

Volume One

The Conscious Person Series



THE CONSCIOUS COUPLES RELATIONSHIP

A New Orientation of
Self-Awareness, Skills & Tools
For Enlivening More Love &
Safely Healing Conflicts

Chris Wright

Licensed Marriage & Family Therapist
Licensed Professional Counselor

ABOUT THIS SAMPLE

This is a sample of the Volume I in *The Conscious Person* two-part series -- the e-book, *The Conscious Couples Relationship*.

It is in PDF format as it is currently in the final stages of editing for book publication. When purchasing this pre-publication e-book, once I have finished editing I will then send you the final PDF copy.

The Table of Contents should be helpful to give you an idea of the contents in this volume.

I have included in this sample two chapters:

Chapter 1: Conscious Relationships - The New Orientation of Intimacy & Harmony in Couples Relationships

Chapter 2: How These New Awarenesses, Understandings & Tools For Couples Evolved

Lastly, note in this editing process some e-readers may distort the charts and exercises, until I have finished the final editing and design.

I would enjoy your feedback in as I am preparing this volume now for book publication.

Chris Wright

607 Chain Bridge Road
McLean, Virginia 22101
(703) 560-1520

Email: chriswright30@gmail.com
Website: www.consciouscouplesrelationship.com
www.couplesenneagram.com

Volume I

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Note on the Use of Gender Neutral Language in this Book

There has yet to develop a grammatical standard for a singular gender-neutral pronoun when making reference to the subject in a sentence other than constantly using “he or she” each time. For example, in this sentence the correct reference is this:

“When *the partner* lacks these awarenesses, *he or she* will find that. . . “

However, in this book on couples, as I refer to couples and partners throughout most paragraphs, I have chosen to avoid the awkward repetitive use of the masculine and feminine pronoun “he or she” in each sentence.

In avoiding gender-specific language and gender-based pronouns, instead I use the plural subject “their” for referring to the singular partner as the subject:

“When *the partner* lacks these awarenesses, *they* will find that . . . “

I recognize that in current grammar standards “their” should only be used when referring to a plural subject. Nevertheless, I believe that most readers will not be confused by this and will find it more fluid reading without the repetition of “his or her” throughout paragraphs.

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Chapter 1

THE CONSCIOUS COUPLES RELATIONSHIP

The New Orientation Of Intimacy & Harmony In Couples Relationships

In the last few years a new paradigm has emerged in couples relationships. One that is radically different from the earlier heights we all aspired to in a “healthy relationship.” For most of us, this new conscious approach in a relationship represents a complete shift in our orientation, the processes involved, and even the goals of our being together. And yet it offers a level of harmony, intimacy, healing, and growth that is far beyond what people have come to expect after years of being together.

This paradigm is so new, we rarely see it clearly laid out anywhere. Yet as we go through the dynamics, you will intuitively recognize it. Relate to it. Affirm it. For it represents more closely the archetype that lies deep within our hearts than any other model of a life partnership. But then you will also come to see why it has been up to now so rare.

To start with, what do we mean by a conscious couples relationship? And how is it different from what we have known in the past? Just as it implies, a “conscious” relationship is one where each of us stays conscious, or *present*, in our connection together. That means staying connected *within ourselves* as well as conscious and responsive to our partner’s inner world. So we move through life experiences together with our hearts and minds open and connected to each other.

In a conscious relationship this connection is sacred. Something magical happens when you feel connected to the depths of your self and truly open and connected with your partner. You can always tell when you each are present and your hearts are open to each other. Just as you can tell when your partner has contracted within him or herself, is shut down or distant, and has gone unconscious in the relationship.

Consciously preserving this connection within yourselves and together – enlivening it, deepening it, and consciously resolving everything that arises that threatens it together -- this is a Conscious Relationship.

So what does it take? There are two fundamental dynamics that we will need to master. On the one hand there are dynamics that enliven our loving feelings and nourish our relationship, and our souls. They include all of the caring behaviors and shared meaningful, expansive, fun, and loving experiences that foster connection together. These are also what bring us closer to our true nature.

Then secondly, there are contrary dynamics that are driven by inner tensions that threaten the love in our hearts and our connection together. They distort our essence and our true nature. This new path is about consciously working with *both* of these dynamics -- our love and fulfillment *and* healing our shadow.

First Our Shadow Side:

Resolving Differences, Tensions & Issues in Your Relationship

What could threaten the love connection when people truly fall in love? Interestingly, when your hearts are open and in love with someone, you become very vulnerable. “Vulnerable” means being “hurt-able.” Your guard is down. This is why the more you open your heart with someone, the more easily you can be hurt. And hurt deeply. Those who have been burned know how hard that can be.

Also, the more you fall in love, the more exposed are your deepest insecurities, dependencies, and

unresolved needs. All of your emotional wounds beginning in birth and infancy, into childhood, adolescence, and as an adult from your previous love relationships are now more easily triggered the more you surrender your heart.

“The stronger the love’s radiance, the darker the shadows we can encounter.”

John Welwood

Of course, in a Conscious Relationship we are committed to keeping our hearts open and being vulnerable in love together. That means staying *present* and fully conscious to experience *whatever* emerges or is exposed. This includes all of the pleasure and love *as well as* all of the challenges and pain that become triggered.

Being fully *conscious* means being in touch with both our innocent loving feelings as well as our fears, frustrations, and hurts associated with unmet needs and expectations. But also becoming aware of our deeper, repressed insecurities and wounded areas that generate all of the issues and sensitivities that we bring into the relationship. And that need to be healed.

In a typical relationship, however, this is where things tend to breakdown. As emotional tensions emerge, most everyone is unconscious of the source of those tensions deep inside of themselves. So they readily blame their partner for triggering the uprush of those charged, sensitive feelings that mar their experience. Or they will pull away, or shut down. In either case, the connection is affected – to one’s own essential nature *and* with their partner.

Then too, on the receiving end, when partners feel criticized or attacked they tend to immediately defend against owning their part in it. Or in opening up and vulnerably sharing their own inner process. In any case, without a framework of safety for staying open and being vulnerable together, there is little hope in resolving the source of those tensions inside. Or for inner healing and deepening their loving partnership.

Even more so, when partners deflect their inner sensitivities and unresolved issues onto others in blaming or by defending against owning them, do those underlying insecurities that were triggered ever go away? They simply linger deep inside, and end up becoming even more sensitive with each upset. As a result, over the years, with each disappointment, upset and disconnection, they can feel their hearts have pulled back.

As unresolved issues mount up, they affect the purity of their hearts and weaken their sense of connection and true intimacy. The innocence they each once felt has eroded, hasn’t it? This is how couples grow apart and begin to feel more separate. But how could it be any other way?

Of course, you can always tell. You can feel it in your heart when your partner is dissatisfied or distant. You may even have forgotten many of the original jarring incidents together that have accumulated. But the impact of those painful feelings and unmet needs were registered inside, and still live on unresolved in each person.

Recognizing this, the Conscious Couple wants to gain the self-awarenesses and skills that will enable each of them to recognize the source of those tensions whenever they emerge. And be able to *safely* resolve them together, so that both partner grow from the process – within their self and closer together.

“Nothing goes underground, or is left unconscious and unresolved” is the mantra. You form a conscious alliance to safely work through threatening issues that emerge together. Not just to preserve your loving connection, but to heal and free your selves from their binding hold as well.

Armed with these awarenesses and tools is what makes the process safe, effective, and rewarding. They enable partners in their relationship to come together and discover, *“What is the work each of us have to do together towards wholeness.”* They do so psychologically, emotionally, and on the soul level in their relationship together. For they recognize that these binding unconscious insecurities *will need to surface* and be worked through in order to develop their pure true nature.

This Conscious orientation changes everything. With self-awareness and safe frameworks, differences, conflicts and issues that emerge are seen as a *positive* experience in the relationship. Facing and resolving their individual insecurities is how their consciousness is purified. It is a good thing. But it

takes self-awareness and safety to be able to process the feelings and issues safely and intimately, so that it is mutually healing together.

