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EANTCONFERENCE2011

PRESENTER HANDOUTS

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THE ENNEAGRAM PROCESS MODEL

The Enneagram Process Model

Integrating the Type Model and the Process Model

**Material originally from Arno Kohloff, Germany
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Why are the 9 motivations or energies (Enneagram types) positioned in the order they are? Is there something about the nature of the qualities of each type that allocates its exact position on the Enneagram circle? Only when looking at the Enneagram from the perspective of time as done in the Process Model will it become evident that each motivational/energetic quality of each type is needed exactly at the place where it is positioned.

Comparing the Type Model and the Process Model

A process in the context of the Process Model is defined as a purposeful activity meant to be brought to an end. Processes in this sense can be almost anything ranging from opening a tin of tuna fish, building a house, adopting a child, psychotherapeutic issues such as working through an unhealthy relationship to a parent up to personal growth or transformational issues. So, like the Type Model the Enneagram Process Model is a matrix that can be applied to a variety of issues. Again, it is only the map, not the landscape. It in itself is neutral and leaves it up to the viewer to be put to proper use. Whereas in the Type Model the orientation mark is the individual (who has adopted a favourite emotional-cognitive pattern = type) the orientation mark in the Process Model is any developmental process over time. Moving from point 9 all around the circle through all other points back to point 9 is change over time, each phase lasting from seconds up to many years or more.

Like the Type Model, the inner lines within in the circle play an important role. Each point in time in the Process Model is inextricably linked with other points of the model, delineated by the hexad. I will elaborate on this further some other time.

Going around the circle from 9 back to 9

Point 9:

Point 9 represents the ending of a process and the beginning of a new cycle. It is a very ambivalent position: it is the time both of non-action (nothing needs to be done or accomplished, coming from point 8) as well as aware alertness to be ready when a new cycle starts (moving on to point 1). This is the third shock point because here is the connection point to the one Source. Unlike points 3 and 6 discussed later where reality is being submitted to testing this is a more inward position from which inner renewal happens. The complete cycle from point 1 to point 8 is assimilated at point 9 and then left behind. It is all about integrating what has been covered previously in the process.

Trap: Point 9 has a calm and peaceful quality to it and is a kind of counter-balance to the other 8 points. This can mislead you to believe that things should always be this way. Thus, you remain in a state of self-forgetting, not becoming aware of what needs to be sent on its way. **Sloth** and indolence are the consequences. By maintaining unawareness the process is blocked and what needs changing cannot be identified.

Spiritual Solution: Point 9 is a wake-up call. Retaining self-awareness is the key. Whilst being in presence and in a state of self-awareness you are in flow with the inner and outer world. This will enable you to find the right timing for what needs to be brought on its way. **Right Action** will be the positive consequence, leading you on to point 1.

Point 1:

This is the beginning of the preparation part of the process. Here it is obvious that something needs change, perhaps a problem or a project or a personal growth issue, whatever. At point 1 you see that something needs perfecting, it is not as it should be. There is a feeling of discontent or tension, over even some physical symptoms.

Trap: You are aware of a state of non-perfection, something is below standard. At point 1 your anger hereof can become predominant and therefore may blur the view of objectively deciding which steps to take further. The processuality of life forces is denied; instead things appear to be *either* right *or* wrong, good *or* bad. The danger at point one is to remain stuck with either openly expressed **Anger** or – more often – suppressed anger which turns into resentment eventually.

Spiritual Solution: Letting go of anger and resentment within the context of trust that things are basically alright the way they are leads to relaxing the emotional, cognitive and physical tensions that have come up previously. The quality of **Serenity** now emerges and enables you to make a good choice on where to go from here and to move on to point 2, where the problem can now be looked at and analyzed freely and expansively.

Point 2:

Here the matter at hand can be analyzed and taken care of systematically. Pros and cons are weighed and evaluated. Elaborating on and expanding the problem or project takes place here. This is also the phase of trial and error in the context of answers and solutions which are strongly rooted within our own frame of reference due to previous experiences. In case our own limitations do not allow for a “quick” solution we have to open up for the outer impulse at point 3.

Trap: Your feeling of self-sufficiency can mislead you to believe that it is solely up to you whether you progress or not. My will wins over Grace. The cognitive dysfunction here would be to believe “I can do it all by myself” whereas reality calls for some kind of input from the outer world. The key word is **Pride** which blocks out impulses, help or anything else from the outer world.

