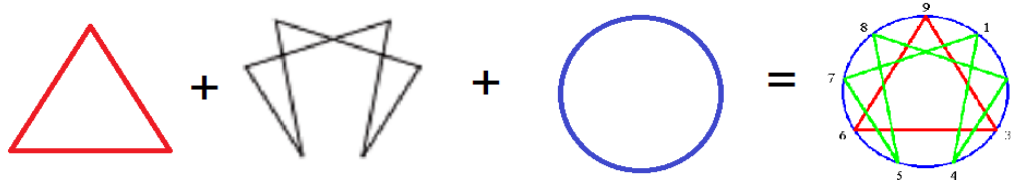


"All of Creation years to return to their Source. To Bring Completion and Fulfillment." Tao Te Ching, page 1, translated by David Burke (0)

If you open your mind and eyes, the Hidden Path is hidden in plain sight. You must be "Awake" and interested in it to see it. Over the years, many people have commented that the Enneagram looks like a clock with a 9 in the top position. This observation suggests just like a clock, the Enneagram diagram has movement and change associated with it. A clock looks different at 9 o'clock than at 5 o'clock. I am suggesting, the Enneagram looks different at "Type 9" than at "Type 5" or any of the other Types. The Gurdjieff Transformational diagram has no fixed numbers or arrows written upon it. In my opinion, the static numbered drawings of Enneagram of Personality Types are always unwittingly depicted for "Type 9". I will show an Enneagram Diagram for each of the nine Types and a unique Hidden Path for each of the nine Types based on the anatomy and physical structure of the Living Enneagram itself.

The Enneagram is an intriguing geometric figure with three distinct parts:



1) A Triangle + 2) A Hexad + 3) A Circle = THE ENNEAGRAM

**"This figure is not just symbolic of the enneagram, it actually is the enneagram."
--Susan Rhodes--The Positive Enneagram, page 1, Geranium Press (2009)**

These figures are not just symbolic of the Enneagram. They combined create the Enneagram. United they contain information and directions on how to use the Gurdjieff Enneagram for Personal Growth and **to experience in ourselves all nine types to grow and awaken** in three distinct stages associated with the three physical components of the diagram. This first stage of the Hidden Path is associated with central triangle form of the Enneagram (above, red).

"In all ancient teaching the first demand at the beginning of the way to Liberation was: Know Thyself"-G. Gurdjieff. (1)

The first stage represents a journey of self knowledge, *"to know thyself"*, in all three Centers: Body, Heart, and Head. This will be discussed in terms of Riso-Hudson's Object Relations Groups, also called Dominant Affective Groups. This first stage of the work is represented by the central triangle in the Enneagram.

The second stage represents the journey to know "the Others" -- the types that represent the other Object-Relations styles that are different from your own style. This second stage of the work is represented by the hexad in the Enneagram.

The third stage of the work is to realize that you and "the Others" are One and there is no separation. It is represented by the large outer circle in the Enneagram that encompasses and unites all nine types. The work requires that you accept and love your own type as well as all the other types, including your Opposite-type. Realistically, if you are unable to accept and love the other types, you will not be able to fully accept and love yourself.

The Riso-Hudson Object-Relations/Dominant Affective Groups (see Diagram 1 below) can be used as a departure point for discussion of growth and integration using the Enneagram. **Every Enneagram Type belongs to one of three Riso-Hudson Dominant Affective Groups: 1) Attachment-based, 2) Rejection-based, & 3) Frustration-based.** The Attachment-based group is represented by the triangle (below, red) and includes Types 3, 6, and 9. The Rejection-based group is represented by the grey triangle and includes Types 5, 8, 2. The Frustration-based group is represented by the black triangle and includes Types 7, 1, and 4. Riso and Hudson have referred to the Dominant Affective Groups as the Object Relations Groups with the exact same definitions.

Dominant Affective Groups have a direct and one to one correspondence to the Freudian Relational Styles. The Freudian concept of three Relational Styles predates Riso-Hudson's Dominant Affect/Object-Relations Groups. The three Freudian Relational Styles are: 1) Receptive, 2) Expulsive, and 3) Retentive. For example, Type 1 is "Frustration-based", or "Retentive". Type 5 is "Rejection-based", or "Expulsive". Type 3 is "Attachment-based" or "Receptive", (see Diagrams 1 & 2 for each Enneagram Personality Type corresponding Riso-Hudson Dominant Affective Group and Freudian Relational Style). Essentially, the three relationship styles for personality types are 1) Accepting, 2) Rejecting or 3) Frustrating in nature.

