



# The Chakras and the Enneagram

Mary Horsley subscribes to a theory that believes we grow developmentally in life through the Chakras. We start with the lowest vibration of the Root Chakra between the ages of 0 and 7, when security is our main concern. (Compare this to the Instinctual Variant theory that says this chakra is related to the Self-preservation Subtype.) Between the ages of 7 and 14, the Sacral Chakra triggers a flowering of creativity and sexual energy. (Compare to the Sexual or One to One Subtype.) The next period of life, ending at about the age of 21, sees the development of our personal power in the outside world, and the primary chakra is the Solar Plexus Chakra. (Compare to the Social Subtype.)

From then on, it is said that the opening of the chakras occurs by grace and not by conscious effort. “When energy rises to the Heart Chakra, we move to a time for parenting, or giving out to the world, which I believe lasts for many years, until our 50s, when energy tends to concentrate in the Throat Chakra, which rules communication. This is when many of us feel the spontaneous urge to express ourselves at a deeper, more meaningful level ... Intuitions increase when energy concentrates in the Brow Chakra, and there is awareness of true essence, of connection with the universal, divine energy of the cosmos experienced in the Crown Chakra” (Horsley 129).

There are numerous sources for information on the chakra system, including the physical connections that indicate imbalances. Most of it is easily accessible and is not included, but I have included the essential oils as that might be a way of working with clients who are experiencing imbalances.

The charts below, describe how imbalances in each chakra may affect each Enneagram type. They are **copied directly** from Horsley’s book, which is highly recommended. Whether or not one knows the Enneagram, the acting-out characteristics can suggest a way for massage therapists to work with a client who exhibits these behaviors in excess.

<b>Suggested imbalances in the Root Chakra through the nine Enneagram types</b>	
<b>Oils: Cypress, Marjoram, Myrrh</b>	
<b>One</b>	When there is obsession with cleanliness, anal-retentive nature, constipation.
<b>Two</b>	If the Two is obsessively needy and clingy in relationships.
<b>Three</b>	When acquisitiveness becomes all-consuming, or when ambition drives them to disregard others.
<b>Four</b>	When the Four swings wildly between emotions or rejects their “tribe”.
<b>Five</b>	Avarice/stinginess is an indication of imbalance in this chakra.
<b>Six</b>	When fear rules, this chakra is often unbalanced in Sixes.
<b>Seven</b>	When there is a complete lack of grounding, of earth.
<b>Eight</b>	When aggression is out of control.
<b>Nine</b>	When a Nine spaces out, and becomes ungrounded or lacks structure, or when anxious in their stress point (Six).

<b>Suggested imbalances in the Sacral Chakra through the nine Enneagram types</b>	
<b>Oils: Ylang-ylang, Sandalwood, Jasmine, Rose, Petigrain</b>	
<b>One</b>	When judgment turns against sexuality—the prime zealot.
<b>Two</b>	When martyrdom takes over; sexual aggression in the search for love.
<b>Three</b>	Overworking and denying enjoyment of life, low sex drive.
<b>Four</b>	When they are on a high, over-the-top awe, or when creativity is stifled by overwhelming depression.
<b>Five</b>	If there is repressed sexuality and where there is emotional withholding.
<b>Six</b>	Fear inhibiting the flowering of a sexual/intimate relationship.
<b>Seven</b>	Denial of fear can endanger Sevens when seeking intimate relationship; avoiding intimacy to keep their options open.
<b>Eight</b>	Lust is a distortion of this energy when extreme.
<b>Nine</b>	Denying their own creativity and sexual expression to go along with that of their lover, resulting in frustration.

<b>Suggested imbalances in the Solar Plexus Chakra through the Enneagram types</b>	
<b>Oils: Bergamot, Ylang-ylang, Cinnamon, Chamomile, Lemon, Thyme, Vetiver</b>	
<b>One</b>	When controlling behavior takes over.
<b>Two</b>	The habit of deferring to a dominant other, giving away personal power.
<b>Three</b>	The Three at their most materialistic, dominant, and least empathetic.
<b>Four</b>	When they are disempowered by their sense of worthlessness and give up the fight.
<b>Five</b>	When they become too superior and when they hide from the world.
<b>Six</b>	The lack of courage, fearing to assert themselves in the world.
<b>Seven</b>	When they deny fear and act recklessly through false courage or overconfidence.
<b>Eight</b>	When they are over-dominant and aggressive. Often unbalanced in Eights.
<b>Nine</b>	The lack of energy, inability to get into action, and passive aggression.

