

## Ancient Spiritual Origins of the Enneagram as a Path for Self-Discovery and Wholeness

Russ Hudson, The Shift, Feb2021

All the modules are Russ Hudson unless indicated Jessica Dibb. The “Deepening Practices” are much shorter PDFs and have meditations, exercises and journaling, which I did not prepare notes for.

### List of modules & my notes

#### Module 1 – Enneagram’s Original Context – Its Roots and Rising from Spiritual Tradition

- Presence is how the eternal touches time.
- **Sensation** is the intelligence of the body (physiological); being present to life itself arising as me. When we do this, the **heart** (emotional) comes out of hiding. The real heart is pure sensitive intelligence. Then the **mind** (cognition) doesn’t have to do much; it doesn’t have to keep a stream of thoughts going so that I feel that I exist. The mind quiets down into clarity and listening.
- History: Judaism, Kabbalah, Egyptians, Gurdjieff, Greeks, Islam, Christianity, Plotinus, Origen, Evagrius, Augustine, Cassian; Oscar Ichazo: physical beauty, moral beauty, intellectual beauty [Hudson says he was brilliant.]
- The Enneagram has 9 points but they’re all rising out of the **circle** which is the 10<sup>th</sup>.
- Ichazo talked about the relationship between the one [morals and virtues?], the world of concepts, and the physical world ... which are known through our sense of beauty: physical beauty, moral beauty – virtues, and intellectual beauty – the beauty of concepts & the ideal; which are the 3 centers, the ways we know the truth of reality.
- Pope Gregory and the 7 Deadly Sins: the original idea was that by being aware of your tendency, that was what let grace come in to help and work with you.
- By knowing the Divine directly, by grace, we become a vehicle of that grace in the world. ... **Grace** comes in a very particular way into our psyche and **transforms** our suffering, our **passion**. The **essence** of the type begins to heal or transform the **passion**, and the result is the **virtue**.
- The virtue is not the essential quality. Essential qualities can come to you anytime; kindness can come to you anytime. The **virtues** are the cultivation, the sign of a soul that has been willing to be worked and has been worked. ... Many people have high spiritual experiences, but they don’t necessarily have the integration of it yet to live the virtues.
- **Fixation** is the habit of the mind to minimize the suffering of the **passion**. Usually the fixation isn’t wrong. It’s just a very limited view of reality.
- Richard Rohr says “*And*” is the most important word in the English language.
- The **circle** represents the one, the source, the absolute, the origin. It’s the unknowable unity of everything. The **triangle** represents everything that is manifest. It’s always

manifested in relation to something else. ... The Enneagram is teaching us on a mystical level, is always including the opposites. It’s being aware of including the shadow which is an endless dynamic process. ... It’s saying that to see the nature of anything is to see it as the unity, to see it as a particular **relational manifestation** in the living moment, and that the living moment keeps changing it and then you’re a little closer to reality. That’s part of the original meaning of the symbol.

- God creates by differentiating. Egyptians couldn’t only have 2. The least you could have is 3.
- Presence is the way that human beings experience God, which affects us physiologically, emotionally and cognitively.
- Trauma can put the fire in our soul to find a way out of it. It is an invitation to get real about our inner work, to understand and learn how we hold our suffering. [Hudson discusses his own trauma.]
- **Genuine spirituality deals with the inevitable reality of human suffering.**

#### Module 1 – Deepening Practices

#### Module 2 - Embodied [body] Presence – Bringing Spirit into the Living World (8, 9, 1)

- From the inner traditions of our religions, coming back to presence is both grace and it is a way that I as a soul, as a consciousness, am saying “Yes” to the living moment, to the blessings of God, of the grace of God.
- God says “let there be light.” God divided the light from the darkness. But if God created the light and the darkness, then God is not lightness or darkness. That is your triangle in the middle of the circle. ... Just as you and I were created. ... The ancients understood that manifestation comes through division of unity, and the Enneagram is based in that understanding. Light and dark, good and bad, right and wrong, all these discriminations that we can have are all parts of the manifested universe, but they’re all an expression of this fundamental unity.
- From the point of view of the mystic or the person of inner work, that **light** means awareness. The appearance of awareness, the possibility of experience. I am. Out of nothing appears I am. ... This is a fundamental idea you find in the ancient traditions.
- **9** is consciousness of being; communicate through body language, non-verbal symbols, music, poetry.
- **8** (on one side) is dynamic creative energy and possibility (which is needed before creation).
- **1** (on the other side) is Divine Order, the law, the structure of reality (after creation)
- ‘Subtypes’ are completely misunderstood. **Instincts** are primary forces of nature in us. [Hudson utilizes Instincts.]