DIAGRAM 1 OF THE THREE OBJECT-RELATIONS GROUPS (2)

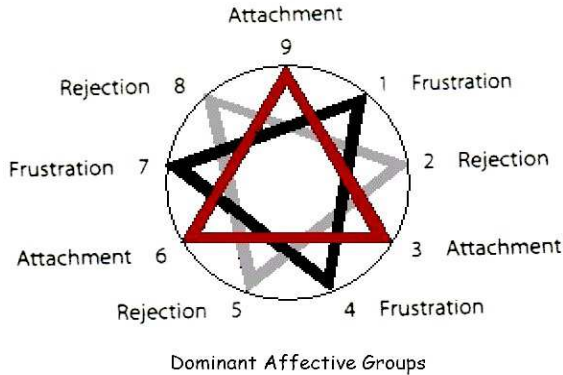
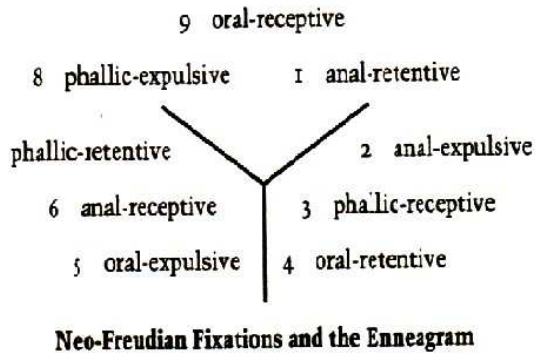


DIAGRAM 2 OF THE NINE FREUDIAN PERSONALITY TYPES & FIXATIONS (3)



When thinking about a specific personality type, consider that there are also two other associated secondary types that correspond to your secondary triads that give further description of the total personality type. So even though everybody has only one Enneagram Type, everybody still has all three centers operating to comprise their personality type (4). We all have a functioning Body Center, Heart Center and Head Center with one functioning as the primary center. Theoretically, a Type 3 in the Heart Center could have a secondary type in the Head Center at 6 and a secondary type in the Body Center at 9. A Type 5 in the Head Center could come into their Body Center at Type 8 and into their Heart Center at Type 2. A Type 1 in the Body Center could have secondary Types 4 and 7 in the Heart and Head Centers, respectively. In my opinion, your Tri-type must be your Dominant Affect Group or Freudian Style in the other two non-primary triads, if these Groups or Styles have any meaning, unless there are significant "Enneafield" effects, a term recently coined by Peter Zappel describing external forces affecting Type expression (5).

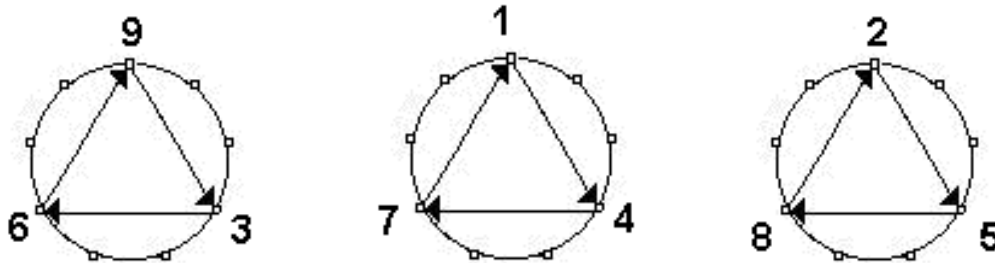
Personal growth creates a fuller self-awareness and a greater balance between all three triads than would be possible if you remained totally focused on only your primary type. After learning about yourself and trying to "move up" the levels of development in your own primary type, further growth necessitates being drawn into learning more about yourself in the secondary types and triads. In short, to grow, development must continue in all three triads to become balanced and harmonious.

Table 1 below shows each of the Types in its primary triad and the two secondary types associated with its Object-Relations Group. I assume a clockwise direction for growth and integration around the Dominant Affective Groups triangles similar to that assumed by Claudio Naranjo for the 3-6-9 central triangle in the Enneagram.

