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JAYLA GIANCARLO

Keys to the Enneagram John Luckovich

Intelligence is one of the defining characteristics of human beings: an inherent ability to respond to the world with awareness, knowledge, learning, and insight. Most considerations of human intelligence are based on the notion that intelligence is a product of brain functioning. A. H. Almaas introduces here a radically different viewpoint, one that recognizes an actual quality of consciousness as the source of intelligence. He calls this source the Brilliancy of our true nature. The presentation of his understanding of intelligence is followed by in-depth dialogues with his students on the various barriers to recognizing and embodying this essential quality. In particular, an unresolved relationship with one's father is found to shape the experience of Brilliancy. Using a Socratic method that draws upon techniques of body-centered, Gestalt, psychodynamic, and cognitive psychologies, Almaas helps participants work through their defenses and conflicts surrounding this issue and then, diverging from psychotherapeutic practice, guides them in discovering their own Brilliancy.

The Enneagram Gateways Books & Tapes

Spirituality and spiritual experiences have been the bedrock of every civilization and together form one of the highest mechanisms for making sense of the world for billions of people. Current research paradigms, due to their limitation to empirical, sensory, psychologically, or culturally constructed realities, fail to provide a framework for exploring this essential area of human experience. The development of a spiritual research paradigm will provide researchers from the social sciences and education the tools and abilities to systematically explore fundamental questions regarding human spiritual experiences and spiritual growth. A spiritual research paradigm requires an ontology that considers all reality to be multidimensional, interconnected, and interdependent. It requires an epistemology that integrates knowing from outer sources as well as inner contemplation,

acknowledging our integration of soul and spirit with the body and mind. Three additional aspects are useful to a spiritual research paradigm: axiology, methodology, and teleology. An axiology concerns what is valued, good, and ethical. A methodology is the appropriate approach to systematic inquiry. A fifth and less frequently mentioned aspect is teleology, an explanation of the goal or end (telos) to which new knowledge is applied, such as gaining wisdom and truth, touching the divine, increasing inner peace, exploring hidden dimensions, or improving society. This book takes the first step to develop such a research paradigm. We draw from world spiritual traditions as well as scholarship that has arisen from contemplative practices. We also attempt to build a bridge between science and spirituality. Spiritual research is not necessarily opposed to scientific research; in fact, each can shed light on the other.

[The Enneagram for Spiritual Formation](#) Abjad Book Designers & Builders

In *Luminous Night's Journey*, Almaas shares excerpts from his personal journal, which describe a certain thread in his own journey of realization and the processes involved in integrating that realization. This publication marks a fortunate development in our knowledge of how Being is realized in and through the human soul: The process of realization and integration of true nature described in the voice of one who articulates precisely and vividly the psychological and epistemological barriers which confront the individual consciousness as realization is integrated in the context of personal life. Almaas describes how his participation in the unfolding manifestation of Being ushers him into realms that expose and transform increasingly deep ego structures and attachments. *Luminous Night's Journey* clarifies how the unveiling of Being and the exposure of ego structures constitute one process, leading to the soul's integrated realization of absolute nature and the manifestation of the human being as a personal embodiment of that nature.

The Wisdom of the Enneagram She Writes Press

Over 100,000 Copies Sold Worldwide! IVP Readers' Choice Award
Most of us have no idea how others see or process their experiences. And that can make relationships hard, whether with

intimate partners, with friends, or in our professional lives.

Understanding the motivations and dynamics of these different personality types can be the key that unlocks sometimes mystifying behavior in others—and in ourselves. This book from Suzanne Stabile on the nine Enneagram types and how they behave and experience relationships will guide readers into deeper insights about themselves, their types, and others' personalities so that they can have healthier, more life-giving relationships. No one is better equipped than Suzanne Stabile, coauthor, with Ian Morgan Cron, of *The Road Back to You*, to share the Enneagram's wisdom on how relationships work—or don't. Why do Sixes seem so intimidated and put off by Eights, who only wish the Sixes would stop mulling things over and take action? Why do Fives seem so unavailable, even to their closest family and friends, while Twos seem to feel everybody else's feelings but their own and end up irritating people who don't want their help? How in the world can Fours be so open and loving to you one day and restrained and distant other times? The Enneagram not only answers these questions but gives us a way out of our usual finger pointing and judging of other people—and finding them wanting, perplexing, or impossible. Suzanne's generous, sometimes humorous, and always insightful approach reveals why all the types behave as they do. This book offers help in fostering more loving, mature, and compassionate relationships with everyone in our lives.