Actually, what better place is there for each person to do their work in evolving their consciousness than in a committed relationship? This is where people's insecurities, sensitivities, and emotional wounds are going to be so exposed. Each conflict, trigger, unmet need, or distorted behavior can provide valuable insight into what each partner is lacking in the goodness of their Being. Those become important clues to what specifically is needed *to heal* within them selves.

So now those tensions are not just another hassle. They precisely tell you something important, something vital to your well-being. If you don't see it in yourself, just ask your partner. Those very distortions that affect the relationship are exactly what the partner wishes that you were more self-aware of. Not only so that you can get along, but also because it is precisely these awareness that will enable you to free your self from their binding hold. And free your souls.

Many of us are getting to the point where we realize that we cannot hang out in those old, unconscious, distorted patterns anymore. It just results in too much suffering -- within ourselves, in our marriage, in the effect it has on our kids growing up, as well as on the whole society. When we stay unconscious, these underlying insecurities and distortions can rule our lives, and undermine everything we aspire to and hold dear.

Clearly, this involves a commitment to knowing our inner self, expanding our self, healing our selves. The empowerment and safety these awarenesses and tools provide enable us to inspire, fortify, and support each other to bring the light of pure Consciousness to these binding areas of our unconscious.

But we need the shared *self-awareness* that will enable us to do so. And in the face of emerging real tensions we need *safe frameworks* and tools that allow us to stay *present* and open in our hearts so we can safely resolve and heal those unresolved feelings. This is the focus of this *Conscious Person* book series.

What About Partners Who Do Not Want to Work on Their Issues?

So what would be the reason a partner might not want to work on the tensions and issues that grip them? "*I don't want to have to look at my part in this.*" Isn't it because a person does not feel safe? That person probably intuitively realizes that they do not have the shared understandings or communication tools in the relationship together that would make the process secure or harmonious together. And that would ensure a positive and healing outcome.

They are probably right. When tensions arise most people have lacked the shared self-awareness and the frameworks that would make them feel safe enough to then be open and vulnerable together for the healing process to take place. Without these awarenesses and skills, they can easily get stuck in their projections, blame, or defenses. So they lose the rich opportunity that is there for accelerated growth and deeper connection.

Actually, most people do not even get to choose whether they want to work on issues that arise. People tend to draw in the perfect mate who will expose and trigger their underlying, unresolved, emotionally charged wounded areas. So then there it is, right there for you to deal with in the conflicts and tensions couples experience together.

You see it in the buttons that get pushed, in the arguments that come up, in sensitive areas that you are not able to discuss, and in the emotional distance that results. It is inevitable. Since everyone is pretty much in the same boat with unresolved issues and insecurities in their personality to resolve, there is little chance for a free ride.

So in our partner, we have met our match. He or she becomes the mirror that brings to the forefront our insecurities and imbalances. Knowing this, we realize that projecting everything back onto our partner, making it his or her fault for all of the problems in the relationship, is not the solution to resolving them. Nor is denying or avoiding the real issues within ourselves that keep getting triggered or that we self-righteously act out.

Many are surprised to realize that the success of a relationship does not depend on finding someone

without insecurities and issues. Good Luck! Rather, your success together depends on how self-aware and healthy each of you are *with your own issues*. And too, how safely you deal with your inner tensions and insecurities when those emerge in the relationship, and in your lives.

In this Conscious orientation you will find that you are able to increasingly maintain your *Presence* in the face of tensions that arise. And work through them securely, and with good will together. In not losing your inner Self, the tensions or upset feelings don't take you over and do all of the talking and reacting. This is what becomes the basis for a Conscious Relationship together.

Self-Awareness is the Basis for a Conscious Relationship

The basis of this new approach is in first gaining *self-awareness* of the inner dynamics in your personalities that are affecting the relationship together. This is fundamentally important for if you remain unconscious of the forces and pressures in each other's inner world that distance the other, then no wonder you will trigger each other when those inner pressures conflict. Isn't that what an argument is?

And if you lack understanding of the fundamental ego needs and sensitivities in each other's world, how will you be able to consciously align to and respect what matters to each other? Especially when your worlds inevitably clash? Also, how will you thrive over the years together if your individual core needs are not met in the relationship?

What makes this even more difficult is that people are drawn to someone as a life partner whose personality is fundamentally different than theirs. This is because the different natural gifts in their persona complement you, expand you, and are meaningful to you in your personality.

However, this also means that the partner brings into the relationship different *core needs, sensitivities, insecurities, inner pressures and imbalances* in their personality. It is precisely when these clash that tensions arise and couples begin to have a hard go.

In lacking these shared fundamental inner awarenesses of what is really happening inside, then when tensions arise how would partners not focus their blame onto the other? But this can't be good for the relationship! Over time, blaming and arguing typically results in emotional distance, and as a result, can leave resentments in the relationship.

In working with couples over thirty years I have found that the quickest, simplest, and most comprehensive way to gain self-awareness of you and your partner's inner world is from what I call the *Inner Enneagram* and the *Spiritual Enneagram*.

The popular and easily learned Enneagram Personality system accurately identifies the specific qualities that make up people's individual personality. In using the Enneagram with couples since the 1980's, however, new unrecognized but consistent *inner forces* became clear that drove each Enneagram type. These were the underlying fundamental forces that determined each person's well-being as well as the success of their relationship. I call this the Inner Enneagram and the Spiritual Enneagram.

These awarenesses will enable you and your partner to make profound sense of your inner worlds, as well as for every person that you know: your partner, each of your children, your parents and siblings, your friends, your boss and co-worker – even everyone you meet!

To start with, the Spiritual Enneagram empirically shows for each of you your natural *gifts* in your personality -- what you admire and love in each other that express your personal *essential nature*. It is this that drew you to that person at the core of their being. And it is why you married them.

The Inner Enneagram reveals the inner dynamics in each of your separate *personalities*. It identifies your *core ego needs* -- what each of you fundamentally need in order to thrive in the relationship. It also pinpoints the inner *pressures, tensions, and sensitivities* that affect your personality, as well as the underlying *insecurities* that drive them.

Gaining these new shared awarenesses together of each other's inner world enables you to stay conscious and self-aware of the true source of the inner pressures and sensitivities that are affecting *each of you* in the relationship. So you both are able to recognize the source of them whenever they emerge, and own them instead of unconsciously and freely act them out or blame others. Or stay stuck in denial about

them. If you remain unconscious of these inner dynamics with others, no wonder relationships can be difficult.

Couples find that these shared awarenesses and safe conscious frameworks for resolving differences can change everything. Tensions and pressures are recognized and harmoniously resolved instead of building up inside, or unconsciously acted out. So couples find that instead of blindly *defending* their insecurities, they are safely *resolving* them together whenever they emerge.

The self-awareness that you gain from the Spiritual and Inner Enneagram will give you mastery in this journey together. For the more inner awareness you have, the wiser you each will become within your self and in the relationship together. Knowledge is power here. This new wisdom will expand your consciousness in how you experience yourself and each other, thereby changing your whole perspective.

You'll see. It establishes a new *foundation* of awareness within your self. It gives you a sense of groundedness at the core of your being in the face of sensitive feelings. This is what will provide the necessary security within your Self that will enable you to develop a "friendly" understanding of the sensitive and insecure aspects in your personality that will need healing.

What is the alternative together? If you remain unconscious and freely act out your inner tensions and insecurities, how will that help the situation? If it is always someone else's fault, or if you are always defending yourself or pulling away or shutting down, how will those underlying tensions and insecurities inside of yourself ever be resolved?

These new skills and tools outlined in these volumes were designed over many years to make the process of healing effective and empowering together. They enable each of you to stay *conscious*, stay *Present*, so you can process any tensions, inner pressures, or upsets safely to resolution. Instead of going unconscious, or blaming others, you each now will have the awareness to go inward and *do your own work*. And support each other in the process.