Table 1: Dominant Affect Groups are the first three steps of The Hidden Path

1st Step	8	9	1	2	3	4	5	6	7
2nd Step	2	3	4	5	6	7	8	9	1
3rd Step	5	6	7	8	9	1	2	3	4

As postulated by Claudio Naranjo in a 1971 SAT group, the direction of growth (integration) for Types 3, 6, 9, and 5, is clockwise, (6). I am suggesting that the transformational energy continues flowing clockwise for all three Dominant Affective/Object-Relations Groups. This can be done by placing that type's number in the position reserved for Type 9. Then complete the inner triangle in the usual clockwise direction of integration, as seen the following example diagrams for Type 9, Type 1, and Type 2



Using this pattern, Type 8 would grow clockwise to Type 2, and then to Type 5. Type 2 would grow clockwise to Type 5, then to Type 8. Type 1 would grow clockwise to Type 4, and then to Type 7. Type 4 would grow clockwise to Type 7, and then to Type 1. Lastly, Type 7 would integrate and grow clockwise direction toward Type 1, and then to Type 4.

Speaking from my own personal experience and those of my close friends, family and clients, this consistent direction for growth and integration makes sense for these additional five Types.

Type 2 needs to move from the Heart Center and constantly giving, and perhaps enabling, to Type 5 in the Head Center to wisely help other and not enable dependency, as well as to recognize and wisely tend to their own necessary personal needs else wind up being of no use or help to anybody. Essentially, caring for the Care Giver is a Head Center strategy.

Type 7 needs to move from the Head Center and its unbridled enthusiasm and excited activity to the Body and Being Center at Type 1 to gain focus, set priorities and complete tasks that may have become boring, but still are necessary and important.

Type 1 will unlikely be able to move to Type 7 without first becoming aware of their feelings, relaxing their rules on themselves and realizing they have been especially good and deserve to indulge their desires and be a little self-centered by first moving to Type 4.

Furthermore, the melancholic Type 4 is unlikely to integrate initially by growing counter-clockwise to the rule-minded Type 1 in my opinion. Type 4 views him or herself as an exception to the rules, special and unique. However, moving to the exuberant Type 7 is appealing to Type 4 as it would help ameliorate any sadness or depression and move the Individualists from the Feeling Center to the positive and optimistic Type 7 in the Head Center where they need to be to process and distant themselves from negative emotions as is often practiced in Cognitive Behavioral Therapy.

If you drew out the three Object-Relations Groups as an Enneagram, it would look like the following diagrams. Actually, this was first done by Riso-Hudson in a book section entitled “Advanced Topics” in their book Understanding the Enneagram, Revised Edition (7)



