

ENNEAGRAM AND THE SOUL: Turning Trouble into Treasure



Bill Plotkin's **Intrapersonal Map of the Psyche**

Generative Adult
Nurturing Parent

NORTH

Loyal Soldier
Inner Critic

Observing
Self

Escapist, Addict
Spiritual Bypass

Innocent/Sage
Sacred Fool
Trickster

E
A
S
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Wounded Child
Orphan

SOUTH

Indigenous Self
Wild Child

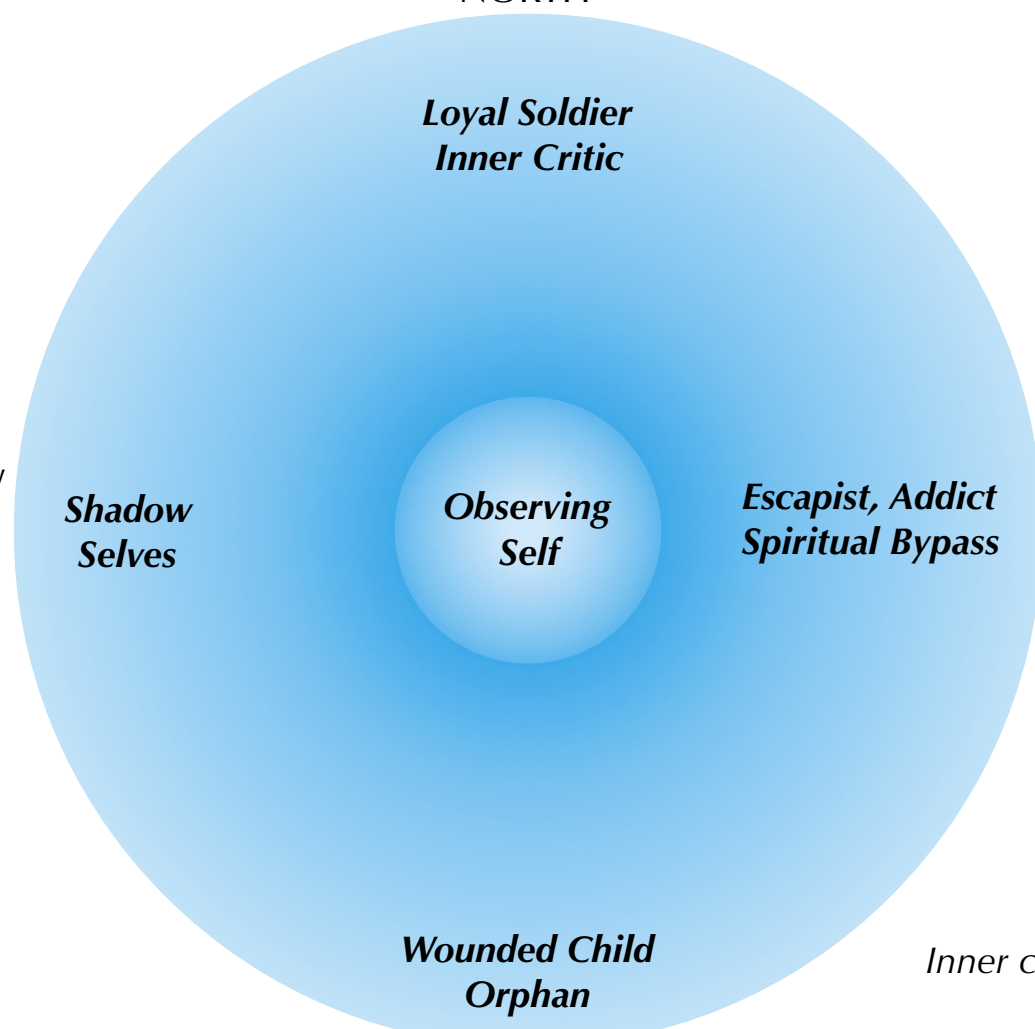
Guide to Soul
Dark Muse -Beloved
Anima/Animus

W
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Shadow
Selves

Inner circle: the four subpersonalities
(our woundedness)

Outer circle: the four facets of Self
(our wholeness)



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Wounded Child Orphan

SOUTH

Indigenous Self Wild Child

WOUNDED CHILD * ORPHAN

The one who re-experiences our original relationship injuries in current time.

