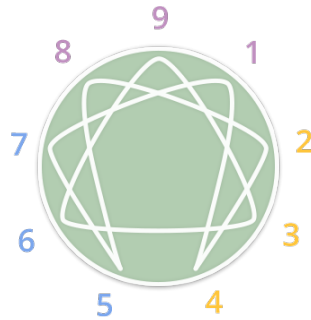


# Somatics and the 27 Enneagram Instinctual Subtypes

A MEETING OF SPIRIT AND BIOLOGY

A 4-day workshop with *Peter O'Hanrahan*  
5-8 JUNE 2023, SINGAPORE



The Enneagram is a powerful system for learning about ourselves and the people in our lives. It describes nine ways of seeing the world, nine major goals and strategies, and nine styles in love and work. Learning about the instinctual subtypes gives us even more insight about why we do what we do, and how our instincts, combined with our emotions, shape our path in life.

Every person has three biological drives, or instincts, that we use every day. But the enneagram suggests that one of these instincts is most important to us in the big picture. This primary instinct gives us a “subtype” which influences how we invest our time and attention in the important people, places and projects in our lives. Learning about our subtype helps us make informed choices. Instead of simply following family or social expectations, or falling into unproductive long-term habits, we can find what is the most authentic and healthy path for us.

Although we like to think of ourselves as rational people, most of life is lived from instinct and emotion. If you want your life to be your own, knowing about your subtype will be indispensable.

- The ***self preservation*** instinct shapes our relationship with home, food, security, family and warmth in personal relationships.
- The ***one-to-one (sexual)*** instinct fuels our personal vitality, sexuality, intimate relationships, and our experience of spiritual union.
- The ***social*** instinct forms our friendships, our participation in organized groups and the larger community, and our social identity.

So for each of the nine personality types there are three wonderful variations: self preservation subtypes, one-to-one subtypes, and social subtypes. A total of 27 profiles in the human community.

### SUBTYPES AND SOMATICS:

Each subtype has a general somatic (body) pattern and style. And each person has their own body-based experience with the instincts. We often sense a need for security, or some anxiety, or some satisfaction. There may be pressure from unresolved issues in childhood. By adding somatic work to the subtypes we can learn to sense the instincts in our bodies, listen to what they are saying to us, and notice when we are overdoing an instinct or under doing one. Healing deficits from early in life is made more possible with this somatic and psychological awareness.

This workshop will include presentations, interviews, small group work and simple bodywork: sensing, breathing, and stretching exercises. Everyone will be invited to sit on a type panel to share their experience and how they can apply this subtype knowledge.

**This workshop is open to everyone.** If you are a beginner with the enneagram, it is best to identify your (likely) enneagram type before you come, through reading, a typing test, or an introductory class. If you know the enneagram well you will find that the listening, sharing, and bodywork in this 4-day learning community will take your knowledge and practice to the next level. If you don't know your subtype, you will likely discover it during the workshop! Participants will also receive a 30-page workbook.

### We will explore:

- How our subtype shapes our personal priorities and major projects.
- How we can make informed choices for a more authentic life.
- How subtypes affect our relationships at home and at work (as much as our personality type!)
- How the emotional habit (passion) of our enneagram type gets discharged through our subtype behavior (and creates problems!)
- Methods and practices that will grow and develop each instinct.

**Date and time:** 5 – 8 June ; 9am to 5pm

**Location:** Visual Arts Centre; 10 Penang Road #01-02 Dhoby Ghaut Green (above Dhoby Ghaut MRT Station, Exit A & B) Singapore 238469

**Cost:** **Early Bird Fee** (before 15 April 2023): **\$1,500**  
**Normal Fee** (15 April 2023 onwards): **\$1,800**

PETER O'HANRAHAN HAS BEEN WORKING WITH THE ENNEAGRAM SUBTYPES AS A COUNSELOR, BODY THERAPIST, AND ENNEAGRAM TEACHER SINCE FIRST LEARNING THE ENNEAGRAM IN 1978. AN EARLY PIONEER IN THIS WORK, HE HAS TAUGHT SUBTYPE WORKSHOPS ALL OVER THE US AND IN COUNTRIES AROUND THE WORLD. SINCE 1998 HE HAS ALSO BEEN A TRAINER FOR THE NARRATIVE ENNEAGRAM. FOR AN ARTICLE ON SUBTYPES VISIT: [HTTPS://THEENNEAGRAMATWORK.COM/INSTINCTUAL-SUBTYPES](https://theenneagramatwork.com/instinctual-subtypes)