Figure 1

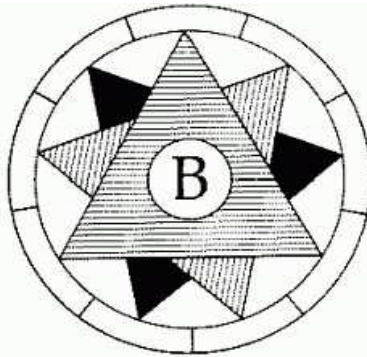


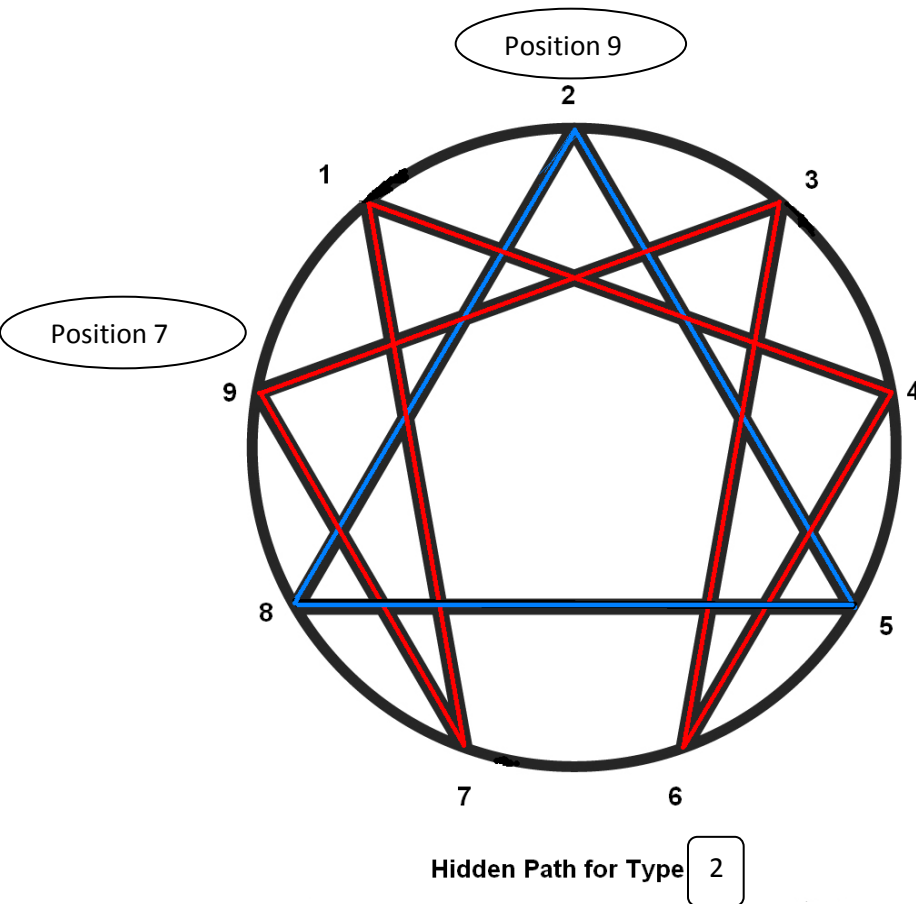
Figure 2



Figure 3

The first figure is called the Enneagram of the Fruits of the Holy Spirit. The second figure is the Lullian Enneagram and is of Christian origin (8). The third figure is modern Jewish sacred spiritual jewelry from Israel by David Weitzman (9).

Although these figures are beautiful and historically interesting, a different Enneagram is unnecessary. **The Enneagram is not a static diagram, but one of dynamic change like a clock.** The Enneagram symbol generates the same series of numbers for integrative transformation for all the above types when you use the Enneagram figure itself as a decoder or Lullian Circle and what I term the **Enneagram Decoder Rule of Position 9, (each Type is placed at the center point in the body center), where for each type, we place that type’s number in the position usually reserved for Type 9 and then complete the inner triangle in the usual direction of integration to position 3 and then to position 6.** (see the example diagram for Type 2 below)



Hidden Path for Type 2 has Nine Steps: The first three numbers are generated by the blue center triangle with the Type of interest centered in the body center at Position 9. The second six numbers are generated by the red hexad figure starting from the position usually reserved for Type 7.

As the numbers are turned and each Type's number is placed in the usual position for Type 9 (at the apex of center triangle), Nine Hidden Paths each with Nine Steps are generated. The Hidden Path's first three steps trace the Center Triangle beginning at the apex of triangle (Point 9) and then going to Point 3 (right bottom of triangle) and then to Point 6 (left bottom of triangle) generating the first three steps towards integration and growth that correspond to the type's Object-Relations Group. *The above diagram shows the process for Type 2 which is entitled Hidden Path for Type 2.*

- For each type, place that type's number in the center-point of the Body Center at the position reserved for Type 9.
- Then complete the inner triangle in the usual direction of integration at Point 3 and then to Point 6.
- Next trace the Hexad figure beginning at the position usually reserved for Type 7, then to position 5, then position 8, then position 2, then position 4, and finally position 1. I use the term "Naranjo's Rule of 7 Integration Sequence" to describe the last six steps of the sequence: 7,5,8,2,4,1.

The first three steps correspond to each type's Dominant Affective Group: (Type Number, +3 Wing, -3 Wing). In Steps 4 to 9, a unique transformational progression is generated which is specific for each type that begins with each type's most opposite type in Step 4 and ending with each type's +1 wing in Step 9. Michael J. Goldberg,

author of **9 Ways of Working** and **Travels with Odysseus**, has advocated working towards growth and integration by moving from Primary Type to the +1 Wing. Moving from Primary Type to the +1 Wing in 9 steps, generates an ascending spiral growth pattern associated with greater degrees of freedom and enlightened consciousness similar to that described in **Spiral Dynamics** by Don Beck and Christopher Cowan in 2005.

I refer to this most opposite type as the **Inverse-type**, or the **Shadow-type**. It is always the **"-2 Binary"** which is the -2 wing for each type. Jean Adeler originated the idea of a "-2 binary" in her discussion of the "The Eight-One Binary" in an excellent article on The Deep Structure of Personality in September 2010 edition of Enneagram Monthly (10). This line of reasoning can be applied to the "-2 wing" of any type. There is a natural tension between these two positions on the Enneagram. This is obvious for Type Eight whose worldview includes the notion that "Might makes right" and "Only the Strong will prevail and survive", which is in direct opposition to Type One's worldview that "Ethics, rules, fairness and principles dictate what is right or wrong." The same tension exists in all Type vs. Type -2 Wing worldviews and strategies for success. At Step 4, we clearly move out of our comfort zone, which is absolutely necessary to strengthen and expand our character and grow from a psychological and spiritual perspective.

