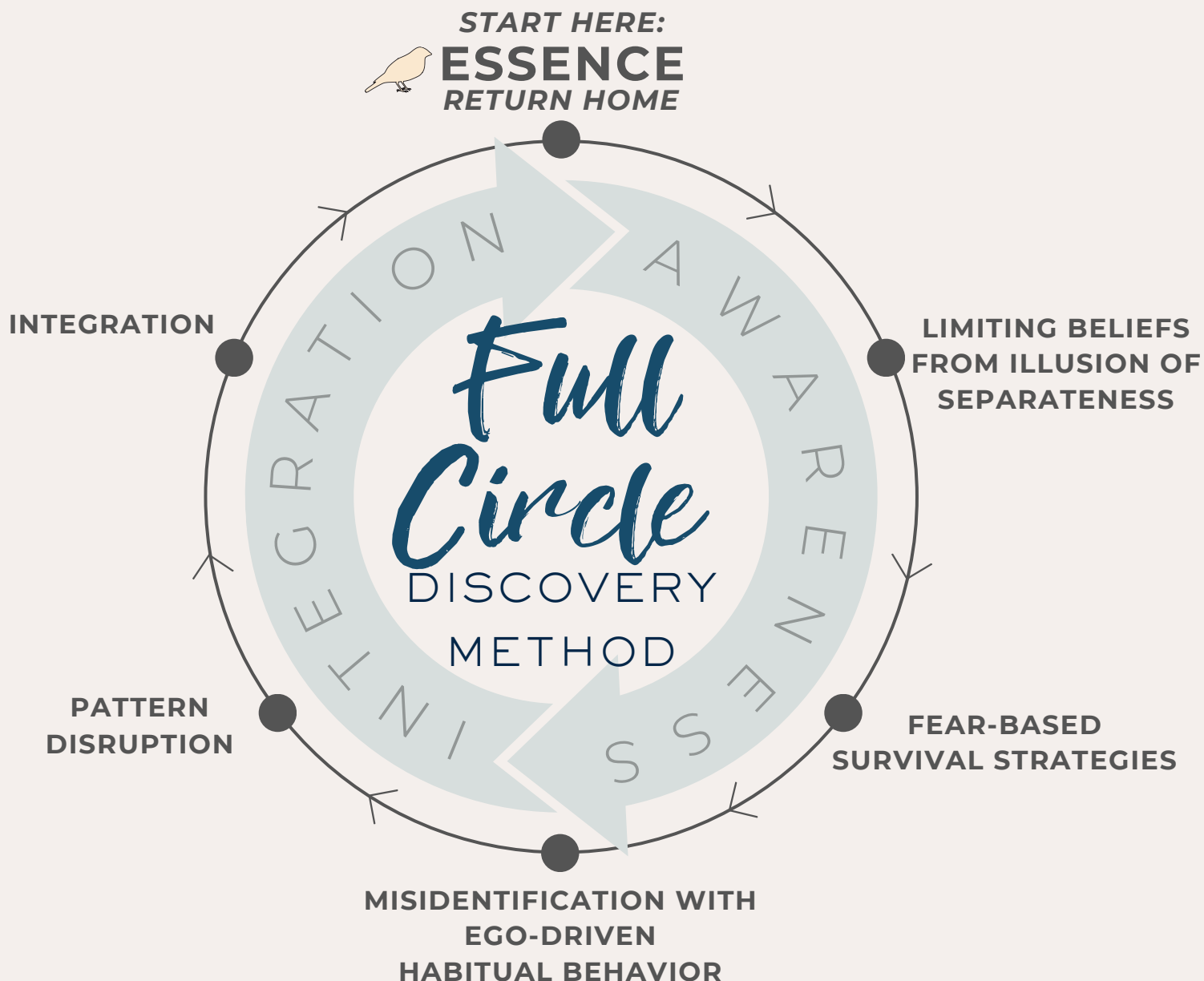


— COME —
Full Circle



LEARN MORE

Journey home to the fullness,
freedom, and ease of your
Authentic Self

Undercurrent Enneagram Consulting

Type 1 Full Circle Path

ESSENCE/TRUE SELF/AUTHENTIC SELF:

• ESSENTIAL QUALITIES:

- Your "deathless", "boundaryless" 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."
- What you come to teach the rest of us simply by being you
- When you are truly present
- Where you can effortlessly live with freedom and ease

• **Enneagram Type 1: Goodness, Purity, Sacredness**

LIMITING BELIEFS BASED ON "ILLUSION OF SEPARATENESS":

The most significant motivators of your behavior

- **BASIC FEAR:** What each Enneagram type specifically fears when you believe the "illusion of separateness" (*that you are separated from what essentially makes you, you/separated from your essential qualities/separated from union*)

• **Enneagram Type 1: Being bad, corrupt, evil, defective, inherently flawed**

• 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 did *not* receive (*whether or not the message was given*)

• **Enneagram Type 1: "You are good."**

FEAR-BASED SURVIVAL STRATEGIES THAT DEVELOP PERSONALITY/EGO/MIMIC/FALSE SELF:

• BASIC DESIRE:

- How you survive living with your basic fear so you can function in the world (*so you can breathe/get out of bed!*)
- What your ego is ALWAYS striving for!

NOTE: *Nothing wrong with your basic desire - we just usually try to fulfill in misguided, self-defeating ways*

• BASIC NEED:

- Self-defeating manufactured strategy you employ to attempt to obtain your basic desire
- The impervious need your desire deteriorates into

• **Enneagram Type 1: To be perfect**

MISIDENTIFICATION: **Type 1: "The Perfectionist", "The Reformer"**

- **PASSION:** How you remain in the loop of perpetual suffering of your ego (*how you stay trapped in the armor of personality*)
- How you stay endlessly tethered to depleting striving and efforting

• **Enneagram Type 1: Anger (Resentment)**

PATTERN DISRUPTION:

- Compassionate awareness of patterned behavior
- Practicing chosen responses instead of autopilot, habitual reactions
- Managing Dominant Center, bringing up Repressed Center

INTEGRATION:

- Equally valuing ALL of yourself
- Acknowledging, embracing, and simultaneously using wisdom from the internal *and* external Diversity of Perspective
- Practicing Enneagram wisdom in daily life
- How your Virtue manifests (virtue = "Natural expression of the awakened heart abiding in it's true nature")

• **Enneagram Type 1: Serenity**

- How you return to the generative home of your Essential Self and flow with ease, balance, wholeness, and freedom

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

