



## International Journal on Eternal Wisdom and Contemporary Science

ISSN (Online): 3107-8184  
Volume 2 • Issue 2 • December 2025 • pp 97-110

### Practical Insights offered by Enneagram for Effective Management of Movements in Life

V. Vijaykumar, PhD

*Chief Development Officer, Apna Vikas Online Services Private Limited, Bangalore, India*

#### Abstract:

There are many factors that keep us from moving in life. Religion, education, family, society and profession, while supposed to evolve us, only keep us trapped. Often, they just do not stop there, but completely disintegrate the individual leading to various losses. The Enneagram, which has its origins 2500 years ago, even today, offers insights on how our personality moves under stress and security. Negative movements such as disintegration could lead to abuse, years of confusion and conflict, poor performance, a poor standard of life and a destruction of career and growth opportunities. What are the common movements in life? Learning, nurturing, leading, growing, loving, working and the like. We see that if these are not happening in our everyday lives at home and at work, it leads to considerable distress and disharmony to say the least and sometimes even violence. The common causes for our personality to remain stuck are our beliefs, values, thought patterns and mental models. Understanding these and lightening our ego so we can move freely, leads to new structures in life involving comfort and peace rather than the conflict and resolution that we see in organizations commonly. An example of how to use movements and the larger movements in life are also discussed.

**Keywords:** Enneagram, Inner-work, Movement, Learning, Process, Psycho-spirituality

*Life is like riding a bicycle. You need to keep moving to maintain balance*

– Albert Einstein

**A brief background:** The author started his work by reading various books and websites on the Enneagram. This was followed by a long period of inquiry and understanding. At various points the author would correlate what he knew with his experience. There was lot of reflection on the materials studied. This continued for years. The author would intermittently spend time observing himself and others - both statically and in action. The body of knowledge thus obtained was then correlated with many life processes. Then started a period of looking at everyday life events from the lens of psychology, on and off. On rare occasions, the author talked to other Enneagram experts. The author declares that the main methodology has been understanding and reflection. There was also an occasional listening to one's inner voice and testing relationships.

## INTRODUCTION

What are movements in life? Why are they important? A movement is basically a shift in consciousness. It will help to ask the question what causes movements? Any life event can cause a movement. As will be discussed later on, big events like education, employment, marriage and culture can cause a huge movement in life. A closer look reveals that movements can occur due to the influence of desire, pleasure, measure, enjoyment, competition, violence and such psychological qualities. Desire is one of the biggest movers in the world. These movements however tend to be psychological. They carry with them the opposites, frustration, disappointment, failure, despair and so on. When a person has worked on himself, he integrates. At this point the movements become more integral. Such movements are often of great benefit to the person in his life. There are many commonly known processes that help people move. These are working, learning, doing, thinking, feeling, nurturing, leading etc. We all know that doing and thinking can move mountains.

Now let us focus on something closer to the purpose of this work. Many people stay stuck in their lives. For reasons that are never easily revealed, people are not able to move. They don't move in their knowledge or they don't move in their work or their careers or in their marriage or whatever it may be that people are ardently pursuing. Why is this so? Because people have fears or are filled with shame or are drenched in guilt or are escaping something or are reluctant to lead, so on and so forth. The purpose of psycho-spiritual teachings is then to help the person come out of the rut and continue living his life.

A different problem occurs with certain people. If they have been moving (psychologically) for a long time, then they are not able to stop. They continue under movement. This is common in workplaces where a person has been going after some work or project or a dissertation and is not able to stop. Even as he enters a new place a kind of carry over happens. It is as though

the psyche has totally succumbed to what the person has been indulging in and is not able to see the light of the day.

Both the above cases are negative. They are completely unhealthy. It started as a strategy for the person involved but has soon become a nemesis. If you look at it, life is always full of these sort of movements. Just look around and you will find that there are so many people who stay stuck or are moving relentlessly. In one way it doesn't make sense. It is not clear what their purpose is, so to speak. It may seem as though they are achieving something but nothing very fulfilling ever comes.

In the next section we will see how the Enneagram details movements in its structure. In the following sections of the paper we will discuss various situations in which movements occur as illustration of our predicament and recovery.