Step 8 generates the Type's most similar type and is always the +4 wing for each type. I refer to this most similar type as the **Soul-mate**. This is supported by the largest marital study, (457 couples), ever done regarding common couple Enneagram pairings, especially the highest frequency pairings (11). Types are likely to pair with the personality types to which each is most similar (+4/-4 W) as well as its Dominant Affective Group (+3/-3W) and unlikely to pair with the opposite types (+2/-2 W).

As the Enneagram deals with an odd numbers of types, any opposite type is not an exact or reciprocal opposite. The "opposite" of Type 3 is Type 1, yet the "opposite" of Type 1 is Type 8, and so on. We define the "Inverse-type" as the Enneagram type that can most easily "see through" that Type's false self and could most easily expose or unmask them.

The same applies to the concept of Soul-mate. The Soul-mate of Type 3 is Type 7, yet the Soul-mate of Type 7 is Type 2, and so on. Also, we are using the term "Soul-mate" as defined by Edgar Cayce, which includes the concept of dominant and submissive relationships (tongue to the grove):

(Q) Please explain for me what is meant by "soul-mate" . . .

(A) Those of any sect or group where there is the answering of one to another; as would be the tongue to the groove, the tenon to the mortise; or in any such where they are a complement one of another--that is what is meant by "soul-mate." Not that as from physical attraction, but from the mental and spiritual help. Edgar Cayce Reading 1556-2

The following **Hidden Path** table reveals in each column the unique 9 number sequence for each of the 9 Types. The first three numbers in blue or black are tracing the center triangle with the given type of interest in the center-point of the Body Center at the position usually reserved for Type 9. The second six numbers in red in each column are tracing the hexagon figure starting from the position usually reserved for Type 7. (See example diagram on page 7 labeled Hidden Path for Type 2)

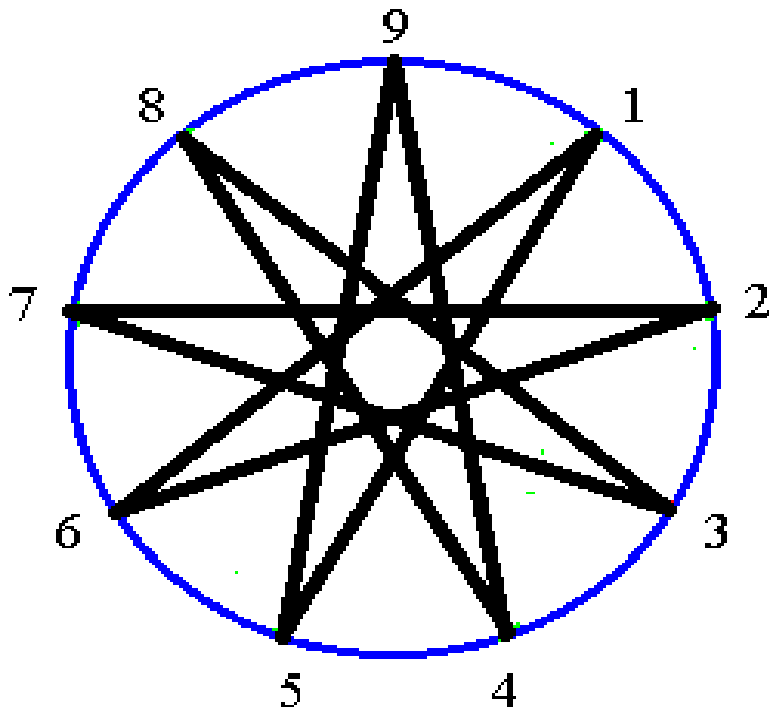
THE HIDDEN PATH (TABLE 3)

Primary Type	8	9	1	2	3	4	5	6	7
Step 2	2	3	4	5	6	7	8	9	1
Step 3	5	6	7	8	9	1	2	3	4
Step 4	6	7	8	9	1	2	3	4	5
Step 5	4	5	6	7	8	9	1	2	3
Step 6	7	8	9	1	2	3	4	5	6
Step 7	1	2	3	4	5	6	7	8	9
Step 8	3	4	5	6	7	8	9	1	2
Step 9	9	1	2	3	4	5	6	7	8

The diagonals in black create an "Enneagram Star" which is also the three Hornevian Groups. The Harmonics Groups are also revealed on the cross-diagonals (11). These sequences illuminate the basic structures of the Enneagram and are not by coincident. Looking carefully at the table, you will notice that the "Enneagram Star" is generated also by the looking at the movement from each Type to its respective "Soulmate" at Step 8.