When our pain, agitation or helplessness is forefront, we experience an inner state that feels like a wronged child. When identified with this state, our experience suggests we won't get the care or comfort we need. We feel emotionally reactive, distressed, self-protective.

Wounded Children or Orphans are at work when we use **immature strategies to try to create relationships that will meet our needs**. Plotkin sees four subtypes that show up in us: Conformist, Victim, Prince/ss, and Rebel.

Any Enneagram style can feel many variations of the wounded child inside. Some are more subconscious or subtle, others are very prominent.

Here are some Wounded Child beliefs correlated with the nine Enneagram styles:

- 1 Something is bad about me. I will ensure that I do good and right things.
- 2 My needs are bad. I will meet others needs to get attention and approval.
- 3 I am not valuable. I will earn love by becoming what others want, admire.
- 4 Something's wrong with me. I will be exceptional to get the love I need.
- 5 I don't have enough/what it takes. I will hold tightly onto what little I do have.
- 6 There's no support. I must ensure allies and plans to be safe, ready for harm.
- 7 My needs aren't provided for. I will plan and act in order to not be deprived.
- 8 I'm not protected. I will become powerful so I'm not mistreated/dependent.
- 9 I don't matter. I will diminish my needs and my self to get connection.

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LOYAL SOLDIER * INNER CRITIC

The one who tells us how to be in order to protect from more harm/abandonment.

This subpersonality gets us to act small in order to feel belonging and approval. It does this by rendering us nonthreatening, useful or pleasing to others or into positions of power over others. The Loyal Soldier can take the form of the **Inner Critic, the Inner Flatterer, or the Lion Tamer** (suppressing instincts, desires, exuberance).

The Loyal Soldier's ongoing efforts to protect us from our wounds and fears become more of an obstacle than the wounds themselves. The Loyal Soldier believes we are still living in the conditions during which it was formed (early childhood).

While the specific instructions of the soldier are varied and broad-ranging, here a few *generalized messages we hear implicitly and explicitly based on Enneagram type*:

Examples:

- | | |
|---|---|
| 1 Do the right thing. Be moral. | (Inner Critic: "Be polite or she'll think you're a schmuck") |
| 2 Take care of others. Don't be selfish. | (Lion Tamer: "His hunger is more important. Don't serve yourself first.") |
| 3 Be good at it or else cover it up. | (Inner Flatterer: "Wow. I really know how to make a sale!") |
| 4 My pain is my fault. I need to be more/less.... | |
| 5 Don't get emotional. Stay objective. | |
| 6 Don't drop any balls! It's up to me. | |
| 7 Keep options open! Stay positive! | |
| 8 Stay strong. Don't let them past the gate. | |
| 9 Keep calm. Don't upset anyone. | |

**Generative Adult
Nurturing Parent**

NORTH

**Loyal Soldier
Inner Critic**

NOTE:

For most, **spiritual and psychological work can be stalled if we do not learn how to work with our Loyal Soldiers** effectively. The Enneagram can be very helpful in exposing the core "rules" that our Loyal Soldiers enforce, but learning to separate from their effects can be its own journey.

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ESCAPIST * ADDICT * SPIRITUAL BYPASS

The one who tries to alleviate or get away from the difficult.

Our Escapists formed to help defend us from overwhelming or intolerable emotional or physical states. When our pain, agitation or helplessness is too much, we feel unsafe and need relief. The Escapist aspect in us promises to help us evade, sidestep or rise above troubling experiences.