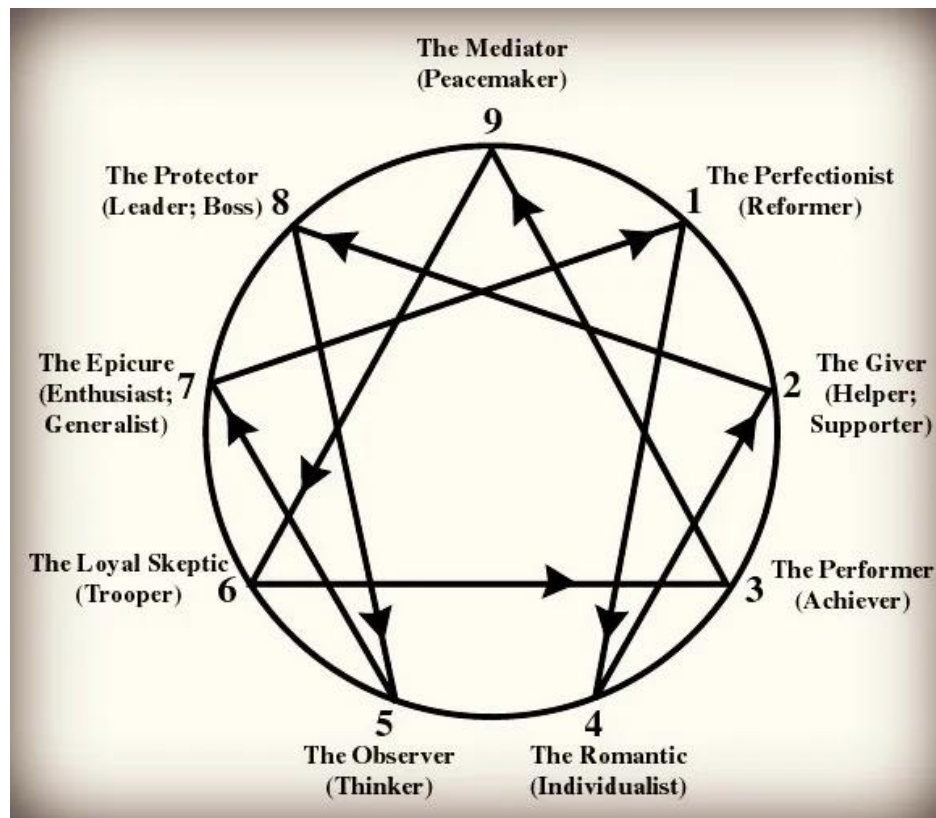
## ENNEAGRAM AND MOVEMENTS

The Enneagram was introduced to the readers of this journal in its December, 2024 issue [1]. Briefly, the Enneagram is a psycho-spiritual system that originated 2500 years ago. A nice introduction of its origins is given in the book - *The Enneagram of Passions and Virtues, finding the way home* [2]. The personality Enneagram was developed in the 1960s by Oscar Ichazo in Bolivia. Even after sixty years, the types and the movements hold good. In the figure below, the lines and the arcs describe movements in the personality of individuals. An instinctual, task oriented and controlled *Type One* moves to the emotional, feelings based and vulnerable *Type Four* under stress. Under security the *Type One* moves to the playful, energizing and commercially based *Type Seven*. In the figure, the arrow denotes the direction of stress and disintegration and the line against the arrow denotes security and integration. The *Type Four* moves to *Type Two* under stress giving it qualities of helpfulness, people pleasing and some work. Under security it moves to action based *Type One*. A *Type Two* stresses to *Type Eight* domination and leadership and secures the idea based and emotionally intelligent type when moving to *Type Four*. The *Type Eight* becomes withdrawn and isolated but also intelligent when stressing to *Type Five* and becomes people loving when moving to *Type Two*. The *Type Five* integrates *Type Eight* leadership and grounding but can become mentally stressed and fun oriented when moving to *Type Seven*. A *Type Seven* gets the depth and focus at *Type Five* and anger and fault-finding when disintegrating to *Type One*.

There are also movements along the arcs. *Type One* becomes people oriented and helpful while moving to *Type Two*. *Type Two* moves to *Type Three* to focus on career. *Type Three* moves to *Type Four* to become more vulnerable and authentic. *Type Four* becomes intellectual while moving to *Type Five*. *Type Five* gets work orientation, cohesion and family at *Type Six*. *Type Six* becomes playful at *Type Seven*. *Type Seven* becomes strong and assertive at *Type Eight*.

*Type Eight* becomes peaceful and calm at *Type Nine*. And *Type Nine* becomes critical and perfectionistic at *Type One*.

The benefits of these movements are self-evident. It is also important to note that one has to go through the point before transforming or integrating. The point is called a resolution when positive and a fixation when negative. We won't discuss these in this paper although it is deeply important. Unwavering resolve can be a huge force that moves nations and societies and is often a hall mark of great leaders.