Spiritual Solution: Realizing your limitations especially when it comes to your own imagined significance for others and capacity for making “the world go round” lets your false self deflate and makes you own up to your own neediness. To bear this the quality of **Humility** is essential. Now the outer world (help or assistance in some way) can be recognized and accepted.

Point 3:

This is considered the first shock point because a considerable shift of focus is required here. Something new enters my world and I have to incorporate it. This may

be as simple as a paragraph in a book I've just been reading or observing a bird in nature. It may be the input a friend, a coach or psychotherapist has to offer. In any case, my project or problem has now in some way or another become "public" since the outer world has become involved.

Trap: Having my issue in the outer world on the one hand but far from being finished or accomplished on the other hand may create an image problem. I will be very concerned with doing things and making things seem just right. If this fear of losing face becomes overwhelming the pursuit of the true issue is sacrificed for something that seems safe to present. **Deceit** is the key word and when stuck with it will hinder honest confrontation.

Spiritual Solution: Looking behind the scenes and relaxing your fear of being stripped naked will lead you to give up lying about the content and avoiding its shortcomings. **Truthfulness** will instead encourage you to move on to point 4 of the process model where a deeper and honest evaluation takes place.

Point 4:

At point 4 we are closing in on the time when things will be put into practice (points 5 to 8), so here is where all the inner and outer resistances emerge, are dealt with and worked through. Deeper levels of consciousness including disturbing thoughts and highly charged emotions are touched. These resistances might resemble the psychological defence mechanisms such as projection, rationalization, minimization etc. or outer circumstances that need to be dealt with. Loss that goes along with genuine change is anticipated which can lead to emotional stress. "Why me?" is a typical question asked.

Trap: This high level of emotionality may mislead you to mistake your emotions for objective reality. You become overly identified with what you are feeling and so these feelings of fear, loss, grief or sadness are intensified and make you believe that others are better off than you are. **Envy** – often disguised by dramatizing a situation - will then capture your awareness and this will boycott any progression..

Spiritual Solution: Carefully disidentifying with what appears to be The Unbearable per se will transform envy into a more objective inner emotional state of **Equanimity** which is essential to shift from preparation work (points 1 to 4) to the actual execution (points 5 to 8). Equanimity is the inner state of surrender in where the person is ready give up his or her old identity in favour of plunging into a not yet known new reality.

The GAP:

The bottom of the Enneagram does not consist of a point but is the space between points 4 and 5. Some ancient portrayals of the Enneagram symbol show it to be open at the bottom interrupting the circle, thus indicating that the Enneagram is an open system, rather than a closed one with a continuous circle. According to recent research conducted by Helen Palmer the Enneagram originates from the old lunar calendar known to the Ancient World (e.g. in Greece or India). Here, the full moon represents point 9 and the new moon (nothingness) stands for the Gap in the circle. Psychologically, point 9 can be considered the point of maximum integration, the Gap at the opposite is the point of maximum disintegration or crisis. Whereas the top of the Enneagram at point 9 represents Union with the One the bottom (Gap) represents utter disconnectedness with the One. Here, there is neither a trap nor a Spiritual Solution. Nothingness cannot be defined further. Psychologically, you are in "no-man's land". The former reality at point 4 no longer exists - the new reality at point 5 has not yet arrived. Experientially, you feel disconnected, disoriented and alone. This

is a state of maximum imbalance that cannot prevail for long. So you either return to the right half of the Enneagram (phase of preparation) at point 4 or you continue on the cycle to the left half of the Enneagram which is the phase of execution.

Point 5:

If left to flow your crisis will conjoin with your creative unconsciousness and find the preliminary solution or goal which is at point 5. In other words, a genuine goal is identified that does not stem from your emotional-cognitive personality pattern. It certainly builds on your personality but in some way or the other also transcends it. At point 5 you know your direction again which is relieving. Your project or problem materializes into a more tangible solution. Once achieved, this solution can hardly be made undone. You cannot regain your old identity.

Trap: At point 5 it feels as if you are holding a treasure in your hands. You have gone quite a long way to get there and you are not going to give it up easily. You may overly identify with your new goal. You are not yet willing to put your goal into practice in the real outer world. In other words, you would rather keep on mentally “improving” your newly won knowledge or wisdom as to having it reality-checked at point 6 because you are overly aware that any shortcomings will reveal themselves there. So, instead, you hoard information and wisdom. The key word is **Avarice**.

Spiritual Solution: Becoming ready to share your intellectual, emotional and spiritual goodies with the world implies disidentification in a context of trust that there will be enough resources available to ensure survival. This quality of **Non-attachment** makes you leave the “wait-and-see” attitude and put your idea into action. Now you are able to move on to point 6 which is considered the second shock point.

