

## **Type 7: The Enthusiast, the Generalist, the Multitasker, the Wunderkind, the Connoisseur, the Energizer**

The busy, fun, loving type: spontaneous, versatile, acquisitive, and scattered

**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.

If you identify with many **less-resourceful scores**:

- You may have answered how you were over long periods of your life instead of how you are now. (This is actually the best way to assess your type. We tend to overwork our style in our teen and emerging adult years.)
- You may be someone who is very critical of themselves.
- You may be in a stressful time in your life.

### ***7s At their Best:***

When you're in contact with your heart, the experience of gratitude opens to the fullness of the present moment no matter what is arising. You allow yourself to experience what is here and now; including the pleasant and the painful, accepting life as containing both

- You are playful and spontaneous, energetic, and can respond freely in the moment
- You are versatile, moving with ease into a variety of topics, tasks and activities
- You are quick minded and an avid learner
- You are entertaining and witty, using your sense of humor and sense of fun to enliven any gathering.
- You can be productive, practical, accomplished
- You are in love with life, savoring it with a profound sense of gratitude

### **When the Personality Has Its Grip on You**

You tend to make last-minute plans, keeping your options open and avoiding feeling trapped. You can focus on acquiring things or experiences and become preoccupied with making future plans. Your energy can be distracted and disorganized and have a hard time completing a project. You can be

excessive in your focus on your pursuits and your consumption of what gives you pleasure or distraction. You can also ignore pain signals, which can result in unnecessary suffering.

**Key Motivations:** Want to maintain freedom and happiness, to avoid missing out on worthwhile experiences, to keep themselves excited and occupied, to avoid and discharge pain.

**Basic Fear:** Of being deprived and in pain

**Basic Desire:** To be satisfied and content—to have their needs fulfilled

**Enneagram Seven with a Six-Wing:** “The Entertainer”

**Enneagram seven with an eight wing-Wing:** the realist

**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.

*There is no path to happiness, happiness is the path - Buddha*

## **Finding Balance**

### **Arrows for Growth**

**1** – integrate Type One’s ability to be grounded in the present moment and their bodies. Lean into One’s ability to focus and prioritize and what’s important to accomplish. Focus on delivering things on time with a high-level of quality. Type One’s discipline will help you shift out of some of the tendencies to multitask and over commit yourself

**5**– Integrate Type 5s ability to think objectively before taking action. Go inward to balance your energy and protect that time you need to be alone and recharge. Do research and consult expert sources before you make decisions.

### **Use your Wings**

**6** - adopt Type Six’s tendency to pay more attention to the risks or potential problems when you implement a plan. Pay attention to the details as much the big picture. Lean into Six’s commitments in relationships to demonstrate loyalty. Tap into the high side of Six’s courage to face your fears and painful emotions and problems that you may have been avoiding

**8** - lean in to Type Eight’s ability to act decisively and prioritize. Look at challenges as new opportunities to explore rather than something to avoid. Practice setting boundaries in your social life and personal life so that your true priorities can be met. Take action on just one thing at a time. Practice communicating in a clear, direct, decisive and assertive way. Anchor empowerment in your body so that you can avoid getting distracted and having too many commitments.

## **Dancing with the Shadow**

*Invite suffering in, so that it can go away. - Sufi saying*

The shadow or blind spot for the 7 is facing pain or potential for limitation. The key to getting in touch with your Essence is getting in touch with reality which includes pain, challenges, discomfort and necessary limitation that comes with making choices.

**Summary: Self-Care to Embrace your true self:**

- Practice mindfulness and staying present to one thing at a time
- Develop a meditation practice to quiet the mind
- Practice getting in touch with your heart and your emotions on a regular basis. Keep an emotions journal.
- Focus on becoming grounded in your body
- Prioritize meaningful commitments over creating options
- Recognize your impulsiveness in your habits of the mind and behavior. Slow down.
- Build relationships through greater empathy and listening to others
- Pay less attention to things you may be missing out as you value your present experience
- Learn to say no to protect your health and create boundaries. Rest more frequently!
- Let go of the pursuit of pleasure in favor of what brings real satisfaction in the long-term; does what you want enhance your life or the lives of others?
- Build self-confidence through acknowledging when you have met your challenges with ease and grace

From the **Sacred Enneagram**, for type Seven, “resting in silence helps muffle the ever present future forward mental activity that frustrates their ability to remain content in the present moment.”

