

Prayers for the Nine Enneagram Types

Loving Lap, (type 2)

As I rest in your care, anchor me in my humility that I may know myself more fully, honoring my gifts as well as my limitations. I desire to be real. I desire to be discerning in what is mine to do and not to do. Empty me of my need for approval and my lists of all who need me. Guide me in the ways of being receptive, that I may participate more fully in my own life, offering myself compassion as well as others. Dissolve my pride, Holy One, that I may be more available to my own needs, and to the present unfolding without agendas. Open my heart to the support of others. Remind me of my interdependence so that I no longer inflate my own abilities but am grounded in the reality of who I am. Grant me a willingness to be open to what arises, that I may find my freedom in your unconditional love.

Source of Hope, (type 3)

Create in me a refuge for accepting myself, a place where I am fully known and loved. Dissolve my pretenses that diminish my genuineness. Empty me of the masks and facades, my pretenses that blind me to who I am, that keep me deceiving myself and others. Guide me deep, slow me down, open my heart, so that the great love within me flows naturally with no need to impress or support an image. Teach me to honor my fear and doubt, to remember the hesitant one within me that I push aside to keep up my impressive performing. Remind me to allow this one to have a voice in my life that I may receive her/his wisdom. Divine Lover of my being, be my foundation as I journey to my heart and express my feelings—my sadness, my anger, my delight—those emotions I hold in check to protect my image of the moment. For I am a lovable and loved being and offer gratitude for those in my life who see me real and love me.

Weaver of Beauty, (type 4)

Thank you for seeking me, for never stopping to seek me. Open me to the intimate connection between us that I may rest in your grace. Empty me of my shame and self-rejection and soften my comparing mind and my longing, that I may know gratitude for what I have and for who I am. Guide me in the path of appreciation for the beauty and possibility that surrounds me, that is within me. Sacred Source of my life, ground me in my inner calm and remind me of the holy and the beautiful in the ordinary. Open my eyes and my heart to see your gracefilled touch in all of life. From this “seeing” I know there really are no ordinary moments, for all is sacred.

Abundant Source of Grace, (type 5)

Awaken in me my full knowing, that I may remember my heart’s desire. Give me eyes to see the many ways that life is abundant, the many blessings offered me each day, that I may receive my heart’s desire. Empty me now of my need for predictability that stifles my spontaneity. Empty me now of my stinginess that withholds my gifts and love from others. Give me the wisdom to know when to think and when to act. Calm my fears of rejection, and instill in me the courage to open my heart and share myself with others in ways that cultivate compassion. As I come to my full senses, I offer gratitude for my body’s wisdom. May I begin each day, grounded in that wisdom and in my presence, knowing that I have enough---time, energy, information and passion to live fully engaged in life.

Sacred Ground of my Being, (type 6)

You are within me and beyond me, forever present. Your love enfolds me as I go about my days. I am not alone. My suspicions fade when held in your unwavering assurance of me. Empty me now of my anxieties and imaginings. Assuage my fears. Create in me a refuge for trusting myself. Remind me of my inner resources and power. All I need is within me. My act is to call this forth in trust as I stand on my own solid foundation. Knowing your steady Ground is with me, I move forward in an uncertain world. Guide me as I travel the path of courage so I may lean into myself when the waters are troubled, having faith in the unfolding, growing myself into my own authority. Hold me in the fearful times, hold me in the fearless times. In your Holy Ground I rise to offer my full and powerful self in each moment.

Holy Creativity, (type 7)

Your love and grace know no limits. You offer the completion I seek. Gently guide me to my fulfillment, awaiting me when I rest in the calm of present moment. My mind seeks such calm. Empty me now of my obsessive planning and all the ideas that overwhelm me. Allow my energy to deepen me, not scatter me so that I miss out on the gifts offered each moment, gifts that lead to my wholeness. Guide me to my heart, that I may feel not only my joy, but the richness of my sadness. Deep down, I recognize that it is my sadness that I seek, it is limitation I desire. For both bring me home to my deeper self where I find the freedom to be me. Guide me on the path toward reverence.

Loving Protector, (type 8)

Watch my back as I wade into the waters of waiting for I do not trust easily. Empty me of my need to assert myself, empty me of my need to blame others when things don't go my way. Soften the walls surrounding my heart, the rigid boundaries, my strong opinions. Embrace me as I wait, so that I may know the richness in stillness and open my heart to the affection of others. May I be present in my waiting without judgement and without fear, knowing that you abide with me always. Ground me in your gentle and loving presence that I may be gentle and loving with myself and others. Remind me each day that we are all one and that in our unity we find hope.

Unconditional Lover, (type 9)

Create in me a refuge for remembering myself, a safe place where I can go deep and explore the full range of who I am. Dissolve my fears of my anger, Holy One, so that I may allow it to guide me in knowing what matters to me and what the matter is. Empty me now of my resistance to my inner journey, my resistance to waking up to my life. Remind me of my own lovability, so that in loving myself, I may genuinely love others, and in this loving show up in the peaceful times and in times of conflict. I no longer want to deprive myself of my life, Holy Lover of my heart. Be my foundation as I honor my life and my relationships by offering my aliveness and my full being.

Great I AM, (type 1)

You, with no memory of the past and no eye on the future, hold me in this perfect moment. Thank you for your acceptance of who I am and loving me because of who I am. Empty me now of my judgment and guilt. Teach me forgiveness, so that I may forgive myself for not forgiving myself. Journey with me on this path toward accepting myself as I loosen rules and lower standards that prevent me from fully loving. May I come to know, deep in my marrow, my inherent goodness so that my earning and efforting may end and I can rest in your boundless grace and mercy.