

Connecting Points

Archetypes of the Enneagram by Susan Rhodes

Connecting to the *soul point* (some call it the stress point or point of “disintegration”) deepens, thickens or provides some kind of grounding experience that allows us to ground or consolidate our understanding in preparation for future expansion.

Soul – the realm of depth, feeling, imagination and mystery, which gives us passion, creativity, empathy, and ability to love and love passionately

Connecting to the *spirit point* (some call it the security point or point of “integration”) allows us to acquire fresh insights, move into new areas, and generally expand our awareness and lighten our spirit.

Spirit – the realm of light which gives us justice, subtlety, clarity and ability to see and to soar

1	to <i>soul point</i> 4 brings access to deep emotions that help us unstiffen and feel greater empathy to <i>spirit point</i> 7 brings lightness, joy and the ability to relax and have fun
2	to <i>soul point</i> 8 brings assertiveness, focus and the ability to protect to <i>spirit point</i> 4 brings greater depth and the ability to introspect and discover the inner self
3	to <i>soul point</i> 9 brings rest, relaxation and the chance to just be to <i>spirit point</i> 6 brings care, caution and a greater focus on community service and family values
4	to <i>soul point</i> 2 brings the ability to socialize more freely and give of ourselves to others to <i>spirit point</i> 1 brings the ability to be self-starting, disciplined and focused
5	to <i>soul point</i> 7 brings playfulness, curiosity and child-like joy to <i>spirit point</i> 8 brings groundedness, assertiveness and the ability to lead
6	to <i>soul point</i> 3 bring the ability to excel and speak up for our ideas or reservations to <i>spirit point</i> 9 brings a lessening on anxiety and feelings of calmness and acceptance of things as they are
7	to <i>soul point</i> 1 brings critical focus and practicality (good for completing innovative projects) to <i>spirit point</i> 5 brings greater interiority and the ability to think more deeply and systematically
8	to <i>soul point</i> 5 brings sensitivity and an understanding of what it’s like to feel vulnerable to <i>spirit point</i> 2 brings empathy to enrich leadership skills
9	to <i>soul point</i> 6 brings greater alertness and ability to respond to the needs of others to <i>spirit point</i> 3 brings the desire to excel and work until the job is done

Both directions are uplifting and areas of growth.