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A Fear-focused Commentary on Alexa Stevenson's *Half-Baked: the Story of My Nerves, My Newborn, and how We Both Learned how to Breathe (2010)*

When you give birth to a baby who weighs less than two pounds, no one knows what kind of flowers to send. A big, congratulatory bouquet of daisies, or an arrangement that strikes a more somber note? Perhaps something pretty but blue, like a hydrangea, or something tiny, like a bonsai tree. No baby's breath, since the baby in question is likely to be breathing with the aid of a ventilator. How do you say it with flowers, when what you want to say is, "Congratulations on creating a whole new person? I hope she makes it through the week?"

Susan Rhodes

The author, Alexa Stevenson, is a popular blogger with a wicked-sharp pen (www.flotsamblog.com). Her book is basically a memoir about Alexa's quest to become pregnant, after two miscarriages and a diagnosis of (which she eventually does through the miracle of IVF—In Vitro Fertilization) and her early months with her baby daughter, Simone, born at less than 26 weeks and weighing in at 1 pound, 10 ounces. After years of trying to have a child, Alexa and her husband Scott are initially thrilled to discover that Alexa not only is pregnant, but is the future mother of twins, which Scott promptly dubs the Science Babies. The babies receive names too—Ames and Simone—from their happy parents-to-be.

So begins *Half-Baked* (2010), a book I devoured in just a few days (despite the fact that I actually *read* it, for once—i.e., read every word, and carefully—rather than slowing down for the interesting bits and speeding through the rest). It's funny, but I didn't realize just how often I'd skimmed before until reading something that was sufficiently delightful to engage me nonstop. I expected the book to be inspiring. What I didn't expect is that it would be so funny—or so deep.

But at 22 weeks, the ultrasound technician detects only one heartbeat—Simone's. Alexa writes of Ames kicking her just three days before; surely they know what went wrong? But she gets no answer, only the knowledge that in two-thirds of cases, nobody knows what happens. (Later she finds out that the umbilical cord had thinned but—again—for reasons unknown). When Simone is born just three weeks later, Alexa is left one baby "demised" and another on the outer ...CONTINUED ON PAGE 19

A Tribute to Don Richard Riso and His Contributions to the Enneagram

"Transformation happens when our ordinary perspective shifts and we attain a new understanding of who we really are."

Russ Hudson

The passing of Don Richard Riso at his home in Stone Ridge, New York, on August 30, 2012 provides an opportunity for me to quietly reflect on my good friend and teaching partner of twenty-one years, some of his spiritual teachings, as well as some of his pioneering contributions to the Enneagram field.

Don wrote the first major book on the Enneagram, *Personality Types* (1987), a classic translated into over twenty languages. Later, I was fortunate and honored to be able to collaborate with him on the second edition of *Personality Types* (1996), as well as on *Understanding the Enneagram* (1990, revised 2000), *Enneagram Transformations* (1993), *Discovering Your Personality Type* (1992, 1995), and *The Wisdom of the Enneagram* (1999). *Wisdom*, widely regarded as the definitive book in the field, sets forth, in the words of Harville Hendricks, "a clear path for personal and spiritual evolution." We also developed many other tools and instruments, including the Riso-Hudson Type Indicator (RHETI), a leading personality test. In 1986, Don

established The Enneagram Institute as a vehicle to present trainings and seminars on the Enneagram, and, through the Institute, he and I have taught thousands of students around the world, helping to develop a vibrant and committed global Enneagram community. Don was also a founding member of the International Enneagram Association.