This is the foundation for resolving your issues and growing together. Healing takes place when you each open up inside of yourselves. *Consciousness heals*. Keeping insecurities unconscious that drive those tensions and sensitivities is what keeps you stuck in them.

Actually, the process becomes a very poignant and intimate shared experience. "*Thank you, for this is what I have needed to heal to become more whole.*" And for me to become more at Peace. And more stable. And more loving. The deeper level of trust, closeness, and growth this develops is incredible as the process frees up deeper qualities of our true nature.

So what is it like in *your* relationship when differences, tensions, and conflicts emerge? Certainly, without these understandings and safe tools, the process can become hell. This is why Conscious Couples Relationships are rare.

The concept has arrived, but it is new on the world scene. Most couples will need to gain these inner awarenesses together and learn effective tools that fortify each other's *presence* to make the process of resolution safe and secure together. Processes that will ensure that they end up each time feeling closer, even more in love with each other. Fortunately, this can be learned and internalized by most couples as a natural part of their personalities and lives.

But why does this have to be taught? Well, it is like most everything in life, the more awareness and skills you have, the more effective you will be. After all, everyone naturally expects to go for education or training to develop their skills and expertise for a job or for career advancement. People pay big money, many with hefty loans, and they invest much effort to get degrees and certifications to ensure their success.

But this can be even more important to one's fulfillment in life. Having a happy marriage and family is a primary need for most people in life. This is why it is so important to gain the skills necessary to ensure the success of the intimacy in your marriage. Fortunately, it does not need to take a long time or involve a large expense. This is the purpose of the volumes in this series -- to provide the framework and the awarenesses for you to be able to develop these awarenesses and skills together.

The second fundamental dynamic to master in a Conscious Relationship is to *consciously* enliven your positive, loving feelings together. Couples are drawn together because they are a source of pleasure, meaning, and love for each other. Finding a partner that makes you feel fulfilled, who responds to your deepest emotional, intellectual, physical, spiritual needs, and who enlivens your loving feelings -- this is the basis of a rewarding relationship together.

Certainly, love relationships start out that way. But here is the rub. As your partner's personality is different from yours, your essential *core ego needs* will also tend to be different. Your partner simply does not fundamentally "need" all that really matters to you in your life. No wonder he or she never thinks about some of those things. Actually, some of those needs and sensitivities probably do not even make sense to your partner -- "*Why does that really even matter?*" Especially when he or she is gripped by their own contrary ego needs. After all, it is these differences that are what lead to an argument, isn't it?

These *ego needs* and *sensitivities* that each of you have are connected to your very well-being. This is why each of you may fundamentally "need" them honored and responded to in order to thrive in this relationship. That is also why you will "fight" for them.

So no wonder then, to the extent your core ego needs are disregarded, dishonored, or not met, you will feel empty in this relationship. And as a result your heart will begin to close down.

Fortunately, the *Inner Enneagram* concretely identifies for each of you, and everyone you know, the few specific *core ego needs* are that are fundamentally necessary in order to thrive and feel fulfilled - in the relationship and in their life! It is these that usually determine the success or failure of the intimacy and closeness in your marriage, your family, and your friends.

Then no wonder the central teaching in this conscious orientation to committed relationships is that *Both Needs Matter!* "My partner's emotional needs *are as important as my own.*" That's your mantra. And that becomes a true team and partnership. It is the foundation for the marriage that will keep each of you nourished and connected as you go forth and face the challenges of life together.

"The Conscious Person" Book Series Consists of Companion Volumes

This book, *The Conscious Couples Relationship*, is Volume I of "*The Conscious Person*" series. The focus here in this book is on gaining personal awareness and understanding of these dynamics outlined above together. It walks you through the Inner and Spiritual Enneagram system so you can make sense of and apply these understanding to yourselves, and everyone you know.

The necessary companion volume in this series is Volume II, *The Nine Profiles of the Inner & Spiritual Enneagram - A New Paradigm of Inner Self-Awareness*. It provides a simple to understand and comprehensive profile of the inner forces of each personality type based on the Inner Enneagram and the Spiritual Enneagram system.

However, the individual profiles in Volume II do not explain the inner dynamics. Here in Volume I you will make sense of each other's inner world, understand how the system works, and learn how to use the information.

Volume III is *Natural LoveMaking - Transforming "Sex" Into Natural, Innocent & More Fulfilling LoveMaking Together*. One of the most important things I have learned in couples' relationships was the fundamental distinction between "*having sex*" and *making love*. As it turns out, the goals, the process itself, and most importantly, the source of the experience are all entirely different when it is just sex compared to when it is naturally "making love."

Couples find that the innocent and fulfilling lovemaking is an important dimension in a committed relationship. *Natural Lovemaking* as opposed to "sex" can open partners up to levels of intimacy within themselves and together that nourish their souls and their relationship together.

Partners can tell the difference when it is just sex. Certainly most women can. You can tell when the experience with a partner is goal oriented in order to "turn each other on" to reach a sexual release. There is nothing necessarily wrong with "sex." However, the focus on turn on's and sexual arousal actually will

tend to overshadow and prevent opening up to more vulnerable *life force energies* that are far more exquisite, far more intimate, and far more fulfilling together.

This contrast of orientation, however, is a primary reason in a marriage why over time couples do not have sex more often. As a result, they are missing an intimate, even spiritual shared experience that not only enlivens who they are, but unifies their hearts at a most profound level of awareness. Fortunately, as you will see, in the following chapters that *LoveMaking* is easily learned.

Chapter 2

HOW THESE NEW AWARENESSES, UNDERSTANDINGS & TOOLS FOR COUPLES EVOLVED

In the last few years this new orientation has emerged in personal self-awareness. One that is radically different from the current accepted orientations that provide insights and awarenesses into people's inner lives. This new paradigm emerged from using the 'Enneagram of Personality' system in working with couples and from leading seminars around the country for over thirty years.

This Enneagram system describes what distinguishes each person's personality. I have taught it to the government and corporation settings where it has been shown to be very accurate in describing for each individual their personality qualities, characteristics and tendencies.

However, in working with couples, as each of the partners opened up in the sessions, *new dimensions* emerged in what partners consistently found to be *the fundamentally relevant* inner dynamics affecting their lives. Dynamics that have been unrecognized in the conventional Personality Enneagram framework.

These new awarenesses partners discovered were precisely the inner forces that determined their personal well-being, as well as the success of their relationship. This was especially true for distressed relationships where gaining these self-awarenesses together became the positive game-changer.

These new dynamics emerged because couples in their therapy sessions opened up and authentically shared what *really matters* to each of them individually. And why. The process became an incredibly intimate experience in their discoveries as they bared their souls at a most difficult time in their lives.

After all, there is so much riding for these couples in our interaction in these sessions together. Their loss of intimacy, and the possibility of the relationship ending, with all their history together, their personal heartfelt hopes and dreams, their children's well-being, the financial repercussions, their extended families -- it all can be very scary, and messy, for couples to go through.

However, as they discovered, this was because the forces that were generating their tensions and discord together had been completely unconscious. Each partner had no clue. Their individual reality in a conflict felt like it was "*The*" Reality. So no wonder they would freely act those tensions out, and even fight for them.

It became clear that it was these unconscious forces that are what brought them to couples therapy. And the good news was the discovery that these inner pressures can be naturally resolved.

The Discovery of the Inner Enneagram: Gaining Self-Awareness in Their Personality

In working with thousands of couples over the years, what emerged that became revelatory was that people of the *same* Enneagram personality type consistently faced the *same inner forces* that generated their inner world.

That means that people who had the same Enneagram type shared the same inner pure *essential nature* – the natural gifts and talents that stand out in their persona that others, and their partner, admire in them.