Any Enneagram style can use multiple means to try to escape or bypass their inner upset. Most of us have both inner and outer ways.

What are your top ways to try to get out of agitation or distress?

- | | |
|--|---------------------------------------|
| * drugs, alcohol, sex, food, shopping | * thrill seeking, adventure, planning |
| * meditation/prayer to evade the difficult | * news addiction, activism, hobbies |
| * shows, video games, internet, social media | * procrastination, overwork |

Here are some classic, though not exclusive, escapes associated with the nine styles:

- 1 Conscientiousness, overwork, over-exercising, etc.
- 2 Service, filling the self through food, relationships, movies, etc.
- 3 Over-performing, multi-tasking, spiritual materialism
- 4 Seeking healing, striving toward the ideal, focus on the dramatic
- 5 Study, social withdrawal, abstracting
- 6 Abstracting, keeping tabs on self/others, over-dutiful to commitments
- 7 Positive planning, fantasizing, seeking adventure
- 8 Externalizing, seeking intensity or conflict, indulging
- 9 Focusing on others, numbing out (food, TV, substances), blissing out

Remember: **it's not the activity per se, but how it's used to avoid ourselves, and its effect of undermining our potential and vitality that makes it evasive or not.**

**Escapist, Addict
Spiritual Bypass**

E
A
S
T

**Innocent/Sage
Sacred Fool
Trickster**

Bill Plotkin's **Intrapersonal Map of the Psyche**

THE SHADOW

The aspects of self unknown to us.

The Shadow is what you fail to notice about yourself. "There are parts of ourselves that we really don't know and that are completely at odds with who we think we are" (Plotkin). The Shadow tries to keep us safe by keeping parts hidden, or briefly, unconsciously acting them out.

Many of our shadow aspects are socially *unacceptable*, while others *are* socially acceptable but not acceptable to the ego. **The shadow is what our ego isn't.** The "golden shadow" is what the ego would consider "above" it, whereas the "sinister shadow" is what the ego would consider "beneath" it. Fill in the blank: "I'm not the kind of person who _____."

Our shadows are unique because we all have different family and cultural conditioning, life experiences and levels of self-awareness. Our Enneagram styles may give clues to likely areas of repression/unconsciousness.

Notice your reaction when you consider that you have aspects that are truly:

- 1 Out of control, animalistic
- 2 Needy, mean-spirited
- 3 Inept, failing
- 4 Ordinary, acceptable
- 5 Robust, ignorant
- 6 Strong, authoritative; or relaxed, supported
- 7 Limited, negative
- 8 Vulnerable, weak
- 9 Aggressive, selfish

If these descriptors are things you are actually aware of, they are not in your shadow, but may be acted out by other subpersonalities, or you've done some shadow integration.

When we gradually integrate shadow aspects of ourselves, we liberate life-energy and gifts we didn't know we were missing. **"Ninety percent of the shadow is pure gold."** —Carl Gustav Jung

Guide to Soul W
Inner Beloved E
Anima/Animus S
Muse T

**Shadow
Selves**

Bill Plotkin's **Intrapersonal Map of the Psyche**

SELF - Aspects of Wholeness

NORTH

Generative Adult
Nurturing Parent

*A nourishing and boldly resourceful love that is accepting, empowering,
Heart-centered thinking: keen insight, effective and compassionate leadership.*

