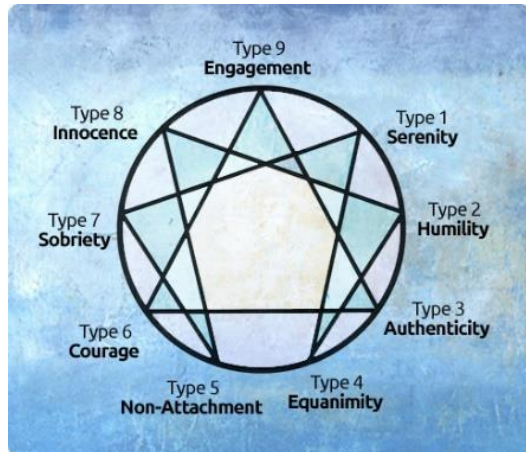


## The Enneagram of the Virtues – Russ Hudson



### 8 *Lust Into Innocence & Mercy*

The natural state for human beings is to feel fully alive and to experience it in our heart as an exquisite sensitivity. The ego, though, seeks to have the aliveness without the sensitivity of the heart, and thus creates suffering as an intense struggle and effort to feel real and alive.

As we presence our struggle and intensity, we're touched by Innocence – a profound open-heartedness.

- The natural state of aliveness and authenticity – a basic element of grounded presence

### 9 *Sloth (Inertia) Into Engagement*

The nature of Being is what our heart is like when we have come home to the here and now – to feel grounded, confident and part of the vibrant world. Suffering arises as we lose our direct, visceral experience of Being.

When we lose presence, we tend to feel adrift and estranged from our own lives. The ego, not wanting to fully feel how distant we have become from our own direct heart experience, seeks to calm us by creating “our own little world” – a way to disengage from the full impact of missed possibilities.

As we presence this struggle, we begin to be touched by greater engagement – a total commitment and love of exactly where we are and who we are with our engaged heart.

- The natural state of harmonious, grounded presence – the sense of wholeness and flow with life

### 1 *Angry Resentment Into Serenity*

We want to be a force of good in the world and to live a life of integrity and truth. Yet, without presence, it is nearly impossible to not react to the seemingly endless array of injustices, distortions, untruths, and outright suffering we see. How do we support real solutions AND remain serene within? Awareness of our reactions helps us see the goodness within and around us – the source of true wisdom and integrity. Serenity is a quality of grace that grows in us as we learn to be present with our reactivity with steadiness and kindness.

- The natural state of goodness and integrity – whenever we open our hearts to present experience

### 2 *Pride Into Humility*

When we are present in the heart, we naturally feel connected with anyone we are with, we feel a deep-rootedness in our own heart, and we experience the joy of giving and receiving freely – part of the vast generosity of reality. When we are not present, we do not feel connected on a heart level, and so think it is our job to connect others or with others, to be the source of generosity, and to need as little as possible from others. Underlying this is our ego conviction of our unworthiness and unlovability. Yet, when we are able to presence our lonely, isolated hearts, we find an infinite kindness toward our own and others' suffering.

We stop rejecting our needs and longings and begin to understand what it might actually mean to humbly care for our soul, for our heart. Humility is a compassionate relatedness with our humanness – to love the messy edges of our lives, and to realize that the most direct path to the divine is in the holding of all of our raw, beautiful humanity.

- The tender, humble aspects of presence – the sense of loving kindness natural to the heart

### 3 *Vanity (Vainglory) Into Authenticity*

One of the main causes of our suffering is mistaking ourselves to be the ego self. The problem is not that we have an ego, but that we think we *are* the ego. When we're not present, we spend most of our time, energy, and imagination, involved in ways to enhance our ego self.

Since this isn't actually the “true self,” even when we succeed, we're left feeling empty. So we throw ourselves into the next round of work to compensate. Thus, Vanity here means the suffering created by trying to make the ego be something it cannot be.

When we bring tenderness and patience to this part of ourselves, and as we start to recognize something of the nature of our true selves, we begin to develop the virtue of Authenticity; our words and our actions flow from the heart. Increasingly, all that we do is an expression of love and service to the people in our lives. We enjoy what we are doing and it find great fulfillment in all of our activities, and meet people with a genuine open-heartedness which is unmistakable.

