

Enneagram of Passions, Broken Hearts & Virtues

When presence and grace meet our suffering heart, our **Passion** is transmuted into **Virtue**. When we bring grace to our passions, virtues arise. It's not instantaneous. We have to stay with our work. **Fixation** is the habit of the mind to minimize the suffering of the passion. The passions are the roots of our suffering. Each passion has a symptom. A fixation is a mental pattern. A passion is an emotional suffering.

The **body** (and embodiment) — responsible for our ability to manifest the Divine in this earthly world

The **heart** — ties together the Divine, the Earth, and the human, so we can become whole

The **head** — the true mind, which develops our receptivity, openness, stillness, creativity, and prayer, and opens us to a direct experience of heaven

Body Center

Type 8

Lust [*type 8's passion*] – intensity, big, full-on, excess force and effort

Dying Heart – a sense of losing warmth, life and humanity, which is terrifying. Lust arises to compensate for the feeling of being lost and dying.

Innocence [*type 8's virtue*] – simplicity of heart, openness, just being with what is happening, a beautiful neutrality of the heart

Type 9

Sloth – shut-down-ness, inertia, resistance to fully inhabiting the moment; resignation, settling instead of going for what we want
Shattered Heart – the unity of a beautiful crystal heart is broken into a million pieces – the central realization of how we all suffer from our sense of separation.

Engagement – actually interested in what is, being full-on with the experience

Type 1

Resentful anger – outrage that things are not going as our ego thinks they should be; reformer; organized

Grieving Heart – under our anger is tremendous grief, hopelessness and willfulness; “I won't give up hope. I'll fight to the end!”

Serenity – having a heart so grounded and centered that we can respond; gives us internal balance to respond instead of react

Heart Center

Type 2

Pride – denial of our suffering and neediness; presenting oneself as a loveable angel but having underlying feeling of unloveableness

Severed Heart – severed from all other hearts; believing we are truly separate from and not invited to the love fest.

Humility – embracing our humanity with all our needs and limitations who are anchoring in something amazing

Type 3

Vanity or **vainglory** – abandonment of oneself due to the desperate need of the ego to be and to present what we believe is important or ideal

Empty Heart – the perception that there's truly nothing there; excruciating emptiness and feelings of 'never enough.' The terror of soul-lessness keeps us busy with all kinds of external things, trying hard to prove our worth.

Authenticity – sincerity, journey of how to be a real person, to authentically act, what we are doing and saying is congruent with our heart

Type 4

Envy – suffering the belief that others are doing better than me; longing; always feeling disappointed and let down, and always expecting to feel let down; sadness and sorrow; hypersensitivity

Stabbed Heart – a deep, bleeding-out, raw, open wound needing immediate triage in order to find out how to address the feeling of woundedness.

Equanimity – serenity is not reacting to external circumstances; equanimity is a spaciousness of the heart such that anything that needs to happen in the heart can be in the heart, yet the spaciousness of the heart isn't disturbed; a quiet heart – emotions come and go, we don't attach to them or push them away, a liberation of the heart

Head Center

Type 5

Avarice – withholding our self, our heart and our connection from others and from life; we can't stay in contact; solitary

Desert Heart – dried up, fragile, lacking nourishment, which can disintegrate any minute and needs shielding. Ironically the lack of contact in the moment is behind the feeling of being dried up.

That's the paradox of each wounded heart.

Non-attachment – when we make connection and contact with the world as it is, on a heart level, the sensitivity of the heart meets the temporary impermanent nature of existence which can make us cynical and say, “what's the point?” On a heart level we are compassionately with everything because it *is* temporary and everything is precious.

Type 6

Fear is too broad – all types have fear.

Angst – nameless dread and anxiety that we're afraid even when we can't identify what we're afraid of, which leads to overthinking

Fear-seized Heart – the ultimate panic attack; the existential terror of not feeling the living connection with the universe and that we'll be the next to be annihilated.

Courage – to live our truth full-on, to keep being who we are and to live our truth in spite of fears

Type 7

Gluttony – wanting more outward experiences for inner fulfillment; FOMO – fear of missing out, which leads to restlessness, which leads to dissatisfaction and sadness

Starving Heart – the terror of not getting taken care of and the feeling of helplessness in not getting what our soul and heart needs.

Sobriety – the satisfied and fulfilled heart when I am enjoying and being fed by the moment, the richness of whatever is happening, the extraordinary miracle that we are existing at all; our heart is taking in the experience and benefiting from it.