



# enneagram monthly

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## Importance of working with the Centers: The Heart Center

The Nine types of the Enneagram are derived from nine relationships between the **Mind**, the **Heart**, and the **Body**. We refer to the body, heart, and mind as **Centers of Intelligence** because they represent three distinct modes of perception, each with their own functions and capacities. We know the experience of the [body through physical sensation](#). We know the heart through feeling, and we experience the mind through awareness and thought.

The negative patterns and reactions of the Enneagram Types stem from nine ways that the body, heart, and mind become dysfunctional and inappropriately blended with one another when we lack **presence** – for example, we begin to think with our emotional reactions, or use our bodily impulses to cover over our feelings. Therefore, real understanding of the Enneagram requires having a deep, experiential understanding of these centers and bringing them into a greater harmonious relationship.

Transformation and Freedom are terms that are often used in

**John Luckovich**



the context of spirituality, but these concepts only become realities when we are able to apply the insight of the Enneagram to **the right use of the centers**. When the centers are functioning properly, we are less identified with their functions and reactions. The waters of our consciousness become more clear and transparent, which allows for **Essence** to be present, and for the proper energy of the centers to be expressed in us.

### The Heart

The best place to start an inquiry into the centers is in re-examining our assumptions about the body, heart, and mind. In this essay, we'll be taking a closer look at the heart.

Typically, the most intimate we allow ourselves to be with our hearts is limited to an awareness and preoccupation with emotional reactions. Going deeper is often too vulnerable and messy, and feels like too much to process in a normal day. However, we have moments where a ...CONTINUED ON PAGE 16

## The Detective (Type Six) in Relationship

Here is another chapter from our reference book, *Understand Yourself, Understand Your Partner: The Essential Enneagram Guide to a Better Relationship*.

**Jennifer P. Schneider M.D. & Ron Corn M.S.W.**

Probably my best feature in relationship is that once I commit to someone, I can be tremendously loyal. If bad times occur, I'll stick up for my partner and for the relationship with great courage and determination. I can be playfully childlike or a little eccentric, which most people find endearing. Sometimes it may seem as if I won't let things go – I don't like things swept under the rug – so I'll try to get things out in the open by asking the “hard” questions. It may seem as if I'm negative or overly skeptical, but it is important for me to have clarity when there are unanswered questions in my mind. Probably my worst feature in relationship is that I can be paranoid, imagining worst-case scenarios, especially if I feel insecure or uncertain. If I feel threatened I may see you as the

distrustful authority or even the “enemy,” and I will either withdraw or approach you head on.

*An unexamined life may not be worth living, but the over-examined life is hell.*

--Abigail Thomas, *A Three Dog Life*

*But you see, most of us are afraid to find out for ourselves what is true and what is false, and that is why we merely accept what somebody else says. The important thing is to question, to observe, never to accept.*

-- J. Krishnamurti, *Life Ahead*

*If a man will begin with certainties, he shall end in doubts; but if he will be content to begin with doubts, he shall end in certainties.*

-- Francis Bacon

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A meaningful life can be described in many ways most of which usually include a desire to understand its larger purpose and working on our ability to pursue it. This sounds vague, a bite so big we need to reduce it to manageable “nibbles” we can chew, swallow and digest.

To this effect our modest publication that a few thousand people had a chance to read in the last 25 years puts special attention on the ways nine archetypal manifestations of consciousness see the same world. We continue exploring the differences that make each type have a world view of their own and, but also the deeper more murky areas, the perennial truths of human nature that we all share. It is not always easy to tease apart nuances in behaviors from their motivations, as similar actions, benevolent or malevolent, can be attributed to any of the nine types. But the cause or motivation as well as the environmental pressures on actions are always unique and often confusing our ability to separate type from situation. That’s a good reason or excuse for mistyping, and explains why disagreements about what type a celebrity is are common and offer food for debate. My point? We are still in some ways scratching only the surface of the enneagram and need to refresh our basic concepts periodically as we discover new details and distinctions.

By the way, good news! **Claudio Naranjo** offered a \$300 extension of the “early bird” discount to *Enneagram Monthly* subscribers for his retreat:

“**SAT 1 July 16-25** in California, a 9 ½ day retreat with Claudio Naranjo on Psychology of the Enneatypes & 27 Subtypes, Buddhist Vipassana, Naranjo’s Interpersonal Meditation, Therapeutic Theater, Essential Clown work & Authentic Movement.... (see details on page 13, and mention *EM* when signing up for the discount)

#### In this Issue:

**John Luckovich** speaks of “The Importance of Working with the Centers: *The Heart Center*”. Obviously each of the nine archetypal types relate to Mind, Heart and Body, our three Centers of Intelligence using their own mode of perception. John goes into the nature of each of the centers, their role and the importance of understanding in order to bring them into a greater harmonious relationship.

Applying the insights of the Enneagram we are better able to use the centers as they are intended. Clarity rather than skill of manipulating is what leads us closer to the essence of our centers. In John’s words: “the heart is the center that is the probably most challenging to work with because the heart is the part of us that embraces our authentic identity or gets identified in the falsity of the ego. The heart is what struggles with knowing what is real in us and what is false, and this confusion stems from a few paradoxes that are experienced in a deep encounter with the heart.” He then proceeds in depth to address the Heart Triad, type Two, Three and Four and how they express respectively essential Love, essential Value and essential Depth.