- Gurdjieff taught that the belly center was 3 centers: SP, SX, SO. “G’s first way was mastering the instincts, mastering the body.”
- **SP** was historically through monastic asceticism practices; fasting and sleeping on the floor.
- **SX** is about sexual energy and the creative force of the universe; power; bliss; passion for my development. I despair about people calling it one-on-one or intimacy... which actually turns it into a barrier for soul development.
- **SO** has to do with adaptation, reading situations, about contribution and belonging and feeling connected.
- All the instincts can be transformed if we’re working with the whole inner organism of body, heart and mind; which creates a platform in my life for the flowering of what I am and my service in the world.
- **The most important thing of the whole process is the relaxing and landing in the body in such a way that the organic intelligence of the body can be restored and start to flow.**
- Weirdly Christianity – which Richard Rohr and I’ve talked about – is a religion about the embodiment of God that became antibody.
- 8 is embodiment and innocence, and on the other side of ‘9 being’ is 1 and divine order and integrity, alignment. When I’m aligned, I feel supported by the universe.
- 8 energy is in the hips, undercarriage and upper legs. 9 is in the belly. 1 is in the spine connecting higher and lower.
- **All the 9 points [types] are relevant to all of us. Our type isn’t our identity.** If you try to say, “well, I’m all of it and all that,” but you haven’t really figured out what you’re stuck in, you’re just **bypassing**. I don’t think we can say that too many times.
- My embodiment gave me the grounding and holding I needed to process my feelings.
- Everything that exists in us psychologically and even to some degree physically can be transformed into something else. My experience ... is that it is **not** within my personal power to transform or transmute anything. I’m very traditional here. I have to offer it up. But there’s a process of learning what that means. ... **It means being willing to be with it**, with the truth of it. The truth will set you free. That’s the part I can do. We’re saying, “I see this suffering. I know I’m helpless in the face of this suffering.” Then it’s like **you magically invite grace, wisdom, truth to come through**, and it takes us to another place with it and it changes our relationship with whatever that was. ... It’s like we’re cooperating with grace. That’s the mystery of it. It is **surrender**. ... But if I *decide* to surrender, I’m not really surrendered. Surrender comes from seeing objectively that we’re not in charge of this. We can’t control this. We’re **powerless**. **We’re willing for something new to arise in us. Our inner control freak finally relaxes.**
- When the heart starts to come online, one of the first signs is we feel more appreciation/gratitude. We notice our pain too.

## Module 2 – Deepening Practices

### Module 3 – Embodied Practice – Bringing Spirit into the Living World, with Jessica Dibb

Russ: **I don’t think any of us realizes at first how *not* in our body we are. ... We’re in emotional reactions.** We’re in our mental phenomenon, our fantasies. We’re in **reaction** in our body but we’re not **indwelling** in our body. ... Once we start to listen to our body, our body says, “thank you for finally paying attention,” and it will send us all kinds of useful information about what will help open us up. The more we listen, the more it will inform us. Listening through sensation.

