

enneagram monthly

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Issue 199

Homeopathy and Enneagram

We studied the enneagram since the 90's during intensive meditation retreats with the Venerable Dhiravamsa, a buddhist master of international reputation and also a very close friend of Claudio Naranjo. Bernadette and I almost immediately intuited that there was a link between the three kingdoms of the homeopathic *materia medica* (mineral, plant and animal) and the three subtypes of enneagram (self-preservation, social and sexual).

My passion as researcher was stimulated. Indeed, if this analogy was validated, it would constitute a real revolution for homeopathy, as it would give a tool of inestimable value for diagnosing a patient's constitution.

But there was an obstacle. The data that I had received on the enneagram was not quite sufficient for my medical purpose: more valid criteria for the diagnosis

Bernadette Schmitt & Frédéric Schmitt, M.D.



writings and were within a hair's breadth from going to meet him in Hawaii to submit our work.

of type and subtype were needed; they had to be both reliable and reproducible, independent of the subjectivity of the patient and the practitioner. Classic psychological tests in the context of a homeopathic consultation are not appropriate.

I therefore went in search of the sources of the enneagram, to find more data that supports my feeling. I read all the literature on the subject without finding more elements, and understood that at the beginning of the enneagram of Personality was Claudio Naranjo and Oscar Ichazo.

I was quite excited about the possibility of having found the answer to my purpose by discovering Oscar Ichazo. With Bernadette, who was entirely part of the research, we studied all Ichazo's

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Three 20th Century American Star Architects in a Remarkable Enneagram Constellation

Why Frank Lloyd Wright? Why Louis I. Kahn? Why Frank O. Gehry? My original plan had been to write an article about Gehry, the reigning superstar of architecture who fascinates everyone. But my reaction was that Gehry could be understood only in the context of twentieth century American architecture and the two other architects who defined it Wright and Kahn. All three of these men are superb architects – geniuses of the art – yet utterly different in their outlook, their behavior, the style of their buildings, the whole intent of their architecture. And all are living and working within the same century. This is the full story I wanted to tell (Fig. 1).

I was born in 1925, a child of the twentieth century myself. Frank Lloyd Wright dominated the entire first half of this century. Not satisfied with being considered the greatest living architect, he proclaimed himself

Tim Vreeland

the greatest architect who had ever lived and, in so doing, challenged the only man he considered a competitor for that position, Michelangelo, by calling him a great sculptor but not an architect. Were Wright alive today, he might be surprised to hear that his spiritual grandson, Frank Gehry, is the subject of an exhibition at the Museum of Contemporary Art in Los Angeles entitled "The New Sculpturalism." Architecture today has become sculpture!

When Wright died after dominating center stage for half a century, Louis Kahn assumed his mantle for the next quarter of the century. I had the good fortune to study under him at Yale and work for him in Philadelphia. I got to know Frank Gehry, who occupied the final quarter of the last century since Kahn's death in 1974, when I came to Los Angeles in the late 60s (Fig. 2).

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Nibbling at the edge of the “2C” mark ... the *EM* is inching towards issue #200 and into our 20th year. “So far so good” said the man falling from the 40th floor as he passed the 20th— sorry couldn’t help myself, been snickering at that joke for years...

20 years ago when we first started the *EM*, the mood in the Enneagram community was festive like news clips I’ve seen of East Germans (after the Berlin wall came down) pouring into a Western supermarket, eyes blinking incredulous at the opulence and loading up their shopping carts. There was something for everyone. And we were only just beginning to scratch the surface of the enneagram, its potential and the vast range of applications. Over the years we covered a vast horizontal range of opinions and theories. Every time we thought we reached bottom, a new layer would open up. I suppose that’s how life and science works. The flow of “horizontal” insights, applications and techniques continues seemingly unabated, but lately more and more attention is given to the vertical aspect of the Enneagram — what is type, why nine and not ten or eight, is it an arbitrary classification or is it based on something more substantive? Are questions that surely have crossed everyone’s mind, but were left to linger. The answer would have to stand on a pretty deep understanding of the nature of creation, life, purpose of existence and such; a tall order, but in this issue, we make a good dent in it. So, without further ado....

From the Editor

In This Issue:

Bernadette Schmitt & Frédéric Schmitt, M.D. have discovered, tested and have been working for years on an exciting link between “Homeopathy and Enneagram.” To readers not familiar with Homeopathy, it’s a 200+ year old system of medicine based on the principle of “like cures like” according to which, a substance that in sufficient dosage will cause certain symptoms of a disease in healthy people, will cure similar symptoms in sick people if that same substance is administered in a microscopically tiny dilution (as in a vaccine). The idea is to wake up the specific defense mechanism able to deal with the disease. It’s an energetic type of medicine similar to acupuncture or other “native/shamanistic/primitive” forms of medicine that may work extraordinarily well at times, but leave scientists unable to figure out why...

