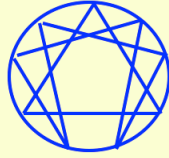


Volume Two
The Conscious Person Series



THE NINE PROFILES OF THE INNER & SPIRITUAL ENNEAGRAM

A New Enneagram Orientation
of Self-Awareness And
Inner & Spiritual Growth

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ABOUT THIS SAMPLE

This is a sample Profile from the prepublication book, *The Nine Profiles of the Inner & Spiritual Enneagram*. It is in PDF format as it is currently in the final stages of editing for book publication.

This is Volume II of a two volume set. Volume I is the necessary companion volume that lays out this new orientation and dimensions of the Enneagram system. I recommend that you download the free Sample of Volume I to see the importance of its contents to understanding this new orientation.

This PDF format may not line up with all e-readers, until the final edition is ready.

This is the Companion Volume Two in a TWO VOLUME SERIES

The Nine Profiles of the Inner & Spiritual Enneagram is Volume II in the "Conscious Person Series." The profiles in this new orientation are based on new dimensions and dynamics that are systematically laid out in the necessary companion Volume I.

Without them, the reader will miss the explanations that provide the understanding of the new inner dynamics that are presented there.

So I recommend that you begin with Volume I, and use this Volume II as a handbook to gain specific awareness of the different personality types.

This recommendation is especially true for those who are already familiar with or teach the conventional Personality Enneagram.

ALSO BY CHRIS WRIGHT

The Inner & Spiritual Enneagram
(The Version of Volume I for Enneagram Students & Teachers)

The Conscious Couples Relationship
(The Version of Volume I for Couples)

The Innocent, Wondrous, Pure LoveMaking Process

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Volume Two

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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, instead requiring "he or she" each time. For example, in this sentence the traditional reference is this:

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. Instead I use the plural subject "their" for referring to the singular partner as the subject:

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.

Chapter 1

INTRODUCTION

UNDERSTANDING THIS NEW APPROACH

As a couple's therapist, I started using the popular Personality Enneagram with clients in the 1980's. As each of the partners opened up in the sessions, however, new dimensions and understandings emerged of fundamental inner dynamics that have been unrecognized in the standard Enneagram Personality system.

These new dynamics emerged because couples in their sessions opened up and authentically shared what *really matters* to each of them individually, and Why in their personality. 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, for these couples there is so much riding on our interaction together in these sessions. The loss of their original intimacy and the possibility of their relationship now ending is a huge blow. Especially with all of their history together, and the potential ruining of their shared heartfelt hopes and dreams. And then there is their children's well-being, the financial repercussions, their extended families -- it all can be very scary, and messy, for couples to go through.

In working with couples over these 30 years, what emerged that became revelatory was that people of the *same* Enneagram personality type consistently faced the *same specific inner forces* that generated their inner world that have been unrecognized in the Personality Enneagram.

That means that people of the same Enneagram type shared the same inner pure *essential nature* – the natural gifts and talents that stand out in their persona. These are the inherent pure qualities of their consciousness that their partner and others recognize and admire in them.

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

Those of the same Enneagram type had the same *emotional sensitivities* – what specifically triggered them in life, and in the relationship. They also had the same underlying unconscious emotional *insecurities* in their personality that gave rise to those sensitivities.

It was these typically unconscious inner forces that were generating the inner pressures and tensions in their personality that drive the *imbalances in their personality*. Of course, it is the human condition to have imbalances show up in one's persona from inner tensions. However, people of the same Enneagram types shared the same individual patterns of how they would go out of balance in their personality.

But it is important to note that the other Enneagram types *did not* have those gripping core needs, fundamental sensitivities or insecurities, nor the same pattern of imbalances in their personality.

Gaining self-awareness of these personal inner dynamics is invaluable for these are the very inner forces that are the source of people's restlessness and unhappiness. They determine each person's well-being in their life as well as the success in sustaining the love in their primary relationships. And yet few partners had any knowledge of these inner personal dynamics within themselves. It all felt so natural to them, which is why they acted out those pressures freely and self-righteously.

Then no wonder partners would also have no clue of how to resolve those inner tensions when they would become triggered. Instead their focus was always outward in blaming their partner and others

for triggering them.

These sessions were like having a uniquely powerful microscope in a laboratory that objectively revealed the otherwise unrecognized underlying pressures and their sources that were affecting people's well-being and their relationship. Although they tended to be oblivious to these within themselves, they sure were able to see them in their partner! But in these sessions they immediately became self-evident within themselves.

That is because these discoveries are not mere psychological concepts or interpretations. They are the consistently real and distinct individual forces within each person that fundamentally mattered to them in their lives. And it was these that were causing the disruption of their close and intimate relationships.

Although these underlying forces were discovered in working with couples, they are the very same forces within single people that affect their inner lives. So whether in a relationship or single, gaining these awarenesses you too will see will make all the difference. That is because they provide the basis for each person's inner personal growth and healing. And for couples, these awarenesses together are what determined the success of their relationship.

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 inner dynamics it reveals the *Inner Enneagram*. This is to distinguish these new dimensions from the conventional 'Personality Enneagram.'

The *Spiritual Enneagram* emerged as it became clear that the specific gifts, talents, and pure qualities of being in each person's personality were an expression of their *specific essential nature*. The new revelation using the Enneagram was that people of the same Enneagram type shared the exact same specific *quality of pure consciousness* that made them who they are.

For example, in the Enneagram system there are people who are inherently easy-going, whose pure essential nature is Peace. That is who they are. And everyone sees it. Their nature and personality is fundamentally different from the intellectually brilliant "mental" person whose very inner nature is pure Intelligence. And then there are people who are essentially optimistic and naturally happy, whose spiritual inner nature is Bliss.

There are those who are essentially loving and caring, whose innocent inner nature is heartfelt Compassion and Selfless Giving. An example might be the late Princess Diana in Great Britain or Mister Rogers from the children's television show. That is simply their pure nature.

These spiritual qualities are not "learned" in people's personality. Each Enneagram type is a distinct quality of the essential nature of consciousness, which is expressed *into* a personality. The personality is not a stand-alone agency of its own. One's persona is simply a reflection of their transcendent, constant essential nature at the very core of their being. Without the spirit, "you" have died.

These nine distinct inherent qualities of Pure Consciousness are in fact what fundamentally differentiate the Enneagram types. It is these pure qualities that are each person's true nature and true Self.

So from this pure vantage point, viewed from the top down as it were, we see that the Enneagram system is in reality an inherently Spiritual system. It is fundamentally a blueprint of one's nature of consciousness. And as you will see, the Inner Enneagram and the Spiritual Enneagram together provide a unique and amazingly accurate personal Roadmap of how each person can more fully integrate the two and naturally live from their pure Self.

This is why this distinction between your essential nature and your human personality is fundamentally important. In gaining these new awarenesses you will find that you are able to attune to and increasingly sustain the essential Nobility and Goodness of your essential nature, even in the face of rising tensions generated in your personality. This is what will make all the difference in your life and particularly in your relationships.

This also becomes the basis for naturally resolving those inner tensions and healing the underlying inner insecurities that bind consciousness. This is because your inherent pure Awareness can step out of the ego and recognize what you are feeling and the specific pressures that are there. That is why you can tell when you become stressed or are upset. However, what enabled partners to readily do so in the face of gripping pressures in their relationship was the self-awareness they gained from their personal Inner Enneagram profiles.

The nine profiles here in Volume II are comprised of what each type discovered to be their specific ego needs, emotional sensitivities, underlying insecurities, and the pattern of imbalances in their personality. These were the inner forces that were overshadowing their pure inner nature and generating the distress in their relationship.

These new understandings and awarenesses are what enabled partners, in the face of rising tensions, to be able to readily step out and recognize those specific forces within themselves, instead of becoming overshadowed or taken over by them. In doing so, they were able to sustain their inner *Presence*. So now it was the inherent Goodness and Wisdom of their essential nature that was navigating their responses in resolving those tensions within themselves and together in their relationship.

More importantly this natural process itself was healing the underlying sources of those tensions inside that would grip their consciousness. This is because Consciousness heals. It is keeping those repressed underlying insecurities out of consciousness that keeps you at the affect of those inner pressures and emotional sensitivities.

So couples found that now whenever tensions arise they were able to stay *centered*, connected to their Self, in the natural process of resolving their tensions together, safely and harmoniously.

As you can imagine, most people you know lack this personal self-awareness, and especially in a conflict. So they have not been able to access and heal the buried insecurities that would become triggered and grip their consciousness. In fact, people tend to have no clue what is really happening inside when they become emotionally stressed out or upset.

The tremendous upsurge of those gripping tensions would eclipse their pure inner *Presence*, and thus take them over. Now it was the anger reacting and talking, not their essential nature. Within this constricted frame of awareness, they only could see that it was all of their partner's fault in what upset them. But then if it is always the other partner's fault, no wonder over time they can drift apart.

Imagine, however, that your partner was sophisticated in their own inner self-awareness, such that whenever tensions would emerge he or she was immediately able to recognize the sources of those tensions that were triggered. Then instead of blaming or acting those tensions out, they would consciously engage and uproot them in a safe, heartfelt process. It becomes a poignant heartfelt process of getting in touch with sensitivities that have needed to be completed and resolved. As a result, you end up feeling even closer together.

Volume I systematically lays out these dynamics and the natural frameworks that will enable you in the face of rising tensions to stay conscious and resolve those tensions safely in your hearts together.

It is in understanding these inner dynamics between our pure essential nature and our personality that creates this new paradigm of the Inner and Spiritual Enneagram. Couples found that gaining these awarenesses made all the difference in their relationship together. What has been lacking is this framework of personal fundamental awareness that this new Enneagram orientation enables you to gain.

Developing Your Awareness of These Two Fundamental Themes

So as you read through the nine profiles, there are two fundamental themes to grasp. **The first theme**, as we have seen, is learning to sustain your pure Awareness in the face of rising inner pressures

and tensions so that you do not lose your noble Self. We use a simple and easily-used model as a natural intuitive tool to guide us.

We all know what it is like when we naturally feel good inside. When we are relaxed, happy and fulfilled, loving and caring, we naturally experience the pure Goodness of our very being. We call this being *Person A* – our true nature. Because the closer we are to our pure nature within, the better we feel – this is our “A game.”

Yet it is the human condition to become stressed, or tired, or in a bad mood, or needing to pull back at times. Those inner pressures contract consciousness and move us to become “stressed *Person B*.” This experience readily stands out, as it is markedly different from the pure inner flow we experience when we are pure *Person A*.

And then whenever we start to become emotionally upset, the gripping nature of those turbulent feelings can move us to “upset *Person C*.” You would think that this too would be obvious. But the agitation of upset emotions can become so gripping that they can completely overshadow our Self. That is why when upset feelings take us over, they tend to run the show.

Notice that most people seem to be completely unaware of losing their true Self. And so they don’t catch it. After all, the uprush of those tensions overshadow one’s pure nature, causing one’s awareness to contract.

These underlying unresolved emotions will contract one’s Awareness. So much so that one’s awareness tends to become enclosed within the narrow confines of the ego or personality. So separated from the overshadowed true Self that these inner forces become their real sense of identity. Living like this, no wonder people tend to lose their pure Awareness of their Self and instead identify within these stressful experiences.

That is why they say, “I’m angry.” But wait a minute. Who “I” really am is not anger. That is not one’s real Self. When the anger or tensions take over, the person has simply lost their Self.

We all know this. We all can readily tell right away whenever someone we are close to has moved to stressed *Person B*. And it especially stands out whenever they become emotionally upset *Person C*. It is obvious to us that those tensions have taken them over, and they have lost their Self.

And we wish they could see that too, instead of so freely acting those tensions out. Or blaming us for their inner insecurities that are driving them. After all, we all know that in that same situation not everyone gets so angry or upset. And we also recognize that their behavior now is not their true Self. “*That is not the person I married.*” When the person finally realizes that, they come and apologize. “*I’m sorry. I didn’t mean it. The was the anger talking, not me.*”

But we all have the natural capacity to be able to tell within ourselves when tension is taking over. That is why we all wish that that person could see it too, and as a result not lose their Self in the midst of it.

And this is the point. The learning in this conscious orientation is to become skilled in recognizing *whenever* we are moving to stressed *Person B*, and especially to upset *Person C*. So we stay connected to wise and caring *Person A*, our essential nature.

Staying anchored within our Selves is what enables us to stay *Present* in navigating from that place of Wisdom and Goodwill inside, separate from the turmoil in the personality. So that we effectively and harmoniously resolve those inner tensions, and solve whatever circumstances that may have triggered them.

However, what enables us to uniquely do so is awareness of *the second fundamental theme* that we call the **90/10 Rule**. As couples opened up in their sessions, they each came to realize that the uprush of tensions that moved them to stressed *Person B* and particularly to or upset *Person C* were coming from their own inner insecurities in their personality that were triggered. It is these unresolved and mostly unconscious emotional insecurities that were registered deep inside are what generate their core ego needs, emotional sensitivities, and imbalances in their personality.

