

The Spiritual Dimension of the Enneagram: Nine Faces of the Soul

by
Sandra Maitri

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OF THE SOUL

Sandra Maitri
Foreword by Geneen Roth



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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.

Sort review

About the Author Sandra Maitri was a member of the first group of students to whom the Chilean psychiatrist Claudio Naranjo presented the enneagram system in the U.S. almost three decades ago. Throughout her many years of studying and teaching it, Maitri has preserved the legacy of this original transmission. In addition to her work with Naranjo, she has studied with various Eastern and Western spiritual and psychological teachers, including A.H. Almaas, founder of the contemporary spiritual path, the Diamond Approach. As one of the principal and supervising teachers of the Diamond Approach, she teaches the enneagram as part of the larger work of personal transformation, working with hundreds of students each year in the U.S. and Europe. She lives in Marin County, California. --This text refers to an out of print or unavailable edition of this title. Review "I learned and worked with the knowledge of the enneagram in the same group as Sandra Maitri, led by Claudio Naranjo. The enneagram knowledge that this group worked with became the source of all enneagram books, except those of Oscar Ichazo, from whom Naranjo received that knowledge. We spent several years intensely and experientially working with this useful material within the context of inner spiritual transformation, resulting in an experience and depth of comprehension of it that I find preserved in Maitri's book. Her careful study of the enneagram types also reflects her continued experience in teaching it for many years, just as it embodies her mature understanding of spiritual transformation. Sandra is not only a teacher of the enneagram; she is first and foremost an experienced and fine teacher of inner spiritual transformation. Her book possesses a depth and completeness that I find missing in the existing enneagram literature." -- A.H. Almaas, founder and director of the Ridhwan School and author of books including THE ELIXIR OF ENLIGHTENMENT, THE VOID, THE PEARL BEYOND PRICE, and THE POINT OF EXISTENCE "In both her writing and teaching, Sandra Maitri has a brilliant capacity to explain esoteric, baffling concepts in a thoroughly relevant and thrilling manner. It is a privilege for me to have been counted as one of her students." -- Geneen Roth, author of FEEDING THE HUNGRY HEART and WHEN FOOD IS LOVE "Sandra Maitri is a cartographer of consciousness. The maps she plots are based on the enneagram, an ancient system of understanding human personality. And the destinations, the high roads of these maps,

are what we all long for in our hearts -- freedom from the prison of repeating the old patterns, freedom to enter new territory. I highly recommend this book to anyone in search of a master cartographer to show the way through the narrows to ten thousand miles of clear sailing." -- Sherry Ruth Anderson, Ph.D. co-author, THE FEMININE FACE OF GOD and THE CULTURAL CREATIVES, former Chair of Psychological Research, Clarke Institute of Psychiatry, Canada -- This text refers to an out of print or unavailable edition of this title.

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What people say about this book

Ariel Meadow Stallings, "What a remarkable book. I was familiar with the Enneagram as a personality typing system, but this book cracked things WIDE open for me. Before, I saw personality types as just one more way to understand yourself and your quirks. Basically, personality was YOU. This book makes it clear that your personality is just a construct -- not actually you. Early on in this book, the author makes a great point about how sure: you can study your prison walls carefully and understand the materials thoroughly, but wouldn't it just be better to NOT BE IN A PRISON CELL? Your personality is that prison cell, and this book wants to help you see outside it. The theory is that if you understand the spiritual challenges that caused your personality/ego structures to build up in the particular ways they did, you have valuable information about how to work to dismantle those ego structures to better access your more authentic self -- the you behind the you you THINK is you. This book is filled with profound wisdom, and is hugely useful for both understanding yourself as well as the people around you. I found that it provided remarkable insights into why some kinds of folks just seem so bothersome! That said, I deeply appreciated the author's encouragement not to weaponize the book's information -- you could use these insights as a way to harshly attack people. For me, I found that once I understood the spiritual reasons behind certain personality quirks, I was then able to feel a lot more compassion for people. Things that used to seem sort of irritating about other folks, now strike me as both relatable and sad, now that I understand better what can cause the issues. This book is tremendous, and gives you SO MUCH food for thought. I am sure I will refer to it many times... that said, I'm knocking a star off for a couple reasons: 1. The writing style is unnecessarily complex at times. I realize that the author is trying to convey a huge amount of information, but there were certain parts of the book (especially the introduction!) that felt almost intentionally complex. The more spiritual reading I do, the more I have come to appreciate writers who do NOT try to hide their concepts behind big words or complex sentence structures. (And I say that as a writer myself who loves big words!) It feels like the author really wants to make you work for your insights, which is fine I suppose... but it makes it hard to recommend the book to people who aren't as deep into personal development or psychology reading as I am. I'd like everyone to read this, but I know the writing style will turn people off! 2. The repeated opaque references to The Diamond Method felt out of context and confusing. One minute we're talking about nine personality types, and then all of a sudden we're talking about pearls and yellow and what? If I wanted to read about The Diamond Method, I wouldn't have sought it out. 3. I read the entire book (not just my type), and it started to feel like the spiritual guidance for the personality types was quite similar. It felt a little redundant at times. (Emptiness becomes spaciousness, etc.) 4. Ug, Freudianism. I would love to read an updated edition... the book is almost 20 years old, and contains a lot of outdated cultural references. It's easy to just read around them, but the information contained in the book is SO POWERFUL that I'd love it to be updated and relevant to younger, more current readers. Anyway, I don't want my quibbles to

