

Grace & Shadow

Russ Hudson

Enneagram, Grace and Inner Work, The Shift Network, June 11, 2018

Personality [our Type] doesn't know how to embrace shadow. Just "being with" the shadow consciously and compassionately invites grace in. That opens the channel of grace which is a reconciling force that lifts us beyond our old personality patterns. Grace lifts us into our deeper self that can reconcile our split between good and shadow.

The channel of grace is about "being with," being present and connected with God. We become more active and receptive which is deeper consciousness, with greater clarity, groundedness, sensitivity, patience, compassion.

I won't be empowered when I avoid my shadow. My shadow is wherever I get angry the quickest. It is my negating force. We have to hold "both ends of the stick." For instance, for 8s, I am strong, *and* I am vulnerable and need help. Grace loves and utilizes all of it to grow.

The goal is to catch myself in the moment. Being present impacts and develops the soul. Being + knowledge produces understanding. Grace is where it all breaks down and moves us out of duality and into respect for mystery.