

ENNEAGRAM BLESSINGS

TRADITIONAL PLANTS & THEIR SYMBOLIC MEANING

Adapted from the research of Frank Pierce, herbologist and Enneagram teacher

WE HONOR THE GIFTS OF ENNEAGRAM STYLE #1 (Blue Vervain)

Blue Vervain is a strong plant and a favorite among garden lovers. The bluish flower heads are beautiful and bright yet small in comparison to the stems. Its unique square stems fit the Type 1 personality, sharp angled with exact edges while the root is deep and strong. For 1s work and accomplishment tends to be more important than play. Blue Vervain is a bitter herb which helps to support the release of pent-up anger. Its essence also acts as a relaxant, releasing tension in the muscles, especially the neck.



MAY WE ALL TRUST THAT THE WORLD IS UNFOLDING EXACTLY AS IT SHOULD

WE HONOR THE GIFTS OF STYLE #2 (Violet)

The common Violet is delicate but strong and abundant, casting a deep purple carpet upon springtime lawns when water is abundance and sunshine plentiful. With its heart-shaped leaves this is the plant that represents Type 2 in the Enneagram — the Helper/Giver who needs to give to thrive, but also needs appreciation to flower themselves. Because 2's cloak their own needs the simple violet is a reminder that we are all interdependent on others.



MAY WE ALL HONOR OUR CONNECTIONS TO THOSE IN NEED

WE HONOR THE GIFTS OF STYLE #3 (Tulips)

The essence of the springtime tulip is a perfect metaphor for Type 3 and an antidote to the stress of an overworked personality. The short blooming tulip is said to teach moderation to those committed to a path of growth who tend to overextend themselves. Both the bulbs and the flower petals are edible and rich in antioxidants. Their biological properties support cleansing and emotional purification—necessary for the over achieving energies of Ennea Threes.



MAY WE ALL BECOME THE TRUTH WE AUTHENTICALLY ARE

WE HONOR THE GIFTS OF STYLE #4 (Rose)

The beautiful multi-layered rose blossoms are accompanied by the woody green stems covered with thorns. One must be careful when smelling the intoxicating fragrance of roses least one also encounter the pain of it stem. Like Type 4s in the Enneagram -- roses are accompanied by allure and mystery. They tend to be showy but also can have a thorny nature – come close but not too close. 4s search for soul depth and long for intense feelings.; they are masters of longing for the unknown and at the same time attract joy, intensity and excitement.



MAY WE ALL INSPIRE BEAUTY WITHIN & AROUND US

WE HONOR THE GIFTS OF STYLE #5 (Rosemary)

Rosemary is a favorite culinary herb that has been cultivated for thousands of years. Among its many uses, rosemary is also said to improve memory and sharpens the mind. More recently, it has been prescribed for Alzheimer's and dementia patients but is a good brain tonic for all of us. Rosemary is the herb that matches with Type 5 of the Enneagram, called the Knowledge Seeker. 5s tend to have good memories and are always thinking about their current mental project or invention. But rosemary is at its best when it merges with other meats and foods to enhance their flavor. Likewise 5s are best when they engage with others rather than remaining isolated.



MAY WE ALL TRUST THE MYSTERY OF GRACE

WE HONOR THE GIFTS OF STYLE #6 (Carnation)

Type 6, also called the Worry Wort or the Security Seeker, is looking for stability, security, and something they can rely on and trust. Carnations are an ideal metaphor for this Head Space type. Many spiritual traditions speak about the spiritual quality of carnations which represent fidelity and caring even in the presence of suffering. Carnations have greater antioxidant and anti cancer properties than most other plants. In ancient times carnations were used in the binding of oaths between people as a sign of trust and reliability.



MAY WE ALL INSPIRE FAITHFULNESS & COMMITMENT

WE HONOR THE GIFTS OF STYLE #7 (Calendula)

Since ancient times, calendula flowers were used both as a mood enhancer and also a visual brightener in the garden. If you're down in the dumps, anxious or need cheering up, don't forget about calendula! 7s love options and want to make the world a brighter place so the Calendula is a good choice for Enneagram Type 7, the Optimist. While they like to be positive and optimistic above else Sevens criticize others for being "negative." Like the calendula that is visually attractive, the same flower can cause extreme allergies. As 7s shy away from pain and problems their cheery presence can be a balm when life is cloudy and gray.



MAY WE ALL EMBODY JOY AND HOPE

WE HONOR THE GIFTS OF STYLE #8 (Nettle)

Across world cultures, nettle evokes contradictory experiences. The stinging nettle has been used to treat just about everything. Its extract helps to detoxify the body through its diuretic action. It also can promote healthy blood circulation and cardiovascular health. Like the nettle, the strength of 8s can be overwhelming for some. Their personality resembles the nettle leaf that can irritate and be abrasive while the same plant can be a healing source of food and medicine. Beneath their tough exterior 8s can also be sensitive-- nurturing others to help those in need. Nettles can be great for 8s to remember their vulnerability and that stinging can hurt themselves or others.



MAY WE ALL COMMIT TO A LIFE OF JUSTICE TEMPERED WITH MERCY

WE HONOR THE GIFTS OF STYLE #9 (Holy Basil)

Tea made from Holy basil is a soothing potion. This herb also represents solid foundation and strength, exactly what 9s need to balance out their sweet innocence and going-along-with-others nature. In Ayurveda medicine, basil is a strong adapto-genic herb that balances stress and shyness. Many herbalists recommend it for daily consumption. Recent studies show that basil may slow blood clotting as a possible side effect and at the same time, tincture of holy basil has a strong calming effect. Holy Basil can help to remind Nines what's it like to be a peacemaker with strength!



MAY WE ALL BECOME PEACEMAKERS FOR OURSELVES & OTHERS