## Module 3 – Deepening Practices

### Module 4 - Awakening of the **Heart** – Integrating Compassion & Loving-kindness into Your Humanity (2, 3, 4)

- We’re bringing all the centers online so that we can be receptive to what is broadly called grace. **The ego cannot fix the ego.**
- **8** aliveness.
- **9** relaxed groundedness.
- **1** vibrant alignment.
- The heart is sensitivity itself. The heart is where the marriage of heaven/divine/timeless and earth/physical meet. In Judaism, the bride is us, the world, the Earth, and the bridegroom is the Messiah.
- The traditional color for heart is green, like in the Islamic world. Red is the body. [He doesn’t say what the mind is.]
- **The outer layers of the heart is where we find emotions** or feelings, which are largely reactions to the world, including shutting down or detaching. **All our reactivity is around a core of suffering.** That core of suffering is where the Enneagram begins. That is the passion of your type. Modern fluffy New Age sort of pretend suffering doesn’t exist.
- **We’re here to assist in the holding of the suffering of this world.** To be part of the healing and compassion. Compassion is presence awareness meeting the suffering and holding it, which is an aspect of love.
- Our egoic existence is rooted in suffering. That suffering is in the heart which is the result of our alienation from our true nature, alienation from our connection with God.
- The passions are the roots of our suffering. Each passion has a symptom.
- **Broken hearts:**
- 8 underneath the symptom of lust is the dead or dying heart, cold, lifeless.
- 9 is the shattered heart, broken into a million pieces.
- 1 is the grief-stricken heart.

- 2 is the severed heart, cut off from all the other heart connections.
- 3 is the empty heart, nothing there.
- 4 is the stabbed heart, pierced, torn.
- 5 is the desert heart, cracking and crumbling.
- 6 is the fear-seized heart, crushed by the huge weight on it.
- 7 is the starving heart, not getting what it needs.
- Our personality is an effort to fix the disconnection but we're trying to do it without presence. That can never work because it's a product of the loss of presence.
- Our fixated pattern is how we're trying to address our suffering. The journey is to become present enough to begin to allow grace to touch and heal this terrified, wounded place in us. ... I have to be willing to be with my suffering.
- Gurdjieff called it a 'wish.' Something in me really wants to be the truth of who I am and wants to serve. The true deeper heart is not like the emotions and reactions on the surface. Kindness, patience, courage, compassion, grace, presence are deeper qualities of essence, of the true heart. ... The deeper heart rises, feels out and meets our ashamed, suffering broken heart, our emotional reactions, and gives us healing and a different voice emerges.
- 2 is about being present and actually connecting, being receptive, reciprocal, caring. Nothing else has to happen.
- 3 is where I feel beloved to God, where I actually experience life, my existence, the talents I've been given, the breath I'm taking right now is all blessing, is all precious.
- The **heart is the knower of truth**. We can entertain all kinds of possibilities with our minds but our heart knows the truth. Jesus said, the truth will set you free. He didn't say, grasping at rigid beliefs will set you free. You can't own the truth. Living in truth, there's a lot less you have to remember.
- 4 is the mystery of identity. It's a weird paradox that the more we come to the center of ourselves on this heart level, the closer we come to our awareness of the mystery that we call God, Allah, Adonai, the whole idea of communion. I am this but I'm also this unfathomable mystery that's at the heart of everything. There is depth and longing behind everything.
- There is this soul place where that meeting of the 2 and that glorious light of the 3 and the deep, endless mystery and intimacy of 4. It's all here behind what appears as the world.
- If we could actually presence that longing, it is a movement of love. ... There's a process of the heart realizing how we **surrender** to the mystery and how to yield to this deeper place in us. That our control issues are just part of how we try to manage our suffering, and we start to trust that we can be present with our difficulties. In the process, our identity is transformed.
- The religious traditions started to mark the qualities of the people who had been touched by grace. These are the virtues. They are healthier personality traits.
- 8s relax our lustfulness. I feel my dying dead heart, and the qualities of essence is this aliveness, vitality, immediacy, empowerment. It starts to touch my heart and heal the hurt around this perceived loss. Over time the virtue of innocence arises.
- Babies have essence qualities but they don't always have virtues.
- 1 – angry resentment is a cover for grief at the loss of goodness and order in the universe. As the sense of sacredness is restored, it heals the resentment along with even more resentment underneath. The result is serenity. God never abandoned me. Serenity is the capacity to respond from my heart instead of reacting.
- 2 is in the center of the chest, under the sternum. I feel isolated, a deep loneliness. The passion of pride is not wanting to admit that. When healing, it radiates out and meets other hearts. When we start to heal our lonely heart, we feel the virtue of humility. I don't have to take on an angel's job to be worth loving. I start to love me.
- 3 is in the middle of the chest, touching all sides of the body [not just the sternum]. The passion is vanity or vainglory, not deceit. Deceit is a mental fixation. Vainglory is the desperate desire to be worth loving, to be worthy of people and attention, to be valued and feel precious. When we start to heal, we feel the virtue of authenticity. I don't have to try to have it all together all the time.
- 4 is in the back between the 3 space and the spine. It feels like a portal or gateway to mystery.
- The heart doesn't heal in the way our ego thinks. **The healing of our heart does not mean that suffering goes away**. As my heart expands its true dimensions, I'm able to be with suffering in a way that it is not overwhelming. ... **The hurt gets integrated and becomes part of the compassion and understanding of the suffering of others.**
- The original passion of 9 was sadness. I think of it as a resignation, a hopelessness. I can't get what I want, so I'll just make do.

