

EXCERPT



## Enneagram Daily Reflections

October 2020 | \$15 each, 9-book set, casebound | 978-0-8308-4741-9

What is it like to be each of the Enneagram numbers? Written by diverse authors and edited by master teacher Suzanne Stabile, these nine Enneagram Daily Reflections will give you a glimpse inside the experiences of each type. Formatted as forty daily readings, each volume also includes opportunities for further engagement such as a journaling prompts, reflection questions, a written prayer, or a spiritual practice after each day's reflection.

# Change What You *Do* with How You See Others

The Enneagram is about nine ways of seeing. The reflections in this series are written from each of those nine ways of seeing. You have a rare opportunity, while reading and thinking about the experiences shared by each author, to expand your understanding of how they see themselves and how they experience others.

I've committed to teaching the Enneagram, in part, because I believe every person wants at least these two things: to belong, and to live a life that has meaning. And I'm sure that learning and working with the Enneagram has the potential to help all of us with both.

Belonging is complicated. We all want it, but few of us really understand it. The Enneagram identifies—with more accuracy than any other wisdom tool I know—why we can achieve belonging more easily with some people than with others. And it teaches us to find our place in situations and groups without having to displace someone else. (I'm actually convinced that it's the answer to world peace, but some have suggested that I could be exaggerating just a bit.)

If our lives are to have meaning beyond ourselves, we will have to develop the capacity to understand, value, and respect people who see the world differently than we do. We will have to learn to name our own gifts and identify our weaknesses, and the Enneagram reveals both at the same time.

The idea that we are all pretty much alike is shattered by the end of an introductory Enneagram workshop or after reading the last page of a good primer. But for those who are teachable and open to receiving Enneagram wisdom about each of the nine personality types, the shock is accompanied by a beautiful and unexpected gift: they find that they have more compassion for themselves and more grace for others and it's a guarantee.

The authors in this series, representing the nine Enneagram types, have used that compassion to move toward a greater understanding of themselves and others whose lives intersect with theirs in big and small ways. They write from experiences that reflect racial and cultural differences, and they have been influenced by different faith beliefs. In working with spiritual directors, therapists, and pastors they identified many of their own habits and fears, behaviors and motivations, gifts and challenges. And they courageously talked with those who are close to them about how they are seen and experienced in relationship.



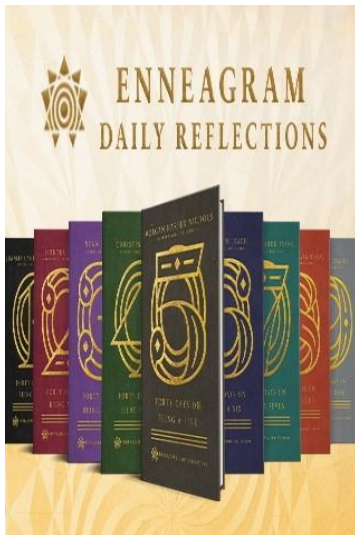
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*"You will find new ways to grow alongside tangible strategy and spiritual guidance to rethink areas of your life where you once could not see past your own limitations. I walked away from this delightful journey rediscovering humility, grace, and love."*

—Rondal Richardson, community activist and entertainment philanthropist

As you begin reading, I think it will be helpful for you to be generous with yourself. Reflect on your own life—where you've been and where you're going. And I hope you will consider the difference between change and transformation. *Change* is when we take on something new. *Transformation* occurs when something old falls away, usually beyond our control. When we see a movie, read a book, or perhaps hear a sermon that we believe "changed our lives," it will seldom, if ever, become transformative. It's a good thing and we may have learned a valuable life lesson, but that's not transformation. Transformation occurs when you have an experience that changes the way you understand life and its mysteries.

When my dad died, I immediately looked for the leather journal I had given to him years before with the request that he fill it with stories and things he wanted me to know. He had only written on one page:

*Anything I have achieved or accomplished in my life is because of the gift of your mother as my wife. You should get to know her.*

I thought I knew her, but I followed his advice, and it was one of the most transformative experiences of my life.

From a place of vulnerability and generosity, each author in this series invites us to walk with them for forty days on their journeys toward transformation. I hope you will not limit your reading to only your number. Read about your spouse or a friend. Consider reading about the type you suspect represents your parents or your siblings. You might even want to read about someone you have little affection for but are willing to try to understand.

You can never change *how* you see, but you can change what you *do* with how you see.