In most energetic systems of medicine, effectiveness depends on the ability of the physician to prescribe the correct treatment. This task is much more difficult for systems handicapped by the principle of “first, do no harm,” given that such systems are not officially allowed to prescribe remedies with possible/probable harmful collateral effects and therefore will always have statistically measurable effects. Frédéric and Bernadette did their research the good way. Instead of starting off with an attractive theory and then hunting for corroborating proof of validity, they took a cool and dispassionate look at a large number of results they had tabulated and then saw their theory emerge based on the evidence. The results were remarkable and included some surprising discoveries of effectiveness with certain homeopathic remedies for specific enneagram types and subtypes.

Tim Vreeland, former chair of the UCLA’s Department of Architecture looks at “Three 20th Century Star Architects in a Remarkable Enneagram Constellation” who defined the Century of American architecture. In an earlier series (*EM* June–September 2012) Tim took us through the ages from styles “chiseled in Stone” (Egypt, Greece to Rome) followed by the Gothic, Renaissance, Baroque and into the early parts of the previous century all the way to modernity. Each of these periods characterized the yearning, outlook on the

world and attitudes correlating with all nine enneagram types.

Each of these periods certainly had nuanced variations in the visions of the builders that expressed core impulses associated with the head, heart or gut centers. In this series Tim will be placing the focus on the finer distinctions of how each of the three great contemporary architects happen to be “housed” in a different instinctual center and how that manifests in their work.

Carolyn Bartlett takes the chapter “Enneagram Field Guide: Threes” from her book on the issues most likely to be encounter in therapy with each enneagram type. Her observations after many years of therapy are sharp, insightful and tested over and over — verifying the effectiveness of her advice with the outcomes for her clients.

Albert Einstein is quoted as saying: “If you can’t explain it simply, you don’t understand it well enough” and Carolyn does not have that problem. Her *Field Guide* is refreshingly free of mambo-jumbo (a device more commonly used to convey “proof of erudition” rather than clarity), and totally accessible to folks who simply want practical tips on how to deal with common everyday issues that can and do at times grow into problems.

Speaking of everyday issues that can grow into problems, relationships, especially those of the intimate kind have a thing or two to say about that.


Jennifer Schneider and **Ron Corn** compiled samples of common complaints and issues that can haunt couples. They just published a hefty 560 page book with 45 possible pairings and a chapter for each. With so many combination to choose from, makes it very likely that you will recognize your own situation(s) and will either feel less unique or victimized and more like a member of a like-minded club. This month’s contribution is “The Perfectionist-Giver (One-Two) Couple.”

Richard Knowles tested the validity of “The *Process Enneagram* — A Tool to Help in the Transformation of Organizations,” while being a plant manager. The results were striking. In essence, the Process Enneagram (as used by Richard) looks at activity, what is happening, the sequence of events, and helps people understand the complexity of their situation better so they can find solutions. All that, while at the same time learning to work together developing better leadership skills and methods, or, as the case would be, developing more comfortable ways of co-creating their futures together.

“Conversation with Hart de Fouw” is one of my all-time favorite conversations that made it into these pages. **Hart de Fouw** is an accomplished Vedic Astrologer and teacher of various related disciplines.

I had the good sense and fortune to take his week-long courses about 12 years ago (in Hasta Samudrika Shastra, i.e. Vedic Palmistry) as part of my attempt to satisfy curiosity (or hunger) for learning about what makes us tick.

As far as I know, Vedic wisdom is the oldest known continuous tradition on earth for philosophi-



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Andrea Isaacs has been on the cutting edge in the field of emotional intelligence since the early 1990s when she created EnneaMotion. She has been a faculty member with Don Riso and Russ Hudson since 1994. An international master teacher and powerful coach, her students have called her a “spiritual teacher extraordinaire.”

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For subscription and advertising rates see back cover.

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cal, psychological, scientific and practical knowledge. For thousands of years it was transmitted as an Oral Tradition until the use of writing (which they probably invented) allowed memories to fade and people relied on scriptures instead...Be that as it may, the Vedic wisdom is time-tested enough for my taste.

Anyone who understands and can articulate the tenets of the world's most prestigious source of wisdom is the right person to ask about the nature of life, the role of ego and how to view it all in the largest context possible. Hart is such a person and in this conversation he addresses the fundamentals of the

origins of individualization as well as anything I've heard or read. Hart explains the role and benefits as well as the possible pitfalls of our tendency to group people into categories that share certain traits and clarifies how to better distinguish between what's acquired and what's genetic.



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