- The felt sense of “being ourselves,” and simply being the truth of this moment

### 4 *Envy Into Equanimity*

When we lose the sense of presence, our heart experiences the loss of contact as a feeling of loss and abandonment. What we have lost is the direct experience of ourselves and of our true identity. Our ego identities arises to try to compensate, but are constructs mainly of our interpretations of our history and a collection of familiar emotional states and moods. Our true identities however are mysterious – deep, profound and beautiful – and nearly impossible to “pin down.”

When we bring compassionate presence and some experience of the depth of our true identities to our suffering ego, we

begin to release old and outmoded attachments. Our hearts seem to expand and to take on an oceanic quality. The virtue of Equanimity develops as the ability to be with the full range of human emotions in ourselves and others without getting stuck in them. It's a spaciousness of heart.

- The mystery of identity and how it affects our experience of ourselves and the world

## **5 *Avarice Into Non-attachment***

All human beings struggle with the awareness of our own and others' mortality. When we're not present, this awareness can be so difficult and overwhelming that we spend our lives distracting ourselves, or retreating from life's apparent futility. This can lead to the passion of Avarice, a radical withholding of ourselves and particularly a withholding of our hearts. We recoil from life and from contact. The world seems insane and pointless.

As we bring compassionate presence to this reaction, we begin to feel an implicit intelligence in everything that draws us back into deeper contact with the world. As this healing occurs, we develop the virtue of Non-attachment. We're still aware of the fragility of life but this same knowing now produces great kindness and helpfulness – and we're in service to alleviating suffering wherever we can. Our minds and hearts now work seamlessly together.

- The quality of discovery and illumination of experience and how "direct knowing" operates in our lives

## **6 *Fear (Angst) Into Courage***

Many spiritual teachings point to fear as one of the primary drivers of ego activity. It is an underlying layer of constant anxiety or angst – a causeless and often nameless dread. What is this fear or angst? What is causing it? What is life like when we go through it and beyond it?

As we bring compassionate presence and awareness to this fear, we begin to experience the virtue of Courage.

Courage here does not require danger, nor is it necessarily a response to danger. Rather, it's the courage of being ourselves all the way, of living our truths and seeing through the fears that turn us back from what we love the most. It's a fullness of heart that supports us in showing up fully in our lives.

- The miracle of our awakensess – the fact that we can be awake and aware of anything in our experience, inner or outer, and that this awakensess helps us navigate our lives more confidently and effortlessly

## **7 *Gluttony Into Sobriety***

Sobriety is a quality of deep satisfaction and fulfillment that arises when we are truly at peace with ourselves and in touch with our inner nature.

Yet, much of life we are desperately looking for something to "fill us up." We seek something to complete us, yet we're not sure what it is. When we lose the direct experience of our presence, we feel an inner emptiness that leaves us raw and restless.

We seldom experience this emptiness directly because our ego structures are constantly trying to protect us from the fear and sorrow that it brings. When we bring compassionate awareness to this desperate part of us, we begin to experience a sustained and causeless optimism, or Sobriety. We're not grasping after anything, and the richness of our lives brings a lasting feeling of completeness and freedom.

- The miracle of our awakensess – the fact that we can be awake and aware of anything in our experience and navigate our lives with confidence and ease

From the ad for the class:

[https://theshiftnetwork.com/EnneagramOfTheVirtues/recording?utm\\_campaign=RussOfferToEGS&utm\\_medium=email&utm\\_source=maropost&utm\\_content=Russ%20offer%20to%20EGS%20promo%202018.06.23%20content%20recording&mpweb=708-7069695-742111783](https://theshiftnetwork.com/EnneagramOfTheVirtues/recording?utm_campaign=RussOfferToEGS&utm_medium=email&utm_source=maropost&utm_content=Russ%20offer%20to%20EGS%20promo%202018.06.23%20content%20recording&mpweb=708-7069695-742111783)

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