People of the same type also had the same *core ego needs* -- what that type *fundamentally needs* in order to thrive in their life, and particularly in their relationship together.

Those of the same Enneagram type had the same specific *emotional sensitivities* – what triggered them in

life, and in the relationship. And that type had the same underlying unconscious emotional *insecurities* in their personality that drove those tensions.

It was all of these underlying pressures in their personality that generated the *imbalances in their personality*. It is the human condition to have imbalances show up under tension. However, people of the same Enneagram types shared the same individual pattern of imbalances in their personality.

These were the sources of people's unhappiness. And yet no one had self-awareness of these inner dynamics within themselves. So they acted them out freely and self-righteously. Nor did they tend to have any clue of how to resolve them within themselves or together in their relationship.

These sessions were like having a uniquely powerful microscope in a laboratory that objectively revealed the otherwise unrecognized underlying pressures affecting their inner lives and their relationship. Partners were able to recognize them right away, for it was these individual forces that fundamentally determined their personal well-being, and where disturbing their close relationship together.

So although these were systemized in working with couples, these are the same forces that single people are at the effect of within themselves. That is how universal and important these new awarenesses are to people's lives.

As a result of these consistent findings, a *new empirical framework* of self-awareness for each of the Enneagram personality types emerged. I called this orientation and the new dimensions it reveals the **Inner Enneagram**. This is to distinguish this from the popular conventional 'Personality Enneagram' that lacks this depth of clarity and comprehensiveness.

The lack of awareness of these consistent underlying forces in the Personality Enneagram actually worsened partner's engagement. Those who knew their Personality Enneagram types would uniformly use that knowledge to justify their reactions or positions. In a conflict, *perfectionist* Ones in the Enneagram would say, "I am a One" to buttress any argument. An aggressive Eight would say, "I am an Eight. Get over it!" People tend to stay in denial and unconscious when they lack self-awareness of the precise forces that distort their personality.

The discoveries of the *Inner Enneagram* revealed **six dynamics** that were found to *fundamentally affect* people's inner personal world *and* their relationship's success:

Discovery #1

Recognizing Each Partner's Specific *Core Ego Needs*

The Basis of Fulfillment Together Is Responding To & Honoring Each Other's Core Ego Needs!

As each partner opened up, **this first dynamic** became evident as people of the same Enneagram types consistently shared *the same* three or four *core ego needs*. These were not simply "desires" of what would be nice to have in the relationship or in their lives. Instead, these were precisely what each partner *fundamentally needed* in their personality in order to *thrive*. And not only in the relationship but in their life as well.

This is important for everyone to become aware of within themselves, so they can understand and attune to what really matters, and why. But it becomes particularly important in a lifetime partnership. That is because here is the catch. People are drawn to a life partner who has a different Enneagram personality type than theirs. That means they will tend to have different core ego needs that really matter to them and their well-being.

What draws them to people who are different Enneagram types is the partner's different pure essential nature. That means that the person brings forth certain gifts and talents in their personality that complement yours. That is the fundamental attraction. Those extraordinary qualities expand you, enliven what you do not have enough of in your personality, and make you feel more whole.

But this also means that the person brings into the relationship their own contrary ego needs according to their Enneagram types. So over time, your partner may not respond to what really matters to you in the relationship. And they may even have certain personality needs that conflict or are opposite to

yours. And because their needs feel completely natural in their personality, just as yours do, this can lead to arguments and eventual resentments.

Simply put, when your few fundamental ego needs are met in your life, you feel nourished and fulfilled. And you live harmoniously. These are the times in your relationship together when you feel loved, happy, fulfilled, and at peace with your partner (and within yourself). You feel fortunate to be together.

On the contrary, when your partner disregards or is insensitive to what *really matters to you*, this is what creates tensions in the relationship. Those are the times you feel disappointed, irritated, angry, or upset with your partner. In fact, most all arguments and conflicts stem from each other's underlying core personality needs and emotional sensitivities not being respected, honored, made important, or responded to.

If overtime these core ego needs are not met, you will feel more and more unfulfilled in the relationship. The innocence of your original love inevitably starts eroding. You start to feel more separate as your heart starts to shut down to protect your self. At the same time you can find yourselves arguing more. Which leads to further emotional distance -- within your self, and with each other.

According to the statistics, this is a road that many couples inadvertently find themselves who eventually divorce. But ask yourself, what about those that don't divorce – what is the percentage of those who do remain married over the years but have lost the innocent, loving, intimate connection together? They have stayed together but are not really fulfilled together.

These are sobering facts for those couples starting out in love who are getting married. As innocent as they feel, it can mean that the chances of a marriage ending up unhappy and unfulfilled as a couple are much more likely than not. Statistics show that as much as fifty percent of marriages in the United States end in divorce. Ouch.

That is a 50-50 chance of fulfillment. But it tends to be worse than that. Those who have been married a long time will tell you to now explore what percentage of those couples who did stay together over the years actually feel in love and fulfilled. What if it is another twenty percent of couples who years later are still together but they are not very close. Maybe they stay together for the kids. Or for financial reasons. Or because a divorce can be so messy. Or maybe because it's better than being then alone? Or they have adapted.

If so, that means on your wedding day, it could be that there could be a seventy percent chance in five years that you won't really be that happy. That is not everyone, but still those are not good odds. Yet on one's wedding day, it is hard for the couple to even imagine themselves not sustaining the intimacy in their marriage. Alas.

This is why it is so fundamentally important for partners to be able to identify what their individual *core personality needs* are. So that in their formal marriage commitment, right up front they each vow to *make their partner's core needs as important as their own!* “Both Needs Matter” is the mantra in a Conscious relationship.

Your partner's fundamental ego needs have to be as important in the relationship as your own in order for you both to stay fulfilled and keep your hearts open. After all, this is what a team and a partnership is. This is what you both are signing up for when you committed to each other for life!

But people tend to have no shared self-awareness of what precisely these three or four core ego needs are in each other. No wonder they don't respond to what does not make sense to them in their world.

Even more importantly, as you will see, the *Inner Enneagram* shows “*Why*” those *specific needs matter* deep inside of each other. The purer one's consciousness, the less “needy” people are. Pure Consciousness is inherently Peaceful, secure, Happy and fulfilled *within* their self. Whether you are single or in a committed relationship, discovering what is disturbing your inner peace and fulfillment in your persona will be important to discover.

But the bottom line for those that are single or in a committed relationship is discovering how you can resolve the source of those needs within yourself. You learn to naturally resolve those inner tensions instead of being bound by them. As a result you both will thrive in the relationship.

Discovery #2

Recognizing Each Partner's Inner Sensitivities

Just as with single individuals, most couples will experience emotional tensions within themselves and in their relationships. As couples would open up in sessions, this **second dynamic** became clear -- that those of the same Enneagram type *shared the same emotional sensitivities* and the same underlying *core insecurities* that were being triggered in the relationship.

It is the natural human condition to be saddled with emotional insecurities and wounds in one's personality. Just as people have physical imbalances, like asthma or a bum knee. However, it these fundamental underlying emotional insecurities that are generating the inner pressures that show up in their personality. These are what determine one's emotional sensitivities – what the person is emotional triggered by that fuels the upsurge of upset feelings in a conflict.

Whenever a person starts feeling inner pressures arise or when he or she become emotionally upset, they tend to have little or no self-awareness of *the source* of those tensions deep inside themselves. Their focus tends to be on what happened that triggered those feelings. Unconscious of their unresolved emotional wounds they have accumulated in their lives that live deep inside, when those sensitivities become inflamed they tend to take those tensions out on their partner and blame them. Or they just shut down inside.

The Inner Enneagram is the result of countless clients of *the same Enneagram personality type* realizing the same specific insecurities in their personality – what they are sensitive to and what makes them upset. And why. So no wonder partners of different personalities get upset about completely different things.

