



# enneagram monthly

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## Conversation with Carolyn Bartlett

**Jack Labanauskas:** It's a pleasure to talk with you again and I'd like to pick up where we left off several months ago.... you had mentioned conducting a workshop on different styles of dealing with money. If I remember correctly, you were not teaching how to get rich quick, but how to understand the origins of our beliefs regarding money matters and how they influence our behaviors.

**Carolyn Bartlett:** Thanks for asking. It's always fun to talk with you and you inspire thinking. Since money is intertwined with our sense of self, our relationships, work, family and our deepest held beliefs and values plus basic survival, it is a very interesting way to approach healing. And also practical because most people struggle with it. I started creating money psychology groups before I met the Enneagram. I tend to see everything in a context of family systems and facilitating money psychology groups seemed to help my clients, but they also helped me work with my long term interest in family systems, culture, money and relationships. Right up there as well was, of course, my own issues that needed healing.



**JL:** Of course, if we look at Maslow's Hierarchy of needs, he places the physiological needs of health, food and sleep at the very base of his Pyramid; before the need for shelter, the need for affection or belonging, the need for self-esteem and finally the need for achieving our potential. Money is crucial in the physiological arena, for shelter and as a facilitator in matters of love and self-esteem — in some ways it's even more basic than sex — after all, our own survival is essential before we can move to the next need.

**CB:** Yes, it is tied into personal survival and it gets attached to the whole hierarchy. We start to make meaning of money when we are children and we are watching our families trying to figure it out. Since it is so loaded with anxiety and hidden meanings, inside of every adult making crazy money decisions is a little kid who is making perfect sense at the same moment.

**JL:** Can you give us an example, maybe a case history, or, if that's all right with you, how was it in your family? ...CONTINUED ON PAGE 17

## A Stroke of Insight:

### Using the Insights of Brain Science to Inform Our Understanding of the Enneagram

**O**NE DAY IN 1996, Jill Bolte Taylor woke up and began to get ready for work. A busy neuroanatomist, she was accustomed to a full and stimulating life doing work she loved. But on this particular morning, she had difficulty getting started, but wasn't quite sure why. She was vaguely aware of a piercing pain in her head, but was also aware of a sense of bliss and freedom from normal constraints. She got up in a fog and went to take a shower, feeling increased dissociated. She became aware that the usual "brain chatter" was gone, replaced by a blissful, all-enveloping silence:

*In this void of high cognition...my consciousness soared into an all-knowingness, a "being at one" with the universe, if you will. In a compelling sort of way, it felt like the good road home and I liked it...I no longer perceived myself as a whole object separate from everything. Instead, I now blended in*

**Susan Rhodes**

*with the space and flow around me (p. 41).*

She was also aware of herself as a flowing, liquid being rather than a solid body. It was a wonderful sensation that allowed her to experience herself as part of the flow of everything around her. Overwhelmed but delighted with these new perceptions, she became increasingly detached from her body—until a strange tingling sensation from her chest startled her momentarily back into some semblance of ordinary awareness.

In a flash, she realized the shocking truth: she was having a stroke.

#### Two Kinds of Strokes

As a brain scientist, Jill had learned that there are two kinds of strokes: ischemic and hemorrhagic. Ischemic strokes happen when a blood clot reaches a narrow place in an artery: the blood flow stops and the brain cells it supplies begin to die. In hemorrhagic strokes, blood es- ...CONTINUED ON PAGE 13

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## To Conference Or Not To Conference? An Open Letter to the Board of the IEA

For about two years now I have been wondering why I have lost interest in attending IEA Conferences. After all, I went to five such events over the course of about ten years as an Enneagram teacher and professional member of the IEA, and benefited from and enjoyed immensely the presentations, chances for camaraderie and fellowship, and contexts in which to do inner work. But what I discovered over time is that for me they are held too frequently. Personally, I can't build up enough excitement for the next one with only 12 months in between summers. And in truth, not enough of the presentations were genuinely and sufficiently new, different and useful to justify the annual travel, accommodation, and registration expenses.

I realize that I am not the first person to put forward this idea to the Board of the IEA (many Enneagram friends of mine who wisely wish to remain anonymous have voiced similar views over the past few years), but I want to state that I too believe that it is time to stop holding these events on an *annual* basis. It makes sense to me why, in the early and

### Attention Subscribers!

After publishing *Enneagram Monthly* for 16 years or 175 issues, a backlog of needed innovations, changes and improvements has accumulated and now reached a critical mass that is demanding my undivided attention for about two months.

Producing the *EM* while earning a living with my regular "daytime job" (not related to the enneagram) never left me enough time to focus and learn how to operate a website. The amount of detail and know-how required was daunting and I dreaded to try picking it up in little snippets. So I did what came natural... procrastinated.