#### Module 4 – Deepening Practices

#### Module 5 – Deepening Practices

**Module 6 – Cultivate a Receptive Mind – Cultivating Prayer and Receptivity to Receive Guidance (5, 6, 7)**

- The mind in its correct orientation brings receptivity, curiosity, openness.
- I don't agree at all with the idea that you've got to get out of your head. I would say that we haven't found our right mind yet.
- Fixation is a mental phenomenon. It's a limited way of seeing reality. It's profoundly incomplete. Each point also represents a limiting of our perspective, an overemphasizing of a certain point of view at the expense of others.
- The fixation serves the purpose of numbing us to our passion (which is a core of suffering that has symptoms). It's how we learn to handle our passion (and suffering) and limit our sense of who we are or what we're supposed to be doing, how we experience others and the world.
- The ego comes with a worldview.
- When we get more present in our body and heart, we begin to notice how fixated, repetitious and habitual our perspectives really are. With presence we have moments where we break through our fixation and the Divine reality touches us for a moment.
- When we trust more, our mind relaxes its grip on what we think we know and is willing to open to some new possibility. Our heart is more willing to be affected. ... Gurdjieff said **it took one center to even notice anything about reality. One center interrupts the momentum of our ego habitual nature. It takes any two centers with presence to know anything. In other words, intuition from just one center is mostly unreliable. With all three centers, we begin to enter actual transformation.** ... When that starts to happen, the polarity of the heart and mind reverse. In personality, the heart is reacting to everything and the mind is trying to lead. **When we actually show up in presence [in all three centers], the mind becomes receptive and the heart leads.**
- The more the mind is 'presenced,' the more there is a flow of knowing, a flow of wisdom. There is guidance. This happens when fixation relaxes. The ability to reason and your intuitive capacity of knowing come together as a sense of guidance, which brings us back to what is important to us.
- 7 distracts with options. 5 distracts by giving all my attention to something that doesn't really serve me. 6 distracts me from pure self-doubt. **Doubt is part of discernment when we're present, which is part of the beautiful growing of faith.** When I mature past my distractions, I've learned something about what truly lights up my heart, what illuminates my mind, what brings life to my body.
- Head center 5,6,7 is also about **Time**. It's our knowing that part of us is eternal, which also makes us conscious that here on Earth, we have a limited time.
- The head center is about fear for two reasons. One is the loss of guidance and not knowing what the heck we're doing which is scary. The other is the direct awareness of **mortality**. 7s think time is running out. 5s are repelled by physical reality. 6s say, I know I'm a goner.
- **Holy Ideas** are perspectives that arise from the deeper mind. The regular mind gives us the capacity for reason, prediction, discrimination, comparing, which helps us survive.
- The fixation of 3 is deceit. It doesn't mean fibbing to people. It means living in the lie of the ego as the agent of everything. It's believing that the ego is the source of things.
- **We live in a world of miracles** and we don't see it. That's the real lesson of the head center. We fail to see what's actually here in the glory of it, in the birth and death of it. The correct response to reality is **Wow!** ... Not only do we belong. We're needed! But people have lost that sense. It's the modern sensibility that we're constantly doing all our narcissistic inflation to battle against.
- Presence in the head center is experienced as space, spaciousness, openness. Presence in the body is sensation. Presence in the heart is sensitivity, feeling, the holding quality.
- A participant asks: What's the point? If there's an intelligence behind it, why don't we just go on to perceive it all? **RH:** That is a million-dollar question. My view is that we're an unfinished product. We're not done evolving. The universe is still developing what human beings might be able to be. We're starting to perceive what we might be on this other level of reality.
- **Each center has an intuition.** Gut knowing tends to be about survival stuff. Heart knowing intuition is about realizing more accurately who and what we are and others are; seeing past assumptions, which manifests as intimacy. Head knowing is about realizing things about the nature of reality and our place in it. The more intuition comes through all three centers, the more I would find it reliable. When it's only coming through one, it tends to be incomplete information.
- Our souls have an intelligence, a blueprint. Things like the Enneagram and the Tree of Life in the Kabbalah are trying to give us a handle on the blueprint, which helps us have a little trust in the process.
- Lost childhood messages. I'm working on a book on this material.
- Each of the 9 points has all three centers. Each point has a fixation which is a head thing. Each has a passion which is a heart thing. Each point has instinctual biases. But sorting out the right use of our mind is more of immediate and pressing for the head types. Sorting out the narcissistic conundrums of the heart is a more pressing issues for the heart types.
- For example, the presence of 8 embodiment is empowerment, energy, vitality; and 8 heart is courage, boldness, willingness to live my life; and 8 head energy is discernment, cutting the crap, what's real and not real.

