

# enneagram monthly

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Issue 224

## Expanding the Subtypes from 3 to 5

**O**ur main concern is to apply enneagram to traditional energy

**Frédéric and Bernadette Schmitt**

medicines such as TCM (traditional Chinese Medicine), Ayurvedic medicine or homeopathy. Thus our anthropological model is quite different from the “usual” enneagram, because it adds to the psychological level the (physical) body and energy levels. Consequently our way of typing is based on these three levels. But sometimes, there is no need for a psychological investigation. For example, skilled practitioners of TCM may take the pulse(s) in order to diagnose the constitution or condition of their patients.

In this context of very specific research with our special method of typing, we discovered that what generally is defined as sexual subtype, more accurately consists of two very distinct characters, a more masculine and a more feminine one. We decided to name them Mars and Venus according to the symbolic meaning of these gods of Greek Antiquity. The sexual Mars subtype appears as an aggressive, combative, competitive, energetic, anxious and obsessive individual; while the sexual Venus subtype is more charming, charismatic, compassionate, dependent and prone to feelings of abandonment.

So we see the system of the subtypes as expanded to four clearly different subtypes: Self-preservation, Sexual Venus, Sexual Mars and Social.

Because of our knowledge of traditional medicines, we recognized and linked the obvious correlation between these four subtypes to the four traditional elements of Earth, Water, Fire and Air.

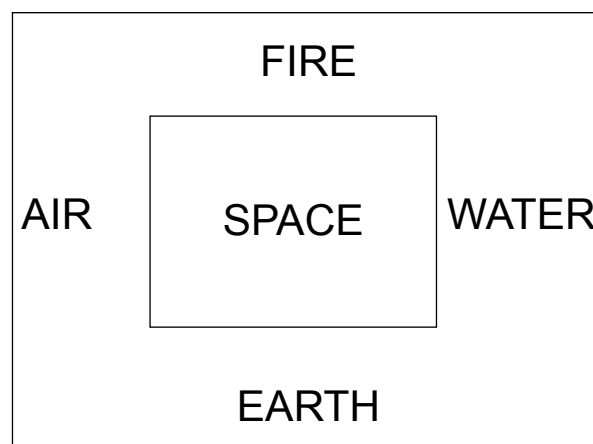
But it's a little bit more complicated. There is a fifth element (Space or Ether) that represents the unifying principle that underlies all creation including the other 4 elements that can't exist in a vacuum, and as such is somewhat neutral or an integral part of each of the other 4. We discover that the space element is linked to a fifth subtype, we called the Spiritual

subtype. The particular characteristics of this subtype are: disconnection, lack of roots, solitude, avoidance, inertia, stillness, contemplative, simplicity, humility. This subtype is always associated with one of the other four subtypes.

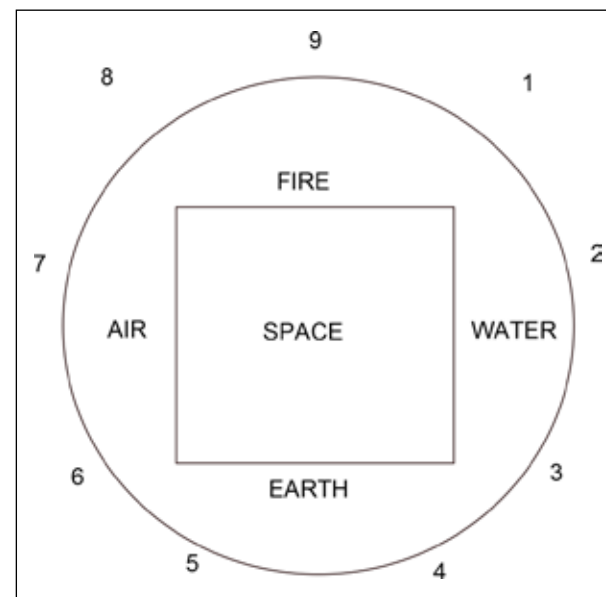
Our new and improved model of enneagram now includes five subtypes, each clearly defined on a psychological, energy and body levels. And in this article we would like to present the global structure and the rationale of this new system.