WEST

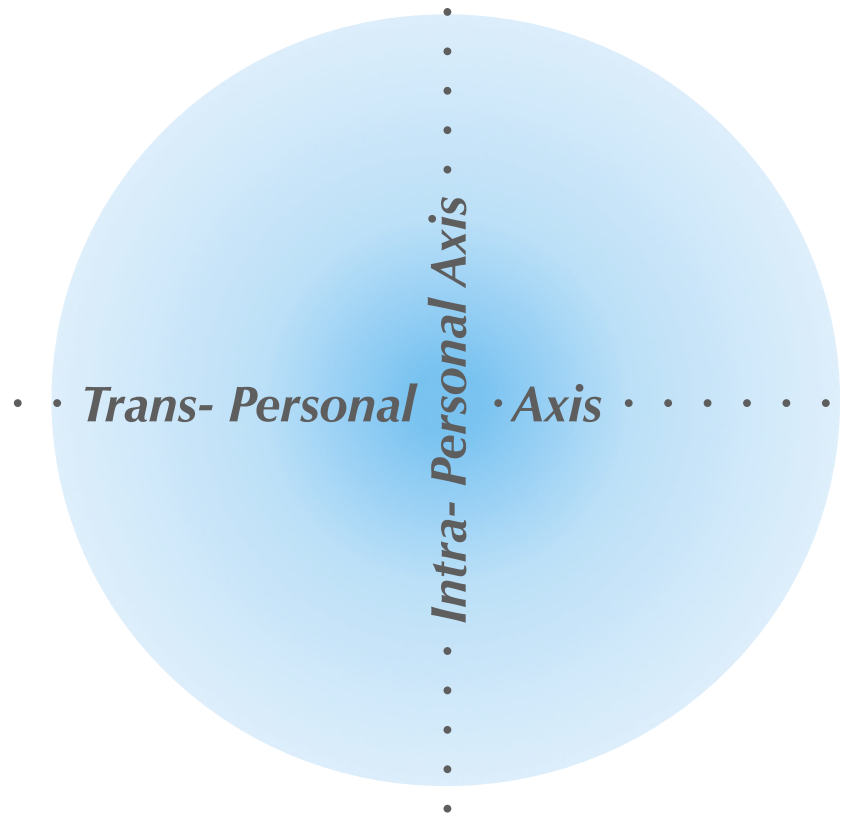
Guide to Soul
Anima/Animus
Dark Muse- Beloved

*Lover of fruitful darkness that
revels in mystery, yearning,
death, the esoteric.
Deep imagination:
seeking truth, inspiration,
transformation.*

EAST

Innocent/Sage
Sacred Fool
Trickster

*A spiritual love that sees to
our core and welcomes us
beyond our usual boundaries.
Full-presence perception:
immediate receptivity to what
is here now- with simplicity,
purity and openness.*



SOUTH

Indigenous Self
Wild Child

*A sensuous, sexual, emotional, playful love that is enchanted, fully responsive.
Full-bodied feeling: visceral allurements and communion with the
human and more-than-human world.*

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INTEGRATION - HEALING - "WHOLING"

Our fragmented senses of self need contact with our wholeness.

Our woundedness can actually help invoke or call in contact with our wholeness

The **needs of our subpersonalities can be met by the resources of the outer aspect of Self across the circle** from them.



- ★ Our Wounded Child needs contact with our Nurturing Parent
- ★ Our Loyal Soldier needs contact with our Wild Indigenous One
- ★ Our Escapist needs contact with our Dark Muse - Beloved
- ★ Our Shadow Self needs contact with our Innocent - Sage

When our fragmented selves are met with wholeness, this can do more than soothe or even heal our wounds. Turning toward ourselves and learning to enter these pivotal places where we've calcified against life can open doorways to that which our souls need in the moment, to our "true nature" or essence.

"The key to healing and growing whole is not suppressing symptoms, eliminating wounds, or eradicating subpersonalities but, rather, cultivating our wholeness— the horizontal wholeness of the Self as well as the vertical wholeness afforded by our relationships with Soul and Spirit." — Bill Plotkin

* * * *

As with the Enneagram, **the map is not the territory.**

The **territory is what's happening now**, how we respond to it, how we bring ourselves to it, and how we let it affect us.

The function of the map is to help us orient so we can feel more capable of the territory, and more willing to enter it consciously. This is where the action is— where the transformation of trouble into treasure becomes possible. And our task is to keep encouraging ourselves to show up for it with courage, with curiosity, with a "yes."

