Session One: A New Way of Engaging the Types
1. Introduction to Session One
2. Welcome
3. What’s in it for you?
4. An evolution of Enneagram typology
5. Distinguishing between essence, being, and ego
6. Understanding passion and fixation
7. The virtues: the fruition of our inner work
8. Exploring typology via the Holy Ideas, core patterns, inner lines, and shadow work
9. Bringing presence to the centers
10. Going beyond normal in service to your growth
11. The Three Centers Practice

Session Two: Point Eight: The Energy of Initiating
12. Introduction to Session Two
13. The triads
14. Grounding into Practice: Experiencing Aliveness
15. Growing in confidence and sensitivity
16. Lust: the passion of point Eight
17. Distinguishing between power and love
18. Practicing presence from the point Eight perspective
19. Five and Two: the inner lines of Eight
20. The wake-up call for point Eight
21. We are not a type
22. Deepening Awareness of Eight Energy

Session Three: Point Nine: The Classic Realization of Experience
23. Introduction to Session Three
24. Grounding into Practice: Following the Breath
25. Heartful engagement and the ability to “be with”
26. Sloth, self-erasing, and resistance: the passion of point Nine
27. Healing the shattered heart
28. Indolence and ruminaton: the fixation of point Nine
29. Managing anger, gender expression
30. Three and Six: the inner lines of Nine
31. The wake-up call for point Nine
32. Expanding out of stickiness in the types
33. Deepening Awareness of Nine Energy

Session Four: Point One: Restoring Integrity and Balance
34. Introduction to Session Four
35. Grounding into Practice: Sensing the Body’s Intelligence
36. Connecting to aligned presence, sacredness, dignity, and respect
37. Benevolent expressions of the One energy
38. Anger and resentment: exploring the passion of point One
39. Judgment: the fixation of point One
40. Serenity: the virtue of point One
41. Seven and Four: the inner lines of One
42. The wake-up call for point One
43. Deepening Awareness of One Energy

Session Five: Point Two: The Journey of Embracing Your Humanity
44. Introduction to Session Five
45. Central aspects of the heart-based triad
46. Grounding into Practice: Revealing the Heart
47. The higher side of point Two
48. Embodiment, tenderness, and presence
49. Getting stuck in the trap of heartbreak and the passion of pride
50. Creating healthy relationships, bringing the head to the heart
51. Cultivating true humility: the virtue of point Two
52. Four and Eight: the inner lines of Two
53. The wake-up call for point Two
54. Deepening Awareness of Two Energy

Session Six: Point Three: Functioning from Presence
55. Introduction to Session Six
56. Grounding into Practice: Rooting into Our Experience
57. Experiencing the connection between functioning and being
58. Cultivating presence in the heart
59. Vanity and deceit: the passion and fixation of point Three
60. Mastering the roles we play
61. Authenticity: the virtue of point Three
62. Six and Nine: the inner lines of Three
63. The wake-up call for point Three
64. Deepening Awareness of Three Energy

Session Seven: Point Four: Finding the Core of Your True Identity
65. Introduction to Session Seven
66. Grounding into Practice: Touching into the Mystery
67. In search of deep meaning: the gift of point Four
68. Revealing the wound of the human heart
Session Ten: Point Seven: Experiencing Open-Endedness and Inner Freedom

100. Introduction to Session Ten
101. Grounding into Practice: Looking at the Quality of Openness
102. Being freedom: noticing the spaciousness of mind
103. Witnessing the light of positivity in the body, heart, and head
104. Gluttony: the passion of point Seven
105. Anticipating: the fixation of point Seven
106. Transmuting gluttony into the virtue of sobriety
107. Five and One: the inner lines of Seven
108. The wake-up call for point Seven
109. Deepening Awareness of Seven Energy

Session Eleven: Bringing It All Together by Cultivating Presence

110. Introduction to Session Eleven
111. Grounding into Practice: A Pathway to Our Breath
112. Ethical hygiene and three central teachings of Gurdjieff
113. Gurdjieff’s “Fourth Way”: working with all three centers at once
114. The three lines of the work
115. The importance of ruthless persistence in the work
116. Creating good hygiene of spiritual practice
117. All growth entails discomfort and inconvenience
118. The missing piece: experiencing who and what we are beyond our ego

Session Eight: Point Five: A More Powerful Form of Knowing

76. Introduction to Session Eight
77. Capacities of the head-centered thinking triad
78. Grounding into Practice: Full-Bodied Realization
79. Going beyond the intellect into living truth
80. Clarity, truth, and knowing: vital properties of presence
81. Avarice: the passion of point Five
82. Retention: the fixation of point Five
83. Nonattachment: the virtue of point Five
84. Seven and Eight: the inner lines of Five
85. The wake-up call for point Five
86. Deepening Awareness of Five Energy

Session Nine: Point Six: From Fear to Guidance and Devotion

87. Introduction to Session Nine
88. Grounding into Practice: Shifting the Quality of Your Attention
89. Being in the field of awareness
90. Guidance, intuition, and the realization of we
91. Responsibility and devotion: key virtues of being awake
92. Fear and angst: the passion of point Six
93. The terror-seized heart: a driver of all of the types
94. Cynicism, overthinking, and doubt: the fixation of point Six
95. Virtue: the courage of point Six
96. Resolving the inner split
97. Nine and Three: the inner lines of Six
98. The wake-up call for point Six
99. Deepening Awareness of Six Energy

Enneagram Introduction and Self-Assessment