

THE Defiant *Spirit* 9 Lives

THE SPIRIT OF THE ENNEAGRAM



The Spirited Seeker

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The Enthusiast

WHO

WHO THEY ARE



Alternative Names

- The Epicure
- The Optimist
- The Visionary

Enneagram 7s live their lives to the max, wanting to experience it all and bring joy to the world. They value their freedom, defy limits, and have fun on the journey. In **reaction**, they run from suffering or shirk responsibility and can be perceived as shallow, selfish, or impulsive. In **response**, they stop running, are fully present, take responsibility, and pioneer new paths with unparalleled vision and enthusiasm, taking others on a joyful ride into the unknown.

• FREEDOM

Sevens are all about freedom, wanting to defy limits, experience all that life has to offer, and fly free.

• ENERGY

Sevens are the fastest moving and fastest thinking of all types, imagining a better future and energetically moving towards it.

• JOY

Sevens are naturally enthusiastic and joyful, knowing how to have fun and seeking joy in all aspects of life.

• OPTIMISM

Sevens are optimistic by nature, seeing what's possible, where others only see limitations and dead-ends.

Famous Sevens



Elton John



Robin Williams



Miley Cyrus



Howard Stern



Magic Johnson



Suze Orman



Robert Downey Jr.



Brad Pitt



Katie Couric



George Clooney



Cameron Diaz



Leonardo DiCaprio



Tina Turner



John Madden



Britney Spears



Conan O'Brien



Katy Perry



Mick Jagger

Self-talk

I am optimistic, enthusiastic, free from suffering, and joyfully moving ahead in my life toward my dreams.

Worldview

Life is to be lived fully, freely, and joyfully: that's what I bring to the world and to others. "It's all good!"

Fear

Sevens fear being limited, slowed down, or denied their freedom. Boredom, being stuck, particularly in the more negative aspects of life, can cause anxiety in 7s.

Motivation

To minimize negativity or constraints and maximize freedom, optimism, and joy, experiencing it all in life.



The Spirited Seeker

WHAT

WHAT THEY LOOK LIKE SPIRITUALLY



The Enthusiast translates to the "The Spirited Seeker" in the 9 Lives system.

Enneagram Type 7, or the Spirited Seeker, is a bright and radiant force that projects outward in all directions. This reflects how this type experiences life, with a 360-degree focus that traverses far and wide. They have a direct channel to Source Energy, which is experienced as vision, enthusiasm, and a zest for life like no other type. In reaction, they can become fearful of this energy or undisciplined, allowing it to burn too hot or fast, carrying them in too many directions, or afraid to stop and confront the darker realities of life. In response, The Spirited Seekers are an intoxicating presence, attracting people and opportunities with their unparalleled capacity for vision, vitality, and joy. They are divine emissaries bringing hope and spirit to others and the world, boldly and enthusiastically blazing new trails into the unknown.

SPIRITUAL OVERVIEW

Spiritual Focus

Multi-focus, energized and radiant

The Spirited Seeker exudes strong energy and determination, making them capable of overcoming most obstacles with their high level of vibration.

Spiritual Fear

Limitations on their energy or stifling their experience

Sevens fear being limited energetically and believe they cannot handle negative energy or that darkness will dim their light.

Spiritual Strengths

They burn bright, pierce through the darkness and illuminate the path

They possess an unmatched energy level that surmounts obstacles with ease, radiating positivity, vision, and optimism, lighting the way for others.

Spiritual Weaknesses

Scattered and diluted energy or outright avoidance of darkness

Sevens may lose energy when facing challenges or pursuing too many paths, leading them to abandon their path or people on it.

Spiritual Growth

To harness their energy, going deeper not wider, into the darker aspects

By confronting and overcoming challenging and negative energies in life, 7s become more authentic, strong, and resilient.

Master Energy Seekers

Richard Branson



He is one of the most prolific entrepreneurs and businesspeople of our lifetime, his vision, optimism, and energy pioneering dozens of directions, industries, and companies.

Wayne Dyer



He was a pioneer of spirituality in our time, able to connect with and inspire countless followers with his humor, charm, and insight, while also writing dozens of books in the process.

Ram Dass



He was a spiritual leader and pioneer of the US psychedelic movement, and mainstreaming Buddhism to an entire generation. Known for his humor, insight, and positive energy he radiated spirit.

St. Francis of Assisi



St. Francis transformed from a hedonistic lifestyle to a devout persona, finding God and becoming a saint while still maintaining his capacity for joy.



The Spirited Seeker



WHY

WHY THEY HAVE INCARNATED

Core Purpose: The Holy Idea

The Enneagram centers around the Holy Idea – the essential spiritual energy that guided us into this world. It represents one of the nine fundamental energies or emanations of Divinity. While all of these energies exist within us, one of them, our Core Type, will strongly resonate with us more than the others. The Holy Idea of that number/energy which acts as a beacon, guiding us on our soul's journey and purpose within this lifetime.