Non-Strategic Awareness

An ally that can help us open up to our resources and integration is a type of awareness that goes by many names. It involves **paying attention to our experiences and surroundings in a fresh and direct way**, opening to how life may be inviting us, communicating with us, animating us.

Original Wisdom
(Robert Wolf)

Understanding, living from wholeness vs. separated knowledge

Decentralized Thinking
(Philip Shepherd)

Perceiving from the lower body vs. top-down, cranial thinking

Dropping into Wordlessness
(Jill Bolte Taylor)

Experiencing right-brained connectedness vs. individual identity

Non-Strategic Awareness
(Bill Plotkin)

Fluid interaction with life vs. strategic, linear handling of life



It is possible to know things directly and deeply without filtering them cognitively. This intelligence is in us elementally. Although most of us in Western culture are **taught to override or denigrate it** from an early age, it is possible to **shift into an elemental way of experiencing ourselves**.

“To master Wordlessness...you must unlearn almost everything you were taught in school about what it means to be intelligent. The sharp focus you were told to sustain is actually a limiting, stressful, narrow attention field — something animals only use in the moment of ‘fight or flight.’ Dropping into Wordlessness moves the brain into its ‘rest and relax’ state.”

—Martha Beck

The Practice of Inquiry

Adapted from John Davis's

The Diamond Approach: An Introduction to the Teachings of A. H. Almaas

Inquiry encourages and enables **open-ended exploration into your immediate experience without preconceptions or prejudice about the outcome** of that exploration.

Any experience can be the starting point for this search. It proceeds in an integrated way which includes perceptions, memories, insights, emotions, body sensations, intuition, and awareness of subtle energies.

Guidelines

- Inquiry is **done in the present, as a focused exploration of immediate experience**. Thoughts, memories, associations, feelings, and insights may arise into the present moment, but these are approached in the “now.” If you notice you tend to focus on one domain (head, heart, body), consider what’s happening in the others.
- Inquiry is open-ended and goal-less. It **allows experience to unfold in whatever direction it naturally flows**.
- There is no particular end-state to achieve. Inquiry calls for the **willingness to encounter any sort of experience** from the most difficult to the most sublime.



When your partner is inquiring, you will be in the **role of “silent witness.”** You offer your presence, your attention, and your eyes, but refrain from usual social cues (nodding, facial expressions, sharing, etc.). This allows the inquirer to go deeper into their own exploration.

RELATED RESOURCES

- Bill Plotkin** [Soulcraft: Crossing Into the Mysteries of Nature and Psyche](#)
[Nature and the Human Soul: Cultivating Wholeness and Community in a Fragmented World](#)
[Wild Mind: A Field Guide to the Human Psyche](#)
- Philip Shepherd [New Self, New World: Recovering Our Senses in the Twenty-First Century](#)
[Radical Wholeness: The Embodied Present and the Ordinary Grace of Being](#)
- Sandra Maitri [The Spiritual Dimension of the Enneagram: Nine Faces of the Soul](#)
[The Enneagram of Passions and Virtues: Finding the Way Home](#)
- Byron Brown [Soul Without Shame: Freeing Yourself From the Judge Within](#)
- Martha Beck [Finding Your Way in a Wild New World](#)
- Miriam Greenspan [Healing Through the Dark Emotions](#)
- Trebbe Johnson [The World is a Waiting Lover](#)
- Jill Bolte Taylor [My Stroke of Insight](#)
- David Abram: [The Spell of the Sensuous](#)
- The Diamond Approach** www.diamondapproach.org, and books by A H Almaas
- Lifespan Integration therapy www.lifespanintegration.com
- Internal Family Systems therapy www.selfleadership.org
- Ninesight - Enneagram for Transformation** ninesight.com; www.facebook.com/ninesightenneagram/



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