

# enneagram monthly

March/April 2016

Issue 225

## “Customized” Brain Treatment

The method which was once applied in order for the mentor to know the disciple in the sufi dervish lodges, moved to the west and updated in the last century was named the Enneagram.

The Enneagram defines people in 9 different personality styles. The characteristics of each personality can be explained by the differences in serotonin, noradrenaline (norepinephrine) and dopamine activities of the brain as in depression and anxiety disorders\*.

An answer was sought to the question of “can the medicine be chosen based on brain amines (neurotransmitter) activities after the determination of personality?” Yes, given that there is a close relationship of diseases with the stress and the stress causing personality-specific symptoms.

In the neurology clinic, the medicine selection method is taking into account personality characteristics in determining the treatment. It was seen as successful with patients suffering from such conditions as headache, dizziness, insomnia, dysmnnesia, widespread body pain, etc..

**Güçlü Ildiz MD**



### Impact of Personality on Diseases and Enneagram

The event, situation or person is evaluated based on their perspective of life and the suitability is decided in a spontaneous flow. The approval of ‘suitable’ leads to positive, the ‘unsuitable’ approval leads to negative consequences.

Another expression of negativity is “stress”. The person’s perspective of life is the factor creating stress. Knowledge and personality characteristics are the two basic factors which determine the perspective of life.

Knowledge consists of the doctrines of the living environment, education and the experiences. These informations form the bipolar value judgments (good-bad, beautiful-ugly, right-wrong, sin-good works, etc...). The value judgments trigger the emotions.

Almost every emotion can be felt by each human, but some feelings or emotions happen often and are strong enough to become the identity of that person. The dominant emotion determines the personality characteristics.

When an emotion is felt in the body, it is the ...CONTINUED ON PAGE 21

## EnneaMediCina: the Five Ways of the Soul

Nadia Clementi interviewed Dr Liliana Atz about [EnneaMediCina](#), an alternative health discipline that brings together two ancient medical-philosophical systems, the [Enneagram](#) and [Chinese medicine](#). Revisited in the light of the neurosciences. EnneaMediCina offers a new approach to well-being and to the integration of body, mind and spirit involving various disciplines that join with – and reinforce – each other. As Dr. Atz explains, the Enneagram is a symbol representing reality in its entirety, a dynamic model that encapsulates the Universe at macrocosmic and microcosmic levels, and which groups human beings under three centres and nine types.

Chinese medicine, on the other hand, is based on an ancient medical-philosophical culture in which a human is considered a combination of ‘something’ that – although not defined as ‘genetic’ – includes a couple’s energy at the moment they conceive a new being. Other factors include the movements and energy of the stars, and the circumstances that brought the couple together

**Dr Liliana Atz**



at that moment – does their union take place in time of peace or war; is it an act of love or an act of aggression? These diverse elements form the initial substratum that give rise to a unique and unrepeatably individual that – interacting with the environment – breathes life into what we call ‘personality’.

In psychology, differing psychological reactions have long been explained as the result of the interaction between specific genotypes and phenotypes. This is where [PNEI](#) (Psiconeuro-endocrinoimmunology) comes into play. PNEI is a scientific model that considers the working of the human organism as it is in life: a totality. For a long time, medicine has studied human beings by carrying out detailed investigations of systems, organs, and tissues, thus obtaining a mass of extraordinary ‘mechanical’ information, but losing sight of the whole. The scientific evidence gathered by PNEI on the constant communication between biological systems has allowed a reconnection between what, in life, has never been ...CONTINUED ON PAGE 19

### In This Issue

editorial  
**Jack Labanauskas**  
page 2

Relational Psychology E-types  
**Eric R. Meyer**  
page 4

Expanding Subtypes 3-5  
**Multiple, a debate**  
page 11

USA’s Election Finalists  
**Multiple, a debate**  
page 13

Not often, but more often than I would like, there is a confluence of factors (purely coincidental surely) that forces me to combine or delay the publication of an issue. Maybe there is a planetary transit or karmic obstacles orchestrating delays of promised articles, or me catching putteritis with symptoms of procrastinalgia (more likely).

Such was the case the past 2 months and the best intentions just didn't work as expected. Hence a combined March/April issue and a late May....). But no worries, aside from that, all is well and actually quite exciting, what with good and interesting material continuing to trickle in. Subscribers please note that whenever this happens a month gets added to the "grace period" we offer after a subscription ends, so you will not be short changed...

We do live in interesting times, and that's not always good, as the Chinese proverb notes, but not always bad either. Yin-Yang balances all things out in the end, and it's up to us to detect which item or sectors of life happens to be moving up and which ones down. Over and over, there is respite, a moment of balance when, the pendulum swings through the middle position.

#### In This Issue:

**Güçlü Ildız MD** is a Neurologist and his "Customized Brain Treatment" is about using the enneagram as an aid in matching stress and the stress causing symptoms inherent in each personality type to brain amines (neurotransmitter) activities. Apparently there is a close relationship of diseases with the stress and the stress causing personality-specific symptoms. Dr. Güçlü Ildız found that with patients suffering from such conditions as headache, dizziness, insomnia, dysmnasia and widespread body pain, much better results were obtained when factoring in the enneagram type. These results were visible across the board: a better response to treatment, better toleration of remedies and a smoother withdrawal from medicine at the end of treatment.

