

Enneagram Style 9

Summary and Growth Suggestions

The Peacemaker

Be there for others, but never leave yourself behind. – Dodinsky

From Ego to Essence -

The Enneagram identifies the patterns of thinking, feeling and acting that your personality takes on as defense strategies when we were very young children. My teacher, Dr. Jerry Wagner gives the following metaphor which I modified to include the formation of the ego/personality: we begin in paradise or in union with our Essence; we are born and experience a world where we lose our way, our needs are sometimes not met, we experience discomfort or pain. Our nervous system and psyche want to protect us so we create defenses and strategies for getting the love, care and acceptance we think will keep us safe. But on that journey, we end up forgetting who we truly are. Our ego tries to make up for and substitute for what we mistakenly believe we lost --namely our real self or Essence. We can choose at some point in our lives to experience transformation, redemption, or recovery and return to paradise, our Essence. In that process, we realize we possessed what we were looking for all along.

I believe the soul chooses a pattern to incarnate through to learn certain lessons. Who you are is pure Spirit and a child of God. At your Essence your enneagram type shows what Holy Idea you are most likely to embody which for a 9 is peace born from an all-inclusive love.

At your Best: Self-possessed, dynamic, serene and present.

- You are receptive, open and accepting of self and others
- You are a bridge builder during both peaceful and conflictual times, using your natural skills of listening, understanding and finding common elements that bring people or pieces together.
- Others feel accepted and at ease around you. You are a stable trusted presence.
- You are self-remembering and self-determining: You take initiative on those actions that reflect what has the deepest meaning and purpose for you.
- You include yourself in your circle of care trusting in the natural ebbs and flows of your own energy and life.
- You are creative, optimistic and supportive

From [Enneagram Institute](#): “We have sometimes called the Nine the crown of the Enneagram because it is at the top of the symbol and because it seems to include the whole of it. Nines can have the strength of Eights, the sense of fun and adventure of Sevens, the dutifulness of Sixes, the intellectualism of Fives, the creativity of Fours, the attractiveness of Threes, the generosity of Twos, and the idealism of Ones.

When Personality or Ego Fixation Has It’s Grip On You: You don’t have a sense of inhabiting yourself - a strong sense of your own identity.

Focus of Attention: On creating peace and harmony. “I focus on other people’s agendas in order to avoid conflict. I look for the positives and minimize and resist the potential negatives or issues that would lead to conflict. I lose touch with my own priorities and become confused. I suppress my anger which leads to a loss of life force energy.”

Basic Fear: Of loss of connection, separation from loved ones

Basic Desire: To have inner stability, “peace of mind”

Path to Waking up out of your Pattern - Self Awareness From Sloth to Right Action

1. Notice your patterns and create a little distance from them as the **neutral inner observer**.
2. Be with your experience of the pattern with **compassion and non-judgment**.
3. Get in touch with **authentic feelings** with compassion and then allow them to move on.
4. **Do the opposite** of your typical auto-pilot pattern.

8 Habitual Patterns to Wake up From and How to Balance

1. Neglecting what is important to you: Ask yourself what you need and want. Start paying attention to your own preferences, desires, priorities, self-care needs, and feelings. Express them with a trusted friend or write in a journal.
2. Difficulty mobilizing energy on your own behalf. Your energy is scattered and devoted to maintaining harmony or connection. Shift your attention to your own experience, develop a daily ritual for self-reflection. How are you feeling in body, heart and mind?
3. Observe how you distract yourself and waste time on busywork, numbing out or focus on other people’s needs and agendas. Start taking action on priorities and what is meaningful for you.
4. Difficulty establishing boundaries – Say no, set limits with people taking your time and attention.
5. Avoiding discomfort, conflict and disharmony – is this truly wanting peace or avoiding discomfort? Use your skills to express yourself honestly and work to find compromise. Reframe discomfort as an opportunity for growth.
6. Become aware of default rules you have set for yourself and others that don’t leave room for mistakes, your own authentic expression, or compromise from conflicting viewpoints.
7. Become aware of the habit of self-doubt or fear of failure and make a commitment to yourself. Build self-trust through affirming your past ability to meet challenges. Become loyal to yourself through taking a stand, believing in yourself and your priorities.
8. Balance inclusion with the ability to discern and act on the wisdom of the best aspects of the differing or opposing perspectives. Look for the 3rd way – synthesis – striving for peace vs avoiding conflict. What’s in the middle?

Paradigm Shift – Paradigms are constructed ways of perceiving and interacting with the world. Your paradigm reveals your values, what you move toward, and tells you your avoidances, or what you move away from or against. We each have rules and beliefs that keep us limited.

For Style Nine - Adaptive Cognitive Schemas - Healthy Mental Framework can be used as affirmations

- I am noticed and cared for

- I exist and so I matter
- I have purpose, meaning and direction
- How wonderful it is when people live in harmony
- The universe is warm and loving

Use Your Wings

8 – Use your 8 wing to develop **assertive communication** – clear, direct asking for what you want or feel is important. Develop more confidence “going against” as you express your opinions or assert your preferences and desires. Notice how this authentic expression actually creates connection, clarity and working through challenges. Eight style is **fully embodied** and in touch with the natural life force energy within.

Can you embrace the positive aspects of anger as impetus for **setting boundaries and taking action** rather than suppressing it or expressing it as rage? Personify the power of style 8 with style 9 and lead with modesty, thoughtfulness and service.

