

## 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