

What is the Enneagram?

The Enneagram is a personality typing system that serves as a powerful gateway to your inner wisdom and can shed light on behaviors which might be undermining your ability to **access wholeness, true intimacy, and the fulfillment of your life's dreams.**

On my own journey to healing from trauma and depression and in working with thousands of clients to reclaim their health, happiness and abundance I discovered that certain personality traits made certain people more prone to mystery diseases like chronic fatigue and immune system failure, than others.

It seems that type 1 (reformers/perfectionists), type 2 (givers), type 3 (achievers) and type 6 (loyalist/anxiety types) are naturally more pre disposed to chronic fatigue and auto immune disease.

I speak about the effects of unresolved adverse childhood experiences and chronic unpredictable stress a lot, as it is a foundational step of my work with root cause resolution for my clients.

You can listen to a short introduction to ACE's here <https://soundcloud.com/sarahjanediamond/what-are-aces> and learn what the impact of a high ace score on your health can have over a lifetime if not resolved. ACEs not only impact biology, they also influence and shape our personalities, so events in childhood can lead us to become over-achievers, workaholics and over-givers for example.

You may also find this short video of interest on the impact of Ace's here:
<https://youtu.be/95ovIJ3dsNk>

The good news is you can heal these traumas safely and gently through the Access your True Nature systems.



I have an insatiable thirst for knowledge as an enneagram type 7 and continue to master completion and focusing on just 1 thing. It has taken me a long time to realize that it is okay to be present in whatever I am doing now without going into the future even when I am very actively busy.

In numerology I am a 1, a leader, a firestarter and understanding my essence has been hugely beneficial in becoming deeply happy rather than avoiding pain. Going through the work to love whom I am including the shadow parts saved me from myself and why I do the work I do with my clients to access their own True divine nature.

That is why after learning everything from numerology, to Kabbalistic numerology, tarot, vedic astrology and every other type of profiling available, I created my own system – a 12 week program called [“Pathway to Purpose – living the illuminated life”](#), using Mindful change, the 5 Element personality profile,



You can take my quiz online here:
<https://thalia.leadpages.co/5equizoptin/>

Enneagram, Meyers Briggs and Spiritual astrology based on the 4 quadrants of my hero Ken Wilbers' work and Joseph Campbell's Heroines Journey. Mixed with my own intuitive gifts, trauma resolution and attachment style work, I help my clients resolve trauma, heal their body mind and live a fulfilled, happy life. It is powerful self discovery to write your own prescription - an "operating system" which will allow you to make intelligent choices about what could be most helpful in your full self-expression and ultimately your living legacy.

If you are curious about how you too, can heal from trauma and find your gold – connect to the essence of what you came here to gift to the world, then book a complimentary CLARITY to health, wealth and happiness discovery session with me now.

http://www.vcita.com/v/sarahjanediamond/online_scheduling?service_id=b5c4bc1f907b8cf0&staff_id=81e1a3920426f6ce

Understanding your Enneagram type is a tool for exploring what makes us tick, what drives us, and can help you identify and ultimately release behaviours originating from childhood trauma that are undermining your health and well-being in adulthood.



Type **One** is principled, purposeful, self-controlled, and perfectionistic.

Type **Two** is generous, demonstrative, people-pleasing, and possessive.

Type **Three** is adaptable, excelling, driven, and image-conscious.

Type **Four** is expressive, dramatic, self-absorbed, and temperamental.

Type **Five** is perceptive, innovative, secretive, and isolated.

Type **Six** is engaging, responsible, anxious, and suspicious.

Type **Seven** is spontaneous, versatile, acquisitive, and scattered.

Type **Eight** is self-confident, decisive, willful, and confrontational.

Type **Nine** is receptive, reassuring, complacent, and resigned.

- See more at: <https://www.enneagraminstitute.com/how-the-enneagram-system-works/#sthash.qlg9hJZ7.dpuf>

Curious to know what Enneagram Type you are?

To complete a short questionnaire to establish your Enneagram type and read and listen to a summary of all the types

<https://www.enneagraminstitute.com/guide-to-all-riso-hudson-tests/>

Ready to dive into deeper healing through The True Nature Systems?

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http://www.vcita.com/v/sarahjanediamond/online_scheduling?service_id=b5c4bc1f907b8cf0&staff_id=81e1a3920426f6ce