Alas, this is the human condition. We are saddled with painful past experiences that impacted us and were buried inside, creating emotional sensitivities that continue to affect us. That is why we try to avoid enflaming them (again). That is why what moved us to complaining *Person B* or angry *Person C* does not generate such tensions in everyone. But it sure does in me!

Highly evolved people and saints whose consciousness is pure do not have those overwhelming insecurities that contract their consciousness. Even in the face of challenging situations, they keep their cool. They are remarkably centered and wise, loving and caring, secure and happy within their Self. That is why in situations that might emotionally trigger you, they remain anchored in their Self and respond nobly in solving the problem.

The 90/10 Rule recognizes that in most upsets that couples face, 10% of the tensions the partner is experiencing is coming from the stressful or demanding circumstances. After all, usually something *did happen* that has generated those feelings. But that 90% of those gripping feelings come from feeling overwhelmed or from having those mostly unconscious inner wounds emotionally re-stimulated.

The event has re-stimulated a host of distressful unresolved past experiences into their consciousness, so it *feels like* the same thing is happening again. But in most cases it is not. For if you *did not* have a “90” in those specific insecurities deep inside, the stress of the event or circumstances would just have generated only 10% of tension. As such you would not have become overwhelmed. Instead, you would naturally step up and solve whatever problem without all of the drama and emotionality. After all, not everyone gets so triggered by that circumstance!

The reason those feelings that were triggered can feel *so real* in the moment from what happened is because those very feelings buried inside *are still real*. So in reality it unconsciously feels like it all happening again! If you do not recognize this fundamental 90/10 theme, you would tend to believe that it is your partner, or others, who are to blame for those feelings you are experiencing. What a trap that is!

These profiles here in Volume II provide an accurate blueprint for each person what their personal “90’s” are. They pinpoint for each Enneagram type what people of that type consistently discovered were the inner unresolved emotional forces that would emerge from their “90’s” that move them to become stressed-out *Person B* or emotionally upset *Person C*.

Partners found that in recognizing this fundamental distinction enabled them to not lose their Self when tensions emerged. They immediately saw the uprush of those tensions were from their own “90s” inside. In sustaining their pure Awareness as *Person A* they were able to navigate wisely and efficiently in resolving those inner tensions instead of acting them out or blaming others.

More importantly, these inner awarenesses enabled them process and resolve those underlying insecurities as they emerged so they increasingly freeing themselves on their road to Wholeness.

As you will see, these profiles here are surprisingly accurate and comprehensive. They are based on the experiences of all of those clients in each Enneagram type. So now you do not need to start from scratch in your discoveries. You are standing on their shoulders of those just like you have gone before you. So those same dynamics will become self-evident to you. So it becomes easy for you to recognize and be able to attune to which specific dynamics apply to you. For those will become self-evident to you. Just as those patterns already are readily evident to those who are close to you.

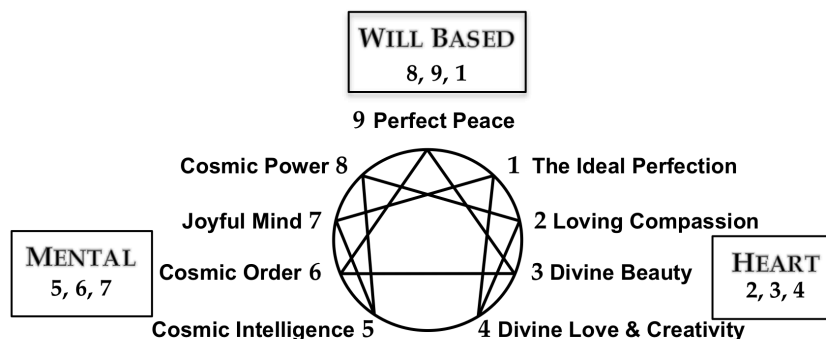
These two volumes will enable you to understand what is happening, and Why, whenever you are moving to *Person B* or to *Person C*. Knowledge is Power here. Ignorance only keeps you unconscious and bound by the underlying gripping insecurities in your personality. This is your path to your personal Enlightenment.

The Triad Nature of Consciousness

The Enneagram system recognizes the threefold fundamental nature of consciousness. Indeed, what

makes us conscious is to be able to Think, to Feel, and to Will. Each of us has the innate intelligence in the *Mind's* ability to discriminate and cognitively make sense of the world. Each of us also has at the core of our being the pure *Heart* of Consciousness, which is Love, Compassion, and the naturally Creative sentiment. And our consciousness is embedded with the most fundamental indomitable *Will* that is the very force of nature within us that propels us To Live, to thrive, and to survive in guiding us forward, grounded in our body and gut instincts.

As you see in the following diagram, the nine personality types are expressions of these three fundamental triads according to the *primary source* of that type's pure essential nature. Types Nine, Eights, and One are expressions of omniscient *Will* that directs the evolutionary currents within oneself. Twos, Threes, and Fours illuminate the innate *Heart* energy. And Fives, Sixes, and Sevens express the *Mental* energy.



When you meet people, this is the first thing you notice -- are they more of an emotional, a mental, or a grounded, physical-based person? You can feel that difference. Twos, Threes, and Fours are primarily emotional beings by nature. Fives, Sixes, and Sevens are fundamentally Mental people. You can feel their over-active minds. And Eights, Nines, and Ones are very grounded in their energy, which is based in their gut.

This three-fold nature of consciousness is also replicated in the natural triune structure of our brains. The human brain consists of three fundamental distinct structures. Each of these three brain systems has evolved separately. And each has its own unique function that it alone can do. Although we each have all three operating, the primary focus of your awareness is centered in your Enneagram types.

The outer covering of the brain, the neocortex, is the locus of our cognitive processing and rational minds. The mammalian brain, or limbic system, is the emotional brain system that generates emotions of love, happiness, joy, pain, anger, fear, and sadness in humans. And the reptilian visceral brain system governs all of our vital, instinctual life survival bodily functions. Nevertheless, these are expressions of the pure inner spiritual nature of humans.

"But ye are not in the flesh, but in the pure Spirit"
King James Bible, Romans, 8:9

Interestingly, the ancient Vedic tradition in the East specifically recognizes this *triune nature of Pure Consciousness* as our true Self, which transcends the personality. From 800 to 400 BCE generations of Seers formally cognized this fundamental distinction between the nature of Pure Consciousness as our true Self versus our personality, which is a *reflection* of one's essential nature.

This tradition breaks down this trifold nature of the Self as follows. The first expression of consciousness was called *Atma*. This word may be similar to the root "*Adam*" in Genesis 2:7 in the Bible where it states, "*man became a living soul.*" From the unmanifest, this is the first initial expression of absolute Silence. It is expressed at the top of the Enneagram circle as the Nine's essential nature.

Embedded in that Silence is cosmic *Will*, the inherently omnipotent force in the Universe that generates the emergence and evolution of consciousness, and of all of Life. This natural unyielding omnipotent power is the essential nature of Eights. Eights are *Will personified*.

Everything that evolves in Life is directed *Perfectly* according to Natural Law. There are no accidents. According to mathematicians, everything in the Universe can be explained with mathematical precision. Ones are the pure expression of this inherent precision, the cosmic order and perfection of all of the Laws of Nature at every moment in the evolution of consciousness.

Within the three-fold nature of the Higher Self then follows the second triad of consciousness abode - *Buddhi, "the lotus of the Heart."* This is the purest essential nature of spiritual Love. True love is the immortal nature of the human spirit. It is not finite love, or personal love. It is beyond that.

This is expressed in the nature of Fours as pure Divine Love and Creativity; by Divine Compassion which is the nature of Twos; and the pure symmetry and radiant elegance of Beauty and Excellence which is the Three's essential nature.

To complete the Self, the third essence of pure consciousness is *Manas*, the cosmic Intelligence that governs all of life and its evolution. The erudite, intellectual, and objective Fives are expressions of this inner omniscient pure inner nature. Applied Intelligence is generated in the natural problem-solving engineer's mind of the Sixes. And it is creatively expressed in the expansive Bliss nature of the Sevens.

It is interesting to see in this Vedic tradition these three fundamental innate forces form the Higher Self in each of us. They function as one holistic and interconnected system as our pure inner nature. The Enneagram types that form your personality are expressions of these three distinct pure energies.

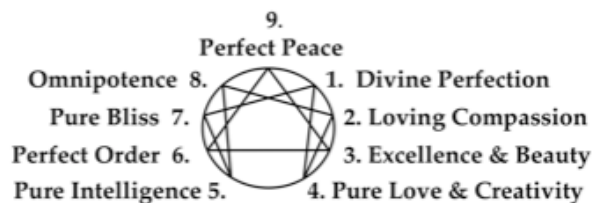
In understanding pure consciousness, it is important to note that this intuitive recognition and knowingness of our inner essential nature is not a notion about God, or even about the existence or non-existence of God. Nor is it about religion. "Spirit" here simply refers to our natural experience of the innate virtuous goodness of our essential nature, pure consciousness.

This model can be a good way to start discovering your Enneagram types that make up your personality. Are you primarily a Mental person, an emotional, feeling, Heart-based person, or a grounded, physical, instinctual, Will-based person?

Discovering Your Personal Enneagram Personality Types And Those of Everyone Close to You

In the Enneagram, there are nine different personality types as represented in the figure below. There are no standard names for each of the nine types. They are simply numbered One through Nine, and they are referred to by their number. As you will see, you were born one of these nine Enneagram types as your *core personality type*.

As we have seen, each of the types is distinguished by a specific essential quality of *Pure Consciousness*. Those individual qualities show up as the natural gifts and talents that stand out in one's personality.



However, who *You* are is not just one Enneagram type. You are born as one of these nine as your *core type*. However, who *You* are is an expression of more than one specific gift or talent as your essential nature. Your core type is connected to four additional types that account for the different facets and gifts as your essential nature in your personality.

These four additional types are called your Wings and your Lines. Your two Wings are the number before and after your core type. And your type has Lines that connect to two other types. Note, however, that the qualities in your Wings and Lines may be strong in your persona or may not show

up at all. As you learn about each, you will be able to see how strong those qualities are or not.

These natural inherent qualities of Pure Consciousness in your core type, strong Wings and Lines that make up your personality are not something you learned in your family growing up. They are Who You Are. You were born this way. If you have brothers and sisters, they typically will have completely different personalities than you, even though they were brought up in the same family system. Nor are these inherent qualities in your personality due to adaptations to your environment as a child.

That is why these personality qualities form your character throughout your entire life. Over your lifespan you do not change from one Enneagram type to another as you evolve or develop in life. The experiences you have growing up do indeed shape your personality, but they do not change your Enneagram types. You evolve within the forces of your personality types.

Here is the Enneagram diagram of the Nine Types with their gifts and their personalities' fundamental needs:

How To Determine Your Core Personality Enneagram Type

To help you discover your core personality type, I use the following Nine Statements that represent the thinking of each type. In seminars across the country, participants found these statements to be accurate in identifying their core personality type more than eighty percent of the time. So read each of the nine statements and see which Statement (or which ones) stand out to you as your possible core Enneagram type.

"I tend to be a person who . . ."

1. Notices details, particularly when it is not perfect or is not the right way.
2. Is the Giver, sweet-natured, and naturally helpful and supportive in my relationships.
3. Is driven to achieve, and is highly motivated to generate and live in Excellence, Beauty, and Success.
4. Is Emotionally Sensitive. I also tend to be different from others. I am more of a creative and deep emotional type person.
5. Is a Thinker. I am fascinated with knowledge, and comfortable dealing with abstractions. I am a perceptive Observer, curious, and very rational. I also at times independently need space.
6. Is very Responsible. I am hardworking and dependable. Trust is fundamental to me. I see potential problems right away and am good at preventing them. I have a range of talents so when I read through these statements, I can see myself in most all of them.
7. Really enjoys life. I tend to be happy and optimistic by nature. I enjoy creativity, and relish new and interesting experiences. I do not like boredom or being fenced in.
8. Is strong and confident. I am also direct with people as I value truth and straightforward honesty. I can be tough and I don't shirk away from confrontation.
9. Is easy going. I go with the flow in life. I also avoid conflicts. I tend to procrastinate, and can appear disorganized.

The following summaries may help you familiarize yourself with the qualities of each of the Nine types:

OUTLINE OF THE NINE ENNEAGRAM TYPES

I. EMOTIONAL TYPES

TYPE TWO - THE GIVER

The Need to be Needed, Worthwhile

Gifts: *Caring. Connecting. Helpful,* kind, compassionate, nice, flexible, hardworking, truly cares about others.

Fears Emptiness: *Being not Worthwhile.* Alone, not appreciated, disconnected from loved ones & others.

Out-of-Balance: Gives & does too much. Unaware of own needs. Gives to get love. Too nice. Needy, Doormat.

TYPE THREE - THE ACHIEVER

The Need to Be Someone — to Succeed & be Impressive

Gifts: *Generates Excellence.* Attractive, Highly Motivated, Hard-working, Efficient, Effective, Charming, Smooth.

Fears Emptiness: *Being Nobody.* Failure. Feeling inadequate. Poor image. Alone. Not feeling appreciated.

Out-of-Balance: Overworks. Overly Ambitious. All about Me, and Appearances. Can't be criticized. Deceit.

