

The Stages of the Work

*If we were to really observe ourselves,
we would become aware of our habits.*

*If we were to become aware of our habits,
we would let go and relax.*

*If we were to let go and relax,
we would be aware of sensations.*

*If we were to be aware of sensations,
we would receive impressions.*

*If we were to receive impressions,
we would awaken to the moment.*

*If we were to awaken to the moment,
we would experience reality.*

*If we were to experience reality,
we would see that we are not our personality.*

*If we were to see that we are not our personality,
we would remember ourselves.*

*If we were to remember ourselves,
we would let go of our fear and attachments.*

*If we were to let go of our fear and attachments,
we would be touched by God.*

*If we were touched by God,
we would seek union with God.*

*If we were to seek union with God,
we would will what God wills.*

*If we were to will what God wills,
we would be transformed.*

*If we were transformed,
the world would be transformed.*

*If the world were transformed,
all would return to God.*

*--from **The Wisdom of the Enneagram**
Don Richard Riso & Russ Hudson*