Source: <https://www.themangotimes.com/themt/enneagram-overview>

Conflicts are part of the Enneagram lore as they are in life. We all know how debilitating conflicts can be. Conflicts, if left unattended, can close down companies. *Type Nine* is highly conflict avoidant. *Type Fives* dislike conflict and *Type Twos* tend to stay away from conflicts as well. There are types that have a totally different view. *Type Eights* feel conflicts are needed for growth. *Type Sixes* seem to be in conflicts forever. *Type Fours* don't mind conflicts. The reason I bring this up here is conflicts are negative movements. When *Type One* and *Type Two* try to move against each other there is conflict. The people pleasing *Type Two* may not like the overwhelmingly criticizing *Type One*. *Type Sixes* don't like the *Type Nine* incompetence. *Type Ones* don't like the *Type Six* overbearingness. *Type Ones* have a problem with *Type Three* deceit. And so on. We seem to live very conflicted lives these days compared to fifty years ago. These unhealthy movements have to be integrated. It appears as though life is always a process of conflict followed by integration. Is there a way to break this cycle?

There seems to be any amount of stress these days. A *Type Four* might be having a horrid time in the office because of his coworkers. He may feel that people are coming in the way of his passionate work. It helps for a *Type Four* to integrate and move to *Type One* where he is able to align his interests with that of the company. This simple yet important move may mean a lot for the *Type Four's* career and development. The often hustling and bustling kind of a life for a *Type Six* gives way to a calm and peaceful outlook when moving to a *Type Nine*. These may have great impacts in the life and career of the types involved.

It is important to realize that in order to integrate the self the ego should not be strong. People with a strong ego tend to disintegrate easily under pressure. They are not strong internally. However, with sufficient inner work if they lighten their self then transformation or integration becomes easier. The same can be said about the external environment. If it is strong it will quickly transform the person. A calm and quiet *Type Nine* can be quickly transformed to a raging fan during a visit to the cricket ground. Or a reserved and contemplative *Type Five* may become sociable and gregarious in a wedding reception. Such can be the power of such grand occasions in moving people.

Finally, it is important to note a very subtle but extremely important movement in our lives. If we don't move every now and then, we will tend to deteriorate. This is very common and must be taken seriously. Qualities such as love, affection and tenderness won't appear so easily especially in today's world. We should not stay fixed on certain traits like competitiveness or aggression. If we do, we will gradually decline in our well-being. We have to allow for good qualities to flourish in us. Although the Enneagram can be very compelling in movements – such as the movement to work (Six) which falls close to the *Type Five* intellect in the figure above – we need to observe self-transforming movements such as kindness and affection that blossom automatically in certain individuals.

## **PASSAGES AS MOVEMENTS**

The idea of passage was developed by me after observing what people go through in their lives while aligning with Enneagram movements. These passages are transient yet impactful. They may, in some cases, have an irreversible effect on people. So what are these passages? Education comes to mind first. Most of us go through school and college. There was a time when studies were enjoyable. One learnt everything. Academics. Sports. Cultural and Social. These days, however, the focus is more on grades and career. There is any degree of competition. There are powerful stakeholders. Learning has become work. There is pressure from family, society and peers. What is supposed to develop the personality of the individual merely equips him with skills. In the past, people understood that the purpose of education is to integrate and transform man. But today, it mostly disintegrates the person. There is pressure to perform. And along with that comes failure of all sorts.

Another big passage is marriage. Again, there was a time when marriage served many purposes. It provided an extended family. It gave rise to sexual impulses. There was intimacy. Later the idea of marriage developed to be economical. One had to marry to buy food. Marriage is also status and prestige. One married big names. Very often marriage is business. All these factors tend to disintegrate man or woman. They put pressure on the individual and doesn't allow him to grow. Parents often beat children and project their desires on them. The latest trend in India is to not marry at all. This passage is being bypassed. While the original purpose of marriage was integration now-a-days it can even lead to murder where the person is lowest in development.

Employment is another big passage and movement. A job is now perceived as a necessary evil. It is impossible to survive without money and a job provides just that. There was a time when people had an interest to employ their knowledge but now of course the question is – Am I enjoying my work? Am I aligning with interests? Am I growing? All these put great pressure on the individual. Instead of keeping it simple it adds to the complexity that we already have in this world. Done properly, profession can be a source of transformation. But the reality is we only see lots of conformity in the workplace.