TYPE FOUR - Mr. / Ms. SENSITIVE

The Need to be Special, Original, Creative

Gifts: *Original. Special. Creative.* Sensitive. Authentic. Deep. Passionate & Emotional. Imagination. Different.

Fears Emptiness: *Blending In. Being Nobody.* Meaninglessness. Abandonment. Uncreative. Lack of passion.

Out-of-Balance: All about Me, Me, Me. Too Sensitive - Drama Queen. Get attention through Crises. Envious.

II. MENTAL TYPES

TYPE FIVE - THE THINKER & OBSERVER

The Need to Understand & for Personal Space

Gifts: *The Knower. Observer.* Objective. Analytical. Rational. Independent. Self-contained. Calm. Perceptive.

Fears Emptiness: *Not Knowing or Understanding.* Being Engulfed. Feelings. Being Vulnerable.

Out-of-Balance: Analyze vs. Feel. Detached. Private. Un-giving. Unsocial. Unemotional. Compartmentalizes.

TYPE SIX - Mr. / Ms. RESPONSIBLE

The Need for Trust/Security/Certainty

Gifts: *Faithful, Reliable.* Loyal. Helpful. Cares. Engineer mind & Problem-solver. Structure for everything. Duty. Valor. Service. Sacrifice.

Fears Emptiness: *Fear of life.* Distrust - Everything can or will go bad. Therefore Trust is everything. Being alone.

Out-of-Balance: Anxieties & Worries. Controlling. Negative focus. Indecisive. Plan, Plan, Rules, Rules.

TYPE SEVEN - THE HAPPY OPTIMIST:*The Need to be Happy & Avoid Pain, Boredom & Suffering***Gifts:** Bliss. Idealist. Happiness. Positive. Adventure. Fun. Creative. Loves Newness. Trusts & enjoys Life.**Fears Emptiness:** Unhappiness. Boredom. Pain. Suffering. Sameness. Lacking Freedom or Wings clipped.**Out-of-Balance:** Too Idealistic, Positive & Happy. Not Real. Pollyanna. Superficial. Restless. No follow thru.**III. VISCERAL, WILLFUL TYPES****TYPE EIGHT - Mr. / Ms. POWERFUL:***The Need to be Powerful - Dominate or Not be Dominated***Gifts:** Powerful. Warrior. Dominant. Confident. Assertive. Decisive. Solid. Reliable. Earthy. Real. Justice.**Fears Emptiness:** Weakness. Vulnerability. Powerless. One-down. Vanquished. Wrong. Appetites unfilled.**Out-of-Balance:** Aggression. Confrontational. Insensitive. Domineering. Lustful. One-up. Can't be wrong.**TYPE NINE - Mr. / Ms. EASY GOING:***The Need for Peace and to Go with the Flow***Gifts:** Peace. Harmony, Flow. Easy going. Likable. Humble, Self-Effacing. "Relax. Be Happy." Harmonizes.**Fears Emptiness:** Tension & Stress. Discord. Criticality. Drama. Efforting for no reason. Sweating small stuff.**Out-of-Balance:** Passive, Lazy, Procrastinates, Neglectful, Disorganized. Avoids conflict & commitment.**TYPE ONE - THE PERFECTIONIST:***The Need to do it Right, and not Wrong***Gifts:** Perfectionism - Always knows the Right way. Exacting Details. Principled, Disciplined. High standards.**Fears Emptiness:** Being Imperfect. Doing it wrong. Being Wrong. Not measuring up. Not emulating perfection.**Out-of-Balance:** Perfect expectations. Judgmental. Critical. Righteous. Cold. Nick-picks. Pushy, Too detailed.

Summary of Personality Dynamics

Natural GIFTS	EMPTINESS <i>Fear of...</i>	CORE NEEDS <i>To Fill Emptiness...</i>	TRAP <i>I Struggle with...</i>	OVER THE TOP	To Bring into BALANCE
1 PERFECTION IDEALISM	Imperfection Not done Right. Or feeling Imperfect	For Partner to Be Pro-active Complete projects Do everything Right	Judgmental Superiority. Righteous. Can't Feel Imperfect	Nit Picking Advice giving Directing	Humility Heartfelt Validate others
2 GIVING <i>Selfless Service Compassion</i>	Being Nobody Not being Worthwhile Being Alone	Feel <i>I am Someone</i> to others Feel Connected to someone Be Liked, Appreciated Help Everyone	Needy <i>Give in order to Get in order to feel...</i>	<i>Have no Needs</i> Others needs more important Being too Nice	Own Your Importance & Needs. Let others...
3 GENERATE <i>Excellence. Beauty. Achiever</i>	Being Nobody Inadequacy Failure	Feel <i>I am Someone</i> to others Achieve. Success. Be Impressive.	Deception Competitive Time is Enemy Be Liked, Appreciated.	Workaholic Vanity Me. Me. Me. Use people.	Make Others as important. Vulnerable. Relax.
4 FEELER <i>Original. Special. Sensitive. Creative.</i>	Being Nobody I'm not Special Abandonment	Feel <i>I am Someone</i> to others I'm Special. I'm #1. Be Creative.	Emotional Sensitivity Self Consumed Not satisfied in the <i>Now</i>	Drama Need to be #1 Me. Me. Me.	Mindful vs Drama Other's Needs Be Here <i>Now</i>
5 KNOWING <i>Intelligence Silence. Observer.</i>	Overwhelmed by Multiplicity (the World)	Figure out. Unify with Knowledge. Need Space.	Being in your Head, Fear of being Engulfed Opening my Heart	Too Intellectual Too Seclusive Not Feeling	Open up Heart Engage Express
6 SUSTAINER <i>Responsible</i>	Life falling apart Not Prepared! <i>Bad things will happen!</i>	Certainty. Security. Be Always Prepared! Need Reassurance	Distrust. Worry. Doom & Gloom Fear of Life	Controlling Questions, Questions! Conspiracies	Relax Trust Life Lighten up

<i>Natural</i> GIFTS	EMPTINESS <i>Fear of...</i>	CORE NEEDS <i>To Fill Emptiness...</i>	TRAP <i>I Struggle with...</i>	OVER THE TOP	To Bring into <i>BALANCE</i>
7 BLISS <i>The Optimist</i> <i>Adventurer. Creative.</i>	Boredom, Unhappiness Can't Expand Suffering, Negativity	Happiness, Fun Adventure New Experiences	Boredom Limitations Pain & Suffering	Pollyanna No Follow through Me...Me. Chatter.	Embrace Shadow Be with what Is. Feel Emotions
8 WILL POWERFUL	Powerlessness Being One-Down Being Vulnerable	To Dominate or Not Be Dominated To be <i>The</i> Authority	Insensitivity Not Caring Others Feelings Being Vulnerable	Overpowering Aggression Lust - Big Appetites	Become Sensitive Control Appetites Admit Wrong
9 PEACE <i>Easy Going</i> <i>Unifier</i>	Disturbing my Peace Conflict <i>I'm Flawed.</i>	Connect to my Peace Harmonious environment Feel Esteemed	Passivity Procrastination Disorganization	Inertia Ineffective, Befuddled My world is a Mess	Take Responsibility Need Structure Open

Enneagram Personality Subtypes

SELF-PRESERVATIONIST SUBTYPE:

Whatever's Important to Preserve self	Unmet Personal Needs Interests & Appetites	Focus on Satisfying self	Making the Relationships Important. Opening to Feelings.	Self-Consumed Self Focused	Care about Others & their Needs / Interests
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ONE-ON-ONE SUBTYPE:

Connection with Others	Disconnection from others. Loneliness.	Connection Intimacy to Nourish self	Co-Dependent Me. Me. Me.	Dependency on another for fulfillment. Needy.	Engage with the world
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SOCIAL SUBTYPE:

Socializing with Others	Boredom Intimacy	Being with others having fun or meaning	Being fulfilled alone or with another	What's meaningful has to be with others	Attune to others Be Responsible
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NINES

Mr. / Ms. Easygoing

Whose Essential Nature Is
PERFECT PEACE & HARMONY

But Seeks Wholeness in Their Ego Need To

Nine's Nature is ...		Inner Pressure Can Make 9's...	
Peaceful	Unifier	Passive	Ineffectual
Good-natured	Likable	Oblivious	Disorderly
Humble	Good Will	Neglectful	Lazy
Self-effacing	Laid back	Numb	Stubborn
Be in Nature	Easy Going	Apathetic	Disorganized
Easy get along with	Friendly	Procrastinate	Passive-aggressive
Non-confrontational	Unpretentious	Shut down	Unable to Feel

Always Go With the Flow (And Avoid Conflict)

"Take it easy. Relax. Don't sweat the small stuff."

THE SPIRITUAL ENNEAGRAM

We start off these profiles with the Nines at the top of the Enneagram circle, for their peaceful nature is the first emergence of consciousness from pure unmanifest Silence. This eternal Silence *Is* the universal Peace that passeth all understanding at the core of our being. And this is the Nine's pure essential nature.

In the Enneagram system, it is from this initial *Enneagram triad* of the Nine, Eight, and One's spiritual nature that generates consciousness into Life. The perfect Peace that emerges from the Silence of the *Nine* is driven by the spiritual *Eight's* inherent nature -- the indomitable force of Will that propels the unceasing evolution of consciousness. This evolution is in turn naturally directed by the spiritual *One's* Perfect all encompassing currents towards Wholeness in the evolution of Life.

When all of life is perceived from this high perch, everything that happens *Is* just as it should be in the natural evolution of Life. Nines know this at the core of their being. As a result, they fully trust Life, and live from that ultimate trust of everything unfolding in Nature. When you trust everything, there is nothing to do, just go with the flow. *"Don't sweat it. It all works out. There is nothing to worry about."*

No wonder Nines live from this quote, *"If you worry about what might be, and wonder what might have been, you will ignore what Is."* It is in being fundamentally grounded in *Peace* that enables them to live from and accept "What Is."

And it is this inherent peaceful nature that is why everyone likes Nines. Being around someone who is relaxed with you, accepting, truly humble, who has no agenda of their own, who goes with the flow, gets along with everyone, and is a good time -- he or she is enjoyable to be with. This is because Nines essential nature is *Peace*. This is the nature of their soul, and it is their innocent experience of life.

This is also why Nines are such a source of harmony in life. Spiritually, *at that level of pure Peace, Life Is all Harmony*. No wonder Nines are so easy to get along with. In their Essence, their relaxed Self readily makes *you* feel at ease, good inside, and more connected to *your* Self. So you too can relax, and begin to feel that essential Peace and Oneness of life.

This Nine's essence is not a mental energy, nor is it an emotional energy. Nines are not emotional by nature. It is more fundamental, more grounded than that. Why be emotional? Nor do they mentally worry about the future, or focus on the past. They live in the Now. Everything is the way it Is. And everything at some fundamental level of life is One, where all differences emerge. Connected to That, it is quite a gift this spiritual essence of *Peace* and *Harmony*.

This is also why Nines by nature are the *Peacemakers* in life. They can easily merge with everyone's point of view within their being. Differences are not emotionally threatening to unified Nines. They readily can see each point of view, and do not feel compelled to take sides. Their inner nature is to find what *unifies* rather than divides. This is why the United Nations usually picks Nines (or those with strong Nine energies) to be Secretary General -- most recently Kofi Annan and Ban Ki-moon.

You also see this gift as a Harmonizer in President Joe Biden and Barack Obama. As a core Nine, President Biden is a natural unifier. He also has a strong line to ambitious *leader* Three. How else would he be driven to take all of that responsibility on.

President Barack Obama's core type is the natural *leader* Three. But he also has a strong line to the *Peace* and *Harmony* nature of the Nine. It is this Nine part of him that earned him the moniker "*No drama Obama*." And, it is his Nine nature that is willing and tries to harmonize his programs with the opposition, sometimes much to the consternation of the Progressives in his party.

Nelson Mandela also has this natural gift of *Peace* as a core Nine. It was his essential role in unifying his country South Africa and reversing apartheid. but then he, too, had the strong line to the charismatic *leadership* Three as well as a strong *standup-to-oppression* Eight wing.

The same is true of Abraham Lincoln, who was a Nine with a line to Three. It was these incredible gifts that unified the United States in a civil war. Interestingly, the Nines Nelson Mandela, Kofi Annan, and Barack Obama have all received the Nobel *Peace* Prize, as is their nature.

This gift of *non-violence* in the Nine can also be seen in powerful activists like Martin Luther King and Mahatma Gandhi whose *unifying* nature of *Peace* has affected the entire world. Interestingly, on Gallup's *List of the Most Admired People* in the world, a whopping 40% are Nines or those who have a strong connected wing or line to Nine. We all admire Nines essential nature for who does not value true peace?

