



The Enneagram of Passions and Virtues: Finding the Way Home

Sandra Maitri

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The popular author of *The Spiritual Dimension of the Enneagram* elucidates the most intractable pitfalls of our psyches and shows how our understanding of them can lead us to our highest virtues.

The Enneagram of Passions and Virtues illuminates human experience beyond the functions of personality. Using the spiritual psychology of the enneagram, Sandra Maitri highlights two core aspects of human consciousness: the passions and the virtues. The passions are the ego-driven emotional states that come to dominate our lives, such as anger, pride, and fear. Discovering and understanding the passions in an experiential way can lead us to what lies beyond the personality itself. As we do, the virtues-which include serenity, humility, and courage-naturally arise to support our unfoldment. This giving way from the passions to the virtues is one of the hallmarks of inner development.

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