The Enneagram Hexad

How the Enneagram Reveals the Hidden Dynamics of the Psychological Self

Table of Contents

Author's Note

How to Read This Book

Introduction

Chapter 1: We Are All Nine Types

Chapter 2: What Is Moving?

Chapter 3: From Determination to Individuation

Chapter 4: From Individuation to Relationship

Chapter 5: From Relationship to Autonomy

Chapter 6: From Autonomy to Containment

Chapter 7: From Containment to Expansion

Chapter 8: From Expansion to Determination

Chapter 9: The Hexad as a Self-Maintaining System

Chapter 10: The Need to Remain Myself

Chapter 11: Perception and Positionality

Chapter 12: Defense as Restoration

Chapter 13: How Organization Becomes Identity

Chapter 14: The Life of Charlie

Chapter 15: Object Relations as Living Configurations

Chapter 16: The Problem of Two

Chapter 17: The Missing Third Force

Chapter 18: Presence as Ground

Chapter 19: Activity and Receptivity

Chapter 20: From Polarity to Paradox

Chapter 21: The Ground Was Never Lost

Chapter 22: The Hexad Within the Whole
Chapter 23: Returning to the Arrows
Chapter 24: The Hidden Architecture of the Hexad
Chapter 25: From Sequence to Simultaneity
Chapter 26: Feeling the Architecture
Chapter 27: Freedom Within the Tensions
Chapter 28: The Field That Learns to See Itself
Chapter 29: When the Self Becomes We
Chapter 30: Following a Normal Process Flow
Chapter 31: Driving Under the Influence of Presence
Epilogue
Afterword
A Final Invitation: Sensing, Looking, and Listening
Appendix A
Glossary