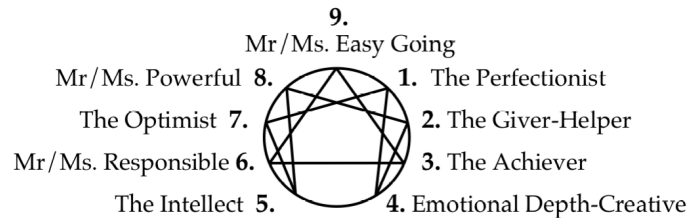
Nines ARE Pure Nature

What most closely represents the natural grounded *physical* Nine energy is the experience being outside surrounded by pure Nature. That is why what brings those with Nine energy closest to their inner essence of *Peace* is being in Nature. Being in the forest, hiking on a trail or mountain, camping in the woods, fishing and being around water, relaxing on a beach, surfing on the ocean waves, sailing on the sea, or having a RV, being outdoors on a motorcycle or bicycle, or regularly playing golf -- these are what restores their sense of inner peaceful flow within the Nine energy. This experience of being in Nature so closely replicates the wholeness of the *Peace* of their essential nature -- it is their sanctuary, their Home.

Everything out in Nature flows innocently, naturally -- just like within the Nine. Nothing needs to be done, everything just Is. Being out in Nature is the Nines' cathedral -- this is where Nines most easily connect to their innermost Selves. Nature's rhythm is their natural inner rhythm. In nature is where the Nine energy can find and unify with their missing Self.

Maybe an example of this natural experience of Nines is found in fishing. In fishing out in nature there is nothing to do -- just Be. Completely *merge* with the whole experience of the pure, natural rhythms and inherent beauty of all of nature around you.

Now you can see why Nines might be drawn to living close to nature. More Nines, and those connected to Nines, than any other type live in rural areas. It also why so many Nines prefer having a job or career working in Nature -- like a forest ranger, a trail guide, or white water rafting guide, a sailor out to sea, work as a fisherman or at a marina. Or be a professional caddy at a golf course, a lifeguard, a beach bum. Oneness with Nature is Oneness with Self for the Nine energy.



Nines' Wings & Lines

And Those With Strong Wings or Lines to Nine

The Nine energy is a fundamental energy. However, *you are not born one Enneagram type*. The natural qualities of your strong Wings and Lines will modify or even cancel certain Nine qualities. So if you are a core Nine or have a Wing or Line to Nine, or know people who do, then as you read through the Nine's profile, underline or note those specific Nine qualities, ego needs, expectations, inner pressures, attitudes, and behaviors that are particularly relevant in yourself, or those with Nine ray of energy that you know.

Nines With a Strong One Wing

Those with strong Nine energies in their personality can be so easy going that they typically do not take the effort to organize themselves. Why bother? That is why their clothes and appearance can tend to be a little disheveled, maybe unkempt, certainly laid back. Their hair is not usually carefully groomed and tends to need a haircut. The men may have facial hair or beards as it is easier than shaving.

Typically the Nines' home environment tends to have that relaxed, untidy, neglected feel to it. Nines seem to be okay living amidst disorder. Living amidst a mess does not seem to matter that much to them.

Nines are more comfortable in an organic, natural, "lived-in" environment -- just like outdoors in nature. They do not see the apparent disorder, just as most people would not notice the "mess" in the forest. When camping, why would you want to clean up the forest? For Nines, their home environment is much the same. If you live with a Nine, you must understand this.

For orderly types, they wonder how can Nines live in a home like this. It is not a problem for Nines. If Nines need something, they will find it or do whatever it takes when they need it, and not until then. That is because it is no big deal. Nothing is. The effort to keep everything organized or clean is simply too much trouble. And the amount of effort it would constantly require moment-by-moment would only disturb their need to relax and feel pleasure inside. And for what? "It's all good."

However, a Nine with a *perfectionist* One wing naturally will be orderly and precise in *certain areas* of their life. It stands out for this is so unlike the Nine energy when they take the initiative and the effort to make sure *certain things* are done good enough or perfectly.

You may also see the One wing's focus on details and precision in their hobbies or in certain projects that are important to them. Those Nines with a strong One wings will also tend to be drawn to professions that require precise, detailed work -- where there can be no mistakes. Julia Child was an impeccable French chef, but her seemingly befuddled, likeable core personality as a Nine shown forth.

And her Eight wing gave her incredible strength to stand up to any opposition (and it gave her six foot, two inch height!).

Coming from the physical energy center and anchored in their bodies, Nines tend to be drawn to earthy, manual endeavors and projects. That is why Nines tend to work well with their hands. The One wing enables the Nine to be very good at carpentry, expert tile work, auto mechanics, and other hands-on professions.

There is an additional important dynamic that can show up in Nines in their One connection. Ones tend to fear experiencing imperfection within them selves. That is why they are never imperfect. Nines with a strong One wing can also have that underlying insecurity of feeling sensitive to being imperfect. However, Ones' tend to be able to avoid every feeling imperfect themselves by blaming others. The Nine lacking the One's aggression will tend to quietly and unconsciously *blame themselves!*

You might not know it, but these Nines can be hard on themselves. They can quietly internalize this shame when accused by others simply from having this One's sensitive place inside.

The reason you would not know this about Nines is that in a conflict they simply go numb. So they typically will give no indication that they have internalized the experience of feeling somehow flawed inside themselves. Especially when criticized, this can show how sensitive the Nine's One energy is to feeling deficient at their core. This then makes it harder for Nines with a strong One wing to hear constant disapproval, criticism, blame, hostility, aggression, or being made wrong for their innocent nature. With the One energy, they take it personally.

Nines With a Strong Eight Wing

Nines nature is Peace; Eights nature is the opposite: Power and if need be, aggression. Nines who have a strong Eight wing can be more confident, grounded and solid inside, and even powerful. You can readily tell when a Nine as a strong Eight wing because of the Eight's tendency to be physically big -- big boned, big chested, heavy set, maybe overweight, or very tall.

Eights can tend to eat a lot, drink a lot, and go to excess in most everything in life. So this can affect Nines as well. Faced with too many demands or responsibilities, Nines can feel like there is never enough peace inside. That is why Nines could use food or substances like alcohol or marijuana to help take the edge off and numb out the churning inside.

It is the Eights nature to dominate others (and life). However, Nines with an Eight wing do not feel a need to *dominate* anyone. But instead, from the Eight energy they *do not like to ever feel dominated*. They are an easygoing kind of person, but do not try to order them around, tell them what to do, talk down to them, or bully them if their Eight wing is strong.

Most Nines, however, only go to Eight if they are pushed too far. It becomes a survival response to protect themselves. And it is one that they typically do not like to resort to. But for some Nines, a powerful Eight wing can give the Nine backbone they otherwise do not have. Nines who have a lot of Eight aggression inside could even have "anger management problem" when triggered.

Eights stand for justice and will fight injustice. Nelson Mandela a peace-loving Nine, stood up to apartheid and spent 27 years in prison for it. It is his Eight wing that enabled him to fight for freedom. On the other side, Eights who have a strong Nine wing are powerful in their stand for Peace and non-violence. Martin Luther King and Mahatma Gandhi are examples.

Nines Strong Lines to Six & Three Add New Dimensions

The Nines' lines to the other two triad energy centers also add totally different dimensions to their personality. When Nines have a strong line to the Mental energy triad of the *engineer's mind* Six, this brings forth good minds and reasoning skills who are good at figuring things out. As a result they could be drawn to mental, white-collar professions.

You see a lot of mechanical engineers, for example, or IT computer software engineers who have this Nine - Six configuration. In addition to being easy going, likable, and grounded, they can be good complex problem solvers *at work*.

This *responsible, problem solving* Six line can make them more responsible to the demands in their environment. But it is usually at work, and not at home. That is because the mental effort at work can be sap the Nines energy so by the time they get home from work they tend to need to “relax” and tune out in order to restore themselves. Back to being a Nine.

Nines with a strong *achiever* Three line connects them to the Emotional energy triad center. This adds ambition and a distinctly aesthetic dimension to the Nines’ personality. They tend to be physically attractive, expressing the natural beauty and ambition of the Three energy. Instead of just having a job, they want a career where the sky is the limit. The natural Three energy enables them to be much more effective and results-oriented in what they do.

Nevertheless, even with the ambitious vision of the Three energy, Nines usually lack the pedal-to-the-metal, workaholic, work ethic that is natural for Threes. The laidback Nine energy needs to recharge and take a break. This means that they may lack the workaholic follow-through typical of the nature Three energy. And thus may not be as successful as they would like. They end up having Champaign tastes but live on a beer budget.

Possible examples of Nines with a strong line to Three might include celebrities Robert Redford, Brad Pitt, Jimmy Stewart, Owen Wilson, Will Farrell, Jerry Seinfeld, Adam Sandler, Diane Keaton, John Stewart, Renée Zellweger, Snoop Dogg, and Ellen DeGeneres.

Look at some quotes of famous Nines:

- “I lived at home until I was 29.” Ray Romano
- “I did pretty good for a guy who never finished high school and used to yodel at square dances.” Roy Rogers
- “I was thrilled to get the gig to begin with. Ten years later to still have it is not only thrilling but also somewhat of a puzzlement.” Al Roker – TV Weatherman

“Buried Nines” Will Show Up Completely Different

Buried Nines are those whose core personality is a Nine, however their lines and wings are so strong in their personality that those qualities stand out more strongly than the Nine. The core Nine does not stand out, which is why it can be hard to ascertain which core personality type they are. As the strong qualities from their Wings and Lines can nullify or overshadow some of the Nine’s basic qualities, it can be hard to ascertain which core personality type they are.

A “Buried Nine” is someone who has *many* of the strong Wings and Lines’ qualities that make up their personality. In fact, qualities of the Wings and Lines are so strong that they “bury” the basic Nine energies. You don’t see the Nine -- you see more of the *perfectionistic* One, the *ambitious* Three, the *responsible* Six, and/or the *powerful* Eight qualities which readily stand out in their persona.

These persons are still a Nine at their core, as the fundamental Nine qualities form the basis of their personality (and their Gifts). But in so many ways there are aspects of their personality that do not fit the stereotype of the Nine. Nor will the Nine identify with some, or even many, of the Nine qualities that are profiled below.

If this is the case with you or someone you know, as you read these profiles you will want to identify *which specific qualities* in their core type, Wings and Lines apply to that person’s personality, as not all of them will apply.

THE INNER ENNEAGRAM

The value of the **Spiritual Enneagram** is in recognizing our pure inherent nature. These transcendent, non-changing pure qualities of consciousness are our essential nature, our true Self. They are then expressed into our human personality, our persona. Learning how to attune to and live

from the pure Goodness of our essential nature is the goal of the evolutionary currents in our individual lives towards Wholeness.

"We are here to awaken from our illusion of separateness." Thích Nhất Hạnh, Buddhist Monk

We have seen that what disrupts our pure inner nature is distress and traumatic stress. Our life experiences of being overwhelmed have left imprints of unresolved tensions deep inside that distance us from our pure Selves. In this Conscious Orientation, our goal is to resolve and heal those unresolved distorted feelings that affect our lives. To do so it becomes vital that we gain self-awareness of them and how they affect us in our personality and in our imbalanced behaviors.

This is the value of the Inner Enneagram. Whereas the Spiritual Enneagram shows us our pure essential nature, the Inner Enneagram identifies the contrary forces within each person's personality. This is what generates our core ego needs, our emotional sensitivities, our deep-rooted insecurities, and the specific pattern of imbalances in our personality.

Volume I has simple exercises that enable each person to recognize these specific inner dynamics within themselves. So that you can immediately recognize those specific forces anytime you start to move to stressed *Person B* or upset *Person C*. This is what enables you to stay Centered, connected to Goodness of *Person A* in the face of rising tensions in their personality. So you do not lose their Self. This also provides the safe backstop for consciously resolving those inner pressures and healing the underlying wounds that are generating them.

But it takes this fundamental distinction of Self-Awareness of *Person A* along with self-awareness of the specific insecurities and imbalances that can show up in your personality.

The new effective tools and frameworks we teach are laid out in *Volume I* to enable partners and individual to do so. Couples found that as they quickly became skillful in sharing their inner world together developed a wise and friendly attitude towards those areas where they each are sensitive and tend to go over-the-top. They were increasingly able to now talk freely, sensitively, in a gracious and honoring way what is at their core dysfunctional.

The Nine's Inner World

Nines tend to stand out, as meeting society's expectations for great achievement and success is not the drive of core Nines. This is because Nines have never *needed* to reach those goals in order to feel personally fulfilled. Their fundamental nature is much simpler.

The Nine can have strong Wings or Lines that provide those qualities. But for the peaceful Nine its Self, there is nothing out there to achieve. This is because Nines instinctually recognize that it is the currents of Life that take one where they *are* to go. This is the nature of the Nine's being. For Nines are instinctually grounded in that cosmic flow. They trust it implicitly -- that life always works out, despite everyone's fears or how bumpy the ride. This is their gift -- their connection to Life's currents.

Enlightened Nines have purified and fully unified their ego with their natural pure Selves. And thus become one with the natural River Currents of Life. At times Life is smooth and peaceful, at other times rapid and turbulent. But whether challenging or joyful, it just IS what it IS for the Nine. No more, no less.

