



The Enneagram and Kabbalah: Reading Your Soul

Rabbi Howard A. Addison

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An updated and expanded examination into the groundbreaking exploration and connection of two of the most powerful mystical traditions.

Patterns in our lives may escape us; reasons for our behavior often confuse us. To help us better understand the interplay of these dynamics, Rabbi Howard A. Addison combines two of the most powerful maps of consciousness known to humanity: the Tree of Life (the sefirot) from the Jewish mystical tradition of Kabbalah, and the nine-pointed Enneagram that was developed over several generations by mystics of several spiritual traditions.

Individually, each offers guidance and wisdom; together, they show the forces that propel us and shape our personalities and behavior. Most important, the two suggest how we can live more harmoniously with ourselves and with others, minimize friction and tension and discover our own spiritual gateway to God.

In this updated and expanded edition of his pioneering book, Rabbi Addison explores new understandings of the stages and pitfalls we experience along life's journey and the ways we can transcend the limits of our personalities in search of greater wholeness. He shows that, when brought together, the Enneagram and Kabbalah may enhance understanding of humanity's deepest motivations?both individually and collectively?thus opening wider the gate to personal growth.

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