People move to new cultures as part of education or marriage or employment. It is not just a shock as we commonly think of it, but a profound alteration of our psyche. When I left India it was still spiritual. When I entered America it was completely materialistic. Culture is a passage and something to learn from. What we learn these days from countries like the US or the UK is, how to work? How to do business? How to research? That is all. While it may seem practical a huge source of transformation and integration is being wasted. Whatever happened to arts or cuisine and the so many subtleties and nuances that make up culture?

The above four are not the only ones that cause a movement in our beings but are the major ones whose impact is far and wide. I urge the readers of this article to keep their eyes and ears open and watch what is happening to you. Are we really growing by these passages or are we regressing? How should we operate in any situation? What are we learning? And are we changing? Can we bring in philosophy and psychology to our help?

### **A BUSINESS PROCESS AS A MOVEMENT**

Let us go back to Enneagram. Say you are a *Type Two*. And you want to run a business. How will you go about it? The most common way is to build up your ambition and work hard. Make contacts with people to raise money. Hire hordes of talent and get them to deliver. Right? No, wrong. That is what the Enneagram says. The above method is so stressful. It is sure to produce a cardiac arrest. Is there a different way? Something more natural and in tune with life. If you really observe how individuals and businesses operate you can see a process emerging. Let us go back to *Type Two*. The *Type Two* makes friends very easily. He loves being in the company

of quality people. He is not knowledge oriented or insightful. He is often not so evolved. He attracts high level people to his network and works for them. They like his earnestness and are willing to invest their money in his venture. This is the first step. As the *Type Two* moves to *Type Eight* he brings a lot of people to work. Along with people come a lot of projects. They are duly delegated and properly completed. People get to know the business. A lot of data gets generated. Money is spent usefully. A base material has been generated. This is followed by a move to *Type Seven* (see Figure above). At *Seven* there is a lot of commercialization. Some work also happens. Various ways to sell the products that are created are being pursued. There is an upbeat energy. Employees feel energized. There are frustrations too. But overall there is a drive towards successful marketing of the ideas. At this point it is time to move to *One*. At *One* there is a lot of action. High standards are being set and achieved. A vision and mission are established. People feel as though they are going towards something. People feel something is binding them. This continues for a while. After which it is time to move to *Four*. At *Four* the knowledge and ideas become commonplace. There is an opportunity to be creative and innovative. The customers appreciate that. There is also an emotional connection to the audience being made. Money has been made. A reputation has been gained. There is lot of stability. It is time to move back to *Two*. Only the *Two* is now focused on causes. How can I make this product really help people? How can I build a community around people? Is there money for some philanthropy? Is there an opportunity for service? Can I feel the pulse of the people? These are all the questions. Clearly one can see that the *Two* now is considerably more evolved than when he started.

This is an example of a process. In this case a business process. If it doesn't come on its own, we can lean into the Enneagram to learn. And this is a big movement involving several years. An individual can move himself or can hire someone of that type to hasten the process.

## INNER WORK AND PERSONALITY MOVEMENTS

One of the main ideas of introducing the Enneagram here is to get people to do inner work. Just what are the benefits of doing inner work and how does it impact the personality? When I was young I was *Type One*. After the onslaught of work life, I realized that being a *Type One* just wasn't enough. I took to psychology and spirituality. This transformed me to a *Type Five*. I gained a lot in the process. My mind became more expansive. I got deep into philosophy. I developed my intellect. I got lots of knowledge. Most importantly I got closer to reality. I also developed a lot of capability. There was fear too. And living by myself largely with few social interactions. I sort of lived in a bubble. Why am I saying this here? These are movements too. And they make a big impact in life. They provide new work opportunities. They give direction. They make you purposeful. You make new friends. You drop old habits. You even awaken your intelligence. You become aware of the world around you. You are prepared to face it. You care for people. You deepen relationships. And you develop love and affection. Don't you agree that these are deep movements in life?

Following are the results of a test set of hundred and eighty questions, that I took at various times since the year 2013. The test was developed by Susan Rhodes and I have received her permission to use it. Each question had a score of 0, 1, 2 or 3 depending on whether you least accepted the question (0) or most accepted it (3).