—Taken from "Welcome to Enneagram Daily Reflections" by Suzanne Stabile, in each volume of the series



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Suzanne Stabile is the series editor for Enneagram Daily Reflections. She is the author of *The Path Between Us* and coauthor, with Ian Morgan Cron, of the bestseller *The Road Back to You*. She is also the creator and host of *The Enneagram Journey* podcast. As an internationally recognized Enneagram master, Stabile has conducted more than five hundred Enneagram workshops over the past twenty-seven years. Along with her husband, Rev. Joseph Stabile, she is cofounder of Life in the Trinity Ministry, a nonprofit, nondenominational ministry committed to the spiritual growth and formation of adults.

## Insight by and for Each Enneagram Number



The Enneagram Daily Reflections series builds on the current interest in the Enneagram tool and adds new voices to an already rich conversation about each personality type. The series has nine volumes in total, one for each Enneagram number. Christian authors share their personal reflections on daily living within the context of their specific number. Whether you desire to better understand yourself, a relative, or a coworker, each book reflects on the spiritual path of growth that Enneagram wisdom offers.



**Forty Days on Being a Two**, Hunter Mobley  
October 6, 2020 | \$15, 128 pages, casebound | 978-0-8308-4744-0

Hunter Mobley, a former pastor, is a lawyer and an Enneagram speaker. He recently completed a multiyear apprenticeship with Suzanne Stabile and currently coleads a yearlong cohort in contemplative spirituality at Suzanne and Joe Stabile’s teaching facility, The Micah Center, in Dallas, Texas.

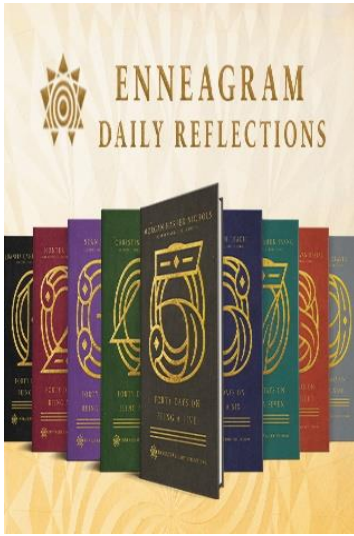
#### What is it like to be an Enneagram Two?

Twos face the common enemies of shame, anxiety, and resentment. The best part of a Two is also the worst part of a Two, but we do have an ability to identify the unhealthy parts of our personalities and actively work to become healthier.



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“What a wonderful idea to offer meditations aimed at our Enneagram types! Signature salve for signature sins.”

—Gary W. Moon, founding executive director of the Martin Institute and Dallas Willard Center, Westmont College, and author of *Becoming Dallas Willard*



**Forty Days on Being a Three**, Sean Palmer  
October 6, 2020 | \$15, 128 pages, casebound | 978-0-8308-4746-4

Sean Palmer is the teaching pastor at Ecclesia Houston and a sought-after speaker. He is the author of *Unarmed Empire* and a contributing writer to *The Voice Bible*. Sean is vice-chair of the Missio Alliance board.

#### What are your thoughts about the Enneagram?

An Enneagram number is a place to begin a journey of transformation, not an excuse to retain unhealthy patterns. Our instincts, rightly directed, are a gift from God to the world. The Enneagram is not a reason but an explanation. With this book, I desire to give Threes open, clear guidance from a fellow traveler.

**Forty Days on Being a Seven**, Gideon Yee Shun Tsang  
March 23, 2021 | \$15, 128 pages, casebound | 978-0-8308-4754-9

Gideon Yee Shun Tsang is an artist, writer, photographer, and spiritual leader. He was the founding pastor at Vox Veniae in Austin, Texas, where he’s been living for the past twenty years.

#### What is something Enneagram Sevens need to remember?

As Sevens we need to remember that starting new things just to start new things is wind through our fingers. It is part of the gift of who we are—and at times it’s an empty shadow.



**Forty Days on Being a Nine**, Marlana Graves  
March 23, 2021 | \$15, 128 pages, casebound | 978-0-8308-4758-7

Marlana Graves is a writer and adjunct professor. Marlana holds an MDiv from Northeastern Seminary in Rochester, New York, and is a graduate of the Renovaré Institute. She has been a bylined writer for *Christianity Today*, *(in)courage*, *womenleaders.com*, and *Our Daily Bread*. She is also the author of *A Beautiful Disaster* and *The Way Up Is Down*.

