

# enneagram monthly

June/July 2017

Issue 232

## The Sacred Enneagram *Finding Your Unique Path to Spiritual Growth*

### The Question of Identity

**E**xploring *Who We Are, How We Got Lost, and How We Might Find Our Way Back Home to Our True Identity*

For the last decade, I've been meeting with Father Larry Gillick for spiritual direction. He is one of the most perceptive people I've known. He's a scrappy old Irish-American Jesuit priest, and sometimes as I'm leaving his office on Creighton University's campus, he'll affectionately say, "Sometimes you just need a good butt-kicking."

He once told me the story of a visit he made to a local Catholic elementary school. After sharing with a group of the students, a young girl—probably third or fourth grade—approached him and struck up a conversation. A few moments into their discussion, a look of pure astonishment flashed in the student's eyes.

Suddenly, she blurted out, "You're blind!" Which is true. Due to a sickness, he lost his sight when he was just a small child.

### Christopher L. Heuertz



With genuine tenderness, Father Gillick responded, "That's not news to me."

But before he could say anything else, she quickly moved from shock to sadness, replying, "You don't know what you look like."

That profound statement from such a young person caught Father Gillick off guard, and before he could comment she softly said, "You're beautiful."

I'm deeply moved every time I think about that little exchange. It's a very *human* story in which many of us can find our *own* story tucked inside. When it comes to recognizing the truth of our own identities, most of us experience a symbolic version of blindness that keeps us from seeing ourselves for who we really are.

We live unawakened lives marked by self-perpetuating lies about who we think we are—or how we wish to be seen. Tragically, we don't know who we are or what we look like. And often, it takes an unlikely "other" to remind us what's true—*you're beautiful*.  
...CONTINUED ON PAGE 19

## Career Counseling with Enneagram & MBTI

**T**his work introduces career counseling lists to the Enneagram community. Type Occupational Theme (TOT) Codes are developed and occupations organized into nine themes. We will explore one of these themes. Comparison of "AT HOME" MBTI® personalities and "AT WORK" or "Public" Enneagram personalities allows MBTI databases to be used to construct occupational lists. Finally, these lists are checked to see if they embody basic relationships shown by the Enneagram figure.

### Model Defines "At Home" and "At Work" Personalities

A model was developed during a Master's Project at Regis University to relate the sixteen MBTI® (Registered TM of CPP, Inc.) types to the nine personalities of the Enneagram. The model indicated that each of the nine Enneagram types could be represented by two MBTI types or an MBTI Pair.

### Larry Gabbard

Based on these Pairs, MBTI-like personality descriptions were constructed for the nine Enneagram personalities.

These personality descriptions compare favorably to Enneagram descriptions and helped students confirm their Enneagram results. The Wagner Enneagram Personality Style Scale (WEPSS, Copyright © 1999 by Western Psychological Services) was used by permission of Jerome P. Wagner. Most of the personality names will be familiar to the Enneagram community:

Point 1, the Perfectionist, "Getting Things Right," seeks a logical and orderly outer world. They feel that this order is based upon objective rules and laws that give them a sense of what is correct and fair. These rules apply to everybody.

Point 2, the Helper, "Caring and Correct," likes to help those who will appreciate the assistance. They genuinely enjoy the  
...CONTINUED ON PAGE 15

### In This Issue

The Art of Freedom  
**Michael Damian**  
page 4

Tarot Qabala & Enneagram  
**Susan Rhodes**  
page 6

Two/Two Couple  
**J. Schneider / R. Corn**  
page 11

Return to Absolute - Book Review  
**Carl Marsak**  
page 12

There are limits to exploring the nuances of personality. What is its ultimate function and use in an individual's life? It's certainly helpful in making an assessment of our gifts, talents, quirks and flaws as well as desires and needs as we contemplate what type of future to build for ourselves. It's not unlike looking at our income or credit before deciding if we can afford something. Personality is a sum of our assets/liabilities, a mixture of both, a measure of our potential to fulfill aspirations as well as a warning of areas where we are likely to fail.

We can say that the aspects of personality will differ according to the area in our nature we look at. For example, Maslow's hierarchy (or pyramid) of needs.

Basic survival (food, water, shelter, rest, security and safety);

Psychological comfort (belonging, love, esteem and feeling of accomplishment);

Self-fulfillment (self-actualization, using our full potential including the creative and spiritual).

Each of the progressive stages will address ever deeper and more complex levels of our nature and will require more subtle answers in its search for guidance.