The Alchemy of Freedom Rare Treasure Editions

The last command Jesus gave the church before he ascended to heaven was the Great Commission, the call for Christians to "make disciples of all the nations." But Christians have responded by making "Christians," not "disciples." This, according to brilliant scholar and renowned Christian thinker Dallas Willard, has been the church's Great Omission. "The word disciple occurs 269 times in the New Testament," writes Willard. "Christian is found three times and was first introduced to refer precisely to disciples of Jesus. . . . The New Testament is a book about disciples, by disciples, and for disciples of Jesus Christ. But the point is not merely verbal. What is more important is that the kind of life we see in the earliest church is that of a special type of person. All of

the assurances and benefits offered to humankind in the gospel evidently presuppose such a life and do not make realistic sense apart from it. The disciple of Jesus is not the deluxe or heavy-duty model of the Christian -- especially padded, textured, streamlined, and empowered for the fast lane on the straight and narrow way. He or she stands on the pages of the New Testament as the first level of basic transportation in the Kingdom of God." Willard boldly challenges the thought that we can be Christians without being disciples, or call ourselves Christians without applying this understanding of life in the Kingdom of God to every aspect of life on earth. He calls on believers to restore what should be the heart of Christianity -- being active disciples of Jesus Christ. Willard shows us that in the school of life, we are apprentices of the Teacher whose brilliance encourages us to rise above traditional church understanding and embrace the true meaning of discipleship -- an active, concrete, 24/7 life with Jesus.

The Instinctual Drives and the Enneagram Shambhala Publications

A "heartily recommend[ed]" text for "Enneagram enthusiasts . . . and followers of every spiritual tradition"—by the creator of the Diamond Approach to Self-Realization (Helen Palmer, author of *The Enneagram*) Facets of Unity presents the Enneagram of Holy Ideas as a crystal clear window on the true reality experienced in enlightened consciousness. Here we are not directed toward the psychological types but the higher spiritual realities they reflect. We discover how the disconnection from each Holy Idea—defined as an unconditioned, objective understanding of reality—leads to the development of its corresponding fixation, thus recognizing each type deeper psychological core. Understanding this core brings each Holy Idea within reach, so its spiritual perspective can serve as a key for unlocking the fixation and freeing us from its limitations.

The Unfolding Now InterVarsity Press

How the mysterious nine-pointed symbol of the enneagram illuminates the worst pitfalls and highest virtues of our psyches. *The Enneagram of Passions and Virtues* elucidates human experience beyond the personality structure. In the tradition of the enneagram, the Virtues are said to be the affective atmosphere that replaces the compulsive and reactive emotional patterns-called the Passions-as one becomes freer of the ego. Sandra Maitri shows how the shift in our consciousness, or soul,

from being informed by the Passions to being informed by the Virtues, is one of the hallmarks of inner development. In this book, Maitri explores how our awareness of the Passions, in turn, leads to the manifestation of the Virtues. This shift supports growth on the level of personality as well as on the level of what is beyond-Being, or True Nature. Maitri is widely known as one of the most literate and in-depth writers and teachers on the uses of the enneagram as a tool of inner development. In this book she provides what can be for some an entry into inner work, and for others, who have been engaged in the journey for a longer time, a uniquely incisive explication of concepts they may have missed.

The Sacred Enneagram Brazos Press

Did you know that you are not your personality? Beneath your outer layers of self is an authentic, beautiful being exactly as it came from heaven. Discover this wonderful, real you and draw from its miraculous power in *Becoming Conscious*. Learn from clinical psychologist and spiritual teacher Dr. Joseph Howell how to: - Find the root causes of your suffering and unhappiness. - Free yourself of the traps that seduce your ego. - Be renewed with a sense of inner knowing, childlike joy, and wonder. - Stop being driven by what others expect of you. - Increase your tolerance and understanding of friends, spouse, children, and co-workers. - Relate to others on deep, meaningful levels. - Grow in consciousness of your specific divine purpose and your connection to the planet. - Understand your repeated, self-defeating patterns and learn clear ways to stop them. - Become consciously present. Reach your full potential as Dr. Howell explains the powerful and deeply spiritual Enneagram and relates it to your life. Whatever your beliefs may be, *Becoming Conscious* is a life-changing journey.

