



# 'The Peacemaker'

Easy going, agreeable and complacent

- Type NINE · Body Centre -

## The Enneagram describes 9 ways of seeing the world.

If you have spent your life making sure everyone else is comfortable while slowly losing track of what you actually want, this one is yours. You are motivated through your body, but unlike the other body types you numb your anger and keep the peace.

### Why this name?

The Nine is named The Peacemaker because they have an extraordinary ability to see all sides and bring harmony to the world around them. But this gift comes at a cost. A Nine will quietly merge with everyone around them and slowly disappear in the process. Their journey is accepting that their own voice, their own needs and their own desires matter just as much as everyone else's, and that starts with understanding the motivation that propels them forward and the fear that is quietly shaping their every move.

### What gets you out of bed

To have inner and outer peace and to avoid conflict and disconnection at all costs

### What keeps you up at night

Conflict, separation and disconnection from the people they love.

These three levels describe the range of how a Type Nine can show up; from your most expansive self to your most contracted.



### When you are in flow · Levels 1–3

You are fully present and deeply alive to your own voice and desires. You bring genuine and embodied peace to every relationship and space you enter, not because you are avoiding conflict but because you have found real peace within yourself first.



### When life gets hard · Levels 4–6

You go along to get along. You disconnect from your own needs and desires so gradually that you barely notice it happening, until one day you realise you cannot remember the last time you said what you actually wanted.



### When you are running on empty · Levels 7–9

You have completely lost yourself. You are going through the motions of life without truly living it, disconnected from your own purpose, your own voice and your own reason for being here. It does not feel like suffering. It feels like nothing at all. And that is the most frightening thing of all.

*Discover how to begin living in flow →*

## Type NINE

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This is what becomes possible when you release and surrender

Most Type Nines struggle to find themselves here.

You probably saw yourself in every type before you landed on this one. That is the gift and the wound of a Nine.

### **Type Nine - Your true gift to the world**

To make people feel they belong, exactly as they are, without needing to perform or prove anything. A healthy Nine holds space in a way no other type can. They don't take sides. They don't push. They simply create a stillness that allows everyone in the room to exhale. In a world that is always rushing and always judging, that is not a small thing. It might be the most needed gift of all.

This is what release and surrendering looks like for a Type 9.

Not conflict. Not confrontation. The moment you realise that your needs, your voice and your desires were never the threat to peace you believed them to be. When you finally stop disappearing you will discover that your presence alone was the gift everyone needed all along.



#### **With Yourself**

You wake up to your own voice, your own desires and your own purpose. You stop merging with everyone around you and discover that your presence alone is a profound gift to the world.

*The work: saying what you actually want out loud, even when it feels uncomfortable.*



#### **With People You Love**

You become the most grounding, accepting and genuinely peaceful presence in someone's life. Not because you are avoiding conflict, but because you have found real peace within yourself first.

*The work: staying in the room with disagreement without disappearing.*



#### **With The World**

You bring people together in a way no other type can. You hold space for every perspective and help people find common ground without anyone feeling unseen or unheard.

*The work: leading with your voice rather than your silence.*

### **Begin Here: Observe**

You create peace for everyone around you and the whole room feels it  
Observe this: whose needs are you putting last? When did you last ask yourself what you actually want and stay with the answer long enough to act on it?

The Enneagram is a lifelong practice. If your curiosity has been sparked and you are ready to explore further, I would love to continue this conversation with you.

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