### ENNEAGRAM SUBTYPES – 27 PATHS IN LIFE

Enneagram Point	Self Preservation Subtypes	One-to-One or Sexual Subtypes	Social Subtypes (Social Structure)
<b>1) The Perfectionist</b> "doing the right thing"	<b>The Builder/Craftmaker</b> Achieving security & order by organizing the physical environment. Self control & doing things right helps to overcome <b>anxiety</b> .	<b>The Evangelist</b> Combining forcefulness with high standards leads to <b>zealousness</b> in work & relationships. <b>Jealousy</b> is common in intimacy.	<b>The Social Reformer</b> Focusing on improving society. Liking a secure role & set of rules can lead to <b>non-adaptability</b> in new situations and groups.
<b>2) The Giver</b> "making relationships work"	<b>The Nurturer</b> Creating supportive & warm relationships may also lead to a feeling of entitlement or <b>privilege</b> , "me first" or "not me first."	<b>The Lover</b> Bringing out the potential of others with personal attention may also seem <b>seductive</b> or <b>aggressive</b> . Very responsive & empathic.	<b>The Ambassador</b> Linking people & groups together helps fulfill personal <b>ambition</b> and earn recognition. High emotional intelligence in organizations.
<b>3) The Performer</b> "achieving success"	<b>The Company Man or Woman</b> Aligning with the goals of the company and working very hard leads to financial <b>security</b> but may harm health or family.	<b>The Movie Star</b> Willing to be the center of attention or on stage, while projecting <b>masculinity</b> or <b>femininity</b> with charisma. Difficulty in turning inward.	<b>The Politician</b> Knowing how to adapt & succeed in organizational settings leads to <b>prestige</b> . Social image is both productive and confining.
<b>4) The Romantic</b> "finding meaning and authentic connections"	<b>The Creative Individualist</b> Pursuing personal projects and the authentic life with a spirit of <b>dauntlessness</b> , perhaps <b>recklessness</b> re safety.	<b>The Dramatic Person</b> Comparing oneself to others can lead to either personal excellence or <b>competitiveness</b> . Difficulties with emotional intensity.	<b>The Critical Commentator</b> Overcoming feelings of <b>shame</b> & finding a social role with <b>honor</b> . Guarding the integrity & authenticity of the group.
<b>5) The Observer</b> "acquiring knowledge and expertise"	<b>The Castle Defender</b> Seeking safety, autonomy & privacy in the <b>home</b> , whether a castle or cabin, can be both renewing & isolating.	<b>The Secret Agent</b> Keeping things <b>confidential</b> to ensure autonomy & freedom of movement. Holding secrets creates power & responsibility.	<b>The Professor</b> Seeking mastery of language & group <b>symbols</b> or <b>totems</b> , then sharing knowledge in a social role but at the group periphery.
<b>6) The Loyal Skeptic</b> "finding safety or strength with ideas & affiliation"	<b>The Family Loyalist</b> Creating a safety zone & finding allies through the use of personal <b>warmth</b> . May limit one's scope in the world if security is not felt.	<b>The Warrior</b> Developing personal <b>strength</b> through ideas or physical ability. Or finding order & safety through creating <b>beauty</b> . Having impact.	<b>The Social Guardian</b> Doing one's <b>duty</b> while guarding the safety & policies of the group. Seeking group agreement & security through membership.
<b>7) The Epicure</b> "enjoying life & making positive plans"	<b>The Gourmand</b> Enjoying <b>family</b> style gatherings, business & the good life. Enthusiasm for life's pleasures can become excessive.	<b>The Adventurer</b> <b>Fascination</b> with people or ideas leads to sales ability & <b>suggestibility</b> . Life is full of possibilities, but too many can disperse energy & focus.	<b>The Social Visionary</b> Promoting a better society while making personal <b>sacrifices</b> or accepting <b>limitations</b> in a group role. Many positive ideas to share.
<b>8) The Protector</b> "being in charge and living life fully"	<b>The Survivalist</b> Controlling the supplies & the territory to ensure <b>satisfactory survival</b> . Generous with family and friends, less so with others.	<b>The Commander</b> This big energy can be generous or dominating or both. Taking <b>possession</b> of people/things, yet seeking the safety to <b>surrender</b> .	<b>The Group Leader</b> Generating enthusiasm & power for <b>social causes</b> & enduring <b>friendships</b> , also creates blind spots about personal needs.
<b>9) The Mediator</b> "living in harmony"	<b>The Collector</b> Focusing on daily rhythms & the material infrastructure based on instinctual <b>appetite</b> . Collecting goods or people can disperse attention.	<b>The Seeker</b> Seeking <b>union</b> with God, nature, or an intimate partner creates both connectedness & distractedness. Important to make personal boundaries.	<b>The Community Benefactor</b> Promoting the welfare of the community or group through fairness & <b>participation</b> . Or losing oneself in the group.