Point 6:

Point 6 is considered the second impulse from the outer world (shock point). At point 5 the goal of the work is beginning to manifest itself, at point 6 total commitment is needed. So, as there usually will be an outer impulse that facilitates the process it is the inner shock or transition which really counts here. Much like the wing-flap of the butterfly that accounts for dramatic changes in weather, the outer impulse may be minor but the impact it triggers is overwhelming. Reality gives direct feed-back whether the previous work was sufficient for the transition that is to take place.

Trap: Fear is the healthy indicator that tells you that total commitment to the work is essential. Again, as at point 3, only on a much deeper level, the world will see and react. Reality-check at its best is very frightening. The corresponding cognitive pattern is “I am not up to it!” But, if you let **Fear** get the upper hand you cannot move forward.

Spiritual Solution: Enduring the fear, knowing and trusting that it will relax itself when we are ready for this shift is the job at hand. Going beyond the fear will open up a realm not known to us before. Now it is the work that matters much more than the person. To accomplish this, **Courage** is needed which is the key-word at point 6.

Point 7:

Having completely committed yourself to the work at hand a sense of lightness and happiness will be felt. First results of the project can be presented. It may appear to you that after the great breakthrough at point 6 nothing much is demanded of you or needs to be done. You are eager to explore and discover the newly won options of this new reality with expansive curiosity.

Trap: But, of course, the work is not completed, which is a fact hard to submit to at point 7. The unwillingness to focus on just one object may cause you to lose your grounding. New projects are more fascinating than the actual one. Thus, **Gluttony** will block you from accomplishing what needs to be done in detail.

Spiritual Solution: Soberly and hard-working the job needs to be done. Paying due attention to the details is what counts, resisting the urge to distract yourself with the vastness of other available possibilities. This may include enduring pain or suffering of some kind, or impatience. **Sobriety** is the key-word. Now you can go about to finish the job at point 8.

Point 8:

The work or project or self-transformation or whatever is completed. Final results are visible. Congratulations! We identify with the result. We see what we have accomplished and feel strong, powerful and full of self-efficacy. We feel totally in control, giving ourselves all the credit for the result. But we are now also in the position to acknowledge what or who has helped us to come so far, pay our debts and be grateful.

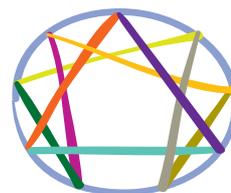
Trap: It feels so good to be in control and believe that what we have achieved is due solely to our own efforts. This may result in believing that it was my own strength and power that got me there. Others are perceived as less competent and weaker than me. This serves as justification for dominating or controlling others. This sense of grandiosity is emotionally nurtured by **Lust** which is the key-word.

Spiritual Solution: Putting things back in perspective will help you realize that there is a power that is greater than yourself and that your leadership skills at point 8 are meant to serve others in the world. The issue at hand is to give up control and disidentify with the work that has been completed. The task is to gradually “forget” the result and become innocent to the past. Then the final result can flow back into the stream of events and be integrated in the larger picture at point 9. The key-word is **Innocence**.