Gaining these shared awarenesses together of each other's inner world of sensitivities is what enables each partner to understand what is really happening when their sensitivities clash. So instead of an argument or feeling blamed, they each are able to open up and safely process through and resolve the feelings that have been triggered.

This becomes a heartfelt sharing together of what each goes through, and why, as they uproot and heal those original jarring imprints. As a result, they are now able to understand and care about what each other goes through inside. Neither are “wrong” but they certainly are different in what they tend to be sensitive to. This shared awareness is what they each needed in order to now better attune to and respect the sensitivities that each faces inside.

If this sounds strange to some, partners actually found that gaining this shared personal self-awareness within themselves was empowering. Most people are unconscious of the underlying sensitivities that grip their personality. This means they are unconsciously “at the effect” of those inner tensions. And when triggered those sensitivities can take them over, which means they overshadow and distort the person's pure essential nature.

Knowledge is Power here. This awareness from the Inner Enneagram is what enables people to immediately recognize *the source* of their tensions whenever they emerge. And with the natural frameworks and tools that evolved from these new awarenesses in Section IV, individuals and couples found that they were able to safely and effectively resolve those tensions, rather than acting them out. In doing so, they increasingly free themselves of the binding hold these sensitivities and insecurities from their past have on them. And deepen their connection to their pure essential nature.

Discovery #3

Recognizing Each Partner's Specific Patterns Of Imbalances in Their Persona

We all have imbalances in our personality. They show up particularly when we are under stress. However, while it is human to have them, it sure can be difficult to live with someone who is completely unaware of them in their personality and acts them out freely. And self-righteously!

These personality imbalances are where the person tends to be too much or too little in a given situation. Not only do most people have no clue of where they tend to go out of balance in their

personality and in the relationship. More importantly, people tend to lack self-awareness of their underlying inner insecurities that drive those imbalances.

As we have seen, it is the human condition to have insecurities in one's personality. Everyone deep inside will have unresolved (and mostly unconscious) slights and wounds that have accumulated from their past. It is these that are generating the pressures and imbalances in their personality. After all, when a person's consciousness is pure and free of any tensions, they naturally are in balance in their personality, reactions, and behaviors.

Because these inner forces tend to be so unconscious, no wonder most people have no clue of when they tend to go out of balance in their personality, and in the relationships. As you can imagine in the couples' sessions it was most always the partner who was the one who could see where the other tended to go out of balance in their personality.

That makes sense. You readily see when your partner or others goes out of balance. In fact, that is what an argument is. You see it, but your partner won't see it!

In the sessions with couples, this **third dynamic** became clear -- that people who had the same Enneagram personality type typically *shared the same inner pressures* and the same *specific patterns of how they would go out of balance* in their personality. These patterns show up in their stressed reactions and behaviors as well as in distorted attitudes and beliefs that make up that person's "issues."

Issues can go both ways, where the person is way too much or way too little in a given situation. Examples might include issues about money and finances – the spender versus the miser; chores – the clean freak versus the laidback or lazy; the need to control versus the need to never feel controlled; the need for power versus avoiding at all costs feeling dominated.

They show up in differences in opening up, romance and affection, jealousy, sex, how to treat or discipline the kids, in-laws, how they spend their time, and in their specific pet peeves. You can see the list could go on and on.

Of course, most people are so imbedded and attached to their own *filtered reality* in their personality type that they each feel that their world *is* the norm. And should be the norm! As a result, many have little or no self-awareness when their imbalances show up. And they are surprised, if not angered, by other's reactions to them.

So no wonder when partners create tensions in the relationship they tend not to recognize that they are doing so. And why. That is why they will then defend themselves whenever they are called on it. This is what an argument is, isn't it?

The Inner Enneagram provides an accurate inventory of what people of each personality type discovered as *the specific patterns of imbalances* that tend to show up in their personality. This is vitally important in life as it can make all the difference when someone is so self-aware of their inner world, such that *they can step out of their ego and see* when their inner pressures start to go out of balance in their behaviors, expectations, opinions, attitudes, beliefs, and reactions.

In fact, Volume II, *The Nine Profiles of the Inner & Spiritual Enneagram*, each profile is a comprehensive guide of all the patterned ways that people of that type tended to become out of balance. More importantly, was their awareness of why – what the specific forces were in their personality type that so unconsciously gripped them. This was the key.

Without this self-awareness, how are people expected to get it? How will they ever grow? After all, even with all of the feedback they have received in their life on imbalances that people perceive, has it made much of a difference in their personality?

Just like imbalances that affect your physical health, these uncomfortable patterns are simply a signal that there is something underneath that is driving them that needs attention in order to be resolved inside. But without these objective inner awarenesses and tools, how would each person know? Instead, the person will typically defend themselves. Or frame it as someone else's fault. That, of course, is the trap.

Seeing it from the objective framework of their personality type, partners were able to recognize it. And be able to own it. It all now made sense. Gaining these awarenesses in the Inner Enneagram

became a positive experience. For in this orientation there is no blame. No one is wrong. And we all want to be free inside!

Being unconscious and completely at the effect of these inner pressures was not any fun. Just as it is not any fun being at the effect of an unknown underlying physical health problem that is causing distress. Without these awareness people become a prisoner of their repressed inner pain that could be forever locked away deep inside their persona.

What I have seen is that at a certain point in a person's evolution they realize that they *want to know* what it is about inside. They do not want to be bound by their inner pressures. Or to alienate those that they love by unconsciously acting them out. Just like when a bothersome health problem emerges, people want to go to a doctor and discover the source of the distress that they have little or no awareness of.

In working with so many couples day after day, and over so many years, I became very familiar with these new understandings of each of the personality type's inner world. I became so sensitized to the distinct energies of each of the types that as soon as most people walked in the door and started talking, these specific patterns and dynamics stood right out.

Also, as certain personality types tend to be drawn to marry the same few other Enneagram personality types, couples typically were facing the same kind of "issues." After seeing and hearing the same type's issues from so many partners for so many years, when couples first arrive, typically the specific *underlying dynamics* that they were confronting became readily clear in the first ten minutes.

Also I found that couples were able to readily relate to these dynamics in each other as soon as they heard them explained. It is a very intimate and empowering experience to make sense of their personality and what has been driving their inner pressures for so long. And thus they were quickly able to gain these powerful awarenesses and insights together. Finally it made sense why all of the conflict and distance once they understood what really mattered in each other's world. And why it mattered so much.

So gaining this knowledge of each person's intimate world with the Inner Enneagram made a huge difference right in the first session. Partners were able to quickly grasp the individual forces and specific core needs that were affecting their relationship together.

As a result it became evident to them that not having these awarenesses and understandings are what kept them completely at the effect of these unconscious forces that were generating so much tension. Not only tensions within their relationship, but more fundamentally, sensitivities and unwanted tensions within themselves.

These discoveries were so consistently accurate, I realized that I should record them in book form so others around the world could benefit from them. Most readers will be able to pick up these awarenesses simply by reading and educating themselves. After all, the qualities and dynamics outlined here in these volumes of your Enneagram types *are who you are*. They are not concepts. They accurately capture your inner world.

This may be surprising for these inner forces have been unrecognized and largely unconscious in people's lives. Even in the Enneagram community. But you will find that it makes all the difference finally to gain these understandings and the self-awareness of your inner world. And just as important, to be able to make sense of the world of your partner, each of your children, your parents and extended family, and everyone you know!

*The Discovery of The Spiritual Enneagram:
Gaining Awareness to Live From Your Pure Spiritual Self*

Discovery #4:

There is a second inner dimension that is distinct from the personality that became a revelation that also emerged at this same time. In those years it became clear that those tensions that partners experienced and reported originated in their personality. They were not coming from their essential nature. It may be that having emotional wounds and insecurities is the human condition, but that is not

who people are in their pure nature.

For everyone, when consciousness is pure it is naturally kind and loving, wise and insightful, happy and fulfilled -- within one's own Self. The true person you fell in love with is an incredible being, with wonderful inherent gifts and talents that everyone can see. And that is who they are. When their consciousness is free of any inner turbulence, that is their true Self.