Starting at Type 8 in the Gut center as is often done in Enneagram workshops, the following progression around the outer circle of Gurdjieff's diagram emerges: Type 8 goes to Type 3 (at Step 8), Type 3 goes to Type 7 (at Step 8), Type 7 goes to Type 2 (at Step 8), Type 2 goes to Type 6 (at Step 8), Type 6 goes to Type 1 (at Step 8), Type 1 goes to Type 5 (at Step 8), Type 5 goes to Type 9 (at Step 8), Type 9 goes to Type 4 (at Step 8), and Type 4 goes back to the beginning to Type 8 (at Step 8). The number sequence generated by this "Enneagram Star" or "Soulmates" path is from 8 to 3 to 7 to 2 to 6 to 1 to 5 to 9 to 4 back to 8.

Starting from whichever Type, you progress clockwise around the large outer circle of the Enneagram towards the "+4 wing" at Step 8 until you return to your own Type.



When this "Soulmates" sequence is applied to the outer circle of the numbered Enneagram figure, it generates the 9 pointed star of the Enneagram which is both surprising and beautiful.

Supportive Marital Pairing Data: Enneagram Marriage Frequencies (TABLE 2)

	Husband								
Wife:	Husb. is 1	Husb. is 2	Husb. is 3	Husb. is 4	Husb. is 5	Husb. is 6	Husb. is 7	Husb. is 8	Husb. is 9
Wife is 1	5	4	5	3	14	7	9	7	15
Wife is 2	10	0	6	8	12	15	4	18	12
Wife is 3	7	0	1	2	4	5	3	1	5
Wife is 4	8	6	3	5	6	3	5	11	16
Wife is 5	5	1	0	0	2	2	2	1	3
Wife is 6	6	1	8	4	11	2	2	13	13
Wife is 7	8	1	5	1	8	4	1	6	7
Wife is 8	2	2	2	4	2	3	1	3	11
Wife is 9	9	1	9	2	11	14	6	11	2

Key Color	Source: Rebecca Xiong's Enneagram website: 9types.com http://www.9types.com/writeup/enneagram_marriages.html
	2 standard deviations above chance (98% confidence)
	1 standard deviation above chance (85% confidence)
	1 standard deviation below chance (85% confidence)

Major findings from the 457 couples in Rebecca Xiong's study (12):

1. **Marriage patterns are not random.** For example, of all female 8s, 37% of them married male 9s, even though only 19% of all men were 9s. There are a lot of such pairings that happen at far above chance levels.

2. **Same-type marriages are rare, occurring *two times less often than expected by chance.*** "Birds of a feather" may flock together as friends, but apparently not in marriage. **An interesting exception appears to be double-4 marriages, the only double-type pair to occur *more often than chance*** (it is only 1/2 standard deviation above chance, so it is not colored in the above table).

3. **Opposites attract is at least a partial truism.** Male 1s and Female 3s, Male 2s and Female 4s, Male 4s and Female 2s, Male 7s and Female 9s, and Male 8s and Female 6s are all one standard deviation above chance pairings.

4. **Men and women choose very different personalities for their mates.** Male 9s with female 4s are common (16 couples), while male 4s with female 9s are extremely rare (2 couples). Female 8s preferred male 9s, whereas Male 8s preferred 2s and 6s.

5. **We tend to marry a member of their Dominant Affective Group (+/- 3 Wing) or to their Soulmate (+4 Wing) more often than chance.** In fact, five of the six most common marital pairings were either members of the same of dominant affective group or Soulmates. (The only except was Male 9's with Female 2's was not a statistically increased likely pairing.)

6. The 6 most common type pairings are:

- 18 pairs: male 8, female 2 (Dominant Affective Group---+/-3 Wing)
- 16 pairs: male 9, female 4 (Soulmate---+4 Wing)
- 15 pairs: male 6, female 2 (Soulmate---+4 Wing)
- 15 pairs: male 9, female 1 (Not a Statistically Significant Increased Pairing)
- 14 pairs: male 5, female 1 (Soulmate---+4 Wing)
- 14 pairs: male 6, female 9 (Dominant Affective Group---+/-3 Wing)

7. People neither avoided nor preferred their own wings (+/-1 wings) or members of their own triad, with the striking exception being Female 8s marrying Male 9s showing a strong affinity for each other.