This is why it is Nines nature is to let the natural "Currents in Life" take them down the River in their life. That basic spiritual trust enables them to Relax and fully enjoy the ride. In contrast, the insecurities in most every other type generates worries about the River of Life and its currents. When separated from their Self, they can worry about the boat and where moment-by-moment the boat is going in meeting their ego needs. What needs attention, what needs to be done, and even for some types what others think of their boat.

Nines are not caught up in all of that. This is because Nines essentially ARE the River Currents. This is who they are. Whatever the River Currents generate, we'll deal with it when it happens, and not worry about it until then. Why bother?

"Presence is when you're no longer waiting for the next moment, believing that the next moment will be more fulfilling than this one." – Eckhart Tolle

For each Enneagram type, if your very inner nature is unified and fundamentally at Oneness with all of Life, you naturally trust everything. That is why Nines do not worry about anything -- the past or the future. Whatever happens that needs attention will become obvious when it is needed, and then it will also become clear at that time what needs to be done.

"Have patience. Wait until the mud settles and the water is clear. Remain unmoving until right action arises by itself." – Lao Tzu

This is why you will rarely convince your Nine partner why it emotionally matters so much of the time in whatever you are upset about. That is why your logic may not make sense in their world. It just shows the Nine that at times you do not seem to understand what they know at the core of their being. Your upset shows that you do not trust the Universe in how everything that happens is evolutionary – both the good and all of the challenges. For Nines know that it always works out in the end, one way or the other.

"People suffer because they are caught in their views.

As soon as we release those views, we are free and we don't suffer anymore."

"Peace is present right here and now, in ourselves and in everything we do and see." Thich Nhat Hanh

This is why Nine's intuitively know at the very core of their being, *"Don't sweat the small stuff. And it is all small stuff."* Rooted in that knowingness is why they tend not to worry in the face of challenges. And it is why they instinctually can relax.

"When you love someone, the best thing you can offer is your Presence." Thích Nhất Hạnh

Just look at Mahatma Gandhi, Nelson Mandela, Presidents Joe Biden, Ronald Reagan, Abraham Lincoln, Carl Rogers, Ram Dass, Pastor Joel Osteen, Viet Nam activist and Buddhist Monk Thich Nhat Hanh.

But most Nines you will meet will have human insecurities that can throw them out of balance. And that is why what can show up in Nines in the face of present demands is apathy, lethargy, passivity and dullness. These are not the Nine's essential nature. When free of the binding traumatic imprints in the ego, Nines are not numb, nor tuned out. Their inner *Peace* has a solid power, and a natural Will of its own. They can take responsibility, initiate projects, complete them, and enjoy the fruits.

If your partner has strong Nine energies, you have seen that at times. Particularly if it relates to something he or she really wants, all of the sudden it really matters. They take initiative and follow through on their own. Such are the forces in the human ego.

This is because, like all Enneagram types, to the extent that Nines' inner pressures and emotional tensions overshadow their essential nature, to that extent there is an Emptiness of Self inside -- a loss of their very Essence -- *Peace*. This lack of Self, of cosmic flow inside, Nines find intolerable. This is what creates in Nines a *core ego need* in their personality to maintain some semblance of a relaxed, peaceful world inside and a harmonious environment around them. *At all costs.*

This is Nines' core emotional sensitivity that can take them over, blot out the natural responsiveness and Goodness of *Person A* when those inner pressures move them to stressed *Person B*. Even though they may not seem stressed on the outside, you can usually tell when someone is pulling away inside, or becoming too laid back, or dysfunctional. You can tell when they resist or avoid taking on needed responsibilities.

This is when their intuitive sense of trusting the "cosmic flow" becomes more of an excuse. Yes, it is their intuitive knowingness, but when they feel the fullness of their natural inner Peace within their true Self is overshadowed from inner pressures, their "sense" can be used as an unconscious excuse to hold on to desperately needed relaxation inside.

And then whenever Nines start feeling overwhelmed inside they move to upset *Person C*. This is when those inner pressures become gripping emotional turbulence, more than the brain can integrate. Again, you might not notice as most Nines tend to just shut down inside, and tune out.

This ability to numb out tensions is the natural wiring of the Nine's brain. Nines are born this way. From birth on shutting down is how they survived the trauma of the birth experience and the overwhelming distress into the early years of life. Being able to numb out becomes the Nine's core emotional *survival mechanism* in the face of inner pressures in order to maintain their sanity.

Imagine a Nine growing up in a family that is disruptive or abusive. Where a parent is pushy, demanding or critical of the Nine's laid back demeanor. Nines can pay the price internally – from their critical family. This is what tends to create a flurry of adrenaline in any child. With Nines, however, it has the counter effect of spacing them out, or causing them to withdraw. Over time, those inner pressures those can make them even number inside. They become less able to think clearly and precisely. And less able to keep their hearts open.

So tuning out may seem like a blessing in disguise. However, this is what tends to cause the Nines to have difficulty paying attention or keeping up with the intellectual demands, especially in school. After all, the Nine energy expresses the gut or instinctual spiritual triad energy, not the Mental energy. They are anchored in their bodies, not in their minds. That is why Nines tend to learn more by doing -- by seeing it modeled, physically doing it, or with their hands, and not so much mentally by memorizing, reading, or even listening.

This is why their pace can become slower than other children, particularly with book knowledge. Instead of mentally focusing on the lecture or homework, they can tend to "zone out." They can have trouble focusing their mind on things that are not interesting or pleasurable. Instead, their mind tends to wander instead of paying attention or staying on track, especially during class lectures, doing homework, or reading.

Without a strong line to the mental *problem-solving* Six or the *ambitious* Three, or the *precise, high standards* of the One wing, Nines can find themselves falling behind. As the demands of school lessons become more difficult with each grade level, the pressures coming from the teachers and parents to keep up becomes greater. These can become added pressures that can make it increasingly more difficult for the Nine to discipline themselves to study.

Self Esteem

Nines may tend to appear to tune it out, but in reality they do notice that other students are picking up the knowledge easily. They see how others quickly raise their hand in class with the right answer, but the Nine does not. Throughout their life they could see when others were disappointed in them. All of this can develop a sense of underachievement, an unconscious sense of feeling somehow flawed deep inside the Nine.

Years and years of this can create an emotional sensitivity within the Nine. But if so, those wounds tend to remain buried and unconscious. That is why you might never know that Nines can be sensitive to feeling lacking deep inside. For they can seem so likeable and easy going, and that nothing seems to faze them. But that is why their typical response to disappointments can be, *It doesn't matter. Whatever.*

All of this tends to feed their defense mechanism to avoid trying, or instead, just get by. It certainly shuts their heart down, which increases their not caring. *Why care? Why bother? I am just going to be criticized or let people down. Or be told that I did a bad job.* The message to the Nine is: *Who you are, is deficient.* Don't risk. Don't feel.

This is when Nines begin living as *Person B*. It is a way of surviving inside. So no wonder they may lose their initiative, and become passive and may play it safe and do the minimal amount necessary on things that do not matter to them, but matter to others.

This is also why Nines may tend not to see problems, be able to hear problems, or look for potential problems around them. They can become oblivious to whatever you as their partner are needing or worried about. And they wonder: *Why do you need that. Why does it really matter! Why worry. Be happy. It is all going to work out.*

If that is you that becomes frustrated by their passivity or lack of attention to detail, and chastise them or nag them about it, you are simply deepening that sense inside their Emptiness that *"I am no good."* Unfortunately, nagging only serves to further disempower them, and deepens the Emptiness and inner pressures of inertia in their lives.

The more overshadowed Nines are from their pure Self, the more they may tend to *avoid* anything that could feel disruptive to their natural inner flow of equilibrium. Although they are seeking peace, this numbness is not true inner *Peace*. In reality it is temporal. So it becomes an illusive, never-ending attempt to replicate their transcendent essential nature of innocent and nourishing and harmonizing *Silence* inside.

Notice however, that *the* problem is not in having these insecurities in their personality. Everyone's personality is saddled with insecurities. The real problem is in not recognizing those forces in their persona. When those inner pressures take them over and run the show, this is what overshadows their pure Self as responsive and responsible *Person A*. Now they unconsciously become dysfunctional *Person B*, or shut down *Person C*.

Fortunately, our pure Awareness in the Higher Self is what enables us to step out of the ego and recognize whenever we are not being our noble Self as natural *Person A*. What supports and enables us to do so, however, is having self-awareness of those specific core ego needs, emotional sensitivities, **and** underlying insecurities in our personality that can overshadow us. So that we can see them immediately when they start to emerge, *"Oh, I am starting to do that again."*

When we do that in the face of rising tensions, that changes everything. Not losing our vital Self is what enables us to respond wisely and caringly. And if those tensions at times are gripping, as you learn in Volume I, you can then be able to safely process them to resolution, and restore your natural responsive nature.

This is why it is so important, and ultimately liberating, to become self-aware of the specific contracting inner forces in our persona that limit us.

Close Relationships Are Where Each Person's Patterns of Inner Pressures Easily Show Up

Left to their own, each Enneagram type might not notice any imbalances in their personality as a problem. Why would they? However, they do show up in close relationships when we depend on others. And they really tend to show up as soon as we live together in a close relationship.

Actually, the closer the relationship, the more exposed each person's vulnerabilities and dependencies can become. And since people tend to marry someone whose core Enneagram type is different, it can be inevitable that their individual personality's core needs, sensitivities and insecurities, and their patterns of imbalances are apt to clash at times.

The effect of this over years is what creates distance in many close relationships. It can happen between you and your parents, among brothers and sisters, in your close relationships, but particularly when you live together in an intimate relationship. And this is when couples come to see me as a couple's therapist.

But Why Is There Conflict In The Harmonious Nines' Close Relationships?

In my practice I see all Enneagram types, but interestingly, I tend to see more Nines and their mates. What could account for the difficulties Nines can face in marriage relationships? After all, Nines are no more neurotic nor have more problems than the rest of us.

Usually with couples, but not always, the man is a Nine married to a strong, powerful woman who after years together becomes frustrated, mad, or start feeling fed up with their Nine partner. The partner has tried everything to get their Nine to respond to their needs, and to no avail.

How could that happen? Everyone loves Nines. Just like the television show *"Everyone Loves Raymond,"* whose main character is a Nine, as is the actor who plays Raymond. After all, this is why when Nines die, everyone goes to their funeral. Because everyone likes Nines! *"He was such a nice guy." "The greatest guy." "Such a great friend."*

What is not to like about Ringo Star, Owen Wilson, Ellen DeGeneres, Jerry Seinfeld, Whoopi Goldberg, and Diane Keaton? And yet they can have partners who broke up with them in the relationship.

In the sessions as the partners opened up, it was like having a special microscope that revealed the previously unrecognized inner forces that each was saddled with. These inner dynamics partner's faced were consistent with Nines and became self-evident. For these were what were creating distance in their relationship.

Like all of the Enneagram types, Nines themselves do not seem to marry other Nines. This is because each partner has enough of their own gifts and qualities in their personality, so they are looking for partners who bring complementary qualities that enliven each other in their relationship. Since the Nine energy is laidback, Nines tend to be attracted those responsible mates who take charge and get things done.

However, those are the partners who can also tend to be strong and fiery Enneagram personality types. They are the ones who can be drawn to Nines' peaceful nature as that is what complements them, and relaxes them. Nines are like their rock in an otherwise turbulent sea in their world. The last thing those partners want is to be with someone who is emotionally volatile, who disagrees with them or fights back, or adds their own drama to an otherwise full plate. At least there is no drama with Nines, so a feisty partner usually gets her or his way. Which for them is important!

So you can see why Nines and their strong-willed partners can have conflict. And how frustrating it can be for each of them in the relationship. From the Nines' point of view, their partner is usually the one who is provoking the conflict by obsessing on non-essentials and then criticizing the Nine. From the partner's point of view, the Nine is the source of their suffering by not responding to what feels like natural needs in a partnership or marriage.

Remember, having differences in needs and sensitivities is natural. Whereas it maybe seem easy to recognize the Nines sensitivities and typical imbalances, but when it becomes a conflict it takes two to tango. That is because whatever a partner tends to become triggered by in their relationship with a Nine, they need to realize that not all people become stressed out as *Person B* or emotionally upset as *Person C* about that.

What they see about the Nine may be accurate, but what is the tension about in their reactions? And what is the source of those tensions, the person's "90s", in their personality? Where does all that come from?

In this unique conscious orientation both partners need to have the self-awareness of the inner needs, sensitivities, and insecurities that generate tensions in their relationships. So that whenever they start to emerge, each partner recognizes what is really happening.

Of course, what married couples do you know who have this sophistication of self-awareness together? So no wonder people will argue and blame each other rather than recognize and open up to the source of those tensions within themselves. This is why this new orientation of shared self-awareness is so fundamentally important for *resolving* the inevitable tensions that will arise.

What makes this easier to be able to recognize is because those inner tensions and patterns in each partner inevitably conform to that person's strong Enneagram types. For example, with the *perfectionist* One's fear of imperfection in their world, it's always, "*You are not doing it the right way!*" The *anxious, overly responsible* Sixes fear problems are always about to or can easily happen. The emotional "*drama queen*" Fours tend to be self-consumed, and can become frustrated with the lack of a rich emotional connection with the sometimes distant Nines.

