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The Enneagram and Kabbalah 2/E: Reading Your Soul

By Rabbi Howard A. Addison



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The Enneagram and Kabbalah 2/E: Reading Your Soul By Rabbi Howard A. Addison

An updated and expanded examination into the groundbreaking exploration and connection of two of the most powerful mystical traditions.

Patterns in our lives may escape us; reasons for our behavior often confuse us. To help us better understand the interplay of these dynamics, Rabbi Howard A. Addison combines two of the most powerful maps of consciousness known to humanity: the Tree of Life (the sefirot) from the Jewish mystical tradition of Kabbalah, and the nine-pointed Enneagram that was developed over several generations by mystics of several spiritual traditions.

Individually, each offers guidance and wisdom; together, they show the forces that propel us and shape our personalities and behavior. Most important, the two suggest how we can live more harmoniously with ourselves and with others, minimize friction and tension and discover our own spiritual gateway to God.

In this updated and expanded edition of his pioneering book, Rabbi Addison explores new understandings of the stages and pitfalls we experience along life's journey and the ways we can transcend the limits of our personalities in search of greater wholeness. He shows that, when brought together, the Enneagram and Kabbalah may enhance understanding of humanity's deepest motivations?both individually and collectively?thus opening wider the gate to personal growth.



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Editorial Review

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The Kabbalah is ages old; the Enneagram, though it has its roots in the Middle Ages, has gained prominence as a New Age phenomenon. This book purports to show the link between the two and to provide background on the Enneagram, which is a personality-typing process based on personal Enneagram numbers, one through nine. Addison says in his introduction that learning his number was "transformative" for him, yet the book's problem centers on that very issue. Rather brief initial descriptions of the traits of all nine numbers are given, but the information is simply too sketchy for readers to decide what numbers they may be. As each number connects with each point on the Tree of Life, further examination of a number's traits is supplied, but even this may not be enough for someone to decide which number is his or hers. This book will be of most use to those already familiar with both Kabbalah and the Enneagram (and who know their numbers). For this audience, Addison makes a real contribution by offering analysis, meditative techniques, a biblical figure with which to identify, and ways to begin or renew Jewish observance by connecting traditions with the aspects of a particular number. Recommended where interest in the Enneagram is growing. *Ilene Cooper*

Review

The Enneagram, and Kabbalah: Reading Your Soul 2nd ed. by Rabbi Howard A. Addison. Combined here are two of the most powerful maps of consciousness known to humanity: the Tree of Life and the nine-pointed Enneagram. Here we are helped to see patterns in our lives and the interplay they have with the reasons behind those patterns.

(The Messenger)

From the Inside Flap

According to some scientific theories, our personalities are a result of our upbringing and genetic code. But, even if scientists and psychologists can explain the physical and emotional aspects of how we respond to stress, anxiety, anger and love, how do we explain the spiritual drive behind our emotions and personalities?

The Kabbalah claims that each person's soul is rooted in a different aspect of God's personality, in one of the sefirot that constitute the Etz Chayim, the Tree of Life. By looking through the lens of Kabbalah at the nine personalities of the Enneagram, Rabbi Howard A. Addison reveals the extraordinary correspondence between the two systems. He adapts classical Kabbalistic spiritual practices to the Enneagram's nine personality types, creating a powerful combined tool to enhance your personal spiritual self-discovery.

This pioneering book shows that, when brought together, the Enneagram and Kabbalah may help you understand your own deepest motivations and the motivations of those around you, thus opening wider the gate to personal growth.

Users Review

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Ron Lauer:

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Karen Jude:

Spent a free time for you to be fun activity to try and do! A lot of people spent their leisure time with their family, or their particular friends. Usually they accomplishing activity like watching television, likely to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Could be reading a book may be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of reserve that you should read. If you want to try look for book, may be the guide untitled The Enneagram and Kabbalah 2/E: Reading Your Soul can be very good book to read. May be it might be best activity to you.

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