Clearly, Xiong's marital study findings are fascinating and resonate with common experience, such as very masculine Type 8 males commonly pairing with very feminine Type 2 females. However, we cannot rely on stereotypes and this study needs to be replicated with even a larger number of subjects.

The Historical Perspective

The Three Stages of the Work as presented in the Hidden Path Theory are not only inherent in the Gurdjieff diagram itself, but also have religious significance to Jews, Christians and Muslims. The numbers and rules of 3, 7, and 1 have particular meaning in Gurdjieff work and in Judeo-Christian Numerology. Christians, Muslims and Jews associate the number 7 with the Creation Cycle of Seven Days in which God created the world. (It is quite interesting that works occurred on only 6 days of 7, just like the rule of 7 generates only 6 numbers.) Also, Judaism, Christianity and Islam all associate the number one with the concept of the One God. Catholicism and Orthodox Christianity venerate the Trinity. The numerological value of the Hebrew words "Shalem" and "Shalom" are represented in the Hebrew alphabet by the numbers 3, 7 and 1. The words themselves have particular religious importance in Judaism & Canaanite religions and mean "safe" in Arabic.

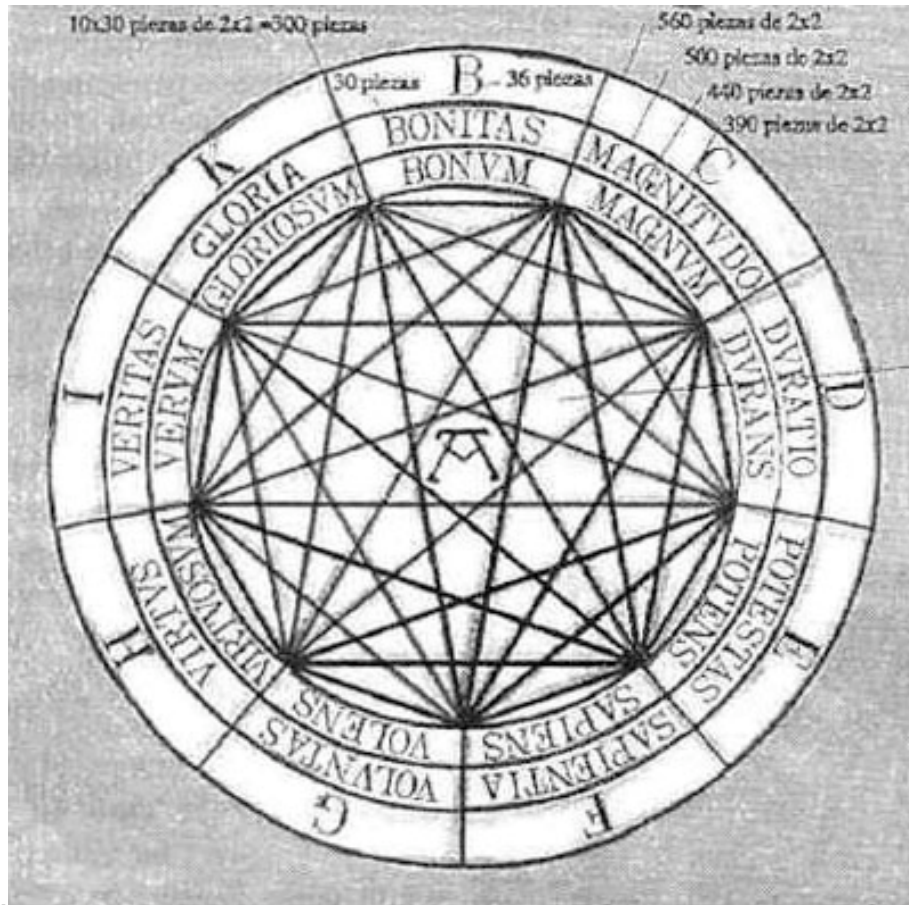
In Hebrew, Shalem translates to "full" or "complete". The word shalem has a lot of homophones. That means there are many words constructed from the same consonants but with different meanings. Shalem can mean to be safe or to be completed (verb), to complete or to finish (Aramaic verb), peace (noun), thanksgiving offering (noun) or full, complete, safe, whole or peaceful (adjective). You will also notice that this is the root behind the greeting shalom; a greeting that means all of these great things – peace, completeness, safety, fullness and wholeness. (Hebrew Word Study Archives for Jan 4, 2010 by Skip Moen) (13)

The Ascending Spiral Path and Stage 3 of the Hidden Path Journey

The Circle of the Enneagram is associated with 81 steps of what I call the "Ascending Spiral Path". It is much more than completing a Nine Step Hidden Path for an individual Enneagram Type. The intension is to incorporate and integrate as many of the different perspectives, essences and energies of all the other types as is humanly possible in our short life-journey. It is an enormous effort to do away with the tension caused by the dualistic concept of "I" versus "the Others" and instead encouraging there to be harmony with ourselves and others as part of the One. Whether this can be accomplished in a single life time or would require "9 Lives" to complete is a matter of speculation and is well outside of the scope of this article. The Ascending Spiral Path leads every Type through all the other Enneagram Types and all possible connections between Types.

