their time, and able to see the world in an entirely new way.

Enneagram 5s are thoughtful, cerebral types who are curious and perceptive. They want to understand how the world works. They ask questions, research, delve into the depth of whatever it is they focus on. They are innovative, independent and inventive. They tend towards isolation and do not like to be intruded upon.

Key Motivations: Want to possess knowledge, to understand the environment, to have everything figured out as a way of defending the self from threats from the environment.

- Basic Fear: Being useless, helpless, or incapable
- Basic Desire: To be capable and competent

Focus of Attention: Our focus of attention is how we filter reality and create a selective lens of perception. The focus for the 5 is on:

- Building knowledge and understanding
- Maintaining boundaries, minimizing demands on time and energy
- Not looking foolish - building competence

Where 5s find safety: In their minds, away from other people. Can view the world as a place that threatens their privacy, believing they need to protect their resources and energy.

Idealized Self-Image: I must be self-sufficient, not depend on others, I must be wise, perceptive and understand the world.

Gifts of the 5:

- Clarity: Perceptive observer with a clear, objective mind. Can synthesize material into a meaningful picture. They can get to the essence of heart of the matter and express this understanding in a concise fashion.
- Good listeners, bringing a calm objective perspective.
- Curiosity: Leads to learning new information and understanding the world.

- Can be visionary and pioneering, developing new ways of understanding, revolutionary breakthroughs and changes in people's understanding and solving problems.
- Awe of life can be contagious. Natural sense of humor can bring lightness to difficult ideas/situations.

How to Find Balance: The Path from Avarice to Nonattachment

Begin the quest to regain your authentic self: Notice your patterns and create a little distance from it. We can find balance by moving towards our actual experience through cultivating presence, compassion and non-judgment. We can learn to face what we have repressed and question the mind. We can learn to get in touch with our authentic feelings with compassion and allow them to move on. Read on for more specific guidance.

Wake up Call: When 5s feel overwhelmed by life, they tend to instantly and reflexively detach from direct engagement with their senses and emotions and retreat into the mind. They are trying to find a safe vantage point from which to observe their situation. However, this results in losing presence. They disconnect from their direct experience and get attached and rely on the constructs and concepts in their mind. This desire for isolation is your wake up call to take action to find balance.

Notice the Following Patterns:

1. Detachment and withdrawal in an attempt to regain their energy, priorities and sense of self.
2. Locked into preparation mode - endlessly gathering more information, never feeling prepared to move into action.
3. Minimizing needs: attempting to maintain independence through minimizing needs, not asking much from life. You are at risk of becoming a disembodied mind.
4. Getting lost in speculation and alternative realities - becoming preoccupied with inner world and often create fantasy worlds.
5. Unconscious anxieties and terrifying thoughts.

Ways to Balance for Type 5:

1. Use your body! Ground your body and energy daily with walks in nature, lifting weights, running, yoga, dancing, martial arts, etc. When you are in touch with your body, your mind is more alert and less prone to anxiety. Consider getting regular massage or other types of body work to reconnect with the body.
2. Make the effort to reach out to others. You were conditioned to not expect support from others. This is probably not true in your current situations. Speak up, make your needs known. Reach out in times of feeling depressed and anxious. Build a supportive and fun network of people.
3. Look for ways to build confidence other than acquiring more knowledge. Lean into actions that may cause fear but can build skills and get you out of your box.

4. Feel your feelings, especially pain, loneliness and grief. Feel the emotions in the body. Make a daily practice to name and feel your emotions. Allow yourself to sense your heart and better still, express your feelings in a non-rational way, and share those feelings with others.
5. Let the world in - as you open your heart and ground in your body, slowly allow yourself to be affected by the people and world around you. You will not lose yourself.
6. Allow for more spontaneity - use the **arrow to the 7** to embrace joy, adventure and variety. Allow yourself to open to possibilities and enjoy the pleasure of being alive through all of your senses.
7. In addition to grounding the body, own your opinions and strengths - use the **arrow to 8** to be bold, speak your mind, reach out to others, embrace life with gusto! Allow anger as a fuel for action. Take action boldly without over analyzing and getting stuck in a lack of confidence.
8. Open your heart to yourself, practicing self-compassion and love. Allowing this love then to spill over to others at point 2 will get you out of your head and in relation with all of Creation.

