

# enneagram monthly

March 2019

Issue 244

## Stages of the Heart: Levels of Capacity for Presence

**Khaled ElSherbini, PhD**



In our interest to reach a deeper understanding of the effect of consciousness levels and psychospiritual development on the manifestation of the enneagram types we continue integrating different models of consciousness. We have previously published an article on the Sufi seven levels of self and how they correlate to the nine levels of development introduced by Riso and Hudson (1). This article integrates another very important

psychospiritual growth model that is of great relevance, the Hawkins map of consciousness, oeuvre of Dr. David R. Hawkins. Dr. David R Hawkins presented this map in his book "Power vs. Force" in 1995 (2).

The three models together were found to produce a new seven-stage map of consciousness that integrates their essence into one coherent model. This new map was found to shed more light onto the different stages of consciousness the self goes through, from complete ego fixation to enlightenment and ego cessation. This gives a more accurate definition of the state and energy of the type at each level, helping in understanding type better, and in identifying the changing landscape of the type as consciousness level changes.

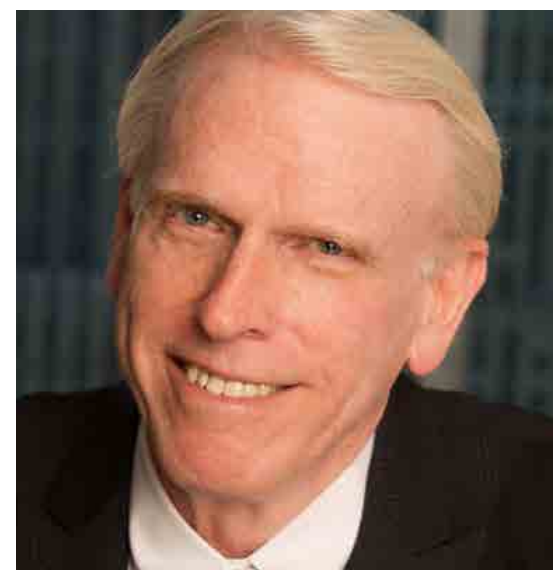
### Hawkins Map of Consciousness

In Dr. Hawkins' research he discusses how human consciousness, just like everything else in the world, emanates an electro- ...CONTINUED ON PAGE 19

## Identifying the Enneagram in the Genetic Code

*to Enable Novel Health Care Discoveries  
(Initial focus on Celiac Disease and Colon Cancer)*

**F. Oliver Nicklin**



Between 1915 and 1917 P.D. Ouspenski and G.I. Gurdjieff actively studied the human organism as a chemical factory which adhered to Enneagram principles (see *IN SEARCH OF THE MIRACULOUS*, Harcourt, 1949, Paperback, pp. 170-198 and 274-277).

Unfortunately for these two pioneers, the DNA mechanism was not discovered until 1953 and the chemical blueprint, called the "Genetic Code", through which DNA translates into the proteins to build all living organisms was not understood until 1961. In other words, the "Genetic Code" is like the Rosetta Stone for interpreting DNA.

Since DNA macro-molecules are made from four repeating groups of atoms called nucleotides (i.e., U, C, A and G); and, since the proteins making up all living organisms draw from twenty amino acids, the Genetic Code simply governs the translation between the four nucleotides and twenty amino acids, as shown below in Figure 1. Also, since only three sequential nucleotides (called a codon) are required to specify an amino acid, the Genetic Code provides for only three nucleotide positions (i.e., the two sides and top) in Figure 1.

The scientific origin of the Genetic Code is still a mystery and may ultimately involve the universal Enneagram, since it is embedded in the Genetic Code, as identified below in Figure 1. ...CONTINUED ON PAGE 11

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It is not often that something we believed to have understood fairly well triggers a tipping point in our understanding and a whole new perspective opens up. We call such insights aha moments and I had one such moment at the thought of the enneagram type being discernible in our DNA, but more about that below... More pedestrian insights for example, wondering why the enneagram seems to work so well, even though we can't be sure of its exact scope or given that with every new insight come more questions. The enneagram of course is not unique in this respect as we agonize in similar ways over most large questions of life.

It is said that the answers have been known by sages since forever. They could (and did) “*explain it to us, but could not comprehend it for us*”. We know that every culture and time is replete with traditions, myths, sacred scriptures, wisdom, arts and skills that form the foundation for all achievements and innovations; be they practical or not, life supportive or destructive. We have access to stratospheric heights in many areas of science, communication and ability to apply, record and share knowledge. Our hard sciences have been very successful as they suffered less from dependency on language, culture, ego, temperament and personality in the fields of mathematics, and anything measurable like nature's laws, its properties and elements. It would seem that we are at a point in time to be able to verify scientifically some of those big questions of life. My own questions and musings about the origins, essence and the scope of life included the enneagram for the past 25 years as publisher/editor of the *Enneagram Monthly*. This allowed me to talk with or hear from many fellow travelers in this field and a recurrent question was “why is there so much disagreement and we can't find a unified take on the enneagram that everyone can agree with?” Maybe it's the same reason humans could never find a satisfactory political system or religion that would suit everyone.