In this Third Stage, the individual recognizes that we are all one. It requires 81 steps to go around the whole circle one time back to your starting point, your own Type to see everything once from each the Nine Types until the point that all other types become the same type. The whole process make take a whole lifetime to complete or perhaps, if you believe in past lives and reincarnation, several lifetimes. The Ascending Spiral Path

produces a diagram with 81 connecting lines as shown below and which was initially identified by Ramon Llull over 700 years ago (14).



The number 81 that is associated with the Ascending Spiral Path has great significance in both Western and Eastern religious traditions and in mathematics.

<http://newequationsnews.com/tao-te-ching-the-way-of-the-action-of-the-soul/>In Jewish annals, there are 81 recorded names of great Jewish priests, from Aaron to Phannias or Phanasus. The number 18 in Judaism has the associated meaning of "life". In Hebrew the word for "life" is "chai." The two Hebrew letters that make up the word "chai" are chet and yud. In Gematria (the numerical value of Hebrew letters), chai is equivalent to 8 and yud is equivalent to 10. So "chai", chet and yud together, is 18.) In Judaism, the age of 18 is traditionally accepted as the beginning of adult life, similar to 18 years old being the age of majority in the USA. Since 81 is the mirror image of 18, the number and age of 81 has a meaning in Judaism similar to Shalem, meaning a complete or full life or series. (15)

In Chinese tradition, the number and age of 81 has a remarkably similar traditional meaning found in Judaism in that the number 81 in ancient China is the age that one has considered to have reached a full life. In fact, in Ancient China when a person celebrated his 81st birthday, an abacus was broken so that death would lose count of his age and spare him. (16) In Taoist literature, the *Tao Te Ching* is an important ancient Chinese document said to have been written about 2500 years ago. Its author is the fabled Lao Tzu, which means the "grand old master" and the document has 81 Chapters.

Alan Sheets and Barbara Tovey of New Equations have associated the Tao Te Ching’s 81 Chapters with Nine Soul Types similar to the nine Enneagram Personality Types. (17) Their work is ground breaking and very interesting as their Soul Types are assessed or typed in a physical manner including facial expression, gait, stance, movement and response to opposing physical force. Anybody seeking additional information regarding Sheets & Tovey’s concept of Nine Soul Types are referred to on the following website listed below.

SOULTYPE	Tao Te Ching’s Chapters								
	Soultype 1	1	10	19	28	37	46	55	64
Soultype 2	2	11	20	29	38	47	56	65	74
Soultype 3	3	12	21	30	39	48	57	66	75
Soultype 4	4	13	22	31	40	49	58	67	76
Soultype 5	5	14	23	32	41	50	59	68	77
Soultype 6	6	15	24	33	42	51	60	69	78
Soultype 7	7	16	25	34	43	52	61	70	79
Soultype 8	8	17	26	35	44	53	62	71	80
Soultype 9	9	18	27	36	45	54	63	72	81

Alan Sheets & Barbara Tovey have translated The *Tao Te Ching* & believe their 9 Soultypes relate to specific chapters of the ancient sacred text by Lao Tzu, “The Grand Old Master”.

<http://www.newequations.com/taoteching.html>

In Conclusion

To “make whole” and “complete” ourselves, we identify with all nine types of the Enneagram using the three stages of the Hidden Path in the Enneagram. Stage One works through our Dominant Affective Group providing a broad and more complete self-knowledge. In Stage Two, we move into the cycle generated by hexad figure where we deepen our knowledge of the other types and our relationship with others. Stage Three is in fact the longest and most difficult stage of the work as we integrate, accept and incorporate the perspectives, essences and energies of all nine types to become a whole human and a truly interconnected being.

In the first cause, or principle, all is perfect. In the creation of soul, we find the portion may become a living soul and equal with the Creator. To reach that position, when separated,

must pass through all stages of development, that it may be one with the Creator.
--Edgar Cayce Reading 900-10 (18)

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