That is because the only thing that distorts any person's pure inner nature is distress and tension. Whenever inner pressures build up into anxiety and anger, selfishness and greed, sadness and pain, or when they are pulling away and shutting down, these are the pressures that inherently contract and overshadow the person's pure essential nature.

That is why when partners become emotionally upset and say and do things they don't really mean, later when they get their true Self back, they would apologize for saying that. "*That wasn't me. That was my anger talking*" is the natural realization. "*If I had not lost my Self, my Presence, I would not have responded that way.*"

What became revelatory was the realization that each individual's personality was an expression of a certain pure quality of consciousness. So for each person, the Enneagram types that were strong in their personality were expressions of those corresponding specific pure qualities of being.

For example, in the Enneagram there are people who are inherently easy-going, whose pure essential nature is Peace. That is who they are! Everyone sees it. There are those who are essentially loving and caring, whose innocent inner nature is Compassion, Giving and Selfless. Like the late Princess Diana in Great Britain or Mister Rogers from the children's television show -- that is who they are. The intellectually brilliant "mental" person, his or her very inner nature is unbounded pure Intelligence. There are people who are essentially optimistic and naturally happy, whose spiritual inner nature is Bliss.

These are not "learned" qualities in people's personality. These are all *specific* inherent qualities of Pure Consciousness, natural qualities that are expressed *into* a persona or personality. The persona then, is not who the person is. It is simply a reflection of their transcendent, never-changing essential nature at the very core of their being.

This "Higher Self" as it has been called, is who the person really Is. This is their true Self, their true identity. Just like one's body is not who one is. We all intuitively know this. We know what it feels like when we feel completely connected to our Self. We can tell when we feel at peace at the core of our being inside. When we feel happy for no reason. When at times our heart is open in pure unconditional love. These inherent qualities live inside each one of us. They are the essential nature of consciousness when it is pure.

The new groundbreaking revelation here has generated the Spiritual Enneagram. It is the discovery that each of the nine Enneagram types is inherently a distinctly *specific* extraordinary, life-affirming "pure quality of being."

It is from the Spiritual Enneagram, as you will see, that will give you a completely unique perspective. Perched from the "top down" into the persona, this awareness will change how you perceive your self, each other, and the world around you. Free of the filtered reality in the narrow confines of the personality.

As you will see, the Enneagram system is not a personality system. It is inherently a Spiritual system, a blueprint of the nature of consciousness. Each of the nine types is an expression of that specific divine quality of pure being that is expressed into a human personality. This is the essential **fourth dynamic** that anchors this Conscious orientation.

This new awareness provides an intuitive knowingness of who You are that you will recognize as you read further. As you increasingly become familiar with this most intimate awareness, you will increasingly stay connected to your true Self, even in the midst of inner pressures. So that you no longer lose your essential Goodness, and Wisdom, Caring and Love through thick and thin.

But it also provides you with an accurate spiritual Road Map in how to attune to the natural Goodness of this part of you at your core. So that you will increasingly live from who You are, without losing your inner *Presence*, through thick and thin.

Most importantly, you will learn how to sustain this pure Awareness of who You are even in the face

of rising tensions. This in your natural constant Awareness that can step out of the ego and recognize what you are feeling, what pressures are there. Learning how to attune to that, and live from that is the skill that you will gain from this Awareness in the Spiritual Enneagram.

So that you do not lose your Self whenever frustrations or anger, or anxiety and fears, emerge. So then it becomes your noble Self that navigates you forward in resolving issues that arise -- wisely, fairly, with goodness for all. And as you will see, in the process consciously resolve and purify your consciousness of the underlying tensions and insecurities in your personality.

Discovery #5:

Learning to Sustain & Live From Your Pure Essential Nature

These new understandings, self-awarenesses, and frameworks developed the clarity that provided partners with an inner spiritual Road Map in how to attune to their natural Goodness at their core. They found that they were increasingly able to live from their pure essential nature, without losing their inner *Presence*, through thick and thin.

This was particularly important and necessary when inner tensions in their personality were rising and overshadowing their pure nature. Natural frameworks evolved that fortified couples consciousness in the face of gripping emotions so that they did not lose their Self.

This is natural for everyone for it is the nature of your constant Awareness to be able to step out of the ego and recognize what you are feeling and what pressures are there. The natural, easily learned frameworks in Sections IV and V simply enable you to sustain your innocent connection to your wise, objective Self. So it is from here that you navigate through those tensions without losing the Goodness of who You are.

More importantly, these frameworks and tools enable you to consciously heal the tensions and their source. As you will see, it is all so natural a process. And inherently human to do so. What has been lacking is the framework of Self-awareness to do so.

This is the inherent beauty of this positive Conscious approach. It is not based on concepts or a belief system. As you will see, every facet is born from firsthand experience that you will realize within your self. It all will become self-evident to you. And as a result, it will change your life and the nature of your relationships.

The Evolution of Consciousness With the Enneagram

My experience of these two new dimensions of the Enneagram have enabled me to advance these new understandings of consciousness, awareness, and a Conscious Relationship. Both experiences have made it possible to peer more deeply into the nature of consciousness. And to make sense of each personality type's inner world. The first discoveries in working with couples developed into the Inner Enneagram. And the second experience opened up the clarity of the Spiritual Enneagram.

However, as you will see as you read on, these are not concepts or new interpretations. They are based on, and will reflect everyone's experience. That is they will be self-evident to all. Yet you will also see that without the essential framework of the Enneagram system, people would not have been able to make sense of these discoveries. That is have groundbreaking the Enneagram system is in its accuracy in making sense of human consciousness.

As such I feel blessed to have learned the Enneagram system and to be able to successfully apply it to individuals and in couples lives. In the process, these same inner dynamics that I was seeing over and over again with couples have served to expand the current paradigm and usefulness of the Enneagram system in more wholistic dimensions.

In my work with couples, I initially used the standard Personality Enneagram to try to understand each partner's inner world. However, in working intimately with so many couples, I was finding many of the original Enneagram concepts insufficient to explain what I was seeing in couples relationships. Nor

did they reflect what really mattered to people in their lives that determined their very well-being, as well as the success of their relationships.

The “Inner Enneagram” evolved with its primary focus on the inner forces of consciousness within each personality type that people consistently reported experiencing. These dynamics laid out here in this volume reflect their voices. So it will be easy for readers, as well as advanced Enneagram students and teachers, to verify those dynamics in themselves, as well as in their relationships.

The empirical and verifiable nature of this new knowledge assures that it will continue to evolve and become more and more profound and useful in people’s lives.

“The Conscious Person” Book Series Consists of Companion Volumes

This book, *The Conscious Couples Relationship*, is Volume I of “*The Conscious Person*” series. The focus here is on gaining personal awareness and understanding of the dynamics outlined above that will apply to you and your relationship together. It walks you through the Inner and Spiritual Enneagram system so you can make sense of and apply these new understandings, awarenesses, and tools to yourselves in your relationship.

The necessary companion volume in this series is Volume II, *The Nine Profiles of the Inner & Spiritual Enneagram - A New Paradigm of Inner Self-Awareness*. This volume provides the comprehensive profiles of the specific and relevant inner forces of each personality type. This is the handbook that will serve you in understanding your self and everyone you come in contact with.

These insights you gain of each separate personality type have been passed on by all of the partners before you. As you are standing on the shoulders of their experiences, you do not need to start from scratch in trying to figure your self out with just your limited awareness. It all has already been systematically laid out.

As you read your Enneagram type profiles in Volume II, you will recognize yourself right away. Just as you will readily recognize the inner world of your partner, each of your children, and the others you care about. This experience will be very meaningful to you as those specific dynamics will strike a cord. For these are the forces that determine yours and other’s well-being. And they will determine your success or failures in your life and in your relationships.