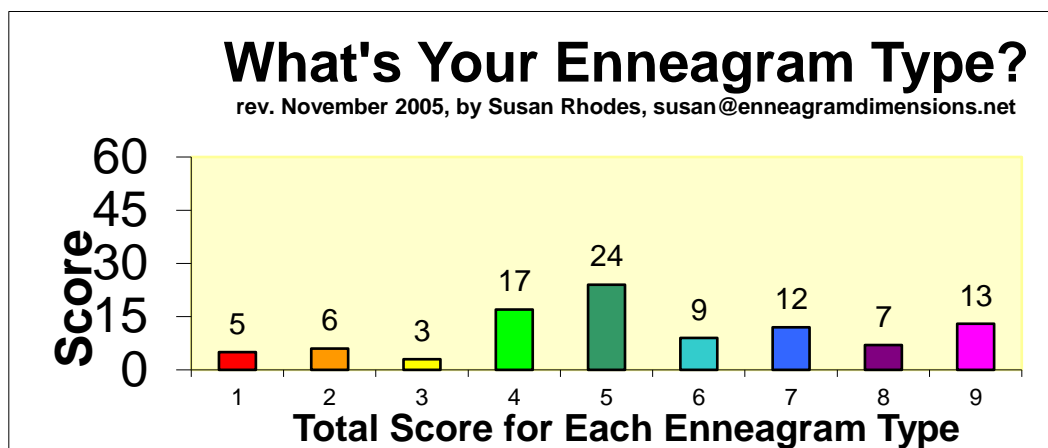


Table 1 – Result of test taken in February 2014.

The y-axis is the sum of the scores, 0, 1, 2 or 3 for each question. The x-axis is the type. Each type has a different color. This panel shows *Type Five* as the highest pointing to my intellectual, observant and in general a mental life. This is followed by *Four*. *Four* gave me emotionality and knowing what is missing.

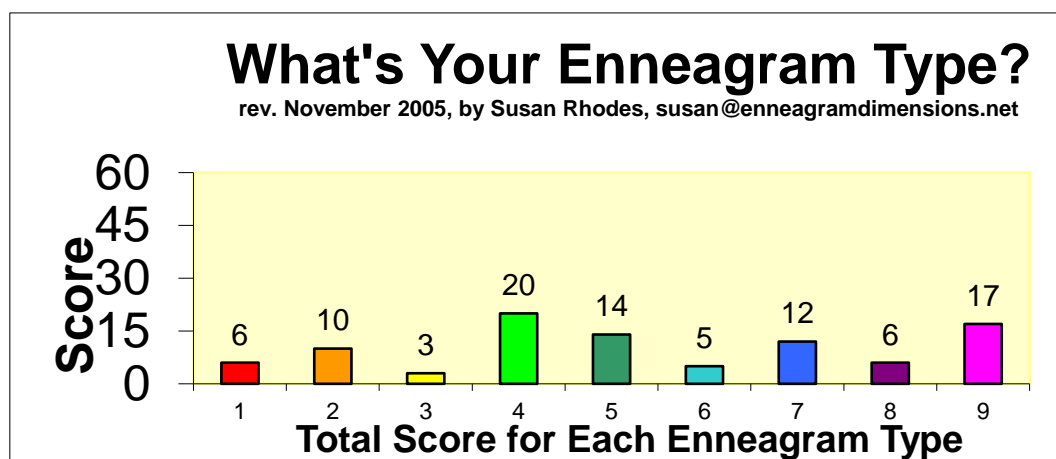


Table 2 – Result of test taken in June 2022.

The leading type is now *Four* which gave me qualities of vulnerability, sensitivity and empathy. *Nine* shows up significantly too giving a lot of peace and minimalist thinking. *Five* is still there but reduced

over the years.

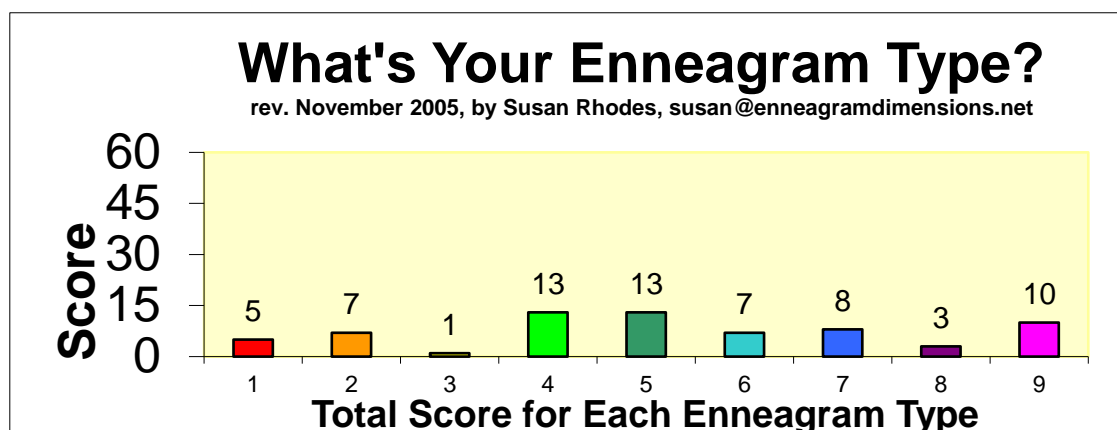


Table 3 – Result of test taken in August 2025.