- Often people notice their fixation before they notice their suffering. Or they might notice their passion as its symptoms, which is not necessarily *feeling* their passion. **But whatever appears on your horizon, work with that. Any part of the system that you illuminate with your compassionate awareness will start to reveal the things going on in the other parts.**
- You can't really get to the deeper head if you aren't to some degree in your body and in your heart.
- Almas/Hameed Ali says that **to ask a question is the most sincere form of prayer**, because it does not contain the arrogance that I know what should happen.

## Module 6 – Deepening Practices

### Module 7 – Ancient Teachings in the Modern World – The Immediacy of **Bringing It All Together**

- We bring together our body, our heart, and our mind through the grace of presence. I start to feel my felt sense, my existence.
- **The first stage is coming present into my body. That then starts to manifest as heart, as willingness to feel my feelings. Then the mind quiets down and I bear witness to this never-to-be repeated moment of reality.**
- At first doing our work can feel selfish.
- Pick the type that helps you grow.
- Gurdjieff said, “It’s not difficult to do the work alone. It’s impossible.” Human beings realize that something happens when we come together that is much harder to do when we’re by ourself. The work proceeds in three stages. The *first* stage is we’re working on ourselves. The *second* is we learn how to work together. The *third* stage is doing God’s will on Earth. It’s beyond just fixing problems. We’re receptive to be part of an evolutionary process. We are now a group who can serve a higher principle.
- Law of Seven and **shock points** are stages in a process where you know it’s time to bring something else in or it can’t go forward and it stagnates.
- Gurdjieff’s **The 4th Way**: the *first* way is working on your body. *Second* is the way of the heart. *Third* is the way of the mind. The 4th Way is working on all three of the centers at the same time. He said The 4th Way appears when the whole planetary consciousness faces a major shock, a shock point. It exists for us to make a crossing.
- I’m asking myself and I’m asking you to be aware and not waste this [shock point], not take it for granted; to have a sense of wonder. The only question that has juice for me is, **how do I wisely use the time that I’m given on this earth to be in service of something?** Whenever I come back to presence, it changes the possibilities inherent in destiny, in possible outcomes.
- There are two shock points in the Law of Seven. When you get into any process, at a certain point you hit a plateau. You have to recognize you have to start something else to keep the process going. At the second shock point, you have to be able to take in where you’ve been and be receptive to a new reason for everything you’ve done up to that point, in order to go further.
- I think this is where we are as a civilization and also in the Enneagram movement, in ‘spirituality of the world’ and in our major religions. We need some regeneration, some refresh. I feel also that the changes that I’m talking about aren’t going to happen without them also happening within the context of our religious traditions; not on a sufficient scale.
- I think of **the Enneagram as a form of refresh**; not as just which type am I? That’s a good place to start but **in what way do I need to be open to each of the energies of each of the points?**
- **8**: How can I be open to more aliveness and empowerment? How can I be strong enough to be vulnerable and loving?
- **9**: How can I find peace by truly coming home to myself? By landing in my direct experience in the here and now?
- **1**: How can I find integrity and honesty? How can I serve the sacred without becoming stuck in my ideas about it? How can I also physically find that flexibility yet alignment?
- **2**: How can I open to you on a heart level without abandoning me? How can I learn that the heart is big enough to hold the both of us? How can I learn that there is enough love to go around?
- **3**: How can I restore my sense of purpose and meaning in my life? How can I see and appreciate the preciousness of my existence and the gifts that I’ve been given and use them out of love every day?
- **4**: How can I continue to seek to know who I am by dropping deeper and deeper into the mystery of my heart and of this world? How can I open my heart to more and more unbearable beauty?
- **5**: How can I let go of all the things I think I know so that I can actually know something? How can I restore my sense of curiosity and amazement at my existence?
- **6**: How can I take my place in a bigger picture? And from that see just what I need to do in my human dealings? And then how can I have the courage to step into that post and really live it and fulfill it?
- **7**: How can I have the lightness of heart and the inner freedom to walk through this world with all its sorrows and joys while remaining connected to the timeless nature that is my true home?
- I’m not doing this because I want you all to go around knowing what the types are. I’m doing this for the sake that we have a chance to show up together, to actually meet on a soul level.
- Bonus interview with Mirabai Starr about the Divine **Feminine**: The right side of the Enneagram was seen as feminine energy, and the left side masculine. They co-create. For example, in the head center, the masculine part