Long Way Down Shambhala Publications

"An intense snapshot of the chain reaction caused by pulling a trigger." —Booklist (starred review) "Astonishing." —Kirkus Reviews (starred review) "A tour de force." —Publishers Weekly (starred review) A Newbery Honor Book A Coretta Scott King Honor Book A Printz Honor Book A Time Best YA Book of All Time (2021) A Los Angeles Times Book Prize Winner for Young Adult Literature Longlisted for the National Book Award for Young People's Literature Winner of the Walter Dean Myers Award An Edgar Award Winner for Best Young Adult Fiction Parents' Choice Gold Award Winner An Entertainment Weekly Best YA Book of

2017 A Vulture Best YA Book of 2017 A BuzzFeed Best YA Book of 2017 An ode to Put the Damn Guns Down, this is New York Times bestselling author Jason Reynolds's electrifying novel that takes place in sixty potent seconds—the time it takes a kid to decide whether or not he's going to murder the guy who killed his brother. A cannon. A strap. A piece. A biscuit. A burner. A heater. A chopper. A gat. A hammer A tool for RULE Or, you can call it a gun. That's what fifteen-year-old Will has shoved in the back waistband of his jeans. See, his brother Shawn was just murdered. And Will knows the rules. No crying. No snitching. Revenge. That's where Will's now heading, with that gun shoved in the back waistband of his jeans, the gun that was his brother's gun. He gets on the elevator, seventh floor, stoked. He knows who he's after. Or does he? As the elevator stops on the sixth floor, on comes Buck. Buck, Will finds out, is who gave Shawn the gun before Will took the gun. Buck tells Will to check that the gun is even loaded. And that's when Will sees that one bullet is missing. And the only one who could have fired Shawn's gun was Shawn. Huh. Will didn't know that Shawn had ever actually USED his gun. Bigger huh. BUCK IS DEAD. But Buck's in the elevator? Just as Will's trying to think this through, the door to the next floor opens. A teenage girl gets on, waves away the smoke from Dead Buck's cigarette. Will doesn't know her, but she knew him. Knew. When they were eight. And stray bullets had cut through the playground, and Will had tried to cover her, but she was hit anyway, and so what she wants to know, on that fifth floor elevator stop, is, what if Will, Will with the gun shoved in the back waistband of his jeans, MISSES. And so it goes, the whole long way down, as the elevator stops on each floor, and at each stop someone connected to his brother gets on to give Will a piece to a bigger story than the one he thinks he knows. A story that might never know an END...if Will gets off that elevator. Told in short, fierce staccato narrative verse, *Long Way Down* is a fast and furious, dazzlingly brilliant look at teenage gun violence, as could only be told by Jason Reynolds.

The Complete Enneagram Balboa Press

A groundbreaking exploration of the spiritual dimension of working with the enneagram by one of its earliest students and teachers in America. Here is one of the first books to explore in an authentic and comprehensive way the original spiritual dimension of the enneagram. Among the most knowledgeable teachers of

the enneagram in America, Sandra Maitri shows how the enneagram not only reveals our personalities, but illuminates a basic essence within each of us. She shows how traversing the inner territory particular to our ennea-type can bring us profound fulfillment and meaning, as well as authentic spiritual development.

Brilliancy Harper Collins

Just as the images on television are nothing more than light, so are our experiences merely the dance of awareness. Often we form attachments to or feel enslaved by these experiences. But they are only reflections. As easily as television pictures vanish when the channel is changed, the power of our experiences fades if we penetrate to the heart of reality—the light of the natural mind within everyone. *You Are the Eyes of the World* presents a method for discovering awareness everywhere, all the time. This book does not discuss how to turn ordinary life off, and it does not describe how to create beautiful spiritual experiences; it shows how to live within the source of all life, the unified field where experience takes place.

Understanding the Enneagram Houghton Mifflin Harcourt

The keys to self-knowledge and deep contentment are right here before us in this very moment—if we can simply learn to live with open awareness. In *The Unfolding Now*, A. H. Almaas presents a marvelously effective practice for developing the transformative quality of presence. Through a particular method of self-observation and contemplative exploration that he calls inquiry, we learn to live in the relaxed condition of simply "being ourselves," without interference from feelings of inadequacy, drivenness toward goals, struggling to figure things out, and rejecting experiences we don't want. Almaas explores the many obstacles that keep us from being present—including defensiveness, ignorance, desire, aggression, and self-hatred—and shows us how to welcome with curiosity and compassion whatever we are experiencing.