### The Five Elements

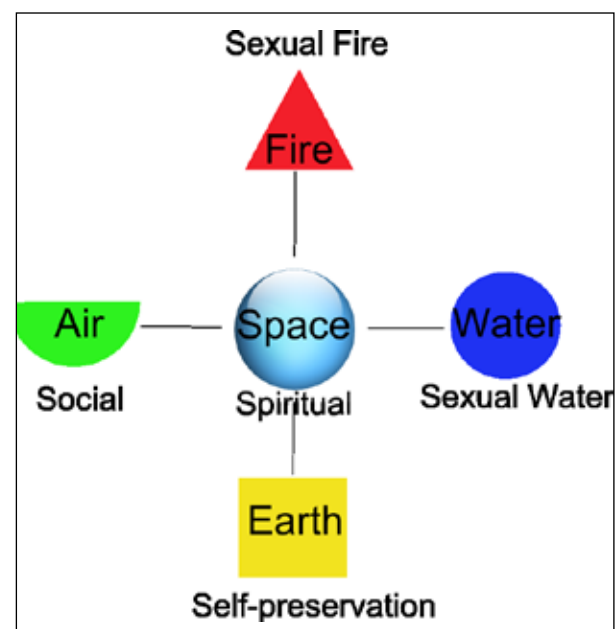
Traditionally, the five elements are represented on a square, and can be called a quaternary system because the fifth element is the container and is symbolically represented on the center.



Thus the Enneagram is transformed into a mandala: union of the masculine principle, the ternary (3 X 3 = 9 types) represented by a circle, and the feminine principle, the quaternary represented by a square (the subtypes) inside the circle, symbolizing the archetype of the Self.



We made the following link between the five traditional elements and the five subtypes.



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About a year after we started collecting material and putting the foundations for the *Enneagram Monthly* together, we had our first (EM issue #7 Sep. 1995) substantive article specifically about the Instincts. It was still a time when there were all sorts of efforts to control the flow of enneagram information. Recent legal actions over intellectual ownership, copyright infringements and accusations of plagiarism were fresh in the memory of authors and made them mindful for sure, but uncertain about what is or is not safe to write. At the same time the enthusiasm about the enneagram was at a feverish peak. The Stanford Enneagram conference drew about 1500 participants and was the spawning ground for many, including the idea to create an *International Enneagram Association (IEA)* that led to a meeting in Denver CO, December 1994 (Maria Beesing, David Daniels, Theodorre Donson, Andreas Ebert, Russ Hudson, Kathy Hurley, Patrick O'Leary, Helen Palmer and Don Riso). The *IEA* was incorporated soon after that meeting. Meanwhile, the *Enneagram Monthly* was ready to launch and we were just waiting for the *IEA* to also get their first newsletter together so that we would come out together.

While all this was cooking, a number of books were in preparation. As a precaution against accusations of plagiarism authors often tried to add their own slant, language, names of types, or interpretations that differed enough to be considered their original work. That was understandable because there was no traditional ancient text available that was unencumbered by ownership claims of living authors. Some of the authors had also signed or felt obliged to respect confidentiality agreements with their teachers and there were no clear guidelines how exactly they could teach or write about this material without infringing on anyone. Surely under these conditions deviations from core materials (it was arguable what they were) and confusion were expected.

Different schools took slightly different approaches and pursued studies that over time drifted further apart. So now 20+ years later after having come full circle, originated by Oscar Ichazo in Arica Chile in 1969 and then popularized in the USA by Claudio Naranjo in the early 70's, we look for the origins of this lineage.

We are now seeing more and more research into the roots of Enneagram principles. In recent EM's we published some of it by Laleh Bakhtiar (pre-Sufi connection), Virginia Wiltse and Helen Palmer (pre-Evagrius, Aristotle and Astrological connections) and Frederic and Bernadette Schmitt (Tibetan, Buddhist, Greek, Kabbalah and European mystics roots)... These are sources that inspired Gurdjieff (the first to use the enneagram symbol) originator of the "process" enneagram (see Anthony Blake and John Bennett) and Ichazo (as one of his sources he mentions)... Clearly we are only scratching the surface and already finding much verification, deepening, connections and enrichment.

#### **In this issue:**

**Frederic and Bernadette Schmitt** are "Expanding the Subtypes from 3 to 5." Working in their clinic for a good decade and a half, they diligently collected and

## From the Editor

analyzed several thousand cases (of patients). They typed them, going over video tapes of the sessions, using multiple criteria (enneagram, temperament, 5 elements, condition and constitution etc.), as well as recording their responses to prescribed treatments; this helped to verify accuracy of typing and medical diagnosis. They strictly followed the scientific protocol by, rather than starting with a premise and then looking for verification, of first gathering data and observing if correlations emerged. Then they tried to "disprove" the conclusions in case they were due to other factors... Findings that refused to be disproved, were repeatable and thus predictable were accepted. Next step was to test their findings and see if they were teachable to colleagues who came to the same conclusions and obtained similar results in their practice. The ultimate test of course was if it helped improve the success ratio in healing. The improvements and results were remarkable and a verification that their method was accurate.