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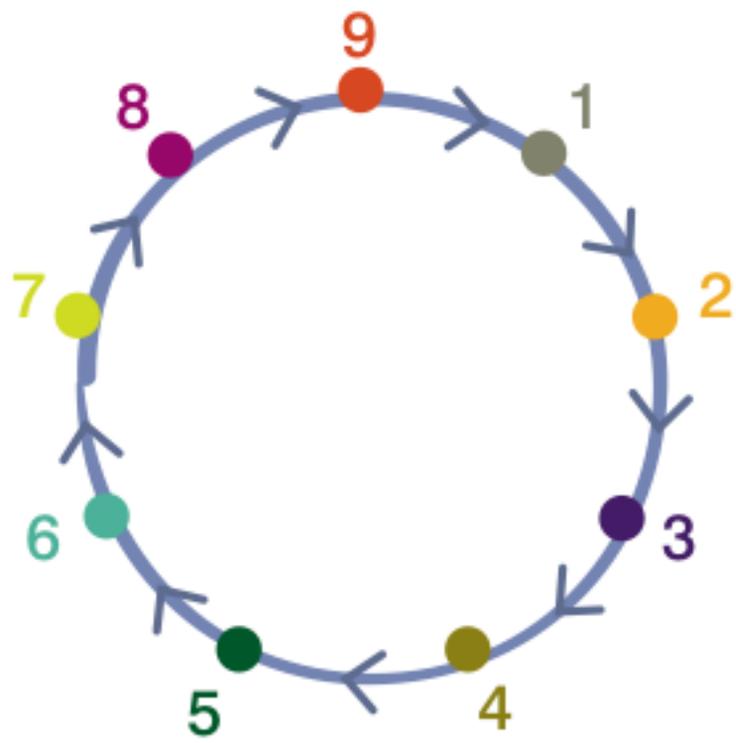
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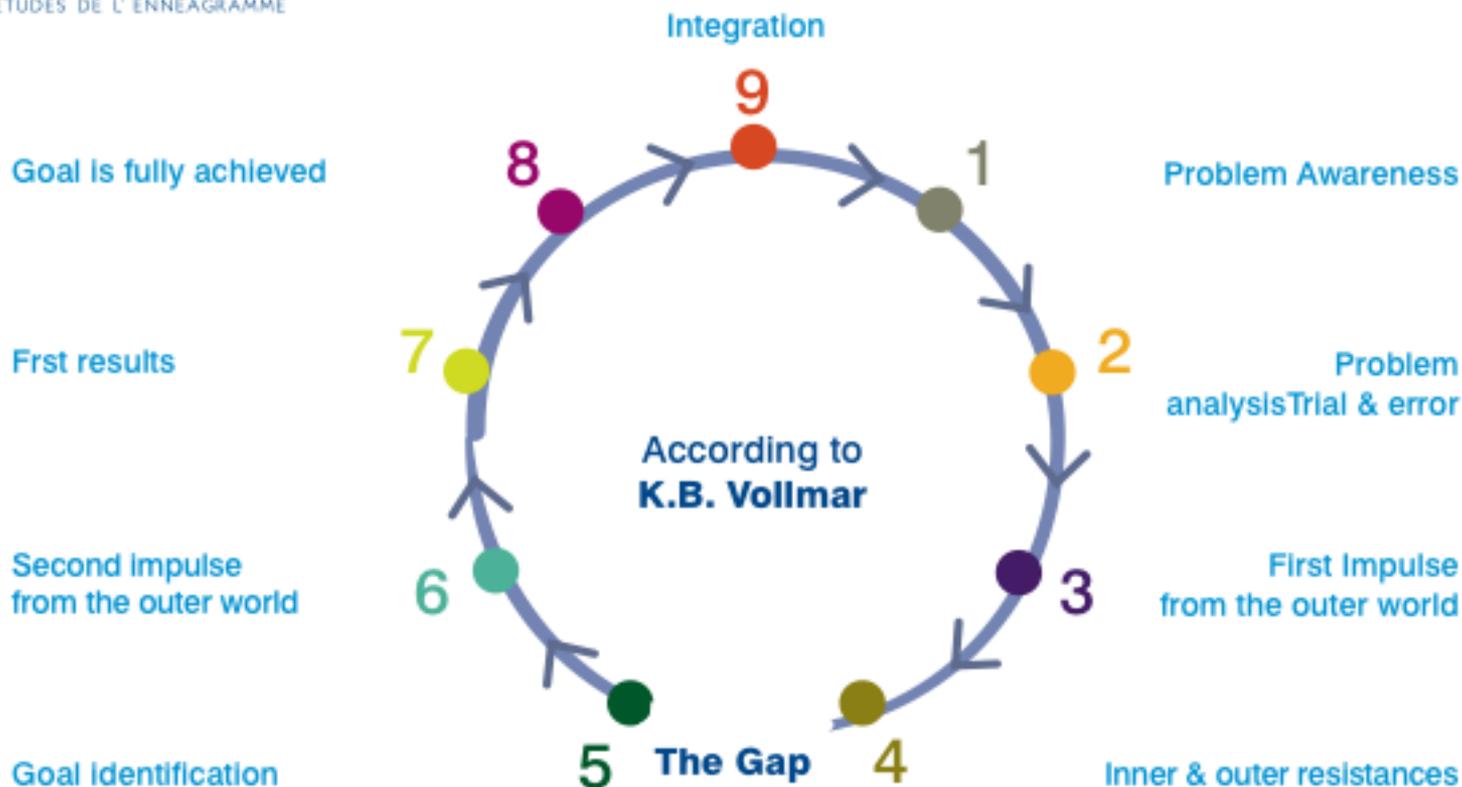
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The Enneagram Process Model



The General Process Model



The General Process Model



The Enneagram Process Model



The Enneagram Process Model : Barriers