As the saying goes, “Gods can think multiple thoughts simultaneously, while humans are limited to one thought at a time.” This imposes natural limitations to our understanding and invites the tendency toward specialization. To achieve some level of proficiency in any field tends to come at the cost of neglecting areas of life we would otherwise pay attention to. This accounts for the multiplicity of interpretations and theories every imaginable subject is blessed or cursed with. Fortunately, all subjects are governed by the laws of nature. For example the yin/yang theory of polarity, or expressed using different names and concept in other cul-

## From the Editor

tures, but always describing the same basic laws of nature (for example the laws of thermodynamics).

So we can say that regardless of the application, use or interpretation of any system including the enneagram we must always follow the rules of polarity within the parameters and scope of the study. In other words, a study if psychological, may tease out a specific strand of the passion, fixation, motivation, defense mechanism or whatever; or else, if the study is in the realm of the physical, we deal with measurable characteristics such as genetics, DNA, blood chemistry, physiological structure, brain waves, metabolism as in ecto, meso or endomorph etc.

We generally agree that the enneagram type, irrespective of when, how or why it *arose or revealed* itself *in or to us* does permeate our entire system. The physical, emotional, intellectual and spiritual aspects of an individual (except in cases of grave abnormalities) will be coherent and organized according to the laws of polarity. So we can safely assume that regardless if we have identified our type by observing the spiritual, mental, emotional or physical angle, we can be reasonably certain that it pervades all aspects.

Let's keep in mind as mentioned above that we have been conditioned to develop certain sides of ourselves at the expense of other aspects. We can't shine in all areas of life, nor are we to assume to be obtuse in all areas. This concept was made clear to me by my ex-wife's mother many years ago when she carped: “Jaaack (imitating her drawn out nasal accent)... if you're so smart, why ain't you rich?” That left me stumped for a good answer, still, years later I heard a cool consolation phrase I can live with, when one of my teachers lamented about a similar dilemma in his own life: “when God handed out gifts and abilities I went through some lines twice but had to skip a couple others.”

### In this Issue:

**Khaled ElSherbini** focuses on psychospiritual development by examining the “States of the Heart: *Levels of Capacity for Presence*.” The present is the one instant in time during which all decisions are made. We can't really be present in the past, the closest is by reminiscing; nor can we be in the future, but we can anticipate or speculate. So striving for the highest state of balance open to us requires improving our capacity to linger in the present for longer and longer moments, as op-

posed to zipping through the present moment between the past and future.

Khaled is skillfully combining the concepts of the Riso/Hudson 9 levels of health by adding the age-old time tested insights of human developmental stages and potential found in the core teachings of the Sufis, and the recent findings presented in Dr. David R Hawkins book *Power vs. Force* in 1995. Khaled, carefully and in great detail draws a road map that clearly points out the markers of progress and also the signs where potential pitfalls and delusions are common.

The level of health reached as individuals is expressed in our enneagram type and will differ from type to type, as it's extremely helpful to have a better take on identifying the various levels. That helps us becoming more conscious to the ways by which we enhance or hinder our growth...

**F. Oliver Nicklin** is working on “Identifying the Enneagram in the Genetic Code: *to Enable Novel Health Care Discoveries*.” We live in interesting times (not just from the proverbial Chinese perspective) but in a time where scientific research is approaching a union with many age old concepts. For example a big tipping point for me was when working with concepts of Traditional Chinese Medicine (TCM), where for example the small intestine is considered the companion organ to the heart and as such responsible for producing red blood cells, while the heart is responsible for circulating. For decades and even still now it was assumed in the West that red blood cells are generated in bone marrow, but the research of Dr. Kei-ichi Morishita (chief of the Tokyo Red Cross Blood Center) verified what 2500+ year old TCM already knew and had incorporated it in their medical theories. Systems, such as the energy based evaluation of yin/yang aspects within the 5 element theory, is at the base of their cosmology as well as being at the root of acupuncture, and their herbal and dietary branches of medicine, as well as the concept of circular and cooperative relationships between the solid yang and the hollow yin organs ...

Well, imagine my lack of surprise when Oliver seemed to be on an analogous track to Morishita's discovery, when he came up with the correlation between the enneagram and genetic code as expressed by our DNA. How could it not be so? Cause and effect are inexorably linked. If enneagram type exists, will it not have a clear configuration in our DNA? It must. The only difficulty I see here, is the possible cost to determine on a large enough scale the parameters of enneagram type in DNA patterns.

