

Enneagram CURRICULUM

“Enneagram Basics, EWA”

Enneagram World Association (EWA)

Minimum 3 training days in at least 18 hours

- **The Enneagram History**

The history of the creation of the Enneagram throughout the years. From the use of the symbol in Mesopotamia in seals to later in 1915 by George Gurdjieff who created the concept of the Enneagram, then adopted by Oscar Ichazo making the Enneagram of Personalities in the 50's and then improved upon by Claudio Naranjo in the 70's. Naranjo Students spreaded the Enneagram of Personalities around the world tainting it with their own cultural believes.

- **The Enneagram Symbol**

Explication of the meaning of the shape of the Enneagram and its relation between numbers. Including “the Law of One (Octave)”, “the Law of Three” and “the Law of Seven”. These 3 aspects will be truther explained in the the Practitioner as they are directly related to George Gurdjieff's Enneagram.

- **The Main Concepts behind the Enneatypes**

Explication of the inner working of Enneatypes, understanding composes and what to look for when looking at an Enneatype such as the virtues, the fears, their relation with their main emotional center.

- **The three centers (Body, Heart, Mind)**

The three different emotional drives that is at the base of each Enneatype. Each type has a unique relation with their main center: Body (anger), Heart (fear), Mind (Emotion).

- **The Common Stereotyping about the 9 types**

A large overview of the 9 types of personalities. To make each type easy to understand at first sight through stereotyping each of them is necessary, so everyone can identify someone they know or even self-identify.

In depth description and analysis of the 9 Enneatypes

A in depth view of the functioning of each type through these points:

- **The 9 Compulsions**

Sometime known as vices and passions, this is a what an Enneatype will strive for to obtain, sometimes to his own demise. For example the type 1 would strive to be perfect, this can be seen as something positive but also something that could be toxic for himself and his environment if not controlled or aware of.

- **The 9 Fixations**

Ego fixation refers to the involuntary persistence of self-control. One important consequence of ego fixation is that individuals can no longer access their negative reactions to distasteful stimuli.

- **The 9 Traps**

The different types of behaviours leading to a unhealthy behaviour that each Enneatype would have a tendency leaning towards.

- **The 9 Fears**

This is what the Enneatypes will by instinct try to stray away from (Banality, Pain, Weakness, Imperfection etc... each type has its own fear attributed to him) explaining their behaviours

- **The 9 Motivational Strategies**

What motivates each type and what helps them keeps consistency in their motivations.

- **The 9 Idealisations / Avoidances / Defence Mechanisms**

What are the Idealisations of each types (for themselves and the world) and what behaviours do they uses to make their idealised view take place in the real world. How would they protect themselves against something that would be in there way. Each types sees the world differently and behaves differently to external and internal stimuli.

- **The 9 VIRTUES**

The Virtues are the "good" sides and the capacities that each type can have when they become aware of their traps. They are expressed when we let go of the emotional vices of our personality, which is who we are in lower emotional awareness.

- **The 9 HOLY IDEAS**

What could each type look like in their highest stage of self-awareness of their mechanisms. By understand all the above it is easier to work on yourself and to deliver your true potential.

- **Growth and Stress**

These are the link between types (through the arrows in the center of the circle) When someone is in growth or stress, what behaviour will he take from other Enneatypes linked to his. When do these occurs and why do they take place. So to recognises these changes in behaviour and use them to our own benefits.

- **Fixation of the types during childhood**

Explaining on how each types appears in the childhood, why and when will it manifest. Some types have the tendency to appear earlier than other. It is not possible to have a voluntary impact in fixation of the type, as it will depend only of the child's understand and own view of the world and his emotions.

- **The order of the centers depending on the enneatype**

Each type has their own unique relation with their main centre : Body (anger), Heart (fear), Mind (Emotion). Exteriors, interiorised, repressed.

- **The Somatic Enneagram**

The Enneagram Type & its manifestation on the Body. Each Enneatypes are marked to a certain degree by his posture, the Enneatype is sometimes recognisable by the way one stands or dresses. A type 1 would tend to have a straight back, a 2 more laid

back position, an 8 would walk with power, a 7 would walk in a more jumpy manner. Or even by facial expressions a 5 would tend to have a more neutral facial expression than a 3.

- **Understanding of the child's development and behavior according to typology**
Learning what would make children even more blooming in what they do, to make sure they are happy, learn the way that is best intended in a tailor-made manner to them and grow being aware of their capacities while expending them to new horizons.
- **Assessments & Typing Interview (To recognise in others their Enneatype)**
Knowing what question to ask, what to look for to find your own type and others. The way someone behaves, look like, speaks, would react to a given situation, what is important to them etc...
- **Evaluation of your own type**
Recognising your own type and set-up what action could be done to have control over your own behaviour. Being in the middle of the enneagram symbol to act by pure choice and not by defence mechanism.
- **Wings**
Around the Age of 20 a person develops traits of one of the type next to his Enneatype. If he is 1 it would be 9 or 2. Later depending of the life experience a second can start to appear around the age of 40. It is essential to know when and how to develop them to be able to get the right abilities for the years to come.
- **Culture and Nation**
What Enneatype can predominantly found in cultures and nations around the world and how it has evolved throughout time and history.
- **The role of the Enneatypes in history**
What were the purpose and roles of each Enneatypes predominantly found through different professions, ranks and positions throughout Human history.