



UNDERCURRENT ENNEAGRAM TERMS & DEFINITIONS

EMERGE BEYOND THE SURFACE AND THRIVE

ESSENCE/TRUE SELF/AUTHENTIC SELF:

• ESSENTIAL QUALITIES:

- Who you are, always have been, and always will be.
- Who you were before you ever did anything right or anything wrong.
- Who you can never NOT be.
- What about you can never be adulterated, minimized, diminished, damaged, or eradicated. Untouchable
- If you're a chocolate chip cookie, it's your "chocolate chips"
- You when you are flying free as a bird (not a plane)! (watch this to better understand what this means)
- What each type comes to teach the rest of us
- When you are truly present
- Where you can effortlessly live freely in peace

PERSONALITY/EGO/MIMIC/FALSE SELF:

• BASIC FEAR:

- What you specifically believe about yourself when you believe the "illusion of separateness" (that you are separated from "the infinite Love who infinitely loves you", your essence, or your essential qualities)
- The most significant motivator of your behavior

• BASIC DESIRE:

- How you defend against your basic fear so you can function in the world (so you can breathe! So you can get out of bed each morning!)
- What your ego is ALWAYS striving for!
- NOTE: *Nothing wrong with your basic desire – we just try to fulfill in misguided, self-defeating ways*

• BASIC NEED:

- The manufactured strategy you employ to attempt to obtain your basic desire

• CHILDHOOD MESSAGES:

- Unconscious Childhood Message: Soul-wounding message you repeatedly received as a child (whether directly or indirectly) and BELIEVED to be true
- Lost Childhood Message: Message you needed as a child, but you did not receive (whether or not the message was given)

• PASSION:

- How you, specifically, get trapped in your ego
- How you get stuck in endless, depleting efforting
- How you stay tethered to the poor mimic of personality instead of experiencing life as your authentic self

INNER WORK:

- Intentional focus on healing that allows you to practice chosen responses instead of habitual reactions
- Managing your Dominant Center of Intelligence and bringing up your Repressed Center of Intelligence

• VIRTUE:

- Gift of Inner Work
- Quality that most naturally manifests itself as we become more integrated
- Natural expression of the awakened heart abiding in it's true nature

When our desire and compulsions are healed and integrated, they become the source for tremendous energy for good in the world and our ability to be a healing presence to others.
-Christine Valters Paintner