What an interesting paradox. It is these contrasting Enneagram types that can be drawn to a Nine as they value being with someone who can relax them, or at least not obstruct them. But those differences can get in the way of meeting each other's core ego needs.

I imagine that this is why there are so many more Nines on the planet than any other type. Who else could those types marry who would balance them, or who would put up with their tensions like the relaxed Nine will? But these are the very partners that Nines tend to be drawn towards as well. Nines do not seem to marry as many of the sweet-natured, kind, giving Twos; or the quiet, erudite, distant, intellectual Fives; or the fun-loving, adventurous Sevens.

Examples include Abraham Lincoln and his less than peaceful marriage to the Six, Mary Todd Lincoln; and Nelson Mandela's marriage to the tough-minded Eight, Minnie Mandela; and the laid-back actor Tom Arnold was married to aggressive Eight actress Roseanne Barr. The striking difference in their inner natures is natural -- they each complement each other.

As with all Enneagram types, gaining these shared self-awarenesses in the face of conflicts now becomes an opportunity to heal and grow within themselves as well as closer together. So let's see what are the distinct patterns that can tend to show up in Nines.

IDENTIFYING THE POSSIBLE PATTERNS OF IMBALANCES WITH THE NINE ENERGY

Remember, enlightened Nines whose consciousness is pure, they are not "gripped by" inner pressures. Of course they have pressures and emotions like everyone. However, when pressures show up in their personality, they do not lose their *Presence*. Those tensions do not overshadow their Nine's secure, vital and responsive, easy-going Self.

For everyone it is the human condition to have insecurities lodged deep inside in the personality that continue to reverberate inside, outside of consciousness. This is what creates the pressures that the Nine face inside. When those become gripping they generate imbalances in their personality.

Here are some of the typical patterns of imbalances that Nines can tend to be subject to:

Attention Deficit Disorder

The more constant the inner churning within the Nine, and particularly for children and teenagers, the more distracted and passive they become. There is simply too much going on as the brain tries to numb it all out. When those pressures become gripping, the inner chaos can take over the entire personality of the Nine. This is when the Nine can become dysfunctional *Person C*.

This becomes the most common psychiatric disorder for those with strong Nine in their personality – Attention Deficit Disorder. Referred to as ADD, this is when the inner unconscious churning affects their ability to pay attention. Those with ADD find that they literally cannot concentrate.

Look at the clinical symptoms of Attention Deficit Disorder below. Notice how many there are formally listed. This disorder of ADD has become a grab-bag listing all the imbalances that can show up in the passive Nine personality. However, what makes any of them rise to a psychiatric disorder is when they are so gripping that the person is living now as overwhelmed *Person C*.

ADD can begin to show up in children and young adults. As children at school, as the subjects and grade levels become harder, the mental pressures to learn and excel can begin to sink the Nine. It simply generates too much constant chaos going on inside.

If you have strong Nine energy in your personality, or if you are married to or close to someone who does, circle the tendencies of ADD below that seem to be prevalent:

- Extreme distractibility; wandering attention makes it hard to stay on track.
- Difficulty staying focused and attending to daily, mundane tasks.
- Trouble focusing on tasks that are not interesting to them.
- “Zoning out” without realizing it, even in the middle of a conversation.
- Struggling to complete tasks, even ones that seem simple.
- Tendency to overlook details, leading to errors or incomplete work.
- Poor listening skills; hard time remembering conversations and following directions.
- Overwhelmed by your responsibilities.
- Poor organizational skills (home, office, desk, or car is extremely messy and cluttered).
- Difficulty sorting out what information is relevant for the task at hand, prioritizing the things that you need to do, keeping track of tasks and responsibilities, and managing your time.
- Tendency to procrastinate.
- Trouble starting and finishing projects.
- Chronic lateness.
- Frequently forgetting appointments, commitments, and deadlines. Can completely lose track of time and neglect what you should be doing.
- Constantly losing or misplacing things (keys, wallet, phone, documents, bills).
- Underestimating the time it will take you to complete tasks
- Sense of underachievement.
- Trouble staying motivated.
- Hypersensitivity to criticism.
- Dreamer, a goof-off, a slacker, troublemaker, or just a bad student.

If I may caution you: Many Nines will probably find that they “overlook details” on projects that do not interest them. Or “Zone out without realizing it.” Or have “Poor organization skills” like a “car that is extremely cluttered.” Or have “a tendency to procrastinate.” Or be a “slacker” or “just a bad student.” And “chronic lateness.” And “hypersensitivity to criticism.”

These are examples of the types of imbalances that Nines tend to face in their personality. Are they psychiatric disorders? After all, we could make a list of their partner’s Enneagram type imbalances in their personality just as well. And we could call them a psychiatric disorder.

Here we make the very human distinction between stressed imbalances as *Person B* versus those that grip a person as *Person C*. As each of these can happen to us all, there is no sense here of someone has to be labeled or accused by their partner of being psychiatrically disordered.

Any implied shaming tends to make the process of gaining self-awareness more difficult. And who can throw the first stone anyway. Doing so just makes it clear that the person accusing is being *Person B*, or *Person C* them selves. Wise and empathetic *Person A* connected to the purity of their consciousness inside does not talk that way.

In this conscious orientation we also provide new, more relevant and self-evident insight into the source of those pressures that generate the imbalances in each Enneagram type. This takes the mystery out of it, or that these there were that person’s “demons” inside.

These neutral but fundamental distinctions of when each of us is not being our natural true Self and our understandings of the natural emotional wounds that we all have been saddled with from birth on, make this journey of healing and grown empowering for all of us.

How Tensions Tend to Show Up in Nines Close Relationships

-- In Their Own Words & Their Partner's Words

In seeing so many Nines and their mates over the years, I have had the opportunity to gain much experience in understanding both of their worlds. Let me outline what the Nines and their partners consistently said, using their own words, in what they each need in order to thrive in their relationship.

Right at the beginning of the first session with couples, I ask each partner, *What needs to happen in this relationship for you to be happy and fulfilled?* On a marker board I would write down each partner's needs, concerns, and issues *using their exact words*. This is what provided the specific roadmap of what all needs to be resolved together that would create the close relationship they each yearned for.

In reading these you have to remember that not all Nines have all of these tendencies, or needs, or underlying sensitivities. Each Nine can have strong Wings and Lines that can modify, replace or cancel out any one of these tendencies. The same is true for those core types who have strong wings or lines to Nine.

Also remember, the purer one's consciousness the less there are gripping ego needs and emotional sensitivities that contracts their consciousness. The more connected one is within the depths of their own Self, the more they naturally they will feel fulfilled, stable and secure within themselves. And the more innocently responsive they will be to other's needs.

To make this more meaningful, write down the names of Nines in your life. As you read through these patterns, see which might apply to you and each of them. Then reflect on what is their core ego need that makes them say that? And then what might be the underlying insecurity that makes them so emotionally sensitive?

Better Communication & More Understanding

At the beginning of the couple's session, many Nines start with these as the most important thing they want in the relationship: • *"Better communication."* • *"More understanding."*

Actually, most couples put this on the board as essential. And it makes sense that they have little understanding of each other's world of needs and sensitivities given how typically different their inner worlds are. But lacking this shared this comprehensive self-awareness that the Inner Enneagram provides, how would they understand?

And no wonder communication becomes difficult when their tensions escalate. Neither tends to recognize that those inner pressures have taken them over, and have become their reality. The Spiritual Enneagram provides this new awareness for many that they can step out of their stressed ego and sustain the inherent Goodness and Wisdom of their essential nature in the face of rising tensions. So they do not lose their Presence, which can now guide them in safely resolving those tensions together as they take the High Road.

You can see their lack of understanding is missing as their complaints continue. The Nine's partner starts off the session with the items that they consider most important for the success of the relationship. Their individual responses include:

- *"Have his full attention."* • *"Respond to me."* • *"Nothing gets resolved."*
- *"Talk to me. He shuts down. Drives me crazy."*
- *"How to feel heard with him."* • *"He has checked out – given up."*
- *"Be able to communicate about our frustrations vs. tuning out."*
- *"Learn to effectively communicate - he withdraws."*
- *"How to communicate to him."*
- *"Angry that he doesn't communicate with me."*
- *"Resolution of disagreements & challenges."*

From the Nine's side, typically these are what the Nines need:

- *"I need to feel safer talking about my needs."* • *"Feel heard vs. judged."*
- *"So much negativity – More positivity."*
- *"I walk on egg-shells – her moods can shift."*
- *"I keep it to myself – or she will blow up."*
- *"Negative response keeps me from taking initiative."*

So no wonder as a couple they both realize that they need *"Better communication"* together. But how can they have that if they have no shared self-awareness of the inner forces that are causing those tensions in each other's world that they are saddled with?

And how will they be able to communicate better if the rising tensions are overshadowing them and have taken over their reactions? When they are unconscious that they have been taken over by stressed or defensive *Person B* or upset *Person C*, they become gripped by those distortions as their only reality. And it is this itself that becomes *the* problem.

The problem is not the differences in their personalities. Nor it is the underlying enflamed insecurities that drive their reactions. Everyone has insecurities in their personality, and it is inevitable that those will clash at times. The problem is when those inner pressures start to overshadow their Selves, they lose their *Center*, their *Presence* to guide them forward with wisdom and goodwill in resolving their tensions together. Without that, their anger or fears will take over and that is what can make it so difficult to feel heard and to resolve the issues at hand.

Using the natural frameworks for resolving conflict that are laid out in *Volume I* enables each person to open up, discover, and safely process *to resolution* what is being triggered inside of themselves that is generating their inner tensions together. This is the sound basis for safely resolving those natural differences together and healing the source of the tensions deep inside. So issues not only get resolved, but each partner grows from the interaction. And ends up feeling closer from the very process.

The partners also added on the marker board their individual stated goals that they needed solved:

- *"Live harmoniously."* • *"Less irritated with me."* • *"A lot less negative."*
- *"Serenity in our Home."* • *"More Respect."* • *"Less judgment."*
- *"I don't feel appreciated & respected."* • *"Love me for who I am."*
- *"Not concentrate on my faults."* • *"Tired of feeling it's my fault."*
- *"Accept each other's differences."* • *"Not holding resentment."*
- *"Relax & enjoy the ride. Make it easier for me, more enjoyable."*

Again notice as you read through these that you can recognize in each statement what the possible underlying emotional sensitivity and insecurities that could drive that statement. Those are the "90s" that are the key to solving it together. For that is what is binding consciousness inside each.

In gaining these inner awarenesses and tools, couples learned to open up and discover the source of their emotional reactions inside. In safely sharing that together, they were able to reach their initial goals:

- *"Fight less."* • *"Less Fighting."* • *"Less arguing."* • *"Feels abusive."*
- *"Resolve conflicts – calm way."* • *"Communicate instead of fight."*

More Issues That Those Couples Found Together -- In Their Own Words

AVOIDING CHORES & RESPONSIBILITIES

As we have seen, the Nine's partner tends to have expectations and needs in living together that the Nine might otherwise not think is not so important. From the Nines' perspective, this is what they run up against with their partner:

- *"I try to help at home – but it's never enough for her."*
- *"Bombarded with stuff when I get home."*

- “Mountain out of molehills -- Does not need to be.”
- “Foster a positive energy vs. insignificant stuff.”
- “Don’t make it such a big deal.” • “Don’t sweat small stuff. Step back.”
- “Everything is utmost urgency -- necessity?” • “She comes on too strong.”
- “Nothing is ever urgent – everything just Is.”
- “Freedom – not be micromanaged or controlled.”

But the Nines’ **partners**, from their side, have put on the marker board their core ego needs:

- “I’m pulling most of the weight - Housework, money, responsibilities....”
- “Take Initiative • “Take Responsibility vs. me having to tell him.”
- “Reciprocate. • “I ask him to do something simple, becomes a huge deal.”
- “Pay attention!” • “Not fully engaged.” • “Becomes defensive.”
- “No follow through – forgetful.” • “Be Consistent - Follow through.”
- “For him to be more assertive, decisive... take charge.”

Nines move to *Person B* when they have a hard time disciplining themselves to do chores, especially by themselves, outside of a supportive structure. They can tend to struggle to complete tasks, even ones that seem simple to others. They also have a tendency to overlook details, leading to errors or incomplete work. It may be difficult to sort out what is relevant as you usually start out with the easiest or most interesting part of the task, saving the hard part for last.

Anything that requires effort, work, or focus that feels put-upon the Nine, that will tend to interfere with their *Peace*. Unless it is something the Nine wants to do that will make them feel better, it can typically feel like an *intrusion* into their relaxed world. And they do not really want to do it.

This passivity in the face of responsibilities is not coming from inner *Peace*. It from the amount of inner churning inside that creates the numbness. That numbness resembles their missing natural vital *Peace*. But it is a semblance of Self, much like a drug. It is not real vital *Peace*. And that is when it becomes dysfunctional.

This is what generates in Nines the inner resistance to doing chores, hard work, required reading or studying, or the many projects or needs, particularly those that are not important to them. Even though they are important to you, their partner. Instead, the Nine energy could sit around all day, or watch TV, or play on the computer, or play around with some mindless project, or just hang with their friends and feel completely content.