But most of all, I remember Don as a close friend, a steady companion, and a tireless searcher of Truth, for his wise and gentle manner, his compassionate teaching style, the incredible depth of his love, and his boundless support of his students and friends. As one of Don's students posted recently on Facebook, "I loved the way you were always so contemplative over each answer you gave, like you reached deep inside yourself, taking the question with you to see what would unfold in the present moment." And another, "He soothed my fears, he calmed my uncertainty, he opened his heart and, through that, he opened mine. He was a beacon in the dark, a hand when I needed it, a life raft in the stormy sea of life. You brought out the best in me and loved the worst—the part that needed loving the most." Dare I recall his idiosyncratic and ...CONTINUED ON PAGE 17

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Looking back over the last decade or so, I realized that in spite of frequent trips within the USA and half a dozen long ones to Europe or India, we had not really had an old fashioned honest-to-goodness vacation for the sole purpose of taking a break.

Well, that's supposed to end as of tomorrow morning when we pile a bunch of stuff (too much) into our Honda Odyssey (surely forgetting something vital) and set off for a 12 day vacation to Yellowstone...No schedules, no tickets, no x-ray, metal detectors or being groped by TSA agents, no sitting endless hours like sardines in a can and being rewarded with jet-lag...Just a relaxing 2 days drive, some of it through the world's most spectacular

From the Editor

landscape (no, not most of Nevada and the Salt flats of Utah) but then, a full week of wilderness without internet, limited phone connection and just remembering to keep the bear-spray handy and snapping some photos. My inner kid has been craving something like this and feels like it's Christmas gifts unwrapping time, starting with the Grand Tetons and trying to get to the Beartooth Pass before a snow-storm closes it.

Meanwhile, coming back to earth...

closest collaborator and teaching partner for about 20 years as well as co-author of all the publications after the first edition of *Personality Types* (1987). Don was a natural teacher, a gifted author and his legacy lives on as the mark he left in the minds and hearts of tens of thousands of readers, students and people who were attracted to the enneagram as a result of the powerful and lucid introduction to this subject he had offered. Many teachers today are using his (and Russ's) prolific arsenal of material.

Mario Sikora has a practical streak that stood in good stead for him and those who listened to his advice; his secret? "Keep it Simple." Sage advice in an era where we are swamped under a glut of information. Most central teachings in schools of wisdom start with an essential core instruction that really works and often is all we need. But, the nature of our mind is that, after a while, we get used to the benefits a simple practice give us and in our greed, we try to accelerate the flow of benefits by tweaking this that or other. And surprise, surprise, most of the time we discover after long tribulations that what we are doing is actually trying to capture the "old feeling" we had when we first started out on a practice. What went wrong? Usually, our "improvements" turned out to be twigs on branches ever further removed from the roots and trunk of the original, the "simple" practice we started out with.

Mona Coates and **Judith Searle** continue with "Sex, Love & Your Personality: *Type Three: the Achiever in Love*." Type Threes are notorious for a high level of dedication to achieving all the goals they set for themselves. This works very well in matters that require focus, discipline and almost impersonal detachment. But how does that translate in matters of heart that seem to require quite a different approach in order to offer fulfillment for all involved? We have two stories of Self Preservation Threes: Nadia who works as a topless dancer to pay for college, and Ted, a successful good looking man who is stunned to discover that his wife had an affair with a young tennis instructor.

Elizabeth Wagele's new book "The Enneagram of Death - *Part 2*" contains a lot of stories about how different enneagram types tend to deal with the phenomena of death. We have a sample of their stories. Knute Fisher, a Perfectionist type One, wing Two, Social subtype, told a strange story how he announced to a group of friends during a session that within a year he will be dead.

Then we have Ellie Boray, a Helper type Two, wing One, Sexual Subtype from Romania who saw the horrors of WW2 in Europe and decided that if God was not going to do something about this, it was up to her to do her part.

A friend of Elizabeth Wagele, John Herlin, had contracted AIDS in the 80's and Elizabeth was there towards the end and witnessed the last heroic, painful or funny moments.