In questions about our personality, as with Maslow's pyramid of needs, we can't skip stages going straight for the "gold," without having to "do the work." It would seem that the purpose of life, whatever that may be, has to follow its natural stages of growth like a plant that needs a certain level of maturity before producing fruit. There are plenty of questions about what the ultimate meaning of existence is and it has to be beyond simply dying at the end of life along with our body. Sacred scriptures, enlightened sages and near-death experiences all agree on that. It gives credence to an imperishable "witness" or consciousness unaffected by our physical state and not part of our limited personality.

I can't come up with a good answer without asking myself what the purpose "of it all" is. My musings usually come to an end wondering how and why there was a Big Bang and what came before to cause it. I'll refer back to ancient sages who pushed back the frontiers of human ignorance had to say. According to the Chandogya Upanishad: the Creator said "I am lonely, let me be many." Bang. Our current Big Bang was born... and maybe others before it.

If creation is a "divine play" on an infinite scale, and happens within what we call consciousness, and we along everything everything else is an integral part of it... If this is so, it would seem that "realization" or "awakening" may occur at any point, no matter how long or short, pleasant or painful our dreamlike absorption in relative life has been...

Meanwhile, back in the jungle where practical issues relevant to our level of development and environmental demands live, we'll navigate more effectively and smoothly if we understand who we are better. We are complex beings that will adapt, not unlike a chameleon to changing circumstances. We

## From the Editor

show a different face at home from the one we wear at work. We also have a different private and usually secret side when we are alone with our thoughts, when nobody is looking. No typology system will effectively give equal attention to all aspects; our domestic, public and private inner personality unless it's specifically directed to illuminate that aspect, or actually designed for that purpose. Most people choose making their favorite or best researched system a one-size-fits-all tool for interpreting life. It makes sense to look for specific answers using systems that specialize in those areas. This is another wrinkle of what I meant by "limits to exploring the nuances of personality" for example:

I addressed the factor of *Time* that is woefully missing in the enneagram (see *EM* issues 227-230). The enneagram's natural home I called *Space*, whereas *Time* is symbolized by the demands/conditions found in the environment, the age and culture we live in, as well as the conditions/opportunities life offers; while *Space* symbolizes who we are in body, mind and soul, i.e. what we came with and brought to our environment. There will always be overlap between who we are and our environment, the boundaries stay permeable and highly interactive.

In our pages we have often looked at systems like MBTI, Tarot, Qabala, Numerology, Astrology, Hard and Soft Sciences, as well as Metaphysical sciences and how they relate to, supplement or address other aspects of personality. All have areas of excellence where they shine and areas they are not designed to address. We use what we need if appropriate as there are no universal answers in any one system to all questions any more than there can be a hierarchical ranking of systems as a system's relevance is determined by how well it can address a specific issue.

In that way, Maslow's pyramid looks like it goes from basic to more lofty needs. But while the lofty needs may supersede the basic ones, they do not replace or eliminate them. Like climbing a ladder, the bottom rungs remain in place as we reach the top rungs. They also maintain their original function and nature.

The same principle applies to our mental abilities. We should not assume that a high level of development at one skill or in spiritual insight will automatically endow one with superior knowledge in other areas of life. That's why we know of enlightened saints who are not articulate, suffer physical ailments, or are naive about human affairs like politics or finances.

While being enlightened will have removed many delusions of egoic nature that otherwise pose obstacles to learning, learning is still needed for developing wisdom. Too often people assume that a highly evolved guru must be right about things they are ignorant in. The same mistake is often made about brilliant "experts" or celebrities in an unrelated area of life who can be dense like a box of rocks in most other areas of life....

So, I'd say, let's keep our minds open, take in information, digest and test it, if it works for us, keep it.

### In this Issue:

**Christopher L. Heuertz** has a take on "The Sacred Enneagram – *Finding Your Unique Path to Spiritual Growth*" that connects a Christian perspective to the demands of modern life with cutting edge language and psychological insights. Excellent. In the early days of the Enneagram (early 70' - mid 90's) when hungry seekers curious about this new and promising enneagram were forming lines around a block to attending a lecture, expectations were that here was a system that could break through our defenses and fixations opening a panacea of insights. Well, they were largely right, insights were available as long as the seekers were willing to mine them.

Two distinct lines of inquiry crystallized early, a psychological and a spiritual one. The psychological lineage placed attention on who we are in the world, how we relate to others, and how our nature being what it is, can best cope with life's demands. The spiritual lineage was more concerned with the inward journey and the deeper purpose of existence. The task was more about understanding and freeing ourselves from the type of chains that hold us trapped in duality, i.e. suffering.

Spiritual pursuit generally starts with a question like "who am I" and how do I relate to "consciousness." Am I a separate entity and consciousness something to be visited, attained or experienced? Or, have I always already been part of that ocean of consciousness, but like a fish not aware of being wet...