of the head center is the focusing on the thing itself. The feminine is contextual intelligence. ... The feminine made sure that this thing harmoniously integrated with the totality.

- People go astray with **nonduality** because they think duality is excluded from nonduality – well, that’s two. That’s not one.
- Nonduality or the nature of God, divine consciousness, whatever you like to call it, is the unity of nonduality *and* duality. I am an expression of that unity, and at the same time, there is a relational element, a sense of relationship with God.
- The circle and the triangle and the Law of Three. In Genesis, God said, Let there be light. And then God divided the light from the darkness. Boom, duality, the first division. The universe is made manifest. If all you see though is the light and the dark, you’ve forgotten something rather important: God. Could God be the light and the dark? No, they are expressions of God. So the unity of God remains a mystery, as Meister Eckhart suggests.
- The core of reality is a paradox. We’ve got the beautiful circle to remind you at the foundation of everything is the unity of God. Every religion in the world teaches that. Then you’ve got the triangle [9, 3, 6] that reminds us that everything that exists is in relationship, is related; that we live as expressions of the unity in the field of relatedness. It is through the relatedness that we remember the nature of the origin of the unity.
- We tend to think that each type is just that center [eg, that 8 is only the body center], or that you have to go to another type to get a center [ie tritypes/trifixes]. This is not accurate. **Each** type has within it **all three centers** already. [Hudson describes 5 as an example.] What I’m trying to help you understand is there’s a difference between presence in the center and just living as a kind of cartoon of acting out the side effects of our misuse of our centers in our type. For example, we end up thinking with our feelings or vice versa.
- **I don’t tell anybody what they are.** Remember, this isn’t your identity. You’re all of it. You are soul. You are consciousness. You are beyond all of this.
- Those of us at the bottom of the Enneagram [4 and 5] are more explicit about a problem I think everybody has, which is the impossibility of believing we’re loveable.
- Our inner critic is just history intruding.
- **My purpose** has been to keep inviting people back to the core teachings from Gurdjieff, from other Fourth Way traditions, from my own studies and practice in the major religious traditions. My purpose has been to invite people into the transmission. ... What Richard Rohr, me, Cynthia Bourgeault, Thomas Merton and Father Keating are all just trying to say – look deeper and there is gold. ... The ego cannot follow the laws of God.
- Buddhist saying, Those who are awake live in a state of constant amazement.
- **How might my life going forward be a blessing for this world?**