



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.

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

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

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

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

Suggested imbalances in the Throat Chakra through the nine Enneagram types	
Oils: Sage, Eucalyptus, Lavender, Sandalwood, Neroli, Chamomile, Myrrh	
One	When they express harsh judgments of other people, overly critical.
Two	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.
Three	Business talk, void of feeling. Failure to listen to the inner voice when it says slow down.
Four	When they feel unworthy, that their creativity or ideas have no value.
Five	The inability to verbalize feelings as they arise.
Six	Outbursts against other people—attack as a means of defense.
Seven	A torrent of words that keeps other people from sharing in the exchange.
Eight	Going deaf on other people's ideas, forcing their own through.
Nine	Inability to verbalize their own wants and needs; lack of creative initiative.

Suggested imbalances in the Brow Chakra through the nine Enneagram types	
Oils: Hyacinth, Violet, Rose, Geranium, Jasmine, Vetiver, Basil, Patchouli, Rosemary, Mint.	
One	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.
Two	In striving for acceptance, spending time in action “doing” rather than “being”, allowing little time for positive introspection.
Three	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.
Four	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.
Five	The top-heavy weighting of intellect, allowing rationalization to take precedence.
Six	Fear blocking trust in the true nature of things, overvaluing the intellectual.
Seven	Constant action leading to a neglect of reflection. A superficiality when too many things are attempted at the same time.
Eight	Too much activity may cause to fail to prioritize quiet time.
Nine	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.

Suggested imbalances in the Crown Chakra through the nine Enneagram types	
Oils: lavender, Frankincense, Rosewood, Lotus, Olibanum	
One	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 of 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.
Two	
Three	
Four	
Five	
Six	
Seven	
Eight	
Nine	

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