Yet, we live in ...CONTINUED ON PAGE 15

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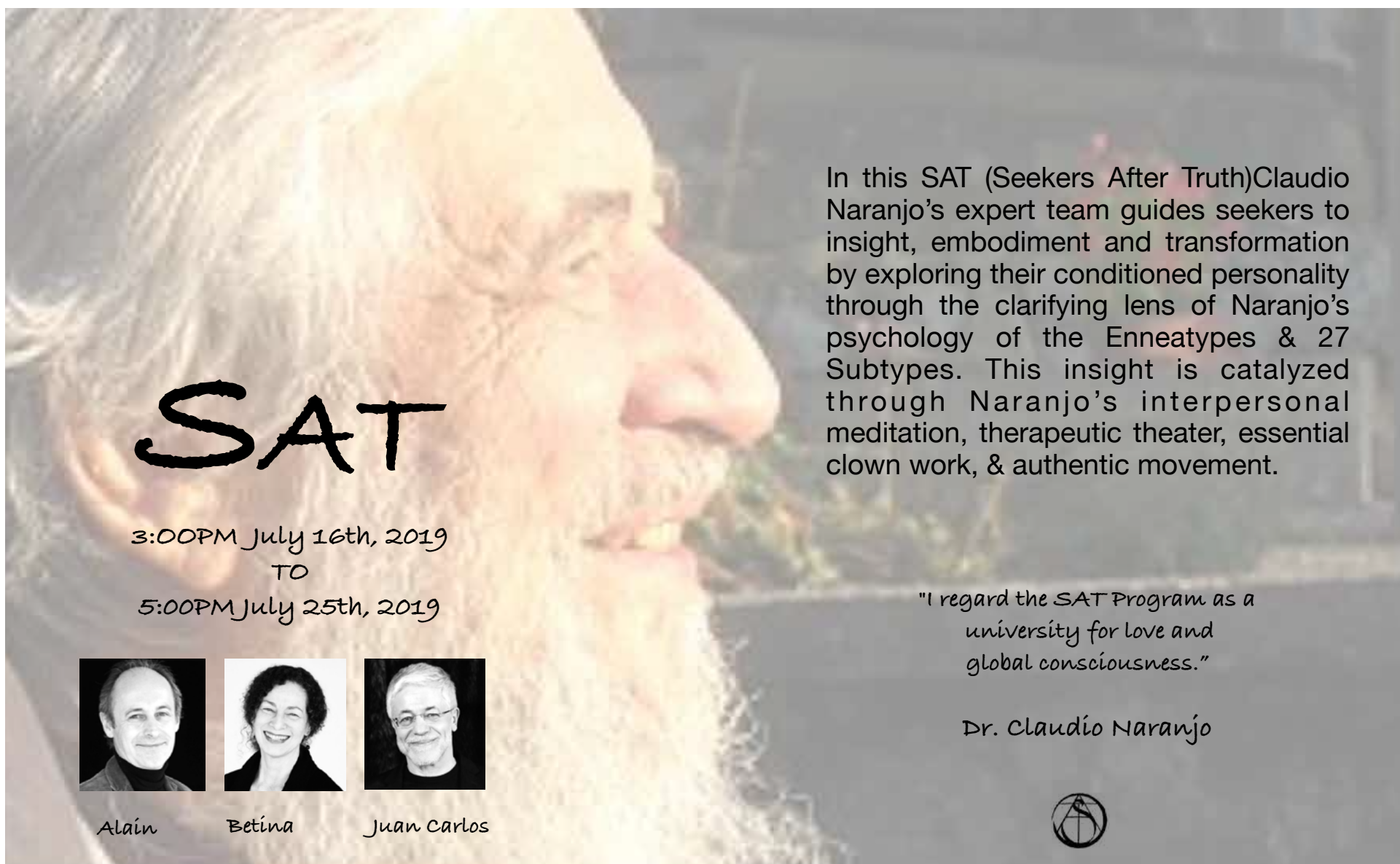
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The Enneagram Monthly, Inc. was founded by Jack Labanauskas and Andrea Isaacs as a not-for-profit corporation. Its purpose is to gather and disseminate information in the field of the Enneagram, that is most commonly known as a personality typing system.

For subscription and advertising rates see back cover.

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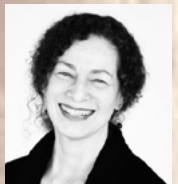
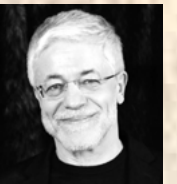
SAT

3:00PM July 16th, 2019  
TO  
5:00PM July 25th, 2019


In this SAT (Seekers After Truth) Claudio Naranjo's expert team guides seekers to insight, embodiment and transformation by exploring their conditioned personality through the clarifying lens of Naranjo's psychology of the Enneatypes & 27 Subtypes. This insight is catalyzed through Naranjo's interpersonal meditation, therapeutic theater, essential clown work, & authentic movement.

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