<b>Suggested imbalances in the Heart Chakra through the nine Enneagram types</b>	
<b>Oils: Attar of Roses, Bergamot, Melissa, Geranium, Clary Sage</b>	
<b>One</b>	When they lack compassion, particularly toward themselves.
<b>Two</b>	Lacking balance between giving and receiving.
<b>Three</b>	When feeling are denied.
<b>Four</b>	The emotional swings between depression and unhealthy attachment.
<b>Five</b>	Where there is detachment from emotions.
<b>Six</b>	When fear blocks compassion and makes them selfish.
<b>Seven</b>	At times when the focus on plans and ideas leaves not room for compassion.
<b>Eight</b>	The aggressive need for power over others takes over, and they lack compassion and deny their soft center.
<b>Nine</b>	Serving others to the point of self neglect.

<b>Suggested imbalances in the Throat Chakra through the nine Enneagram types</b>	
<b>Oils: Sage, Eucalyptus, Lavender, Sandalwood, Neroli, Chamomile, Myrrh</b>	
<b>One</b>	When they express harsh judgments of other people, overly critical.
<b>Two</b>	Habit of changing direction mid-sentence when they sense that what they say is not going down too well. Failure to express their own needs.
<b>Three</b>	Business talk, void of feeling. Failure to listen to the inner voice when it says slow down.
<b>Four</b>	When they feel unworthy, that their creativity or ideas have no value.
<b>Five</b>	The inability to verbalize feelings as they arise.
<b>Six</b>	Outbursts against other people—attack as a means of defense.
<b>Seven</b>	A torrent of words that keeps other people from sharing in the exchange.
<b>Eight</b>	Going deaf on other people's ideas, forcing their own through.
<b>Nine</b>	Inability to verbalize their own wants and needs; lack of creative initiative.

<b>Suggested imbalances in the Brow Chakra through the nine Enneagram types</b>	
<b>Oils: Hyacinth, Violet, Rose, Geranium, Jasmine, Vetiver, Basil, Patchouli, Rosemary, Mint.</b>	
<b>One</b>	When striving for perfection on the material plane, placing emphasis on the rational to the detriment of the spiritual. Harsh self-judgment, denying spiritual guidance.
<b>Two</b>	In striving for acceptance, spending time in action “doing” rather than “being”, allowing little time for positive introspection.
<b>Three</b>	When emphasis is on the purely material, “doing” rather than “being”—much as the Two-- & too competitive and image conscious—like Four-- with no self-reflection.
<b>Four</b>	When there is too much focus on image & competition to the detriment of spirituality. When emotions are amped up so that ability to reflect is abandoned.
<b>Five</b>	The top-heavy weighting of intellect, allowing rationalization to take precedence.
<b>Six</b>	Fear blocking trust in the true nature of things, overvaluing the intellectual.
<b>Seven</b>	Constant action leading to a neglect of reflection. A superficiality when too many things are attempted at the same time.
<b>Eight</b>	Too much activity may cause to fail to prioritize quiet time.
<b>Nine</b>	Neglect their own spiritual needs in favor of those others; being drawn off course from their own deeper agenda. When caught in introspection, churns things around.

<b>Suggested imbalances in the Crown Chakra through the nine Enneagram types</b>	
<b>Oils: lavender, Frankincense, Rosewood, Lotus, Olibanum</b>	
<b>One</b>	For all Types, a sense of alienation may prevail if there is unbalanced or blocked energy here; as well, there may be depression or obsessive thought. There may also be much confusion, selfish, egocentric behavior, and the inability to let go of anxieties and fear. Because or the inability to imagine cosmic unity, there is often an underlying feeling of dissatisfaction.  Physically, there may be over-sensitivity to pollution and chronic exhaustion.
<b>Two</b>	
<b>Three</b>	
<b>Four</b>	
<b>Five</b>	
<b>Six</b>	
<b>Seven</b>	
<b>Eight</b>	
<b>Nine</b>	

**Source:** Horsley, Mary. [The Enneagram for the Spirit](#). New York: Barron's Educational Series, Inc., 2006.