Use your wings:

- Enneagram Five with a Four-Wing: “The Iconoclast” Embody 4 traits by paying closer attention to your emotional states, allowing them without trying to fix, numb or analyze. Add creativity to your life through a project or artistic pursuit allowing more personal expression. Talk to someone you trust about your feelings. Watch for a tendency to wallow in negative or heavy feelings that can amplify the desire for isolation. Take action towards others in this situation - make it non-negotiable as this can be a strong energetic pull towards depression.
- Enneagram Five with a Six-Wing: “The Problem Solver” Use the 6 wing to actually feel your fears or anxiety - feel the sensations in the body. Is the fear/anxiety a signal to take some action? Are there problems to solve? If not, allow the fear and use the mind to question what beliefs are behind the fears. Question the validity of these. Use the courage and loyalty to take actions that you might have some fear around but know in your heart it is the right thing to do. Have daily practices that relax the nervous system to let go of anxious thoughts.

Prayer for Type 5: Abundant Source of Grace, (type 5)

Awaken in me my full knowing, that I may remember my heart’s desire. Give me eyes to see the many ways that life is abundant, the blessings offered me each day. Empty me now of my need for predictability that stifles my spontaneity. Dissolve the stingy part of me that contracts me and withholds my gifts and love from others.

Give me the wisdom to know when to think and when to act. Calm my fears and instill in me the courage to open my heart and engage with others, knowing I’ll be nourished. As I come to my full senses, I offer gratitude for my body’s wisdom. May I begin each day, grounded in that wisdom and in my presence, knowing that I have enough---time, energy, information and passion to live fully engaged in life.

From Dr. David Daniels: <http://drdavidaniels.com/growth-for-type-5/>

Growth for Type 5: The Observer

Basic Essential Practice: From a grounded, receptive, openhearted, and non-judgmental stance, notice your tendency to detach from feelings and hold yourself back, fueled by a driving energy, an avarice, for that which you just can’t do without: knowledge plus time and space for yourself. This stems from your core belief that to be loved, valued, and secure you must protect yourself from a world you perceive demands too much and gives too little, all of which would

drain you of life energy. Can you realize that the flow of life provides ample energy for you to fully engage in your feelings, knowing that you will be nourished and supported — not drained. Notice how you often pull back and contract away from others and from life itself. Breathe down into your body's gravitational center, down into your belly, and reconnect to your feelings, as small or as large as they may be. **Remind yourself to be aware and remember that paradoxically it is your protective retracting that is what's actually draining your energy, not the claims of others.** Remind yourself to notice how you are fulfilled and supported by others in your life, particularly when your heart is open.

Short Reflections for Reclaiming the Essential Quality

With open hearted kindness toward your self simply practice several times a day for a minute or so saying and living one of the following each for a few days at a time. Do these all with the receptive energy encompassed in the "may I." Recall that the higher quality or virtue for type Five is the openness of non-attachment, meaning allowing one's self to be in the natural flow of universal life energy.

- May I realize that there is nothing I need to know that will not just arise.
- May I be at peace with not knowing all the while realizing I already have ample knowledge.
- May I practice generosity, knowing life provides an abundance of energy.
- May I feel secure knowing what is needed, and trust that I will receive what I need.
- May I open my heart to engagement fully in life's energy.
- May I breathe in and out opening to the natural flow of energy.

Essence Quality: Non-attachment. This is not detachment but rather the spaciousness and clarity of the Divine Mind, an undisturbed vastness from which everything arises, including all knowledge and creativity. 5s fear emptiness, yet it is the vast field of potential - not the emptiness of oblivion. This is where 5s find liberation.