*Four* and *Five* are equal. The high degree of thinking due to the *Five* in 2014 has greatly reduced. *Four* and *Nine* still show up. Also notice that by Aug 2025, the histograms are not so tall. That is because I had evolved further out from some of the common psychological qualities that the test tended to assess.

The idea behind showing this data is to illustrate the personality movements over years in a person doing inner work. A different type would have likely had a different spread. Note also that in the most recent data, all types seem to have been represented more or less uniformly. This suggests a relatively healthy predisposition of the person, me, in his evolution.

### COMMON MOVEMENTS IN LIFE

In our day to day lives we interact with many people. At home we interact with spouse, children, parents and siblings. We interact with our colleagues and supervisors at work. We also interact with our community members. Sometimes the interactions are good. Often times there are conflicts. There are frustrations. Why is that so? Can the Enneagram give us some insights? *Type Fives*, *Type Sixes* and *Type Ones* have a learning instinct. In any interaction they are likely to learn. However, a *Type Nine* or a *Type Two* doesn't have a learning instinct. So, when a *Type Five* interacts with a *Type Nine* he expects her to learn. But it doesn't happen. There is frustration. Same regarding the interaction of a *Type Five* and a *Type Two*. Next time you interact with someone, please observe this. It makes an even bigger difference in the workplace. An associate who learns instinctually is far easier to work with than the one who is keen on say following through but not learning.

These days, work has become very important. But what is working really? It is a movement of integration. Our divisions reduce by working. However, what we commonly see is something else. We see a lot of restless energy and aggression. There is very often competition. All these

lead to a disintegration. Severe conflicts. While work is important it can be a dominant force in some companies. It appears as though the staff know nothing but work. This is the time one perceives a lack of leadership. Leading is an important movement too which can change the fate of the company. In the Enneagram the *types Six, Seven, Two and Three* are the working types. If these types make up the bulk of the company, the focus will all be in work. Lacking leadership, the company ultimately closes down.

How many of us really get to think? We live in times where most of us are merely doing something or working. Do we really see a need to think? Thinking however is a very important movement. It enables to bring together all that we know so that it becomes coherent. Thinking can get us past hurdles that doing cannot. Great philosophers of the world have been great thinkers. J Krishnamurti comes to mind. Albert Einstein was a great thinker too. The biggest advantage of thinking is to get a real peep at the future and imagine things that doesn't wait for experience to show us. In the Enneagram the mental triad *Five, Six and Seven* are thinkers.

Most people will agree that feeling is what gets us to the truth sooner or later. What the emotional body knows the mind cannot fathom. There may be so many things that get exchanged in day to day to life. But when you are back home and relaxing, it is the feelings that tend to be the most dominant. Going along with feeling is the quality of nurturing. These are important support systems in life. They get you to do things that mere work or thought cannot. Now, some of you may wonder whether thinking, feeling and nurturing are really movements. In my view they are. They crisscross our daily lives so much. If practiced carefully they can greatly transform the way, we live our lives. In the Enneagram the heart triad *Two, Three and Four* are great feelers.

### **MACRO-MOVEMENTS IN THE WORLD**

About fifty years back, people used to be cooperative. There was not much competition in the air. People didn't work that much either. There was plenty of inaction. One didn't hear much about vision or mission in companies. One merely worked for wages or skill deployment. Marriage got you offspring and a family. There was hardly any commercialization. There was lot of discipline. And dignity and duty. There were relationships and affection. There was also romance in the air.

Starting from the nineties, life became intensely competitive. There was aggression and violence. There was a lot of talk about leadership. There was rampant commercialization. Family values went for a toss. Values became extrinsic. Achievement, accomplishment and hard work became the norm. There was a monetization of everything. Even goodwill. People lost their freedom. Along with that love and affection.