If I may make a brief digression,- I remember a woman many years ago who worked in my macrobiotic center in Florence. She was a believer in the healing effects of food but thought that acupuncture was more palliative than energetically curing. She had two Doberman dogs she loved dearly. They became ill and she took them to multiple vets, clinics and all of them gave her no hope at all. Desperate and at the end of her wits, before agreeing to euthanasia to end their suffering, she let me have a go with acupuncture. I have no veterinary experience, but had a little chart with approximate location in quadruped animal acupuncture points (a cat if I recall). As the dogs were unable to hear and withering away, my guess was to poke a spot in their (front) legs approximately corresponding to the Stomach meridian point (S36 SanLi in humans). Both dogs started recovering after one treatment and within days were well. To my (our) delight and surprise of course. My point? Nothing palliative was promised to the dogs to pep them up psychologically.... So, it cemented my trust in physical verification of type, system, or function as extremely welcome whenever attempting to determine type that otherwise relies only on paper and pencil self assessments or opinions of experts.

The Schmitts have pursued any and all methods they could think of that would allow a "cross-referencing" of psychological assessments with energetic or physical ones. They made several surprising discoveries. One of them was "Expanding the Subtypes from 3 to 5." A rather controversial thought that took some time to digest and to organize. You may ask: "Why complicate something that I know works, I know how to use and it's simple?" Good question. The image that comes to mind is one of building a house, i.e. a shelter against the elements. A log cabin can be perfectly adequate. A house made with wood, brick and steel can offer more flexible designs and specifics. An ecological house, with good feng shui or vastu shastra considerations can add an invisible cozy quality... In this sense, according to the use and application, we can choose which depth in typing and level of accuracy we need.

**Jennifer Schneider** and **Ron Corn** look at the "Detective and Mediator, the six and Nine Couple" who share a connecting line and thus are familiar with each other as they likely have each spent time in the other's space. Under stress Nines can look a lot like Sixes, and Sixes can take on Nine-ish characteristics when they are able to let go of their fear and bond well. Such close connections have advantages but can also get on each other's nerves.

Mediators will avoid conflict by withdrawing some, typically leaving the Detective wondering if something is amiss with their partner. To appease their anxiety and to resolve problems, Detectives may push a little too hard for answers while the willing mediator can easily get overwhelmed by too many details and begin to tune out.

A good technique in order to resolve similar issues is to first establish a level of priority or importance that each has assigned to the issue. Prioritizing what's important or setting an agenda will be hard for a type Nine who prefers to remain fluid, while the Six will have difficulties choosing what's best while considering the possible down-sides of each option.

In "Contributions to Transpersonal Psychology: Interview with **Claudio Naranjo Part 2**" **Iker Puente** asks a series of questions about the experiments Claudio conducted with MDA, MDMA, LSD, Ayahuasca and psychedelics and his take at how they relate to altered states of consciousness.

Then the conversation shift to the inner journey, how for example he differs from Joseph Campbell's idea of a round trip. Claudio sees it more like a "double trip" as it takes you to a level of consciousness, a "celestial castle" that can't be brought down to the level of the world, and how after such an experience there may come a *dark night of the soul* and then again, urged by the memory, an attempt to repeat this journey again and again. A common theme in Eastern and Western literature and scriptures, these stories are fascinating whether we really understand them or not.

Claudio recounts -stories from his extremely rich life, he not only *writes with both hands*, but also traveled and influenced many of those we consider seminal to Transpersonal Psychology. Esalen was at it's peak. According to Jeff Kripal, Claudio brought a shamanistic element to Esalen. Claudio speaks about his connections with Fritz Perls, Stan Grof, Frances Vaughan, Ken Wilber, Abraham Maslow and other well known icons of the humanistic movement. Of course we need not mention the enormous contributions to the enneagram that Claudio made, as most readers are familiar with them.

As we are speaking of Expanding the Subtypes from 3 to 5, let's for comparison look at recent history of "Instincts, Subtypes, or Instinctual Variants as defined in Enneagram Literature"

We selected two earliest descriptions that appeared in the EM.

The "Interview with **Oscar Ichazo**" was indeed a coming-of-age gift to the *Enneagram Monthly* and

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For subscription and advertising rates see back cover.


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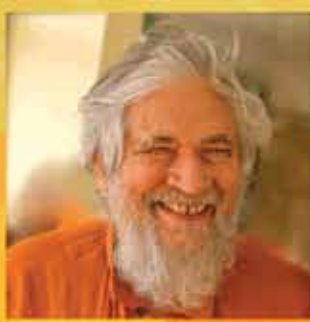


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Claudio Naranjo is and has been for a seeker, a visionary, and a catalyst for the integral transformation of individuals and collectives. Considered the successor of gestalt therapy creator Fritz Perls, Naranjo's distilling—from myriad spiritual traditions (shamanism, Tibetan Buddhism, Sufism) and psychotherapeutic approaches (life's work has focused on humanistic, body-oriented, transpersonal)—the essence of what is necessary for the process of the transformation of consciousness. He is the founder of the SAT Program, an integrative program for transformation that has been running successfully for nearly forty years now, in different countries of the world.