

Enneagram Type 1 Handout

“There is no light without shadow, and no psychic wholeness without imperfection.” C.G. Jung

“Your best teacher is your last mistake.” – Ralph Nader

What is the Enneagram? The Enneagram is a dynamic psycho spiritual symbol that creates a map for personal and spiritual growth. It draws on many different systems of knowledge including psychology, cosmology, and symbology. It is a highly accurate typology that describes nine distinct personality styles. It helps us to “wake up” to ourselves by revealing the habitual patterns and blind spots that limit our growth and transformation.

It is based on 3 centers of intelligence and each type has one center that is dominant:

- The head center – thinking, analyzing, planning, imagination. Types 5,6,7
- The heart center – feeling, connecting, relating, emotional intelligence. Types 2,3,4
- The body center – their knowing comes from a gut sense and experience life through the senses. Types, 1, 8 and 9.

Each style or type exhibits traits that are on a continuum of being resourceful or less-resourceful. Most people have a mix of these traits or qualities and may lean towards resourceful one day and less-resourceful the next. Healing and transformation will over time lead to embodying more of the resourceful qualities consistently. This happens naturally and is not something to strive for.

Type One:

The Rational, Idealistic Type:

Principled, Purposeful, Self-Controlled, and Perfectionistic

Basic Fear: Of being corrupt, evil, defective

Basic Desire: To be good, to have integrity, to be balanced.

With a 9 Wing: The Idealist

With a 2 Wing: The Advocate

The key motivations of Type 1 include: wanting to be right, to strive higher and improve everything, to be consistent with their ideals, to be beyond criticism. Type ones hear the call and do extraordinary things. They wish to be useful and feel they have a mission in life.

To read more on levels of development:

<https://www.enneagraminstitute.com/type-1>

Path to Waking up from your Pattern: The first stage is to observe yourself consciously and objectively; simply noticing or witnessing predictable patterns without judgment. This is difficult for types ones who have a strong inner critic.

1. Notice your inner critic through which you monitor yourself and others. Notice how you devote attention and energy to defining good behavior in yourself and others.
2. Become aware that you put a lot of pressure on yourself to meet very high standards and can lead to tension or procrastination when nothing seems good enough. Your focus on perfection can make others feel judged and prevent you from celebrating success.
3. Notice if you rigidly adhere to rules, routines, structures and process. You may feel resentment if others don't follow your rules – why are they free to do what they want?
4. Notice that you have difficulty relaxing – placing work before play. There is always something else to do in your attempt to control your environment. How does tension show up in your body?
5. How do you control emotions? Notice if you suppress or judge your emotions. Anger is frequently repressed and if expressed, you feel like a “bad” person.

How to Find Balance

Use your Wings:

Type 9 - Adopt nine's ability to go with the flow, adapt to the agenda of others, and relax and just be. Create harmony in your environment noticing points of agreement rather than difference. Find common ground. Spend more time listening to others. Appreciate and support rather than finding fault. Prioritize letting go of tension, getting in touch with your limits and allowing rest when needed.

Type 2 – Focus less on tasks and process and more on people and relationships. Work on creating connection through common interests, tuning into how other's feel or sharing your own emotions. Make it an intentional practice to see the best in others instead of noticing errors that need to be corrected.

Find Balance by Dancing with your Shadow

1. Own your suppressed anger – embrace it and see it as a catalyst for change.
2. Learn to express emotions by letting the energy move through you.
3. Be less responsible and more spontaneous
4. Break the rules in small ways.
5. Work on forgiveness of self and others.
6. Practice acting on impulse and instinct – focus on fun and pleasure
7. Relax and do nothing for a day

Adaptive Mental Perspectives: (maladaptive is perfectionism)

- Understand that perfection is a process and something that you will always be moving towards.
- Trust the growth process of yourself and others. The universe is unfolding as it should be.
- You appreciate the moment as it is. You enjoy yourself and others as dappled – perfectly imperfect. You are right now where you ought to be.
- Cultivate curiosity - “Isn't that interesting....I wonder....”

Virtue: Serenity

- You are in touch with and ease with yourself. You are able to relax in the process of living. You experience the balance and harmony between opposites.

- You can accept reality as it is.
- You can maintain an inner calm, fewer concerns, free of resistance.
- All is well in spite of imperfections.

Arrow Lines for Growth:

4 – High side of 4 allows you to get in touch with your real feelings, preferences. Dis-identifying with the expectations and “shoulds”. What makes you happy? Follow your inner compass. Look out for the low side of 4 – you may feel taken advantage or that your efforts are not appreciated. You may attempt to try to be special if you can’t be right or perfect. You may engage in absolutizing and catastrophizing by getting stuck in good/bad or other polarities. This may lead to feeling depressed.

7 – The high side of 7 says, “I’m okay even though I’m not perfect.” You take life less seriously and get in touch with your playful, instinctual side. You take breaks when needed. You can go with the flow – trusting everything is on the way. Have fun brainstorming innovative ways to do things. You can ask what the inner child needs or wants. You can act on desire instead of should. Get in touch with your creative side. Low side of 7: Under stress you may shift to escaping pain through addictions or other pleasure oriented distractions or getting caught up in making plans.

Embody your true self through self-acceptance and allowing

- You are carried by the flow of your own natural impulses, instincts and emotions.
- You are liberated from the constant monitoring of your inner critic and accept all aspects of yourself.
- You accept your own inherent worthiness.
- You liberate your feelings and feel unity with nature.
- You allow yourself to finally deeply relax.
- You allow yourself to receive instead of always being the one to do.

Prayer and Meditation for Type 1:

Perfection - the universe is unfolding exactly as it must.

Integrity - all parts of the whole have seamlessly come together to create something more than the sum of its parts.



Julian of Norwich: “All will be well. Every manner Of of thing will be well.”

Mudra for Type One’s virtue of Serenity: (virtues are clear positive emotions, pure energies of an open heart. You connect with the energy of the virtue through the Mudra.

Serenity: Left hand down, cupped over the knee, right palm facing out, arm at a right angle.

The Serenity Prayer - some of the language was modified, feel free to write your own version

God (Abba, Creator, Divine Mother, Love, etc) grant me the serenity

To accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference.

Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking this world as it is, not as I would have it;
Trusting that the Divine will make all things right
If I surrender to Divine Will;
That I may be reasonable happy in this life
And supremely happy with the Divine forever.

Meditation for a One

In this moment nothing is lacking
All there is, is this moment, now.
Nothing from the past can reach you here.
You do not want to waste this precious moment by anticipating the future.
Everything is perfect just as it is.
There is no reason to resist.
There is nothing that needs to be fixed.
As we enter and engage with the stream of life more openly, we will participate
In the progress of the world - doing what we naturally see as good and helpful.
But we trust that the Divine, the One, the Buddha-nature is in all that exists.
It is the essence of life
The many forms and shapes the ego takes are but veils over the Divine,
Thin veils,
Waves and ripples on the ocean.
They do not need to be made perfect
Because they pose no threat to the ocean,
We are learning to accept them,
The tidal waves and the gentle ripples,
Trusting they will all come to know themselves as the ocean once again.

References:

Wisdom of the Enneagram - Don Riso and Russ Hudson
The Enneagram Guide to Waking up - Beatrice Chestnut, PhD and Uranio Paes, MM
Nine Lenses of the World: The Enneagram Perspective - Jerome Wagner, PhD