

## The Road Back to You: An Enneagram Journey to Self-Discovery

**Ian Morgan Cron**

**Suzanne Stabile**

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“Life hands us a challenging syllabus. We need all the help we can get,” writes Ian Morgan Cron, who, together with Suzanne Stabile, reveals how the Enneagram, from the Greek words for nine (ennea) and for a drawing or picture (gram), can enrich our lives by enhancing our self-awareness.

Wired for survival at all costs, we learn early on that our survival depends on meeting the expectations of our family, friends, and culture, so we form a protective mask, called a “personality,” or “persona” (Greek for mask), to hide our authentic selves—a mask that, over time, imprisons us. Beneath the mask there lives a “truer, more luminous” self, one that we must come to know if we are to feel fully alive and be whole.

Cron and Stabile walk through the Enneagram’s nine different personality types and their distinct ways of seeing the world, showing how each one has a potentially infinite number of expressions, strengths, and weaknesses.

Cron describes his own Enneagram experience as a feeling of waking up after having been asleep for a long time. He explains that in catching a glimpse of the person he was created to be, he began to see himself with the same delight, pride, and expectation with which God sees him, and to sense the immediacy of God’s grace. “In the spiritual life that’s no small thing,” he writes.

KRISTINE MORRIS (Fall 2016)

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