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## The Polarities of Passion: *Then and Now*

This article is part of the “*Finding Buried Treasures: Getting Reacquainted with Innovative EM Articles and their Authors*” series. Originally published as “Inner Polarities: The Structure of Passion” (*EM* March & April 2000)

**Jack Labanauskas:** It's been 11 years ago that we tried to figure out what tendencies lie at the root of each passion. We knew that the Buddhist doctrine of “mutual arising” had to apply to the passions just as much as it does to everything else. In other words, anything that has a describable characteristic, must have an “opposite.”

**Antonio Barbato:** Of course, you can't have hot without cold, male without female, good without bad etc. So everything that is, must be part of a “mutually arising pair of opposites.” Obviously that means that each and every passion must be composed of two oppos-

**Antonio Barbato and Jack Labanauskas**



ing tendencies that resonate together — sometimes alternating where one is more powerful at the expense of the other and vice versa.

**JL:** Actually, Oscar Ichazo attempted to define the enneagram types from a similar perspective. If I remember correctly, he said that each type is the product of the sum total of its wings resonating together. In a way that's dead end thinking since you have to cannibalize each passion to make another passion, like an ouroboros, it does not have a future. I think that your idea of opening it up and re-defining a passion by introducing “new” keywords that better describe both polar opposites of a passion is at least an equally valid way to deeper understanding and a dead end too. Only, as opposed to Ichazo's dead

end where the passions “consume” each other within an ever more limiting context, the idea of re-defining passion expands the op- ...CONTINUED ON PAGE 13

## Ken Wilber's 8 Hori-zones & 9 Enneagram Types

*Building a Bridge between Two Powerful Systems That Illuminate Human Nature*

**Susan Rhodes**

In *Integral Spirituality* (2006), Ken Wilber introduced a number of new refinements to his integral theory of consciousness, two of which have major implications for enneagram work: (a) the addition of the category of “type” as one of the key aspects of his integral theory and (b) the expansion of his 2 x 2 AQAL (“all quadrants, all levels”) matrix from four to eight (horizontal) zones (“hori-zones”), each of which correspond to a particular perspective through which to experience life. We'll look at what these changes mean in a moment (as well as explaining the ideas on which they are based). But the thing I want to emphasize now is that both of these revisions open new doors for linking Wilber's integral theory with the enneagram. I mentioned these changes briefly in my first article on Wilber's approach and the enneagram (see *EM*, Nov. & Dec. '06), but never fully explored the im-

plications until now.

Wilber has been developing his cosmological theory for several decades, and his thinking has continued to evolve

over the years. He started out with a pretty “vertical” orientation, favoring what he calls transformational (vertical) development over translational (horizontal) development, on the basis that people often confuse the two, thinking they are undergoing a profound reorientation of consciousness (transformation) when they are merely “rearranging the furniture” within the psyche, a process he calls translation. (Translation would involve making superficial changes without any fundamental reorientation of consciousness.)

In addition, Wilber's vertical orientation was upwardly focused, emphasizing the movement towards increasingly subtle and non-material levels of consciousness.

However, as his emphasis has shifted towards the development of an integral philosophy of consciousness, he has taken a ...CONTINUED ON PAGE 18

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In this issue, we include another article in our *Finding Buried Treasures* series, which is about mining for gold in past issues of the *EM*, especially gold that may have escaped initial notice. The huge archives of the *EM* are packed with extraordinary material contributed by hundreds of authors and collected over 17 years.

We realize that it's not easy for authors to come up with creative, innovative and solid material. That's why we are always so pleased when authors choose to publish their material with us. As most of you know, we find no benefit in promoting one set of ideas over another. We welcome a broad spectrum of ideas, especially those that are new to our readers. Our criteria for selecting articles are simple:

- a. Someone submits it
- b. It's interesting to our readers
- c. It's the best we have
- d. We have the space to print it

## From the Editor

We all benefit when we explore the enneagram from a perspective that is as deep as possible, as reasonable as possible, as practical as possible and as well connected to perennial wisdom as possible. A rising tide lifts all ships....