For years I relied on Fabien and Patricia Chabreuil who ran the *EM* website from Paris. Then in the last 3-4 years Susan Rhodes continued running it from Seattle.

With webmasters always where I was not, I missed out on hands-on tutoring...

Recently, my dear friend, Pt. Sanjay Rath (a mathematical genius and renowned jyotish guru) in New Delhi, saw me struggling and took pity. He built a sophisticated website for the *EM*. But to use it I need to immerse myself for several weeks and learn the program; then test it, make sure everything works, fill it with content, and lord knows what else....With Sanjay in India 13 time zones away the level of difficulty will be challenging, but I'll just have to bite the bullet and do it.

Since I need to continue making a living, all my free time needs to go to this project and I can only do it if I take a sabbatical for two or three months. That means temporarily sus-

## Letters

heady years after its inception at Stanford in 1994, the IEA was eager to put its name on the map and attract adherents. But is this still necessary as we approach our 20<sup>th</sup> Anniversary? After all, other events, for example the famous Geraldine R. Dodge Poetry Festival, which is the largest poetry event in North America, are held *biennially*. This four-day celebration of poetry has been held in even-numbered years since 1986, and immerses audiences and nearly five dozen internationally acclaimed poets in readings, discussions, and conversations focusing on poetry.

Bearing all this in mind, I began searching for yet more evidence which could provide some justification for my position. Finally, the other day I read an article entitled "The Past and Future of the International Transpersonal Association" (of which I am a professional member) in the 2008 Edition of the International Journal of Transpersonal Studies (pp. 55-62). It begins by stating that "The... (ITA) was formed in 1978 for the purposes of promoting

pending the regular production of the *EM* and resuming it as soon as possible (all subscriptions will be extended by the number of issues missed!)

The new website will be a gift to the enneagram community. The plan is to make the site so that it can be searched instantly by subject, by author, or by keyword. My ambition is to start building a massive reference archive containing writings by "everyone who is anyone" in the enneagram field.

In the first months we'll have to start with a skeletal structure that can be upgraded and expanded in content and adding features.

I would like to keep this website free of charge, open to all and supported entirely by volunteer help and advertisers. But to make this possible, I could really use some help.

If you are willing to give some time and talent to this project, call or email me and let's talk! Here are some major areas of need that come to mind:

- Selecting articles from 175 *EM* issues (all in all approximately 2000 articles, interviews, letters or comments)
- Converting text (and/or charts, tables etc.) into a format for the web.
- Anyone with web skills who could coach me out of a jam if /when I get stuck....

With technology being as it is, we can be continents and time zones apart and work as efficiently as if we were in separate rooms in the same office.

Thanks for your patience and my apologies for the interruption.

Jack

education and research in transpersonal subjects, as well as sponsoring global conferences for the international transpersonal community..." It goes on to provide a history of the organization and the fourteen conferences it has held around the world since 1979 (the last one being in Moscow this past June 23-27<sup>th</sup>), a list of most of the "Outstanding Presenters at ITA Conference," the "Documents of the ITA," the "Theoretical Position and General Strategy of the ITA," and the "Specific Goals of the ITA" (for even more information I recommend readers to Stan Grof's Opening Address to the Moscow Conference, which can be downloaded for free at [www.ita2010.com](http://www.ita2010.com)).

One of the things I noticed and reflected upon is how the ITA has never pressured itself to organize an international conference every single year. In fact, since its launch in 1978 by Czech psychiatrist and psychedelic researcher Stanislav Grof, and Michael Murphy and Richard Price of Esalen, there have only been fourteen conferences, which by my calculations come out to one conference every 2.3 years. Some conferences were held in consecutive years (e.g. Boston in 1979 and Melbourne in 1980, and then in Bombay in 1982 and Davos in 1983), and at other times, for various financial, administrative and/or logistical reasons, there were some significant gaps (e.g. Prague in 1992; Manaus in 1996; Palm Springs in 2004; Moscow in 2010). Naturally, the latter situation would not work well for advertising and evolving the IEA. Ideally, we would procure the funds and human power to hold regularly scheduled events every second or third year. To my mind this might accomplish at least four things: 1) It could generate and sustain more excitement for the next conference and attract larger crowds, thus making the events more profitable. 2) It might spark more competition for the available presentation slots, and encourage truly high quality original research. 3) It would possibly encourage the international community to host more events, and make the IEA less reliant on American infrastructure and support. 4) It would relieve the IEA of the burden of helping to organize the conferences, thus freeing up time, energy and resources for other worthwhile projects.

Related to this last point, it might be useful to list the eight "Specific Goals of the ITA." Note that only one has to do with international conferences:

1. To create a network of cooperating organizations in different countries of the world that would locally organize lectures, seminars, and workshops with transpersonal focus.

2. To facilitate international exchange of information in the form of guest lecturers, researchers, students, books, journals, articles, films, and tapes.