Volume III is *Natural LoveMaking - Transforming “Sex” Into Natural, Innocent & More Fulfilling LoveMaking Together*. This is one of the most important things I have learned in couples’ relationships. It is based on the fundamental distinction between “*having sex*” and “*making love*.” As it turns out, the goals, the process itself, and most importantly, the source of the experience are all entirely different when it is just sex compared to when it is naturally “*making love*.”

Couples find that innocent and fulfilling lovemaking is an important dimension in a committed relationship. Easy to attune to, *Natural Lovemaking* can open partners up to levels of intimacy within themselves and together that nourish their souls and their relationship together.

That is because partners can tell the difference when it is just sex. Certainly most women can. You can tell when the experience with a partner is goal-oriented in order to “turn each other on” to reach a sexual release. There is nothing necessarily wrong with “sex.” However, the focus on turn on’s and sexual arousal actually will tend to overshadow and prevent opening up to more vulnerable *life force energies* that are far more exquisite, far more intimate, and far more fulfilling together. Fortunately, as you will see, in the following chapters that *LoveMaking* is easily learned.

Section V:

CONSCIOUS CONFLICT

New Understandings & Tools
For Harmonizing Conflicts
& For Resolving Your Inner Insecurities

17

This Orientation Springs A New, More Effective Paradigm In How We Deal With Our Insecurities & Conflicts

This new wisdom based on the Spiritual and Inner Enneagram has *generated a revolutionary and complete shift in how we approach and process our inner anxieties and conflicts*. The understandings, self-awareness, and frameworks provided by these new dimensions of the Enneagram are what led to this new, more effective approach. As you will see, as natural as this orientation is, this is far different from how most all couples and people tend to respond to their tensions and conflicts.

It is also fundamentally different from what is taught in conventional relationship courses and couples counseling. Yet, as you read forward, this new framework and its natural results will become self-evident.

In this new conscious orientation the process of resolving inner tensions and conflicts with others is more authentic, heartfelt, and poignant. This is because it is a process of vulnerably opening up to what is really going on inside in the face of anxieties, frustrations, and differences that generate tensions.

And this is also why the process maintains each other's goodwill. As a result, potential conflict and inner anxieties now turn into an effective process for resolving *the underlying issues* instead of acting them out, blaming them on others, or shutting down. This indeed is the natural process for restoring one's Self again, and as a result you end up feeling closer with that person (or within your Self).

This meaningful and more effective way of dealing with conflict is certainly what couples would wish for with their partner or with those close to them. This is because normally in the midst of a conflict, each person will argue the "rightness" of his or her individual point of view (the 10%). This is natural. When faced with problems each person has a point of view, and it can be important to express it. And feel heard.

However, what makes the interaction turn into a "conflict", or when a person is beset with anxieties or frustrations, is when the person's experience is generated from *gripping* inner emotional tension and pressures. This is when the person acts out those tensions. Or internalizes them and shuts down.

Notice with conflicts that when there is no emotional tension generated by a challenging "problem" that people are facing, it becomes simply something to be solved, as difficult as it may be. That's all. This happens all of the time. This is life. And the upside of it all is that that challenge ends up becoming a 'growthful experience.' We learn and gain from it.

However, when differences do generate an uprush of emotional tension, it tends to be those inner tensions and emotional upsets that now become *the* problem that can muck it up. But as you have seen, *it is not having inner tensions or emotional insecurities* that make the interaction so difficult. Those inner tensions that become triggered are natural. And human. So no one is "wrong" for having those sensitivities, anymore than they are wrong for having asthma or high blood pressure that can also be "triggered" and inflamed.

As you have seen, what makes differences turn into a "conflict" is when you *do not realize that the source* of those inner tensions that are gripping their consciousness are coming from *within your selves*. Fortunately though people can step out of their ego and *recognize the source* of those insecurities that have become triggered *within themselves*. And that is what changes everything.

So instead of freely and self-righteously acting out those tensions or shutting down, the person now readily *recognizes* and *owns* those insecurities, and the underlying emotional wounds that generate them, from their past.

In a conflict with another, your constant refrain becomes, “*The tension is mine.*” “*I know this is my stuff.*” This keeps the authentic perspective and also serves to protect others from being affected by or from personally buying into your rising inner tensions.

The next natural step is to resolve those tensions. The simple and natural framework we teach in this Section provides the emotional safety to process those tensions back to complete peace inside. But it is the self-awareness that provides the safety to naturally process and resolve those inner tensions.

This is what changes how people navigate through tensions together and resolve the underlying unresolved issues that drive them. You now have the self-awareness of what is really going on deep within you (and others), so there is no “real” threat or blame. There is no reality of “Snake.”

And even if you are by yourself experiencing inner emotions rising, you recognize what is really happening. There is no “Snake.” You recognize that the source of those enflamed tensions are from your past, and will now have the tools for processing those original imprints to their natural resolution. And thereby restore your inner peace, stability, and happiness within.

So the real “conflict” or problem people face is when the *gripping* nature of peoples’ core ego needs, inner sensitivities and emotional insecurities *remain unconscious*. This is when they externalize those tensions onto others (or onto themselves) in blame and resentment. So those tensions become threatening in the relationship (or to oneself), and can turn it into a messy conflict.

But when people step out of their emotionally-charged ego and fully understand that the source of those tensions lie within themselves, this is what changes everything. Together, within the simple framework, couples and individuals found this is what enabled them to process and resolve those inner tensions together safely and most effectively.

Challenges Are How We Evolve Consciousness in Life

From this Conscious perspective it becomes clear that the circumstances and the tensions that become triggered inside simply mirror specifically where we need to grow and what we need to heal. There is no “accident” here. From this perspective, and with these new frameworks, each incident in life that generates inner tensions changes one’s interpretation of their experience.

Those tensions and their source are now understood for what they are – our past. There is no “Snake” in most everyday current situations. Challenging, Yes. But emotional only when they trigger our inner insecurities.

These new frameworks themselves are designed to ground the person within their Self. With this vital distance, from the top down, the experience becomes an empowering gift as something to work through right then in becoming whole.

This is because challenges generated in the circumstance we draw in are an invaluable part of Life. When you look around, everything in life is always changing and evolving. Including each person’s consciousness. But in ones evolution of consciousness, there is nothing like a “problem” to focus one’s consciousness. Obstacles and problems are what force each person to confront and experience what they are personally needing in order to evolve.

So as difficult, threatening, and painful as circumstances can be, they are purposely designed in Life to move each individual forward on their individual path in the evolution of their consciousness. It is these very challenges and conflicts that spur everyone to develop and grow.

“Difficulties strengthen the mind, as labor does the body.”

Seneca (4 BC - AD 65) Roman Statesman

“No pressure, no diamonds.”

Mary Case, indie film screenwriter

This constant evolutionary force in life is like an invincible river — there is no stopping progress in people’s personal evolution. The absolute intelligence of the River of Life keeps moving everyone forward. At times you move with peaceful, enjoyable, wonderful currents that nourish and expand you. And sometimes in your life you will experience difficult challenges in the rapids that you have to face. All of it taken together, however, is what fundamentally moves you in the expansion of personal knowledge and growth of your consciousness.

The enjoyable currents are wonderful to let go into and enjoy. But it is also important to learn how to let go and move with the turbulent currents. Of course, the key to experiencing those rapids is to step back beyond the grip of those feelings and stay Conscious as you move through it all. The frameworks enable you to sustain your *Presence* of Awareness in your essential nature as *Person A*. Anchored in one’s true Self the experience becomes more “witnessing” those charged emotions passing through.

So from this perspective those threatening rapids can become safe opportunities to purify, strengthen and expand your Self. When you stay present and fluid in the process, you are *moving with* the appropriate currents instead of fighting them or deepening your enmeshment and identification with them, as you free yourself of their gripping hold.