Chris takes an honest look at the enneagram, without hype, and the effects it had in clarifying his own deepest motivations and questions. He dares to bare his own reservations and desires with clarity and common sense honed, tested and refined by extensive travels and life experiences. His sophisticated and realistic portrayal of how the enneagram harmonizes with a mindset steeped in Christianity makes both systems look appealing and approachable from either side.

I started reading the first pages of the publisher's proof copy of *The Sacred Enneagram* and something immediately jumped out. It did not speak using the familiar wording and concepts I expected to find in the style of other enneagram writings from a Christian perspective. His story was gripping in a different way. It was *how* Chris went through questions and insights that were oddly familiar to how I wrestled with life's issues as did some of my Eastern co-religionists.

I suppose many of us who grew up in the West will have had similar experiences and a case of "a prophet is never respected in his own home" that made me an ex-Catholic unable to find satisfactory answers growing up and turn to Eastern philosophies. Reading Christopher's story of his "path" highlighted the commonalities between East and West very well and restored some of my values about Christianity.

Irrespective of where we grow up, we are generally trained to instinctively accept a world view of duality, to see ourselves as separate from consciousness or reality, as if it's to be found outside of us. What's a

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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.

The Sacred Enneagram: . . . . . Christopher L. Heuertz	1
<i>Finding Your Unique Path to Spiritual Growth</i>	
Career Counseling with Enneagram and MBTI. . . . . Larry Gabbard	1
From the Editor. . . . . Jack Labanauskas	2
The Art of Freedom: <i>A Direct Path &amp; Intimacy</i> . . . . . Michael Damian	4
Tarot, Qabala & the Enneagram . . . . . Susan Rhodes	6
The Two - Two (Giver - Giver) Relationship . . . . . Jennifer Schneider & Ron Corn	11
Returning to the Absolute -- <i>A Book Review of</i> . . . . . Carl Marsak	12
<i>"Where On Earth Did The Enneagram Come From?"</i> by Fatima Fernandez Christlieb	
Teacher's Listing . . . . .	23
Subscription Forms and Ad Rates . . . . .	24

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full of useful information, introductory articles,  
Index by Author and Subject and lots more

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product of the Western industrialized First World to do? Obviously, look for the remnants of authenticity in the religions of the Second or Third World. For the Easterners it's the other way around. After seeing the failures of their system they go for the technological advances of the First World and into western universities in search of scientific degrees.

Looking back and comparing scriptures and cultures, after several trips to the birth place of their philosophy, my view of East/West differences began to melt. Each culture has a profound understanding of reality, albeit described in their own iconography. Each culture was also afflicted by its own version of "religiosity signaling" meant to replace deeper understanding.

In the West secularism has become fashionable and atheism is considered "proof of logic." This can lead to *scientism* and the delusion of superiority over religious beliefs. Scientism of course is not to be mistaken for science, as it will select only science that confirms their pet bias which then becomes a new dogma.

In the East where being "religious" is not only accepted, but often flaunted as proof of being a good/pious person, we see religious symbols in most homes and even in taxi cabs dangling from the rear view mirrors – may boost the tip... In the West we too get points for jumping on the band wagon of the latest trend where "most scientists agree," or voting for the politically correct issues, and certainly for implying sophistication by being dismissive of those who hold un-PC views...

**Larry Gabbard** has a very effective approach to "Career Counseling With Enneagram and MBTI." It begins with making a distinction between two

ways of being in the world. Our personality is better described by the enneagram as how we are "at work;" while how we are "at home," is better described by the MBTI. This may give pause to those of us who assume that personality is baked in no matter the circumstance, it will always be there, either lurking in the background pulling levers, or venting in plain sight. That of course is largely true, but different systems do focus on different aspects of our nature. Research proves that the 'devil is in the details' as we find when research conducted on a large enough

scale to be significant brings out unexpected correlations. If enough of them keep pointing at patterns, we are tempted to develop a model.

Such was the case during a Master's Project at Regis University to relate the sixteen MBTI types to the nine personalities of the Enneagram. You would think that correlating 16 to 9 is a mathematical challenge, and it certainly is, but it worked beautifully when considering that each of the nine Enneagram types could be represented by two MBTI types or an MBTI Pair. ...CONTINUED ON PAGE 14



## 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.

**Meetings: Saturday 1:00 - 4:00pm. Sep. 30; Oct. 14 & 28; Nov. 11; Dec. 2**

*Check website below... for possible changes*

*10-min meditation, brief talk by Michael followed by group discussion. (Gathering w/tea break @ 2:30)*

**NEW Location: Church of Christ** 815 Portola Rd, Portola Valley, CA 94028 CA

There is no fee for attending. Donations are accepted with gratitude. 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)