This overriding need for *Peace* overdevelops the faculty that becomes the Nines’ core imbalance -- becoming too Passive. Nines can sit and do nothing and feel fulfilled. In fact, there can be a strong inner pressure to *not* do anything -- inertia. Having to counter that passive *inner flow* in order to do something that is not pleasant or relaxing can be very difficult for Nines.

This is why Nines tend to live with disorder and chaos around them -- it simply is not worth the effort. That is why they don't pick up after themselves. Or do the dishes (until they need a dish). They don't tend to balance the checkbook. Or notice the refrigerator needs to be cleaned out, or the lawn needs mowing. It simply is too much trouble when they become *Person B*.

In 2003 to 2007 there was a hit television show, *Queer Eye for the Straight Guy* that focused on the Nine’s lifestyle. In each episode the “Fab Five” -- gay men who experts in fashion, style, grooming, interior design, and cuisine -- would go to a Nine’s home. The Nine was always the nicest guy you could meet -- sweet natured, humble, good-willed, however his home and personal style was an incredible mess.

These amiable experts would do for him a make over -- revamp his wardrobe, organize and redecorate his home, show him how to change his appearance and grooming (cut his hair, cut off his beard, groom his bushy eyebrows), clean his kitchen, throw out spoiled food. All in all they created an elegant and fashionable environment and man. Because the Nines are so easygoing and just plain likeable, it was a popular show to watch.

This is why Nines would marry partners *who take care of them and things that need to be done*. Like the Fab Five, the partner can readily see what all needs to be done. And is the type of personality that is responsible, hardworking, proactive, and can get-the-job-done.

Just like on the show, Nines let their partner focus on all the details that need to be attended to make life work. After all, the partner enjoys doing that kind of stuff. To the partners, however, it might look like all of that burden is on their shoulders. Why doesn't the Nine help out or do their share? Of course, to the Nine, much of what people worry about does not really matter.

PROCRASTINATING

Even if the Nine realizes what needs to be done or agrees with what their partner wants to be done, when it comes time to do it they could easily put it off. In that moment they simply are unable to marshal the energy to do it. Or they may start doing it but run out of gas and not complete it.

This is why most all Nines, and those with strong Wings and Lines to Nine, tend to procrastinate. When this happens it means the Nine has become gripped by inner pressures as *Person B*. As these inner dynamics tend to be unconscious, it becomes dilemma for Nines.

When Nines at home have a task to do -- something that the partner asked for, or a task that is expected of them like doing chores, cleaning up, paying bills, or even studying for an exam -- if in that moment a stronger, competing inner pressure arises *to relax just a bit more*, this can be difficult for Nines. If the Nine does not have countering responsible or energetic Wings or Lines, typically that pressure inside can be so gripping, it can be very difficult to move forward. *"I'll do it later,"* they say to themselves.

But when "later" arrives, again the need to relax can still be stronger than the need to do what it is that needs to be done. This could go on all day, or for days, weeks, even months. This includes projects that were started and were never finished.

This is what procrastination is, and it is something that most all Nines struggle with. Nines will typically end up putting off what feels like arduous tasks until they finally have to, as they reach the deadline. When in school this is when they pull an all-nighter to get it done. Or not. This certainly tends to plague Nines in high school and in college. And it drives parents and teachers nuts, and particularly their spouse!

WHAT'S THE RUSH?

The gift of the Nine energy is their natural "relaxed" pace in doing tasks together. That is who they are. *What's the rush? Relax. Don't sweat it.* So it can be enjoyable to work with them. But it can also mean that they could take a long time, or a very long time to do something that you could have accomplished easily and relatively quickly.

SAY YES, BUT THEN DON'T DO IT, OR THE NINE THEN DOESN'T DO IT RIGHT

Because Nines tend to not want to experience conflict or turmoil, when you ask Nines to do something, they can typically say "Yes" (or *"Whatever,"* which is their favorite all-time phrase). But many times they may say "Yes" just to mollify you. To say "No" would only result in more pressure from you, which they try to avoid. For it could turn into a conflict, or anger, which they hate even more. So they may say "Yes" without much thought, maybe just to pacify you.

And even when they say "Yes," and intend to do so, what you are expecting might not happen. For what you think they are agreeing to may never have even penetrated in their minds. It may go in one ear and out the other.

Even when Nines are sincere and good-willed, they could still completely forget when it was time to do the task. It slipped their mind. Or they might forget some of the important details of what you wanted done. *Which brand of milk did she want?*

Even if the Nine has good intentions, they could easily forget to do an agreed-upon task. Tuning out means not remembering useless details. And even if Nines do the job, they may tend to do the minimal amount necessary, and could easily do a poor or incomplete job.

Teenagers who have Nine energies in their personality may be the worst of all! Getting them to do chores (or homework!) may be difficult at best. And even when they do them, they may not seem to care if it is done well or complete (that is unless they have a counter responsible Wing or Line).

After all, it does not matter to them. Note that when something really does matter to the Nine, they tend to do it without having to be asked. And they would have done a more quality job. After all, they will initiate, put out the effort or work hard for what is important to them! (This contrast can drive their partner nuts).

ALWAYS BEING LATE

Getting the Nine to leave or arrive on time can sometimes be a challenge. For all of the above reasons, it can take some Nines longer than they expected or allowed for to get somewhere or something done on the time expected. Repeated requests can also fall on deaf ears.

THE NINE'S PHYSICAL HEALTH

As the Nine energy tends to avoid problems, they can tend to tune out taking care of their health. Partners have voiced concerns that he or she should *"Exercise more,"* or *"Eat healthier,"* or *"Go see a doctor."* But he may not seem to care.

So partners can find it frustrating that the Nine can let their health slide. The Nine could numb the underlying emotional churning inside by overeating, or eating "emotionally" by choosing sugary, trans fat, processed, or un-nutritious foods like cookies, cakes, donuts, fast food, and sugary colas. And, of course, beer and alcohol can help numb out those feelings.

Also Nines can tend not to exercise. It simply takes too much energy or effort.

Even more frustrating is that Nines might not even notice an emerging health problem, or care about it. They can tend to lack the initiative to even make a dentist or doctor's appointment. If they do, they might forget to go. If they do go, they might have difficulty following the doctor's prescription, especially if it involves a lifestyle change.

So being overweight, having high blood pressure, high cholesterol, or back pain that requires specific regimens or exercises could be problematical for the Nine. Actually, it tends to become even more problematical for their partners who are typically the ones who do the worrying. But Nines can typically simply block it all out and not care.

Nines tend to live in the *Now*, not in the future. So then they say they will worry about it when it happens. But even then they may procrastinate. *"Who wants to hear bad news!"* And, *"It Is what it Is."*

Again, responsible Wings and Lines can change this. But without those strong compelling energies, the Nine may simply tend to tune out taking care of their well-being.

SHARING FEELINGS, ROMANCE, & CARING BEHAVIORS

Some partners want in their relationship more of an emotional connection together. Romance, opening up together, sharing feelings, caring and loving behaviors. However, Nines unconsciously tend to numb those feelings. When your survival depends on numbing out stressful feelings, it can also mean that you may also be numb to the expression of loving and caring feelings. Without strong Wing or Line to provide access to those feelings (or being a One-on-One subtype), Nines may tend not to need so much romantic feelings or gestures themselves in the relationship. Just getting along can be romance for Nines.

If their partner has emotional needs for intimacy, romance, and passion that enliven loving feelings together, they could become frustrated with the Nine. *How come you do not open up and express your feelings or appreciations with me? I want to feel more love and romance from you!*

This is what those partners pointed to in their relationship with Nine:

- *"I don't always know what he is thinking."*
- *"Emotionally detached."* • *"Emotionally unavailable."*
- *"I'm not just a piece of furniture."* • *"Tell me how you feel."*
- *"Share feelings – not trivialized."* • *"Want more passion."*
- *"More Expressive with his emotions."* • *"Give back with caring behaviors."*
- *"More intimacy, consistency, excitement."* • *"Be More considerate"*
- *"Participate when in the House and with the Family – Engage."*

Also for Nines, being numb to their own feelings can mean that they can tune out other's feelings and needs. This is why Nines can be oblivious to the expectations and emotional needs of the people in their life. Like being late to someone's important engagement or event, dressing too casual for someone's special event, not sending thank you cards or emails, or not returning calls or emails. *It is just not that big a deal. Relax.*

This is why birthdays, special holidays, anniversaries may not have as much importance. And the same may be true about engaging with extended family or the Nine's partner's family and relatives. However, like with most every thing, will go if necessary as they tend to just goes with the flow. And if involvement in the family is important for their partner, they can be fine going along if you are leading it.

So Nines tend not to open up and share their inner feelings. Even if being emotional is not the nature of the Nine energy, they do love their partner, and their family. And they do care. They express their love in ways that are natural to them. Frankly, theirs is a purely innocent expression of appreciation and love. It just may not be so directly expressive, emotional, or passionate.

However, what tends to make it even harder for Nine is having a partner who is critical or domineering with them. Complaining, criticizing, blaming are what tend to shut the Nine down, further distancing them from freely expressing natural loving or caring feelings in their humble heart. This is what can make it even more difficult for the Nine to become vulnerable and express their feelings.

Over years this can lead to even further emotional distance in their relationship together. But at its root, this is a survival strategy for Nines, not so much a choice. They love their partner. But if they feel their partner's criticism and displeasure, it is not safe to be vulnerable, so they play it safe and pull back.

However, Nines do have a core need to be around people who do like them, who they can be at ease with, where they can just *Be* themselves, and still be loveable. To the extent they do not feel that with their partner, Nines will start hanging out more and more separately with their friends and buddies, or co-workers, instead of being with their wife or partner, or family.

Hanging with the guys or gals can be so enjoyable for Nines as there are no expectations, no emotional pressures put on them. Everyone is happy to see him or her. There is no criticality, and no emotional drama to deal with directed towards the Nine. So the Nine can now let their hair down, feel appreciated, relax, and recharge.

Of course, feeling left out can tend to fuel their partner's frustration even more. *How come you hang out with them and not me! You care more about them than me!*

Other similar complaints from the partner might include that partner's relationship with the Nine's parents, or Nine's kids from a previous relationship, or the Nine's personal friends:

- *"I don't get along with his Mom. He defends her."*
- *"He doesn't have my back."* • *"He doesn't stand up for me."*
- *"We disagree about his kids."*

Nines in these situations always wonder why their partner cannot get along with his or her friends, parents, a family member, or his children. And when the partner has emotional issues with any of

them, the Nine invariably can feel stuck in the middle. It can feel like a no-win situation for them. So they do nothing. This can really irritate their partner. The issues continue unresolved, and nothing changes. Except the partner increasingly suffers, with no resolution in sight.

NINES AND SEX

As Nines tend to suppress their emotional tension, pressures can build up inside. As Nines avoid their emotions, or even talking about those feelings, they can have few outlets to get a release. So for many Nines, their natural outlet for the release of inner pressure can become sex.

Particularly for men, a sexual orgasm can be a very pleasurable and important release of the build up of inner tension. This is particularly true for Nines who have a strong *lustful* Eight wing, or a Three wing. In fact, not having a sexual release can be frustrating to the Nine.

Most men can have an incredible “hot” sexual experience with someone they don’t even know, as long as she does the things that stimulate their imaginations. But that is all in their head! There is no real intimate connection with the woman.

When over years, the act becomes a way of just “getting him off,” the Nine’s partner may start to pull away. The experience is not about opening up and sharing their hearts in intimate, divine lovemaking together.

On the other side of the coin, the male Nine can be the one who starts to shut down sexually in a relationship. So then it is their partner who writes complains on the marker board,

• “More sex!” • “Sex – we need to have more.” • “Sexual Intimacy”

It can be hard for some Nines to feel open and intimate with someone who has been negative, blaming, criticizing, controlling, complaining, hostile, or makes the Nine feel unappreciated or unlovable.

For both men and women Nines, as walls build up inside in the relationship, this can cause them to shut down to any sexual desire. Most Nines may need to be able to relax in order to fully let go and respond intimately sexually. So any unresolved tension in the relationship could sink Nine’s ability to open up into their heart and body.

Also, if Nines have felt any demands or criticism of their sexual performance from their partner, it can be difficult for the Nines to fully relax. Strong expectations or sexual criticisms put on the Nine can easily throw them off their innocent natural rhythm. The anxiety of not performing up to the standards expected by their partner, of disappointing or being criticized by their partner, or that could result in their partner feeling upset at them, will tend to shut down the Nine’s sexual response. All of this can also shut down any desire in the Nine for sex.

This build up of those emotional pressures in the relationship can also affect a man’s libido. If he is not able to fully relax in a lovely connection together, the result can be that the Nine male can have a difficult time sustaining his erection. Or even his desire for her. With men, in over 90% of the cases of erectile dysfunction (ED) that I see, the problem is primarily emotional.

For some men, not meeting their wife’s sexual expectations can impact their ability to have an erection. It can reach a point where he simply can’t emotionally relax sufficiently inside to get an erection or maintain one. Once that happens, those fears of his partner’s expectations and his inability to meet them, or his fear that he will not get an erection, these can kill his desire to have sex.