1 – Use your 1 wing to envision a **high-quality outcome for an agenda you create** to address your priorities. Give yourself permission to imagine the best possible result. Stay focused on personal goals and get organized to achieve them. Your efforts are connected to a larger vision of making things better for everyone. Channel your anger into reform that can lead to positive change.

Shadow and blind spots - we all have aspects of our experience we avoid. In order to keep the peace, 9's avoid:

1. Anger and other feelings that could lead to conflict.
2. Owning the ways you are passive, passive aggressive and passive resistant. Notice when you have given your energy away to others.
3. Knowing what you want.
4. Owning the habits that keep you complacent - habits of distraction and numbing.

Somatic Strategy:

- Develop a relationship with your body.
- Balance through strengthening the body.
- Focusing on your felt sense of your physical presence and on the life force energy in the body. Get in touch with your life force energy – tai chi, exercise, yoga, etc.
- Practice saying no, establishing boundaries and asserting your priorities into your life and notice how that improves your energy and confidence.
- Work with a somatic practitioner to resolve nervous system patterns and trauma held in the body.

Arrow Lines for Growth – 3 and 6

1. 3 – adopt 3's ability to create a clear agenda and focus on doing tasks needed to reach a goal. **Own your strengths.** Take credit for positive things. Speak in clear, concise way. Promote yourself! Block schedule your priorities and watch out for distractions and busywork. Notice resistance to action arising from both fearing conflict and failure or perfectionism. Take actions to transform projects and yourself. Watch out for less resourceful aspects of 3; shape shifting in

order to please/succeed, fear of failure and throwing yourself into busywork or procrastination that is an avoidance of your real priorities.

2. 6 – notice self-doubt creeping in and the tendency to spin stories of future calamity. Express yourself more assertively. **Be loyal to yourself.** Practice raising different opinions, questioning others, rebel against the main stream. Practice mindfulness and breath work to anchor yourself in the present moment.

Other suggestions:

3. Take a break from analysis and “figuring things out” and be guided by your heart and listen to your gut feelings.
4. Practice receiving - Accept recognition, support, and love from others.
5. Practice self-love - Value your own opinions, agenda, and vision as much as you respect and support those of others.

Growth Practices and Meditations

From [Dr. David Daniels](#) -

Growth for Type 9: The Mediator

Basic Essential Practice: From this grounded, receptive, openhearted and non-judgmental stance, notice how your energy spreads out and is pulled by the many environmental claims upon you all fueled by your driving energy of inertia or inattention to yourself. This stems from your core belief that to be loved, valued, and secure you must blend in and go along to get along and not make a big deal of yourself. Can you stop and breathing back and in realize that what is important to you – your own priorities, needs, and desires – have gone into the background. And from this grounded place in your body’s gravitational center in your belly pull your attention back inside, collect it, and connect to yourself. Then put your energy and focus on your boundaries, your limits, and your priorities. This means coming to love yourself equal to all others, not more than or less than others. From here you can truly take right action that encompasses self and others. Remind yourself to notice the effectiveness of what you can do with this clarity of focus. And remind yourself to notice how others respond when you allow yourself to speak up for yourself and love yourself all the while caring equally about others and their well-being.

Short Reflections for Reclaiming the Essential Quality

With openhearted kindness toward yourself 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 Nine is right action, meaning action that represents the self equally to all others.

- May I focus on what is important especially in the face of discomfort and conflict.
- May I discover my intention and purpose.
- May I be aware of my inertia toward myself, knowing that right action comes from valuing myself the same as I value others.
- May I notice that resistance and passivity are signals that there is something important inside.
- May I remember my priorities and my value.

Prayer - by Sandra Smith, M.Div.

Unconditional Lover, (type 9)

Create in me a refuge for remembering myself, a safe place where I can go deep and explore the full range of who I am. Dissolve my fears of my anger, Holy One, so that I may allow it to guide

me in knowing what matters to me and what the matter is. Empty me now of my resistance to my inner journey, my resistance to waking up to my life. Remind me of my own lovability, so that in loving myself, I may genuinely love others, and in this loving show up in the peaceful times and in difficult times. I no longer want to deprive myself of my life, Holy Lover of my heart. Be my foundation as I honor my life and my relationships by offering my aliveness and my full being.

Peaceful Place - the peace you seek to create outside of yourself is already within.

1. Begin by sitting comfortable, closing your eyes, and taking a few deep breaths.
2. Imagine yourself in a safe, protected, peaceful place.
It may be a place you know well (a place in nature, like a meadow, a forest, or a beach), a place you've visited once or twice before, or simply a place in your imagination.
3. Take as much time as you need to imagine this peaceful place as vividly as you can, in all your senses.
Notice the colors, the shapes, the sounds, the light, the feeling of the air against your skin, the contact of your feet against the ground.
4. Allow yourself to rest in the feeling of comfort, safety, and tranquility this special place evokes.
5. Spend as much time here as you wish. Notice how it feels in the body to feel safe, savor this feeling for a few minutes in order to create new neural pathways.
From this peaceful space, what will you do now?

References: Enneagram Spectrum of Personality Styles – Jerome Wagner, PhD
The Enneagram Guide to Waking up – Beatrice Chestnut, PhD and Uranio Paes, MM
The Wisdom of the Enneagram by Don Riso and Russ Hudson
Deep Coaching Using the Enneagram by Roxanne Howe-Murphy, EdD

More on Style 9 and levels of development: <https://www.enneagraminstitute.com/type-9/>