

AH Almaas -- "Keys to the Enneagram," with Russ Hudson

<https://www.youtube.com/watch?v=va-S5gmmzoM>

Hudson

The point of the enneagram isn't to cram ourselves into a box. The types/points are to help us be more skillful at observations so we can see more clearly what's going on with us. They open our view.

The Law of Seven (7)

All processes have shock points or discontinuities; points at which you need to be open to something beyond what you've been doing; something needs to be kicked into the system.

There are little processes and big processes. Some are generations long. No process is individual. Our ego-mind thinks that each process is a single, separate process. All processes are interwoven and embedded in an infinite number of other processes. **We're a symphony of processes.** When you start to get the idea of that, you start to get the idea of the "Holy Law and Holy Harmony" of point 3. You recognize you are not a separate thing on a static background. **You are part of the intelligent flow and movement of everything.**

Almaas

Our life is a process. The spiritual path is recognizing where are you at this moment? What are you experiencing? When you can fully experience that, it naturally moves because our consciousness is always in process. It naturally moves. **If you really do the Enneagram path, you see you become all the points. You become the whole Enneagram at some point, with all its qualities and all its Holy Ideas.**

We're always in process. Reality is always revealing itself.

Sue Brooks –

For those unfamiliar, the Law of Seven is not something associated with magic or numerology.

The Law of Seven is about process; for instance, the process of wanting to learn how to watercolor. I sign up for classes and learn a few techniques. And then I plateau. I need some new motivation to continue, such as wanting to share my art with others. Next, and this is the key: I continue the first process of attending classes and then start the second process of sharing with friends that runs concurrently with the first process. Then I plateau again. I need yet another motivation (or energy or something) to keep going, such as the feeling of relaxation when I paint. So, I now have 3 processes simultaneously running: classes, sharing, and relaxation.

And (big AND!), there are processes from the past that have also been running that brought me to what I thought was my initial inspiration of taking the art class in the first place; for example, maybe I saw a friend's art work, or I visited a museum, or maybe I'll never know what it was.