Now in 2025 we hear about collaboration. We hear a lot about empathy and compassion. Even about love in the workplace. We hear about evolution and transformation. We hear about service and spirituality. We hear about understanding, presence and trust in leadership. We hear about authenticity and alignment and sensitivity in the managerial ranks. There is also any degree of hatred, disconnect and an often absence of guilt and shame.

These are macro-movements. They are felt throughout the world. They sort of crept in when we were busy going about our little lives. For many of us we didn't see them coming. We kind of encountered them somewhat suddenly. These were different from what we had seen before. How did they come about? Who started those? Who accelerated their uptake? Do we understand them for what they are? What do they signify? How do we adjust? These are all questions. Based on my work I would say we can integrate them or simply resolve and say these are not what I am going to follow. Or I need time and work to evolve. It will help to avoid conflicts with these developments. These are huge changes in the emotional landscape of the world. We have to pay adequate attention to these.

### **CAUSES OF STUCKNESS AND HOW TO START MOVING?**

It is common to see people totally stuck in their lives. It could be in their marriage or community but most commonly in workplaces. Staying stuck can be dangerous. A person may remain stuck in his own area but the larger whole is still moving. Other companies are filing patents and the next door neighbor has purchased a house. This puts additional pressure. The stuck person may further deteriorate to lower levels of health such as depression and suicide or simply deep insecurity or inaction.

What are some common yet deep causes of this stuckness? Beliefs. If we look closer at our lives, we have so many beliefs. At a young age we got exposed to religion. Then our family taught us so many things. We picked up beliefs even from college and society. We start living life according to these. Education doesn't shake off beliefs. We still have them. And pay the price. The problem comes up when we are trying to do something. Say pursue graduate school in a new culture. At that time these old beliefs are not helping anyway. We need a new set of thinking and living. The old rituals are of no use. We may even lose faith in God.

Next come values. What are some of the common values? Trust, respect, integrity, satisfaction, prestige etc. It is very important to have values but if we hold on to them really strongly in a place which speaks otherwise then it is a problem. One may have gone to a simple college and studied courses for learning. When he enters the workplace he now has to compete for learning. This may not be his value at all. Then comes the problem. Hanging on to old values so strongly when they are no more useful is one of the biggest reasons for failure and stuckness.

**Mental models:** Having in mind a certain way of working or a certain way of doing or a certain way to interact and relate to people and a certain way of dealing with problems all constitute a mental model. If you observe people closely everyone has a mental model. Many of these are deeply ingrained since childhood. They have been put in place strongly by repeated practice. Very often it is these mental models that cost us our ability to work or relate in a particular place. The requirement may be different but you find yourself pushing the old model. New things surprise you. You may be quite perplexed what to do. Nothing seems to help. Until you discover sometime later that it has been your mental model.

Whether it be beliefs or values or mental models, why do these have such a grip on us? Why do we hold them so strongly? Because we love them. We show them off to others. We like them so much. We use them all the time. We benefit a lot from them. We get appreciation for them. We get support. What we don't realize is that these have a limited lifetime. We have to move them in order to live life. We may need to evolve them. Sometimes do so fast in a new culture. Otherwise we have to start the journey of inner work. We have to read books and start looking for Gurus. We have to immerse ourselves in this new kind of work of understanding ourselves until we purge ourselves of all the old beliefs and values and usher in a new era of these qualities.

### **MOVING ONLY IN MOVEMENT**

Now let us get up, close and personal. Look at what happens during a conflict. There are lots of "what should be's" in the conversation, aren't they? If you look carefully there is effort. There is time. And most importantly knowledge. We need to understand this very carefully. What I mean by knowledge is all things psychological. "He didn't follow the orders". "He got angry". "He used abusive language". "He made me feel ashamed". And so on. We linger and languish in this kind of a psychological knowledge all the time. Along with this may be fear or authority or blame or doubt or anxiety or comparison or berating or disparaging and what not. Needless to say putting an end to all this upheaval is freedom. Once this "knowledge" comes to an end we feel a lot relieved emotionally. We become saner and our body eases out of tension. Yet despite the obvious benefits of living without knowledge the entire humanity is deeply entrenched in it not knowing what else to do. There are a few questions here. If we end this kind of knowledge what would we do? How else will we run our lives? Will we not turn knowledge agnostic? The answer is an overwhelming YES!!