In this way, this conscious orientation becomes personally empowering. You learn your “lessons” and grow from each and every challenging experience. The result is you increase your sense of competency and self-esteem as you become more seasoned and more sophisticated in your Awareness and skills in life.

This is different from when someone faces challenges where they get caught up in the drama in their reactions. That is when those tensions grip their consciousness so strongly, those emotionally charged feelings feel “real.” This is the experience when your life is the “School of Hard Knocks.”

You personally know this for you know people who in their unconsciousness stay stuck in the problems in their life. That becomes their path. However, it is a rough and tough path to ignorantly stay on. Unconscious of one’s inner pressures and their true inner sources, people can experience feeling beat up by their path in Life. Or become driven to avoid those pressures with psychoactive substances that effectively numb them out.

Then the question is how many bad experiences, failures, arguments, divorces, or consequences will it take before they wake up?

*With These Awarenesses & Tools, You Experience
Conflict in Your Relationship as an Opportunity for
Accelerated Growth & A Deeper Connection Together*

In this Conscious orientation, we recognize that people’s insecurities are going to be triggered or enflamed in their life. Especially with conflicts and clashes between people’s insecurities. These are inevitable. Like the challenging rapids, people’s ego needs and insecurities are going to become triggered. How could they not?

This is because people have not had an objective, non-judgmental framework to recognize their imbalances and the inner insecurities that drive them. They have so adapted around them that those inner forces are seen as who they are. That is how natural, even if unwanted, they can feel.

As we have seen, the primitive wirings in the brain are designed to protect you from connecting to the original stressful imprints of threatening pain. To further avoid them, no wonder when accused in a conflict, partners each will defend themselves. Disconnected from their pain, how would they recognize what is happening? It all feels so real in the present – “Snake! Snake! Snake!”

It may seem like the cruel fact that people’s blinders and defenses that protect them for their own pain are exactly what hold those insecurities in place! Like the scab on an open wound serves to protect them, but never goes away.

With their continued grip on the person’s consciousness, no wonder most people tend not to grow or change very much over the years. And no wonder years of these tensions together can wear a couple,

friendships, or family members out.

This is why the Inner and Spiritual Enneagram are so necessary. They provide the blueprint of those individual forces and patterns in each person. They show their natural gifts and their essential nature, but also accurately show their core ego needs, insecurities, emotional wounds, and patterns of imbalances. Not as an indictment, but rather as an accurate Road Map for each individual's path to freedom.

So you see in this conscious orientation that the role of differences, tensions, and emotional conflicts are understood and experienced differently. In the safety of these awarenesses and skills, they are now seen as a boon to your evolution. They become an empowering opportunity to become free of those limitations.

"Every problem has a gift for you in its hands."
Richard Bach, author *Jonathan Livingston Seagull*

In this conscious orientation, people learn how to stay open in their hearts and minds, in their very *Beingness*, to experience everything — love, happiness, *and* their inner pain that comes down their path. Everything is safely experienced to its natural completion. Nothing goes underground and remains unresolved.

*In This Process You Are Also
Strengthening Your Pure Spiritual Nature*

In this new Conscious approach to dealing with conflict and personal anxieties, people found this process was not only a healthier and more harmonious way of resolving differences and charged issues within themselves. With experience they also discovered that the process itself was strengthening their connection to their inner spiritual nature. The self-awareness and tools were enabling them to maintain their inner *Presence* to successfully navigate through the rising tensions anchored in their Self. Like building muscles you did not know you had, the result is fundamentally important to your well-being.

Whereas before it was the unconscious insecurities and past emotional wounds that were gripping and directing one's reactions, now in sustaining their inner *Awareness* it becomes their pure wise and noble nature guiding them in resolving their clashing differences, inner tensions, and issues.

*"I believe that the basic nature of human beings is gentle and
compassionate. It is therefore in our own interest to encourage that
nature, to make it live within us, to leave room for it to develop. If
on the contrary we use [anger], it is as if we voluntarily obstruct
the positive side of human nature and prevent its evolution."*

His Holiness the Dalai Lama

This is the real work in front of you. The freer you are of those buried insecurities, the more connected you will feel to your essential nature. And the happier and more stable you will be within your self.

This is how you evolve in Life to *being* your Self. This is why you are here on this earth. And this also is the inherent value of being in relationship, to accelerate your progress and complete your journey.

*This Conscious Orientation for
Resolving Conflicts Is a New Paradigm*

You can see this a completely new orientation for your self. How many people do you know who respond this way when they become emotionally triggered or internally upset? In all of the arguments that you have witnessed or have been the brunt of, how many those people went inward to recognize and be able to own the source of their tensions instead of acting them out or blaming others? Or instead, just

shut down? How many people do you see who stay *Present* and take the High Road when tensions arise and safely, wisely, and humbly *resolve* their emotionally charged differences?

Just look at our media's real life presentation of how people in our culture tend to handle upset feelings when they become emotionally triggered. A good example might be in the popular array of "reality" television shows like *The Bachelor*, *The Bachelorette*, *Survivor*, *Big Brother*, *The Amazing Race*, *The Real Housewives of...* series.

How the participants on these shows tend to respond to conflict is simply a microcosm of how our culture deals with individual tensions and conflicts. For example, think of those who have gone through a painful break up or bitter divorce. And the effect their unresolved tensions have on their children's lives.

Most people when emotionally triggered do not see the source of their tensions and upset feelings actually lie within them selves. That is not because of the lack of feedback from their partner or others in their life. Partners have been pointing out each other's imbalances in their personality throughout the years in each doomed relationship. But then that always tended to end up escalating into an argument!

Partners have lacked this new framework that gives them a detailed picture of their personality's *complete operating system*. One that explains their pure essential nature, separate from their personality. This Awareness is the light of consciousness that can step out of their ego and recognize their imbalanced ego needs, sensitivities and insecurities, and their patterns of reactions and impulses, and behaviors that are out of balance. Lacking this self-awareness, how would they make sense of it all when it is pointed out?

Without these awarenesses and skills to resolve those differences, the tensions tend to underground. And those unresolved tensions together accumulate, and overtime the relationship can eventually become intolerable. Ending the relationship was necessary to avoid having to feel those unresolved feelings *inside of each of themselves* again.

But then what? In parting from each other, what then will keep each of them caring the same sensitivities, emotional insecurities and same patterns in their next relationship?

Just reflect on your life and all of the relationships that you have had which ended. Ask yourself, how much do you feel those ex-partners left the relationship with any self-awareness within themselves from being with you? How much did they really recognize their own personal patterns of imbalances and their underlying insecurities that were at the root of the conflicts you experienced together?

But then (and this is the crux of it), *what would they say about you?* Would they say that you personally recognized and learned so much about your self in each conflict together, and really grew from it? If so, then why did they leave?

This is not an indictment. Everyone has unconscious inner pressures. And, too, where would you have gained such clarity of you and your partners' specific inner dynamics that were generating tensions or problems?

People are attracted and even fall in love with such innocent hopefulness. And then they have children with the incredible desire to be a good parent and raise healthy successful kids. If people only knew that they could gain self-awareness and skillful tools so their inevitable tensions could be safely resolved together. And not acted out, especially with the children.

For most couples, fortunately gaining these awarenesses and skills simply takes education. This Conscious approach is simply gaining new, more effective understandings and awarenesses, together with competency training. So you become sophisticated in your own self-awareness *and* skillful in maintaining your pure Awareness whenever tensions of *Person B* or emotional tensions as *Person C* arise within you.

These new awarenesses are the most empowering and most relevant education that everyone should learn in his or her lives. Think if you had had these awarenesses out of high school. Or if each of your parents had demonstrated this in your family. You can see why it is then particularly important for those preparing for the life-long commitment of marriage.

Knowledge is power here. But these comprehensive understandings are just now emerging. Just like the steady advances in medicine over centuries, these new awarenesses are a result of the natural evolution of consciousness in our lives.