



# Undercurrent Enneagram Consulting

## EMERGE BEYOND THE SURFACE AND THRIVE

### Type 9 Provisions

#### NON-JUDGMENTAL SELF-OBSERVATION:

*Simply notice:* Where/when/how/in what circumstances...

- ...do you most notice your immediate reaction of doing?
- ...do you notice you feel anger/rage?
  - What are the circumstances where it seems most pronounced?
  - When and how do you notice it "spilling out" from being just under the surface?
  - When do you notice converting other feelings into the more familiar/accessible feeling of anger?
- ...do you forget yourself?
- ...do you move away from others or *withdraw* to get the autonomy/control you seek?
- ...do you feel more comfortable looking out from your internal point of reference?
- ...do you do what you want or like to do, or simply not take any action, instead of prioritizing and doing what most needs to be done in a certain moment (*non-productive doing*)?
- ...do you most notice your attention being tethered to the past (*orientation to time*)?
- ...do you believe the unconscious childhood message that "it's not okay to assert yourself"?
- ...do you believe the lost childhood message that your presence doesn't matter?

#### INTEGRATION PRACTICES:

- At least once a day, look at yourself in the mirror and speak this Enneagram 9 mantra~ out loud:
  - "I **AM** Wholeness. I **AM** Unity. I **AM** Being. My presence **matters**."
- **Practice attuning to what your body is telling you in each moment through your senses and allow that instinctual wisdom to guide you toward trusting your own thoughts, opinions and desires to move you into action.**

*PRACTICE OPPORTUNITY:* Even just one time this week, when tempted to "go along to get along" – pause, check in with your body, and identify what you really want/need. Confidently move forward in your assertion (instead of merging).

  - If you need to practice being able to make those assertions "in the moment", start by physically writing down one priority FOR YOU each day and make sure it gets done! *Even though this will require setting some boundaries or even saying no to other things, which will feel uncomfortable.*
  - Self-Remembering Inner Tasks^ –Heather Ruze
- **Enhance your support center by choosing to be consciously present** so you can notice if your solely using that wisdom (thinking or feeling) to avoid conflict – or using the fullness of what that wisdom is created to be used for.
  - Choose to show some special love and attention to your "lost" Center of Intelligence – the Center that is neither your dominant/repressed center (doing) nor your support center. Notice how weaving even a little of that wisdom into your day empowers you with more balance.
- In moments of stress, particularly when you feel stuck, pause and ask yourself: "What am I **DOING**?"
- Subscribe to receive the Enneagram 9 Enneathought for the Day and read daily

#### EXPANSIVE RESOURCES:

- Undercurrent Enneagram Resources:
  - Instagram highlights for Doing Dominant, Withdrawing Stance, and Enneagram Type 9s (*reach out if you'd like even more*)
  - Doing Dominant Provisions and Enneagram 9 Full Circle Path
  - Love Letter~ for the essence of those who lead with Enneagram Type 9
- Artist^ –Vidyan Ravinthiran
- Withdraw^ –Drew Jackson



#### QUOTES FOR THE QUEST

- "Instead of surrendering yourself for the sake of peace, you can choose to surrender peace (if necessary!) for the sake of yourself!" –Suzanne Stabile
- "We have too often been expected to be all things to all people and speak everyone else's position but our very own." –Audre Lorde

^ essay/poem/article | < book | ~video/audio | ~podcast