The Holy Idea of Enneagram Seven is Plan

The Holy Idea of Plan represents the idea that the Source will provide for us and that there is a master plan we do not need to control, know, or plan. We are simply here to let the energy carry us forward and accept that it knows where we're going and we'll get what we need.

Angel Numbers For 7s The Soul Contract



The angel number 777 is linked to self-discovery and personal growth. Unlike other numbers like 222, which focus more on relationships, 777 urges you to take time for yourself and embrace solitude. It encourages you to tune out distractions, contemplate your direction in life, and, to Trust that you're on the right path.

The number 7 has long been associated with creation, and the Enneagram's Law of 7 is a core principle that emphasizes our ability to become co-creators of our lives as we navigate through these energies. Whether it's in the form of a recurring number or a symbolic representation, seeing 7s serves as a reminder to actively shape our lives.



The Core Calling of The Spirited Seeker: Enthusiasm

Although we have all 9 spiritual energies within us, one of them, our Core Type, calls out to us more than the others, forming what we might think of as our soul contract - what you need to experience in this incarnation.

Enneagram 7s are called in this lifetime by the energy of Enthusiasm. This calling can be confusing, particularly in their youth, as they need to have fun, be free, and experience all life offers. This is why they often feel so intent on "good times," doing it all and being at the center of this action. In reaction, this comes across as scattered, superficial, and even shallow, as if they are running from responsibility and not taking their lives seriously. However, when they awaken to the actual call of Enthusiasm, literally "en" within and "lighten" the light, they stop looking outwards and start to turn inwards, discovering their true light was and is always within.

Seven-ish Signs

The following are 7-ish ways to intuit or feel the presence of spirit....

Dreams



Experiencing Visions from the Spiritual Realm While Sleeping.

Ideas



Receiving Visionary Ideas, Epiphanies, and downloads directly into consciousness

Electrical Occurrences



Electrical occurrences such as light flickering or bulbs going out, interference with electronics (cell phone, laptop/computers, watches, TV's etc)

Coincidence



Seemingly random coincidences are actually divine bread crumbs, here to remind you to get out of your head and return to the magic of divinity.



The Spirited Seeker

HOW

HOW THEY CAN CONNECT WITH SPIRIT



Core Work: Passion & Virtue

The Enneagram presents us the shadows, or reactive side of our energy, along with the light, or responsive side of our type. This manifests in many ways, but none is more central to our core work in this life than our Enneagram Passion (or Vice). Think of the Enneagram Passion as our shadow and Enneagram Virtue as our light. Our work in this lifetime is to learn to face, embrace, and work through our Passion/shadow on our journey to living our Virtue/light.

The Enneagram Passion

Passion, from the root *pati*, means suffering. Our Core Passion is the shadow or darker energy of our number. It's the consequence of living unconsciously, in fear or reaction. As a result, our passion is the primary source of suffering, both experiencing it and causing it within our world.

The Passion of an Enneagram Seven is Gluttony

The Pitfalls of 7s and Gluttony

People with the 7 energy can sometimes lose control, leading to "gluttony." This occurs when their desire for more pleasure becomes the sole reason for their energy despite having much more potential. Gluttony can manifest in various forms, such as overindulging in food or drink, frequently switching jobs, dating too many people, or taking too many vacations. Unfortunately, 7s caught up in their Passion of Gluttony can cause actual harm.

The Enneagram Virtue

The Enneagram Virtue is the counterbalance to the Enneagram Passion. It is the light to offset the darkness. The virtue is a "North Star" for this type, orienting us back to our path, helping us ascend out of fear, get back to conscious living, and take back our power to choose our response to life.

The Virtue of Enneagram Seven is Sobriety

The Road to Recovery for Sevens: The Power of Sobriety

Sobriety is the ultimate goal for Sevens, not only in terms of abstaining from their excesses but also in a more profound sense. It means being fully present, in the moment, and embracing the reality of what is happening in the here and now. Sevens tend to become distracted by thoughts of their next adventure or by constantly planning for the future, which can hinder their progress. Sevens can achieve personal growth by standing still, facing the present moment head-on, and engaging with whatever it has to offer.

A CHanneled MESSAGE FROM SPIRIT

The Power of Contentment and Stillness within Ourselves

The idea that "less is more" is only attainable by those who have found inner contentment. By confronting their greatest fears, shortcomings, and life lessons, they no longer require external validation or diversions to feel satisfied and complete. Achieving this requires courage and discipline to sit still and connect eternally with the I AM presence. If you constantly need to do more, have more, or be more to feel worthy, whole, and complete, it may be time to pause and simply be. Remember, you cannot escape the Divine I AM presence within you. We are one, and we can overcome the fears that prevent you from recognizing your true Divinity. Know that you are enough, just as you are, right where you are.