Our strength lies in being a forum for individuals who enjoy communicating their ideas with like-minded others and are always seeking new ways to attract both readers and writers. We thank all of you for participating in this forum. We notice, however, that this stream of wisdom has also a down side. Like too much spice can overshadow a dish, at times we may publish too many innovative ideas too close together for our readership to take proper notice. There is only so much we can digest at a time....

At the distance of several years, we like to look back and seek out excellent ideas or articles that

seem not to have received enough attention to enter the "mainstream" of enneagram thought (and this includes a lot of great ideas!). So enjoy the issue and let us know what you think.

### In This Issue:

"The Polarities of Passion: *Then and Now*" starts with a conversation between **Antonio Barbato** and **Jack Labanauskas** about the article "Inner Polarities: The Structure of Passion" we wrote 10 years ago that deserves a second look. Each Enneagram type is supposedly rooted in one of the nine passions. Fine, so far so good. But, do we really understand the nature of each passion? When we speak of passion we usually describe an end product, an established psychological quirk or drive. We rarely examine the *range* of that passion. What are its components, what generates this energy? To answer that, we need to dissect each passion and look at its core components, its polarity. For example, good means nothing unless we also know what's bad; small exists only if compared to something big. Likewise, each passion is generated by a blend



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—Samuel Schindler, San Francisco

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**Enneagram Monthly**

748 Wayside Rd.  
Portola Valley, CA 94028

Phone: 650-851-4806 Fax: 650-851-3113  
Email: em@guna.us

**Editor and Publisher** Jack Labanauskas  
**Staff Writer** Susan Rhodes  
**Assistant Editor** Sue Ann McKean  
**Consulting Editor** Andrea Isaacs

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For subscription and advertising rates see back cover.

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of two polar opposite tendencies that resonate together creating that passion. Often it is easier to notice a type Six as someone alternating between the impulse to attack or to surrender, before we identify this impulse as fear.

**Susan Rhodes** "Ken Wilber's Eight Hori-zones and Nine Enneagram Types" continues a line of thought that Susan has been developing since her Oct./Nov. 2006 articles demonstrating parallels between Wilber's system and her depathologized approach to enneagram work. For well over a decade, Wilber has promoted his AQAL ("all quadrants, all zones") matrix as a vehicle that provides us with multiple perspectives from which to view transformational change. In the early 2000s, he began to discuss the possibility of dividing each quadrant in half, thus creating eight "hori-zones" ("zones of arising"). As early as the 2006 article, Susan noticed that these eight hori-zones bore a striking resemblance to the nine enneagram points of view and included a chart showing how AQAL could be mapped onto the nine types. Five years later, she returns to explore this correspondence in detail.

"Sex, Love and your Personality: Type Two, the Caretaker in Love" is an excerpt from the soon to be published *The Nine Faces of Intimacy* by **Mona Coates** and **Judith Searle**. Each of these stories cover episodes in the lives of people faced with authentic dilemmas that are type-specific in nature. This month's selection is from the chapter on type

Two, so the article provides us with an example of healthy self-preservation and sexual Twos as well as examples of a pair of unhealthy Twos. We are excited to have the opportunity to publish excerpts from this life-affirming book on an ongoing basis because relationships are such an important part of life and the enneagram has such a lot to contribute in helping people better understand their relationships, especially their intimate relationships. If you like the article, you might want to buy the book, which will be available this summer at the IEA conference, on Amazon, and if your local bookstore does not have it, demand it!

"Medical Aspects of Enneagram Types with the Help of Enneatemps" expands the correlations of the four temperaments and the enneagram types by including some age-old recommendations for which foods are suitable for which types and also a short list of symptoms associated with each. **Paya Naderi** has been researching in Middle Eastern medical texts and translating choice excerpts into modern English. Please bear in mind that from a diagnostic point of view the terminology in the original texts will reflect the customs and issues of past centuries, climatic zones and problems associated with availability or lack of certain foods or facilities. We left some of the phraseology in the flavor of the originals as a reminder that we need to take the recommendations as a guideline rather than a medical prescription. •



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