**Jennifer Schneider** and **Ron Corn** put “The Detective (Type Six) in Relationship” under the mag-

## From the Editor

nifying glass. They sum it up well as: Detectives approach the world from a position of fear and distrust. To “trust or not to trust” is their major quandary regarding relationships. Fear is the lens through which the Detective peers, and that lens is colored with worst-case scenario thinking, hyper-awareness, and loyalty versus betrayal. In relationship, Detectives fear silence; their doubting mind begins to ask, “Why didn’t he call?” or “Has anything changed between us?” They want frequent reassurance and reality checks.

After someone has “earned” their legendary loyalty, a Six will be there through thick and thin. They are known for their stable, long-term relationships. In the absence of someone or something to which one feels loyalty, the best defense a Six has against being betrayed is to seek his or her own counsel first and foremost, and to be discerning whom to allow in. After all, it’s true that *you get what you pay for*. The testing is the means by which Detectives reassure themselves to see if you earned their trust. It is a complex battle-ground the Six lives in but somebody has to be the canary in the coal mine of life for the good of all. But as they say, “*no good deed goes unpunished*,” which is why so many Sixes are rebellious and get a bad rap.

**Michael Damian** has “Words to the Wise” to share that are beautifully articulated stemming from a deep level of awareness we can connect with instinctively and recognize as authentic truths. He is clear about the plethora of misconceptions and distractions that arise on the path of seekers leading to distractions, getting stuck on concepts or expectations that turn out disappointing. In matters of spirituality, ethics, responsibility and growth, it’s like in mathematics – make a mistake in the beginning of a complex calculation and the entire subsequent edifice of conclusions will compound that mistake making it harder to repair... *A stitch in time*, as the saying goes, may help us avoid long detours.

Michael is well aware how prevalent and common misconceptions are, even among the psychologically sophisticated, and how easy it is to overlook simple common sense answers. These short aphorisms and questions he addresses are worthy of pondering and asking ourselves if they might apply to our own search for answers.

**Judith Searle** had a take on “Sexuality, Gender Roles and the Enneagram” that addressed the confusion a generation ago, and we currently experience a doubling down of that confusion by adding transgender issues to the mix. It’s getting to be so bizarre that in the eyes of some, biology and science are relegated to second place when determining how one *feels* about their gender identity. It has even come to some sports allowing trans-gendered competitors to compete (often very successfully) against their biological opposite sex. This should be enough proof

that sex goes beyond social construct or one’s personal attitude. We are clear about the reasonable acceptance of sexual orientation, including same sex marriage, which is a nice and long overdue civil attitude towards harmless and free choice of where we place our affections.

Students of the enneagram who believe that it’s not easy or even possible to change type at will, logic would suggest that type is more changeable than our sex. After all we have not yet found a clear biological indicator of type. Over time and after more research we may certainly come to a deeper understanding of sex, gender and the role the environment plays. For something that for so long was taboo and only in recent decades came into the public discussion, Judith is truly one of the very very few pioneers on this subject.

**Jane Carlton** studied the relationship between “The Enneagram and the Triune Brain” drawing from Paul Maclean’s theory and matching it up with the enneagram theory. Science has successfully mapped the brain in the last century with ever better precision allowing for identification of the locations where the areas are in the brain that are activated by emotions, thoughts and feelings/sensations. As expected different enneagram types will have distinguishable differences in their responses to the same external stimulation.

Jane takes us through the basics of the structure of various parts of the brain and their functions and then ties it all together into how each of the nine types is endowed with different proportions between Emotions, Instinctual and Intellect potentials. In other words assume that all types have the same size/quality of brain matter and potential, but differ in the proportionality of development in the three areas or centers.

**Claudia Goldbach, & Paul Glar**, report from Germany on the breakthroughs they had in recent years fine-tuning their methods of group cooperation in “Development with the Enneagram: *Second extended D-A-CH Conference in Wiesbaden-Naurod*.” This is just a short introductory note and we will describe the process and its effectiveness in more detail in the coming months.

The German speaking countries (Germany, Austria, Switzerland) had meetings for years similar to the IEA meetings where representatives from various schools would come together and exchange information, look for commonalities, discuss differences etc. The recurring question always emerging was about what really works and what does not bring desired results at a deeper, personal level.

Most of the participants were experienced teachers of the enneagram, but also gainfully employed in their independent fields with little or no desire to transform their enneagram teaching into a business. There was less need to feel protective about their ideas and more willingness to share them. In the last two years they tried a new approach and found a way to get to that edge where desired change and deeper insights were accessible. But, this will have to wait for a few months as we have a meeting planned this summer to get deeper into this subject. •

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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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Celebrating 25 years of the International Enneagram Association

## Foundations for the Future

Moving forward with the Enneagram

### 2019 IEA Global Conference

July 26-28, 2019 – Oakland, CA, USA

Pre-Conference Day Event – July 25, 2019

**Register now!**



**IEA 25**  
International Enneagram Association  
Celebrating 25 Years



#### Pre-Conference Day Andrea Isaacs + Interplay

The Pre-Conference Day will be keynoted by **Andrea Isaacs**, who will provide an overview and experience of the somatic (using the body to create wholeness) work being done in the Enneagram world. You will step into different learning modalities, try on new emotions and enhance your ability to live from a place of wholeness. In the afternoon, the Oakland based **Interplay** will lead us through active, creative ways to unlock the wisdom of the body.

#### Keynote Chris Heuertz

The keynote speaker, **Chris Heuertz**, author of *The Sacred Enneagram* and other books, will explore the Future and how we put our Enneagram work into the world.

#### Endnote Claudio Naranjo

Our conference will conclude on Sunday with an extended celebration of the IEA and 25 years of the organization, followed by Endnote Speaker **Claudio Naranjo** who will explore our shared Enneagram Past.



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