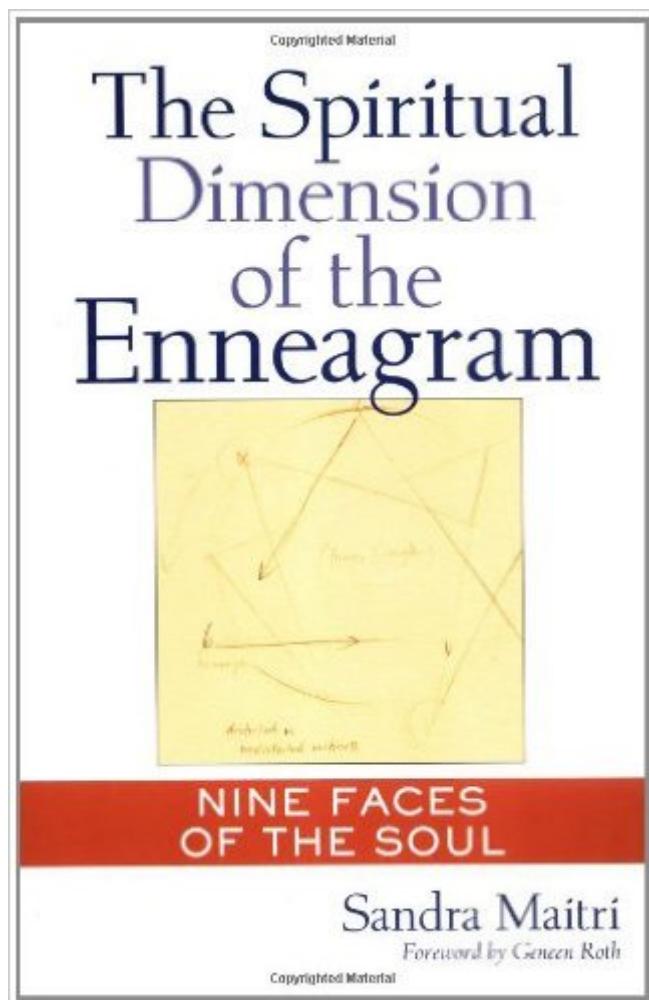


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# The Spiritual Dimension Of The Enneagram: Nine Faces Of The Soul



## **Synopsis**

A groundbreaking exploration of the spiritual dimension of working with the enneagram by one of its earliest students and teachers in America. Here is one of the first books to explore in an authentic and comprehensive way the original spiritual dimension of the enneagram. Among the most knowledgeable teachers of the enneagram in America, Sandra Maitri shows how the enneagram not only reveals our personalities, but illuminates a basic essence within each of us. She shows how traversing the inner territory particular to our ennea-type can bring us profound fulfillment and meaning, as well as authentic spiritual development.

## **Book Information**

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## **Customer Reviews**

Sandra Maitri's "The Spiritual Dimension of the Enneagram" is, without doubt, the most insightful and meaningful book on the enneagram I have read. However, I must also agree with Ms. Maitri's own comments elsewhere on this page and caution potential readers that this is not a "beach read" and is best suited as reading for those who are seriously ready-- and honestly ABLE-- to take a deeper look at their own psycho-spiritual essence and soul. This is not a pop-psychology "personality typing" book, but rather a valuable guide for people-- "seekers"-- on their journey of self-discovery, transformation and self-realization. Yes, the book DOES touch on the "Nine Points" of the enneagram in the "personality type" context most people know it, and it covers the psychological aspects of the different "types." The majority of "The Spiritual Dimension of the Enneagram" is dedicated to a thorough discussion of each of the nine enneagram points, examining the way each has "lost touch" with its essence or "Holy Idea;" describing the psychological and environmental

circumstances for these losses, and then offering guidance on how to recover the part of the self that has been lost. That is an oversimplification, of course, as there is SO much more here. Maitri takes us on a spiritual journey that comes as close as ANY contemporary writer to reaching the origins of the enneagram as a system for integrating the nine ASPECTS (as opposed to personality "TYPES") of human consciousness into a whole and self-actualized person.

I am a big fan of this book and find that it complements the work of Riso and Hudson, Helen Palmer and others. The book has a lot of depth! The insights that Sandra Maitri illuminates regarding each ennea-type are expressed beautifully although not always in the most sensitive manner. A can see where a lot of people would have resistance to this book because it unmasks the shadow side of the personality. However, this is precisely what the Enneagram is concerned with. Basically, it's about the different ways one can be an ego in the world and when you look deeply, this isn't very pretty to look at. I admire her for not sugar-coating what each type is about. The first time I read about my type, I laughed and at other times felt like crying. Maitri does not take as scientific an approach as Riso and Hudson. However, this does not mean there is not a lot of value here. Shakespeare did not take a scientific approach to love, but he certainly had a lot of insight into it and there is much to be learned about life by reading his plays. Similarly, one can learn a lot about the various ennea-types, ennea-type dynamics and how all of this might be related to spirituality. A lot of the knowledge contained in this book comes out of the work of Ichazo, Naranjo and A. H. Almaas. I have read Almaas' book on the Enneagram and I actually think that Maitri does a better job of presenting the types than he did. While I think she is appropriately introspective and interpretive, I don't find she is so speculative as to lose credibility with a less esoteric audience. In short, this book combines psychology and spirituality in a plausible integration that has stood the test of time with respect to an empirically developed model.

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