What if we could move in learning? By learning I don't mean acquiring knowledge but human learning, a movement away from knowledge towards understanding or perception. I want to once again emphasize that this is not asking other people about something or reading a book. That would be assimilation of knowledge. What I am talking about is human learning. Inquiry, doubt and questioning are all forms of this kind of learning. When we learn this way there is no accumulation of knowledge. The problem unfolds and reveals itself. There would be no

need for anger or yelling or belittling or shaming or whatever. And what more, can we just move in this learning without knowledge ever coming in the way? That is the next question. We already saw that in the Enneagram, types *Six*, *One* and *Five* learn in the moment. Not all of them all the time but when it matters. This is the human learning I am talking about. Can we see this blossoming in all types? Will we then put an end to knowledge as we know it?

## MOVEMENT IN THE MOMENT

All our lives we are told that we need to have these qualities, NOT have certain qualities and so on. All cultures would like its people to have honesty, integrity, beauty, goodness, veracity and so on. Selfishness, hatred, animosity and disconnection are all a definite NO NO! Throughout our lives we are busy developing these qualities. We feel proud of them. We display those to others and rejoice on them. The good qualities are ultimately going to bring us happiness – so we feel. But the problem comes when we face a new situation, a different moment. That time we realize that we are still hanging on to the old qualities. We can't change. We can't move. This is called a fixation. This happens to all of us, to all of humanity. We feel bad about still displaying sadness when we should have stopped like when we see a baby laughing. Or we still feel excited long after the match is over when we should be serious studying for the exam.

What if we could simply move in the moment? Bring in that tenderness the moment it is called for. Bring that joy the moment the flower blooms. Or transform to goodness the moment of helping someone. It is not so easy. But possible. These are movements too. In just a moment.

## CONCLUSION

Movements are inherent to life and an important theme of the Enneagram. The main advantage of learning to recognise Movements is that it prevents us from getting stuck in one phase of life. If you are conscious of the Movements happening in your life, you can acquire required psychological traits to navigate them and take control of your life. Another benefit of learning to recognise Movements is that it helps you develop a consolidated and integrated personality which, in turn, will help you in your workplace as well as community. Although its importance is obvious, surprisingly, there is not much literature, such as self-help books, on this subject. I respectfully request the readers to start observing and examining the various kinds of movements and changes that you encounter in your life, especially as you pass through difficult terrains of life, and use the guiding principles of the Enneagram to take control. The Enneagram is a useful tool as it highlights the value and utility of conscious movement to align ourselves to the changing situations of life and, thus, helps in enhancing the quality of our lives.

\*\*\*\*\*

### **Brief Profile of the Author:**

**Vijaykumar** started his career in science with an undergraduate degree from BITS, Pilani. He then moved to the US to do research in drug delivery and get a Ph.D. degree from the University of Kansas. Unhappy with life in the States, he returned to India and started to study psychology and spirituality. He came across Enneagram in June 2001 and went on to learn the system and add knowledge to the ancient model through his observations, experiences, thinking and reading. In the process he integrated J Krishnamurti's teachings into the Enneagram thus shaping his mind with profound psycho-spiritual thinking and knowledge. Vijaykumar has made several attempts at working in the industry which only reinforced his unsuitability to live the corporate life. Over a period of time Vijay studied various other systems and developed a capability to transform organizations. In the last five years he spent time on LinkedIn learning about various problems in the world and adapting his knowledge to address those issues in a fundamental manner. He is currently the Chief Development Officer for Apna Vikas, a Bangalore based start-up focused on bringing self-development to the Indian public.

### **Statements and Declaration:**

I declare that I have no conflict of interest with my places of employment or anybody else in publishing this article. No financial support was received for the work within this article. This manuscript is my original work and does not infringe on any rights of third parties. All sources have been duly acknowledged and cited. This work has not been previously published in whole or in part.

### **Bibliography:**

1. Principles of the Enneagram, Karen A. Webb, Singing Dragon, 2013.
2. The Complete Enneagram, 27 Paths to Greater Self-Knowledge, Beatrice Chestnut, She Writes Press, 2013.
3. Understanding the Enneagram, John Riso and Russ Hudson, Houghton Mifflin Company, 2000.
4. The Enneagram Development Guide, Ginger Lapid-Bogda, The Enneagram in Business Press, 2011.

### **References:**

5. Integration of Enneagram with J Krishnamurti's Thoughts: An Effective Tool for Personal Growth – A Case Study, *International Journal on Eternal Wisdom and Contemporary Science*, Vol. 1, Issue 2, Dec. 2024, pp 69-80.
6. The Enneagram of Passions and Virtues, finding the way home, Sandra Maitri, Penguin Group, 2009.