"Architectural Styles and Enneagram Type *Part 3*"

In this Issue:

Susan Rhodes was fascinated with a book she recently was unable to set down and wrote "A Fear-focused Commentary on Alexa Stevenson's *Half Baked: the Story of My Nerves, My Newborn, and how We Both Learned how to Breathe* (2010)" This is a compelling story of a battle against time and circumstances as a mother's 22 week preemie fights for her life and her (probably type Six) mother along with her. The remarkable outcome was an unexpected maturation and a fundamental transformation -- a situation that would have driven most people crazy, hysterical or to catatonic numbness. Why? What is it that allows some to thrive in circumstances that offer absolutely no discernible lifeline or ray of hope? Which mechanisms in our personality can act as transformative agents in dire situations? Good questions.

Russ Hudson compiled "A Tribute to Don Richard Riso and His Contributions to the Enneagram." Given the long (albeit not long enough) career as a main thinker, author and teacher of the Enneagram, two pages are hardly enough to list all the ways in which Don enriched the Enneagram world. Russ was Don's

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For subscription and advertising rates see back cover.

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is last in the series in which **Tim Vreeland** classifies the great ages of Western architecture according to their Enneagram type. In the second to last issue, he covered Ancient Egyptian, Ancient Greek and Ancient Roman architecture; in the last issue it was Gothic, Renaissance and Baroque architecture and in

this article, he continues the examination of the styles in chronological order.

Rococo followed the pompous Baroque style with less emphasis on formality and a return to more fun and simplicity. The Neoclassical architecture distanced itself from some of the excess in Baroque and

Rococo trending towards more austerity; that was followed by Romantic Revival architecture that borrowed from ages past. Last but not least we end this tour with the minimalist and reductive International Modernist architecture.

Enneagram Subtypes: Understanding the Three Instinctual Versions of the Nine Personality Types with **Beatrice Chestnut, Ph.D.**

CHICAGO November 3 & 4, 2012, Saturday & Sunday 9:00–4:00

Based on seminal Enneagram author and teacher Claudio Naranjo's latest description of the Enneagram's instinct-based subtypes, this two-day course presents a thorough introduction to the 27 personality subtypes. Each of the subtype characters represents a distinct and recognizable personality that results from the dynamic mixture



of the passion of the type and one of three biological survival drives: self-preservation, social relationships, or one-to-one bonding.

These 27 subtype characters are unique personalities with their own specific focus of attention and habitual patterns of thinking, feeling, and behaving. In addition, all of the subtype personalities have their own particular growth path toward embodying the higher Virtue of the type. Through lecture, group discussion, film clips, and personal testimony, this workshop will help you develop a more complete understanding of these distinct subtypes.



Sponsored by the **First Analysis Institute of Integrative Studies**
and the **Institute of Pastoral Studies.**

Advanced registration is required by October 31, 2012 send a check made out to First Analysis Institute, to: First Analysis Institute, P.O. Box 06236, Chicago, IL 60606.
Include your name and address with your registration.

Where: Loyola's new classroom building Cuneo Hall, room 109. Cuneo Hall is about 200 yards directly East (toward the Lake) of the 5-story parking structure.

The main campus is located at 6525 N. Sheridan Rd., in Chicago's Rogers Park. It is accessible by CTA (Loyola stop) or by car. You can park on campus in a 5-story garage for \$7 (cash or credit). Parking is usually free on Sundays.

The cost: \$100 which includes a continental breakfast and afternoon refreshments. 12 CE's are available for social workers, counselors, psychologists.

For further info., contact Jerome Wagner, Enneagram Spectrum Studies and Applications, at 847-400-6507 or jeromewagnerphd@gmail.com.

Beatrice Chestnut, Ph.D., M.A. is a practicing psychotherapist, coach, and business consultant. She holds graduate degrees in communication and psychology and has been working with the Enneagram for over 22 years. An experienced teacher and group facilitator, she has taught at Northwestern University and trained and facilitated students in interpersonal learning groups at Stanford University and the University of San Francisco's Law School. Bea was **President of the IEA from 2006-2007.**

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