

	The ENNEA-PRECEPTS	The FIXATIONS (clinging to one's ennea-precept, excluding others)	The VIRTUES (acting against the grain to overcome one's fixation, thus bringing balance to one's ennea-precept.	THE CHARISMS: how the proper use of one's ennea-precept benefits the community. The contribution each ennea-precept is:
1	Be good, be perfect	I am critical, I am resentful	Non-judgemental acceptance of reality in its messiness: SERENITY	A deep sense, tolerant and compassionate, of what is right, equitable, and perfect.
2	Be helpful, be self-sacrificing	I am manipulative, I am a flatterer	Realistic acceptance of our limitations and needs: HUMILITY	Helpfulness and self-sacrifice, authentic because they do not claim a response.
3	Be successful, be efficient	I am deceitful, I am impersonal	Penetrating our surface self-image to get to our real self: VERACITY	Success and efficiency, based on a genuine sense of self, and bereft of self-promotion.
4	Be original, be refined	I am melancholic, I am a victim	Accepting without comparisons our and others' reality: EQUANIMITY	Bringing out and treasuring the deep uniqueness and originality of each human self, including one's own.
5	Be observant, be wise	I am uninvolved, I am stingy	Letting go and trusting in the abundance of reality: GENEROSITY	Deep wisdom and wide learning made available to others in large measure.
6	Be on guard; be loyal	I am suspicious, I am indecisive	Readiness to take risks trusting in the security within: COURAGE	Caution that does not suppress action but makes it more secure in the face of obstacles and external norms.
7	Be joyful, be enthusiastic	I am superficial, I am uncommitted	Being in the present moment, be it painful or pleasurable: SOBRIETY	Enthusiasm and joyfulness, not superficial but grounded in the pain and struggle of life.
8	Be in control, be assertive	I am vengeful, I am intrusive	Seeing with fresh eyes, without anticipating enmity: INNOCENCE	Assertiveness and leadership which because respectful of others build up the community.
9	Be peaceful, be unobtrusive	I am indolent. I am inattentive	Being fully awake to the world and ourselves within it: ALERTNESS	Bringing calm and peace to conflicted situations, being an agent of reconciliation.

- ◆ **Ennea-precepts:** The neurological and physical endowments and characteristics which you were given at birth predisposed you to a certain enneatype, and they were very influential as you spontaneously engaged your human and physical environment in your earliest years. As a result you reacted automatically and without reflected experience in accord with the ennea-precept of your enneatype (first column) – which does not exclude doing so in a unique way mainly because of the environmental variants.
- ◆ **Fixations:** Presented with situation in which you needed to react quickly in self-defence or self-promotion, this default option meant that to some extent you belittled or set aside other precepts, manners of behaviour. At least to some extent – your care-givers were more or less successful and wise in the formation they gave you – you depended excessively on that ennea-precept, and ended up in the fixation defined in the second column.
- ◆ **Virtues:** Having come to some awareness of your fixation, you have the opportunity of acting against the grain, unlearning your fixation, creating space for the other ennea-precepts to play their rightful role in your behaviour. This counter-behaviour is described in the third column. When it becomes habitual, it is a virtue overcoming the fixation.
- ◆ **Charisms:** The successful outcome of this counter-behaviour is described in the fourth column. The original giftedness as intended by God for you when you came into the world is released, unshackled, and rather than a hindrance or a dead weight to the human community you are a vehicle of grace, bringing a characteristic strength and balance to the community by fully being who you are. You are able to bring this balance because you yourself are balanced, making use of all the enneaprecepts as appropriate, though with the flavour of your own enneatype.

It is very rare that we are found at either extreme, either totally enslaved by our fixation or totally free from it. Normally we are in a situation of moving from unfreedom to freedom, and we might be more closer to this objective in certain aspects of our being and certain types of behaviour than in others. This is the normal play of God's providence in our lives.