**Meditations and Intentions for Type 7**

Breathing in...I acknowledge this moment.

Breathing out...I let go of the past, an hour ago, a day ago, a year ago, a decade ago.

Breathing in...I enter this moment.

Breathing out...I let go of the future, a day from now, a year from now, a decade from now.

Breathing in...I receive the fullness of this moment.

Breathing out...I have everything I need to be here, now.

### ***Holy Creativity, (type 7)***

Your love and grace know no limits. You offer the completion I seek. Gently guide me to my fulfillment that awaits me when I rest in the calm of present moment. My mind seeks such calm. Empty me now of my obsessive planning and all the ideas that overwhelm me. Soften my fears of missing out so I can allow my energy to deepen me, not scatter me so that I miss out on the gifts offered each moment, gifts that lead to my wholeness.

Guide me to my heart, that I may feel not only my joy, but the richness of my sadness. Deep down, I recognize that it is my sadness that I seek, it is limitation I desire. For both bring me home to my deeper self where I find the freedom to be me. Guide me on the path toward reverence. (Sandra Smith)

### Healing with Light

1. Begin by sitting down and meditating in your usual way for several minutes
2. Imagine a sphere of white light suspended about a foot above your head and slightly in front of you.
  - a. As you look more closely, you may notice that this sphere takes the form of a being who embodies all the positive, healing energy you need.
3. Imagine this sphere radiating light in all directions to the farthest corners of the universe.
  - a. As it does so, it draws the energy of all the benevolent forces that support your healing back into the sphere.
4. Imagine this positive, healing energy shining from the sphere like the light of 1000 suns streaming down through your body.
  - a. Imagine the light eliminating all toxicity and stress, all disharmony and disease, and replacing them with radiance, vitality and health.
5. Continue to imagine this powerful, healing light infusing every cell and molecule of your being, leaving you healthy, peaceful, and strong.
6. Imagine this luminous sphere gradually descending into your heart, where it continues to radiate this powerful, healing light.
7. Imagine yourself as a luminous being with a sphere of light in your heart that constantly radiates health, harmony, peace, and vitality – first to every cell and particle of your own being and then, through you, to every other being in every direction.

Now that you are the light, what will you do in this situation?

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Growth for Type 7: The Epicure: **Basic Essential Practice:** From a grounded, receptive, openhearted and non-judgmental stance, notice your mind speeding and inter-relating many different positive possibilities and plans all fueled by your driving energy, the gluttony of your limitless mind. These stem from your core belief that to be secure, loved, and valued you must be up and open to all the potential positives and adventures of life. Then can you notice and realize how paradoxically you have been limiting yourself by escaping the wholeness of life in the moment that includes pain and sadness as well as pleasure and joy. Bring your energy down and in following your breath all the way into your body's gravitational center in your belly. Stay grounded in the simple flow of your breath in order to be receptive to others as they are, to any feelings that come up, and to all there is. Deepen your concentration and focus. Remind yourself to keep grounded in the present accepting both life's joys and sorrows. And remind yourself to notice how others respond when you allow yourself to be grounded, truly present to others, and accepting all of life including both its joys and sorrows.

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 Seven named sobriety simply means being present in the moment experiencing the full spectrum of life.

- May I sustain focus and attention on one thing at a time.
- May I practice several times a day counting to 10 as I follow each breath, starting over if I lose count, as a way of coming into the present moment.
- May I engage in the “spirit of repetition” just doing what is in front of me.
- May I listen to others without self-referencing, just practicing presence.
- May I allow myself to reflect on sadness, suffering, sorrow, and on what is difficult.
- May I have compassion for all beings, take pleasure in their joy and empathize with their sorrows.

<https://drdaviddaniels.com/growth-for-type-7/>

#### References:

More on 7s and levels of development: <https://www.enneagraminstitute.com/type-7/>

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