Inner Knowing InterVarsity Press

If I had known the Enneagram earlier in my ministry, I would have been a much better pastor. When this thought came to Todd Wilson, he had already served as a pastor in several churches for the better part of fifteen years and was successfully leading a large, historic, and diverse congregation. He'd started out in ministry with a strong education in everything from biblical

exegesis and homiletics to organizational development and Christian education. However, at its root, pastoral ministry is about shepherding, serving, leading, and loving people, and Todd realized that what he lacked was wisdom about how people work. He says, "When it came to empathetically shepherding people and sensitively engaging their manifold personalities and diverse ways of seeing the world, I was an amateur." Whether you are on a church staff or leading a small group, you will find that the insights from the Enneagram that have helped many grow in self-awareness can be applied to life in our faith communities. The Enneagram can help us to become better teachers. It can influence how we develop worship and Christian education. And it can guide us in building and leading teams. It's time to take the Enneagram to church—and to allow it to shape our life together.

The Sufi Enneagram: Sign of the Presence of God (Wajhullah)

Shambhala Publications

Offers profiles of nine personality types, tells how to avoid misidentifications, and offers advice on becoming aware of one's own personality type.

The Essential Enneagram Shambhala Publications

Two innovative spiritual teachers show how to use desire and passion—eros—as a gateway to realizing our fullest potential. What do desire and passion have to do with our spiritual journey? According to A. H. Almaas and Karen Johnson, they are an essential part of it. Conventional wisdom cautions that desire and passion are opposed to the spiritual path—that engaging in desire will take you more into the world, into egoic life. And for most people, that is exactly what happens. We naturally tend to experience wanting in a self-centered way. The Power of Divine Eros challenges the view that the divine and the erotic are separate. When we open to the energy, aliveness, spontaneity, and zest of erotic love, we will find it inseparable from the realm of the holy and sacred. When this is understood, desire and passion become a gateway to wholeness and to realizing our full potential. Through guided exercises, the authors reveal how our relationships become opportunities on the spiritual journey to express ourselves authentically, to relate with openness, and to discover dynamic inner realms with another person. Through embodying the energy of eros, each of us can learn to be fully real and alive in all of our interactions.

Character and Neurosis InterVarsity Press

The Enneagram is a profound tool for self-observation and inner work. While there are plenty of resources on the topic, most Enneagram literature is largely limited to entry-level descriptions of the Nine Types. *The Instinctual Drives and the Enneagram Typology*--our "animal" Instinctual Drives and how they are related to our spiritual nature. While nearly every school of thought on the Enneagram acknowledges the importance and role of the Instinctual Drives, there's a deep lack of understanding what they actually are, the role they play in personality, and most importantly, their implications for inner work. This book achieves, for the first time, a coherent theory of the instinctual drives based in biology, evolution, and developmental psychology, and it paves the way toward a more accurate view of inner work that directly addresses our animal nature. In so doing, it turns our current understanding of the Enneagram on its head by showing that the personality does not exist in parallel with our instinctual drives, but in reaction to them. In other words, instinct comes first - and one's Enneagram type is nothing more or less than a strategy to fulfill instinctual needs. This clarified orientation has important implications for our spiritual development, self-remembrance, and the transformation of our personhood into a conduit of Essence.

The Enneagram Goes to Church Psyche Books

More than just a tool to diagnose your personality type, the Enneagram was originally developed to help people find the ultimate freedom of consciousness and achieve spiritual liberation. A. H. Almaas brings us back to this original mission as he shares the essential keys that will help readers break free from the limitations and distortions of each type's fixation—and to express their true spiritual nature in everyday life.

Essence With the Elixir of Enlightenment Penguin

Join over 1 million other readers worldwide on a journey into self-awareness, compassion for others, and love for God. With wit, wisdom, and storytelling, Ian Morgan Cron and Suzanne Stabile introduce the ancient personality typing system, the Enneagram, and explore its insights into spirituality, relationships, and self-knowledge.

Keys to the Enneagram IAP

Provides insight for determining personality types, from recognizing each type's wake-up call and red flag to letting go of self-defeating habits and reactions.

Forty Days on Being a Three Shambhala Publications

Enlightenment is not what many think it is, nor is the path to attain it. A. H. Almaas presents myth-shattering aspects of reality

that allow true seekers to pass through to a "spiritual reality".