However, when the Nine’s heart is open in love, and he or she is fully relaxed in a loving connection with their partner, they are drawn to make love. Then it is a very intimate and fulfilling experience together. The man finds that he can naturally have an erection. And woman is very responsive with her partner.

We cover this and the innocent process of natural, fulfilling LoveMaking in Volume I.

MALAPROPISMS

A curious attribute of Nines is their sometimes mix up of words when talking. They may mistakenly use a word or phrase in place of a similar sounding one, often with unintentionally amusing effect. It can seem to make sense at first, but then leaves you scratching your head. With Nines, however, it tends to be an endearing quality. Presidents Joe Biden and George W. Bush, Vice President Dan Quayle, and Yogi Berra are examples.

When Nines Say Yes, But Then . . .

As we have seen, when their partners ask Nines' to do something, Nines can typically say Yes, but then many times they may not end up doing it. They could easily forget, for they do not always pay as much attention to what you are saying when it does not advance their agenda. And it might not even be clear to them what you are asking, or what exactly they are agreeing to. So it does not always sink in and penetrate through their easygoing layer of protection.

Also, typically with Nines, when it comes time to doing it, *in that moment* they could feel inside a competing, even stronger *need* to relax a little bit more or finish enjoying doing what they are doing right then. So they say to themselves, *I'll do it later*. That same process can go on, and on, and on in their head, until maybe it becomes too late.

Sometimes they may Yes just to get their partner off their back. It could be a natural kneejerk reaction. Unconsciously they may never really had an intention to do it, even though they indicated that they would. Saying "Yes" simply keeps the conversation from getting heavy. And for Nines, to stand up to their partner and say "No" in that initial moment could have easily resulted in a conflict. The grief is not worth it. So by default, they may tend to say whatever their partner wants to hear to get their partner off their back. Ah so.

And then when Nines go to do the task, it can be frustrating to their partner that the Nines forgot the details of what all was expected. Which kind of laundry soap did she want? Details like these do not seem to matter to Nines so much, so Nines tend not to anticipate clarifying what exactly is wanted or expected. But those details can really matter to their partners.

When Nines do a chore that involves organizing or cleaning, personally they can tend to have a more relaxed sense of the level of order or perfection that is needed. So they tend not to do the job to the standards their partner expected. This can frustrate their partner so much that the partner over years ends up doing everything themselves. The realization is if you want it done, it is better to do it yourself. Otherwise, it can take much more time to have it done, and more frustrating, always having to follow up after the Nine and do it over the "right" way. But when they do it themselves, they will know it is done, and done perfectly -- so they can relax. But overtime this tends to lead to underlying resentments.

Things like registering their kids at school, paying the mortgage on time, getting the kids to the doctors appointment on time, or purchasing everything that is needed for the dinner party tonight, the partner might just have to just do it yourself. After all, if you were single, you would do it anyway. And you would not complain about it. When you live alone, "It just Is what it Is – the next thing to be done." That's all.

It can be particularly frustrating for busy partners who themselves can do each of these things expected with one arm tied behind their back. *Why can't my partner?!!! It is so simple! What's wrong with him? Or her?*

Nine's Partner May Have to Be the One Who Initiates Activities

It is Nines' partners who usually are the ones who have to take responsibility to initiate the activities that they engage in together. Where they go for dinner, the movie they go to, who they go out with, the activities on a Saturday or Sunday, any romance or fun events, and of course all vacations.

This is partly because the Nine's partners tend to be very good at planning. And it is also because their partners care much more than the Nine does about the all of the details or the experience they are looking to have. So if partners want to do something they would enjoy, typically they may have to be the one that plans it.

But Realize This: What Bothers You As Their Partner Depends on Your 90's!

Most Nines are in satisfying relationships. Both partner's roles are usually well-defined and understood together so they blend together naturally. In those cases the Nine's partner is not disgruntled. The partner loves the natural gifts of the Nine, and given their own personal inner pressures and inability to relax, they appreciate being with the Nine's easy style and harmonizing nature.

For example, *Perfectionistic Ones* and *Responsible Sixes* both can prefer to do all the detail work themselves (that's because they only trust themselves to do it right, no matter who they are married to!). So those types are fine taking on those tasks. This works out great for both partners.

However, partners who expect the Nine to carry more of the load of responsibilities, or respond to the partner's emotional needs in the relationship, they could find themselves disgruntled. What is usually missing is the partner's recognition that those gripping contrary ego needs and emotional sensitivities that can become triggered are not the Nine's fault. Those emotional insecurities the partner is saddled with are what the partner brought into the relationship. It is not the Nine's fault that you get so upset. But when you do not realize this, you will tend to blame your partner for your own inner tensions.

In every relationship, each partner brings their own unconscious emotional sensitivities and deeper-rooted insecurities. After all, Nines without any inner gripping pressures would not have the emotional resistance to caringly respond to your needs. And would readily respond to them for you.

And if you as their partner were without your "90s", you would also be more flexible or supportive in your expectations, and not so gripped by your needs. And thus you would not become so disgruntled. Partners who are happily married to Nines do not have the underling ego needs that you can become gripped by.

"The marriage partner is not really the problem. No other person can ultimately make you happy. You must learn how to be happy within yourself."
Preacher Joel Osteen (A Nine)

The Good News is that in the face of rising tensions together, everyone has the pure Awareness within their Higher Self that can step out of their ego and Recognize, Own, and effectively Process *and naturally Resolve* those tensions harmoniously together.

In fact, a committed relationship is *the designated vehicle* in order to do so. Partners tend to marry the "perfect person" who has the specific imbalances that will trigger each other's innermost insecurities. So that you can consciously heal them!

But it takes Self-awareness to do so: that these tensions you are saddled with are not who You are. So then the Nine is Self-aware of when they are becoming irresponsible *Person B* or shutting down as *Person C*. And the partner sees the source of any gripping needs or reactions within themselves.

And that takes self-awareness within your specific Enneagram types of the patterns and sources of those tensions within yourself that become enflamed or acted out. So each partner can Own them and take Responsibility for them when they start to emerge.

Of course both partners need to be committed to protecting each other, and especially their kids, as well as family and friends from unconsciously acting their dysfunctional inner pressures out.

This is the orientation that becomes the basis for how to consciously resolve tensions and conflict with the Nine. The more each of you (including the Nine) fully understand and appreciate each other's inner world of insecurities, pressures and survival needs, the more you will be able to navigate together with respect and sensitivity as a team.

What Nines Tend to Need In Order To Reliably Respond To Their Partner's Needs

This does not mean that partners are wrong in wanting their Nine, for example, to step up and carry some of the responsibilities in running a household. Or the partner wanting him or her to be more attuned to, and responsive to, their feelings and needs. However, with many Nines it is important for you to realize that it is where you are coming from when you bring it to their attention.

What Nines are sensitive to, and scan for, is if your remark is coming from self-righteous tension within you. Tensions, especially hostile, critical, or making-wrong kinds of tensions, are what tend to cause Nines to contract inside and tune you out.

If you are not at all stressed about something that is important to you, and share those thoughts in a gracious, sincere and caring manner, Nines are apt to stay *Present*, and more able to respond in kind. And even do what you are asking.

For Nines are good-natured. It makes all the difference when you are coming from noble *Personal A*, your essential nature, in sensitively sharing your needs and emotional triggers. In this way your sharing supports the Nine to stay good-willed and responsive as *Person A* as well.

On the contrary, many Nines can find it difficult to respond to your needs if expressed with criticism, or shaming, disrespect, hostility, disappointment, coldness, whining, making them wrong, or taking your frustrations or resentments out on the Nine. When you do so, you could be digging yourself into a hole that unwittingly may make it more difficult for the Nine to effectively respond to your requests.

So the *first principle* is to be aware of where you are coming from when you initiate the conversation about what it is that you are wanting or needing. When you come from sincere *Person A*, being self-aware of your "90s" and gracious, you tend to communicate those needs with sensitivity and wisdom. This is the High Road, which is your essential nature.

Solving the Differences, Tensions, & Issues Together

Even without conflict, it may not be easy for the Nine energy to effectively respond to responsibilities when their Self is unconsciously overshadowed by their inner pressures. If it is not what the Nine needs, it can be an uphill climb for them. And many times, it is a steep climb (just as it can be for *you not to need what you are gripped by!*).

So the first principle that supports Nines to respond is expressing your needs and expectations from sensitive and sincere *Person A*. The second principle to become aware of is that requests that do not align with the Nine's personal desires may need a *supportive structure* that will enable and empower the Nine in getting them done.

If just left on their own, without any supportive structure, getting the initiative to meet your demands or follow through may not always be easy for the Nine. Otherwise, they would have been already been doing what you want all along!

Most Nines can value from some framework or structure that that empowers them to move forward in achieving the tasks that their partner requires. That might mean that you initially join in the task together that provides the inspiration, know-how, or momentum to accomplish the job. And once it gets going, you can move on. Or maybe respond with some form of a reward or special appreciation.

It may also be important to be sure in talking it through together that the Nine understands and gets to agree on the level of detail required in the final product. It can be a good idea to suggest or to

ask rather than dictate what is to be done, so they feel involved in the decision. I know this can take patience, particularly if you are fast on your feet. However, maintaining the Nines' goodwill can be paramount.

Engaging with the Nine to see if there is some about what would support them in an endeavor can be important in making sure it is done in the time frame or as well as what is needed.

These are just suggestions. As you talk together, you can discover what will specifically support the Nine if you are concerned about the outcome.

Within a positive, supportive, and effective structure, where the Nines feel appreciated or rewarded, they tend to do well. In fact, this is why they do well at work in their job or career. Nines tend to respond positively when they have a *structure* where they *fully understand* the requirements, where they are *positivity supported*, and when they are *rewarded* from the paycheck and appreciation from colleagues. This is when they conscientiously do the job.

So now it is the partners of Nines that have all the leverage, depending how they approach and talk with the Nines. Nines within themselves can seem to have no leverage. What that means is if the partner to align to the Nine's fundamental sensitivities, they can caringly move the Nine forward in meeting the partner's needs.

This may seem laborious, but in truth what the partners typically want in their relationship is usually good for developing valuable muscles in the Nine's personality. The Nines already have *Peace* as their nature. Developing their ability to become more up on point, more *Present*, and more responsive and effective in their life, and in their relationship to you and your children, these are exactly what Nines need to develop within themselves to become whole. As long as you are coming from your sincere and gracious and supportive heart and mind, everyone benefits.

IN ORDER FOR NINES TO GROW...

Most Nines seem content in their lives. It's usually their partners who are disgruntled. And that is what tends to spoil it for the Nine. None of this material outlined in this profile would probably matter much to the Nine if he or she lived alone. They probably might never read this profile on their own as there would be no reason to. That is how accepting they can be in their lives. "It's all good."

If they were alone, yes, they would feel somewhat lonely, but they typically get alone fine. Usually though, Nines are in relationships as people are drawn to their easy-going personality. It is then that gaining these self-awarenesses and understandings of these inner dynamics can become vital in their growth to wholeness.

As Nines become aware of their "Nine-ness" in the Inner Enneagram, they begin to relate and are able to recognize these features in their personality. Right in the very first session with Nines and their partner, they get it. That is because these are not just concepts now for the Nine and their partner. They are self-evident. And they now each understands that the success for their mutual fulfillment depends on each of them responding to the other's core ego needs and sensitivities.

Before the Nine did not understand why they are the way they are themselves, much less be able to communicate it so their partner could ever understand. So the question for Nines is, now that you understand your inner world in the face of your partner's needs, how are you going to respond to them?

All of this will take some Initiative on your part. What is going to motivate you to do so? If it is not your nature to commonly initiate what does not give you pleasure, so what will happen? What are you now going to do? And whatever you figure out as solutions, how are you going to start doing that, or be able to sustain that? A plan, a positive structure, may be needed to counter any inertia or contrary forces.

This is what you will want to talk over with the compassionate, understanding, and sincere partner. The result will be a positive one. In stepping up and responding to their partner, the Nines are freeing

themselves. They naturally come more into balance as their personality increasingly reflects the purity and vitality of their true Self. This dynamic of humble *Peace*, which their partner loves about them, now is being sustained in the midst of dynamic activity and heartfelt feelings.

Of course, it is probably just as difficult for your sparky partner in life to recognize where he or she is *over-the-top* as well. They want you to change, but can be just as gripped in the pressures of their inner world.

So I suggest that you develop these shared inner awarenesses and develop the skills and tools *together* that will enable you and your partner to talk freely about these issues affecting your relationship. With these understandings, you both develop a “friendly” attitude towards the underlying insecurities and inner pressures (that we all have in our ego), where there is no shame.

In Volume I lays out the basic and natural framework that enables you to recognize as soon as resistance emerges as *Person B*, or when you start pulling away or shutting down as *Person C*. This is the process that will keep you *Present* and not overshadowed. So you can navigate through and resolve those inner pressures in a conscious and heartfelt manner. This keeps your connection together and works through any resistances that emerge. And that is why it can make all the difference.