The search for tangible characteristics of each personality type is promising when observing the differences in serotonin, noradrenaline (norepinephrine)

## From the Editor

and dopamine activities of the brain. We had several articles with focus on brain chemistry (see Tina Thomas and Eric Schulze's research in *EM* Nov. 2000 # 66 *Biological Basis of Type* and *EM* April 2007 # 136 *A Neurobiological Theory of Personality?*) and it's exciting to see this report from a neurologist who is applying enneagram principles in his clinical work with excellent results.

**Dr. Liliana Atz**, staying close to the context of the neurosciences, was interviewed by **Nadia Clementi**. "*EnneaMediCina: the Five Ways of the Soul*" is her new book by the same name (that I hope will be translated from Italian into English soon). In it she offers a new approach to well-being and to the integration of body, mind and spirit involving various disciplines that join with – and reinforce – each other.

Dr. Atz sees the Enneagram as a symbol representing reality in its entirety, a dynamic model that encapsulates the Universe at macrocosmic and microcosmic levels, that groups human beings under three centers and nine types. She also is an expert practitioner of Chinese medicine, and sees parallels given that this ancient medical-philosophical culture also looks at a human as a combination of genetics and other factors including the cosmic environment, the space and time and circumstances of our birth that when interacting with the environment breathe life into what we call personality.

Modern medicine, and that includes psychology, has the tendency to rely on detailed observations of systems, organs, and tissues, behavioral quirks and such; the more mechanical information, so to say, but losing sight of the whole. Dr Liliana Atz's *EnneaMediCina* is a good step in the right direction towards recognizing and using the principles that share a common goal of seeing the person as a whole.

**Eric R. Meyer** has a different take on the "Relational Psychology of the Enneatypes" that is cur-

rently largely understood as a patterns of childhood *survival strategies*. While plausible enough, Eric will argue that this notion is essentially mistaken on both counts. First, that type patterns are specifically shaped and driven by negative feelings about relationship and need to be better understood, rather than arising out of fear for physical survival. Second, that type behaviors are more an expression of and reaction to those feelings, rather than externally (goal) oriented strategies. A deeper explanation of the Enneatypes is needed to illustrate the richness and complexity of human psychology, and for therapeutic purposes.

Subjective experiences in early relationship may lead to the development of each type pattern, each requiring a relevant therapeutic approach. Aside from his general understanding of psychology and evolutionary biology, Eric uses his own inner experience and perceptions of others. We need to keep in mind that the only way to explore the inner life is by investigating it subjectively. In the end, such an inquiry can only be judged by its results.

"About Expanding Subtypes from 3 to 5" is an excerpt of a discussion between **Jack Labanauskas, Kirby Olson, Frederic Schmitt** and **Sueann McKean** inspired by the lead article in last month's issue of *EM* (or download it from April 18 post on *Enneagram Monthly Group* on Facebook), and it's more than about the process of acquiring, verifying or merely considering information for the purpose of clarification or improvement. The idea of tampering with the notion that subtypes may not quite be etched in stone the way we remember having read about them, is about as welcome as a fly in the kitchen. We crave a solid basis to the theories we love and use. That is at the root of wanting to be protective of what we believe in. But everything in a world where change is obligatory needs to be periodically re-evaluated to be discarded or if reaffirmed, becoming stronger than before. Seekers After Truth need to be willing to risk pain, when discrepancies in their dearest convictions turn up.

"Making Sense of USA's Election Finalists" is, as expected because of the political subject, as revealing about the debaters as it is about the two subjects being assessed: Hillary Clinton and Donald Trump. It's easier to guess what outcome of the election we might prefer than their enneagram type. When feeling trumps thinking, we are more likely to judge (confidently) a person's level of health than their type. Our focus wants to zero in and stay on the level of development rather than on their type.

It's hard not to think something like this: "hmmm, let's see what type this sick and corrupt bitch/bastard I can't stand (or glorious savior, I like) could be..."

Well, we are all endowed with human nature including **Bernadette Schmitt, Gonzalo Morán, David Wetton, Mike Silberstein, Diane MonJoy, Jack Labanauskas, Kirby Olson, JoEllen LeVitre, Tanja Eikenboom, Elizabeth Wagele, Douglas Rosestone** and **Frédéric Schmitt** debating these two characters. Have fun and surely we have not heard the last of it. Until November and maybe beyond, temperatures are expected to rise and reason to cool. So there. Our own little tempest of "climate change" in *EM*'s teacup. •



### Meeting Group with Michael Damian

*Realisation is not acquisition of anything new nor is it a new faculty. It is only removal of all camouflage.* **Ramana Maharshi**

This small group led by Michael is for individuals who are devoted to genuine Self-realization (or awakening) and spiritual maturity. The group is an opportunity to receive precise guidance for awakening and to commune in truth. Meetings generally include meditation, talk/discussion, and tea.