3. To apply the transpersonal theory and its specific practical approaches to the pressing problems in the world, particularly reducing the political tensions and the danger of wars, helping various underprivileged groups, and alleviating the ecological crisis.

4. To publish an international journal reflecting the basic philosophy of the ITA.

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For subscription and advertising rates see back cover.

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5. To organize and coordinate international research project focusing on crosscultural comparison of various transpersonal phenomena, such as spiritual practices, healing ceremonies, culture-bound forms of transpersonal states, rites of passage, attitudes toward death, near-death-experiences, paranormal performances, etc.

6. To encourage the establishment of chairs and departments at universities and other teaching facilities offering transpersonally oriented courses and training.

7. To continue the tradition of the International Transpersonal Conferences. The past thirteen conferences were held in Iceland, Finland, Brazil, Australia, India, Switzerland, Japan, USA, Czechoslovakia, and Ireland.

8. To raise funds for an International Center for Transpersonal Studies to be established in the San Francisco Bay Area. This is an ambitious and long-term project and the ITA board deeply appreciates any advice and assistance in this regard.

To sum up, I for one would like to see the IEA focus more on research, service projects and the creation of an International Center of Enneagram Studies, and less on the annual conferences (I do note that as of last year we finally have the Enneagram Journal up and running, which is a very good sign). I realize that this position may be quite unpopular with some Enneagram teachers, because many rely on the annual conferences to advertise themselves, sell books, tapes and other merchandise, and generate buzz about their training programs. But should that be a major consideration in the IEA's decision regarding the frequency of our international conferences? Personally, I don't think so. We need to do what is best for the Enneagram community as a whole, and that may very well be to organize and host the conferences on a regular but less frequent basis.

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It looks like 2011 will be a year of turbulent changes in the world, what with flailing economies and multiple hot-spots teetering on the edge of eruption. Not to be outdone, the *EM* too has been swept up by this trend requiring a little tempest in a teacup of our own. Advancing technologies are gradually pushing paper to the side and replacing it with electronic media. In the past 16 years we were too busy to pay enough attention to both, the paper version of the *EM* and the website. My inner Luddite held out as long as possible refusing to go beyond a "need to know" level. Well, the world moved towards the internet and my day of reckoning is here. Arrrgh....

It's time for the *EM* to spruce up the website and to make full use of the gift human creativity gave us. See more details in the "notice" and know that this was a difficult decision for me that I agonized over and debated for a couple of years. The coming months will put us at the *EM* under a lot of additional pressure and I'd like to apologize and ask for your understanding and patience. This storm will pass and hopefully leave a clean smell of rain in the air, lots of new seeds sprouting and the surface disorder is superficial, temporary—and once cleaned up will soon be forgotten.

**In this Issue:**

The "Conversation with Carolyn Bartlett" is in tune with the times and mainly about money, a subject rarely mentioned in these pages, even though making a living and dealing with money takes a large chunk out of our life. A chunk often larger than sleep or "living," i.e., what we do with the rest of our time. Most people I know have a stressful relationship with money — they worry about not having enough, losing their ability to make it, or they feel guilty for having too much. Either way, it's a subject that is often associated with pain, fear, worry, craving and secrecy.

## From the Editor

**Carolyn Bartlett** is making a study of it and I'm beginning to feel more secure about money. If Carolyn is as sharp and clear about money as she is on psychotherapy, we can find a lot of green...

"Stroke of Insight: Using the Insights of Brain Science to Inform Our Understanding of the Enneagram" is the extraordinary story about Jill Bolte Taylor who had a stroke, and recorded everything from the perspective of a scientist, a trained neuroanatomist. Her road to recovery was observed and recorded in great detail by herself and her fellow scientists. She made a full recovery, but with many interesting and surprising discoveries about the nature of consciousness. **Susan Rhodes** discusses the implications of Taylor's experiences, especially focusing on the startling contrast between the neuroanatomical practice of assigning of rational (egoic) functionality vs non-rational ("wholistic") functioning to different halves of the brain (which are obviously on the same level) with the approach in enneagram theory of assigning egoic functions to a lower level versus non-rational functions to a higher level of awareness (which would imply, if true, that one half of the brain is definitely superior to the other).

**Carolyn Bartlett** has a lot to say about "Fives in Psychotherapy." She is the author of *The Enneagram Field Guide* a practical and lucid reference manual that is a "must have" of every serious students of the enneagram. Carolyn has decades of experience with countless clients that she distilled into a clear picture for every type. It's the Five's turn and Carolyn goes systematically through a list of logical steps. How do Fives present themselves; childhood experiences and adult defenses; what brings Fives to therapy; what works, and what doesn't; how do they do in group therapy; how are they in couples and family setting; what are the effects of the connecting points of Eight