be taken as disliking the book. I LOVED IT and it was one of the most powerful books I've read this year. For those who are willing to dig deep and look unflinchingly at their spiritual wounds in the hopes of attending to them and growing forward into a less ego-driven version of themselves, I HIGHLY recommend it!"

EL, "Really great deep dive into the enneagram. I found this book to be an excellent addition to the literature on Enneagram. The author goes into considerable depth on the overall psychological principles from which the enneagram could then be said to have a legitimate scientific basis. There is a considerable amount of "spirituality" reference in the book, but as a pretty tough customer of new age hooey, I appreciated that the author made great effort to legitimate her claims with intelligent and well selected references to Freud and other scientifically valid psychology. Made for a very insightful reading experience. She's a good writer and this is a good book."

Joyce, "Worth many readings. Maitri was one of the first group of students to whom the Chilean psychiatrist Claudio Naranjo presented the enneagram system in the United States. If you are already familiar with the nine personality types of the enneagram, this book will deepen your understanding. It is fun and fascinating to note how human beings fall into nine ways of relating to reality. It can also be useful in our encounters with ourselves and others to realize that we are not all motivated in the same ways. Maitri illuminates these aspects of personality and then goes on to show how each of us can move beyond an intellectual understanding of personality and beyond identification with our personality to a seeing of what our personality blinds us to, an ability to be onto oneself. A beginning point for everyone is bringing awareness to the body. Maitri says: "By bringing consciousness to our bodies, experiencing and fully allowing whatever sensations, emotions, and thoughts that arise within our consciousness, we move deeper into ourselves and start feeling more in contact with ourselves. This shift of focus from outer directedness to inner exploration in and of itself begins to take some of the wind out of the personality's sails. As we begin exploring the terrain within us, one of the first things that we typically encounter is our inner `shoulds' that come from our internal critic, the superego. This voice inside of us, which is the internalization of composite authority figures from childhood, was the final layer of the personality to develop, and so it is the first that we encounter. . . . One of the first orders of business on our inner journey, then, is learning to defend against the superego." Maitri continues to describe the process which leads to a shift in identity from our personality to our essential nature. This very interesting and wise book is worth many readings."

Mrs. Helen Thomas, "REALLY gets to the Essence of who we are!. I am a student and huge fan of the Enneagram. I have a collection of around ten to twelve books so far, mostly the type that describe the personality. These have been very helpful and I have gained so much insight into myself that I couldn't have done without them. However, this book has been the one that has

deepened my understanding and taken it to another level. I have for years mis typed myself several times but this book gets more to the heart of the types and I finally was able to type myself with confidence. I highly recommended it to those who are familiar with the Enneagram but not as a first book as some of the spiritual concepts can be hard to grasp.”

student, “I recommend this book to anyone seeking to understand the spiritual Sandra Maitri writes with immense clarity about the spiritual aspects of the Enneagram. I have not had to second read any paragraphyet! I recommend this book to anyone seeking to understand the spiritual aspects of the enneagram.”

Alison, “Five Stars. Fantastic book, quite psychological approach to this ancient system of personality discovery.”

s43, “Hugely insightful on what the Enneagram is really about. Hugely insightful on what the Enneagram is really about. If you want to go deeper, Sandra Maitri's work is indispensable.”

Avid reader, “A really excellent book. A truly excellent book. It is a really deep and profound book that goes beyond ta surface description of enneagram types and gives you a real understanding of what they are.. The spiritual dimension and explanation of how this affects our soul and our being touches me deep inside.”

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