The group meets roughly once per month and consists of no more than 10 people at a time. If you would like to attend a meeting, please send an email and Michael will contact you to discuss your interest and relevant details.

**Next Meetings: Saturday June 25; July 9; Aug. 6 & 20; Sept. 3** 1:00 - 3:00pm.

**Location:** 617 Veterans Blvd, Suite 107, Redwood City, CA

The meeting is offered on donation basis. All of this information is now posted, along with a link to Michael's introduction to the perennial wisdom, which describes the focus of awakening & realization.

<http://www.michaeldamian.org> (click on Events and scroll down)

# enneagram monthly

Volume 22, Number 3, Issue 225

**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

The Enneagram Monthly, Inc. was founded by Jack Labanauskas and Andrea Isaacs as a not-for-profit corporation. Its purpose is to gather and disseminate information in the field of the Enneagram, that is most commonly known as a personality typing system.

For subscription and advertising rates see back cover.

# contents

“Customized” Brain Treatment .....	Güçlü Ildiz	1
<i>EnneaMediCina</i> : the Five Ways of the Soul .....	Liliana Atz	1
From the Editor.....	Jack Labanauskas	2
Relational Psychology of the Enneatypes .....	Eric R. Meyer	4
<i>About</i> Expanding Subtypes from 3 to 5 .....	Jack Labanauskas, Kirby Olson, Frederic Schmitt, Sueann McKean	11
Making Sense of USA’s Election Finalists.....	Bernadette Schmitt, Gonzalo Morán, David Wetton, Mike Silberstein, Diane MonJoy, Jack Labanauskas, Kirby Olson, JoEllen LeVitre, Tanja Eikenboom, Elizabeth Wagele, Douglas Rosestone, Frédéric Schmitt.....	13
Teacher’s Listing .....		23
Subscription Forms and Ad Rates .....		24



Visit [www.enneagram-monthly.com](http://www.enneagram-monthly.com)  
full of useful information, introductory articles,  
Index by Author and Subject and lots more

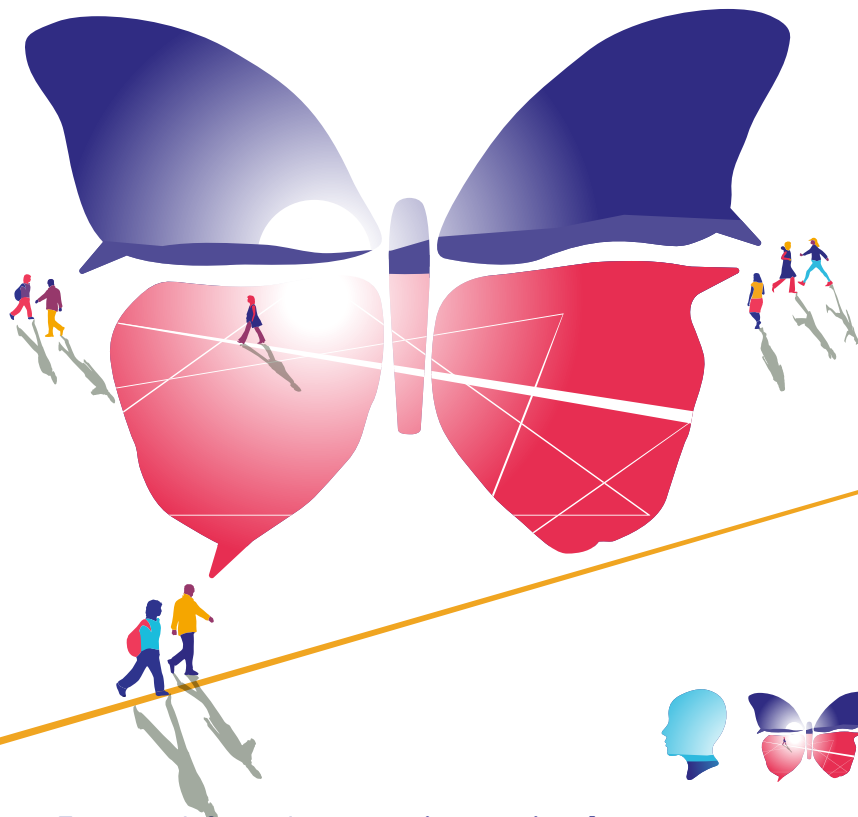


Enneagram Monthly Page &  
Enneagram Monthly Group



## Conversations that Transform

Furthering Transformation and Change  
2016 IEA Global Conference



**Pre-Conference Day**

Russ Hudson,  
Mario Sikora  
and Jack Killen  
Knowing Better: Bringing  
Discernment, Logic, and Science  
to the Path

**Keynote:**

Jean Morrison  
Non-violent communication  
practitioner

**Endnote:**

Timothy Dobson  
Dances of Universal Peace



22-24 July 2016  
Minneapolis, Minnesota, USA  
Pre-Conference Day 21 July

In this city known for diverse ways of thinking,  
we come together to engage in conversations which  
cultivate new ways of seeing one another,  
challenge our assumptions and  
deepen our understanding of one another.



For more information: [www.internationalenneagram.org](http://www.internationalenneagram.org) or call the IEA office: 513-232-5054