#### Why did you decide to be a part of this project and share wisdom about being an Enneagram Nine?

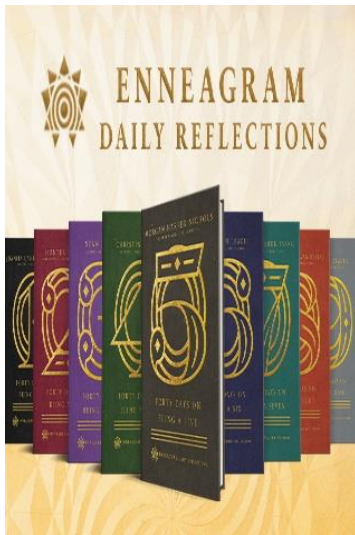
I wanted to be a part of the project because I found the Enneagram to be a helpful tool in my life. I hope readers will learn what wonderful contributions Nines make to the kingdom, to our world. We can lead, we have opinions, and though we might come at you sideways, don't underestimate us. God sees us. We need to see ourselves and allow others to see who we really are.



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*"The Enneagram isn't a trendy personality game that makes for good late-night entertainment. The Enneagram is a tool for spiritual formation. This devotional series is just what we need to allow the Enneagram to guide us deeper into Christian formation."*  
—Derek Vreeland, discipleship pastor at Word of Life Church in St. Joseph, Missouri, and author of *By the Way: Getting Serious About Following Jesus*



**Forty Days on Being a Four**, Christine Yi Suh  
May 4, 2021 | \$15, 128 pages, casebound | 978-0-8308-4748-8

Christine Yi Suh is a writer, speaker, spiritual director, and pastor. In the past, Christine has served as the pastor of spiritual formation at her church and as the assistant director of spiritual formation and care at Pepperdine University for six years. Christine received her master of arts in theology from Gordon-Conwell Theological Seminary, her bachelor of arts in intercultural communication from Pepperdine University, and is a graduate of the Renovaré Institute for Christian Spiritual Formation.

#### **What do you hope readers will take away from your book in this series?**

I hope people of faith see the invitation toward tending to their inner life (soul care). I hope people of faith see Jesus' call toward activism and justice as essential to our Christian witness.



**Forty Days on Being a One**, Juanita Campbell Rasmus  
May 4, 2021 | \$15, 128 pages, casebound | 978-0-8308-4742-6

Juanita Campbell Rasmus is a speaker, writer, spiritual director, and contemplative. She copastors St. John's United Methodist Church in downtown Houston with her husband, Rudy. She's a trained spiritual director and a member of the Renovaré ministry team. She is the author of *Learning to Be*.

#### **How has the Enneagram tool shaped your life as an Enneagram One?**

During the most devastating period of my life (the place where my ego had been shattered), the Enneagram became a way of knowing myself. Not as a mold to cast myself into but rather as a tool of the paleontologist as she gently sweeps away the debris of the years to see the treasured remains. It helped me to see what I might yet become.



**Forty Days on Being a Five**, Morgan Harper Nichols  
August 3, 2021 | \$15, 128 pages, casebound | 978-0-8308-4750-1

Morgan Harper Nichols is a writer, a poet, and an artist with a popular Instagram feed (@morganharpernichols) and podcast, *The Morgan Harper Nichols Show*. She is also the author of *All Along You Were Blooming*. Morgan has performed as a vocalist on several Grammy Award-nominated projects.

#### **What are some of the challenges Enneagram Fives face?**

Because many Fives tend to be a bit more reserved and private, connecting with a Five can be challenging. You may find yourself wanting closeness, but the Five you love doesn't seem to open up. Remember, Fives are individuals who are deeply in tune, sensitive, and longing to connect in a unique way.

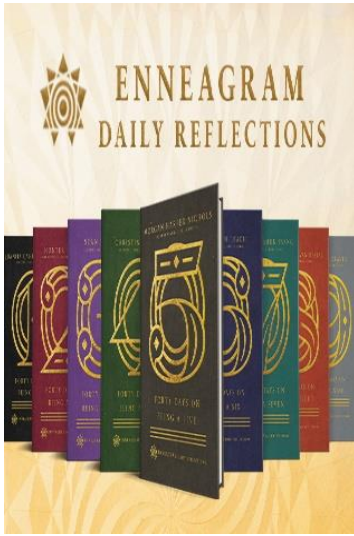


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**Forty Days on Being a Six**, Tara Beth Leach  
August 3, 2021 | \$15, 128 pages, casebound | 978-0-8308-4752-5

Tara Beth Leach is a Nazarene pastor and church leader who has served churches in California, Illinois, and New York. She is a regular writer for Missio Alliance and has contributed to publications such as *Christianity Today*, *Christian Week*, and *Jesus Creed*. She is the author of *Emboldened* and *Radiant Church*.

#### **What have you discovered about yourself and God as an Enneagram Six?**

God is redeeming me as an Enneagram Six. What I'm discovering is that although there are shadow sides, vices, and idols that Sixes are tangled up in, I also believe in grace, and I believe that redeemed Sixes have so much to offer this world for the glory of God.



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