

# enneagram monthly

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## Evolution's Best Kept Secret: "The 3, 6, & 9 Triune"

### PREFACE

**F. Oliver Nicklin**

For over twenty years the First Analysis Institute of Integrative Studies (FAI) has sponsored annual seminars at Loyola University Chicago focusing on the Personality Enneagram. The Enneagram encompasses nine different personality types represented by the numbers 1 through 9 circularly **unified** around three **triangular** centers at 3, 6 and 9, which can also be viewed as a "**3, 6 & 9 Triune**" convergence. Notably, the Personality Enneagram assumes the natural tendency for humans is to be regressively egocentric in approaching this process of convergence, which they must constantly work to overcome. Given the strong growth in the population of those who embrace the Personality Enneagram, FAI decided to explore the possibility that it has an evolutionary genetic origin.

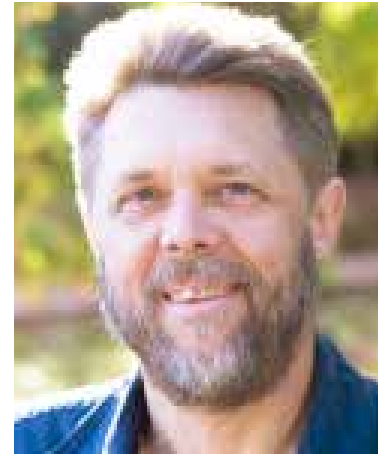
This search first led to the Genetic Code, which is the Rosetta Stone for interpreting the DNA blueprint that has been used to construct all living organisms. FAI found the Genetic Code could also be represented by an enneagram-like format emulating the "**3, 6 & 9 Triune**". Unexpectedly, this novel representation of the Genetic Code proved to be useful as a discovery framework facilitating new sci-

entific insights, such as the unique synergy of combining vitamins A and D to address epithelial-based diseases including cancers and immune disorders. To determine the efficacy and safety of this readily available treatment, FAI has sponsored research/educational programs at the University of Illinois, Chicago and the University of Chicago. The initial results were sufficiently encouraging that some were published in Harvard's peer-reviewed journal *Functional Foods in Health and Disease*.

Having uncovered the resonance of the "**3, 6 & 9 Triune**" in the Genetic Code and the Personality Enneagram, FAI turned to the intervening four billion years to search for other evolutionary phenomena that emulate the "**3, 6 & 9 Triune**". Only Neurons, the Human Brain, and Language Formation qualified. Moreover, these three phenomena, when collectively viewed as constituting the Human Mind, also recursively emulate the "**3, 6 & 9 Triune**" and, as such, could be perceived as evolution's physiological culmination.

FAI then looked at the ten billion years preceding the evolution of the Genetic Code. It found two other evolutionary phenomena emulate the "**3, 6 & 9 Triune**": the Elementary Building Blocks of Matter/Energy and the Building Blocks of the Hindu-Arabic Numbering System, which plays a unique ...CONTINUED ON PAGE 6

## Looking at Type 9 from 4 Sides



CONTINUED  
ON  
PAGES 15-22

**Tom Condon**

**Carolyn Bartlett**

**Antonio Barbato**

**Nick Turner**

### In This Issue

Uncommon Thoughts  
**Michael Damian**  
page 4

9: Dynamic/Receptive  
**Tom Condon**  
page 15

9: In Therapy  
**Carolyn Bartlett**  
page 16

9: Myra, Self-Pres  
**Antonio Barbato**  
page 19

9: Intuitive Take  
**Nick Turner**  
page 21

Yes, 2020 is almost over, a year that will go down in infamy. We had suffering, deaths and worries caused by the pandemic itself, and much of it by the collateral cost of the responses. For example, economic consequences of shutdowns were massive as were the emotional and mental hardships. We have seen forced isolation of families, seniors, friends, delays in other medical interventions, a rise in depression, drug abuse, suicide, crime, domestic abuse, closed schools etc.

The damage caused by the cure should not exceed the damage caused by the disease. In medicine it's called a "cytokine storm" when the immune system goes awry and the inflammatory response flares out of control. Such an inflammatory response can often kill a patient just as effectively as a virus.

At the level of society the dynamics are no different than those within an organism. When harsh, unwelcome and unnatural regulations are imposed by decree on a population, "cytokine storms" manifest as civil unrest, a breakdown of norms, chaos and lawlessness.

Couple that with current political tensions in the USA due to lack of clarity of outcome in the last election, and we have a situation rife with tensions that each individual will respond to according to which enneagram passion is in the drivers seat.

For example, Ones could sternly recommend following rules better; Twos feel concerned about with comforting those hardest hit; Threes push for better research protocols and efficient procedures; Fours look for missed answers and alternatives that were ignored; Fives seek deeper understanding of the roots of the disease; Sixes focus on insurance issues, danger scenarios and how to avoid them; Sevens resist constraints imposed and assume that if left free, people will best govern ourselves; Eights push for decisive force if draconian rules need to be imposed; Nines prefer to wait and see for acceptable solutions to emerge . . .

Just as every type can make a case for a valid approach from their perspective, wisdom demands all angles to be evaluated and applied as best possible. It makes sense to begin with evaluating a situation like the current Covid 19 pandemic in numerically measurable ways and then juxtaposing it with some of the collateral harm done by various degrees of too lax or too extreme counter-measures fighting its spread. It may seem an impossible task as the collateral effects are vague, hard to define and even harder to directly correlate. One way that may shed some light on this is by using information that is countable. For example, most countries have fairly accurate birth and death records.

A quick look at the USA will not apply to other countries, other than those with a fairly similar level of number of cases, economic and medical development etc. Next, we can look at the types of rules, impositions or recommendations their populations are under and then compare the results over time.

The "approximate" numbers I found for the USA

## From the Editor

look as follows:

USA death rate per 100,000 fluctuated between 9,400 and 9,600 per year between 1950 and 1965 and slightly lower between 8,100 and 8,900 from 1966 to 2019 per year. Below see the last exact numbers for the past 6 years.

For simplicity, I used same population of 320 million for all 6 years; and multiplied deaths (per 100,000 x 3200= 320 000,000 million to reflect the entire population.

2014	8,264 x 3200	= 26,444,800	
2015	8,369 x 3200	= 26,780,800	336,000 more than in 2014
2016	8,475 x 3200	= 27,120,000	339,200 more than in 2015
2017	8,580 x 3200	= 27,456,000	336,000 more than in 2016
2018	8,685 x 3200	= 27,792,000	336,000 more than in 2017
2019	8,782 x 3200	= 28,102,400	310,400 more than in 2018

When the numbers for 2020 become available, we will have an accurate number of deaths to compare. If the pattern of the last 6 years holds, we can expect for 2020 the "more than previous year" number to roughly fall between 310,000 and 339,000, say 320,000. It will not tell us the exact proportion between deaths "by" or "with" Covid 19, nor will it indicate the "collateral" deaths due to the counter-measures.

However, if the number is more than 280,000 over expectation (of about 320,000) i.e. 600,000+ we can assume that Covid has added that much to the total.

If the number is much closer to 2019's, then we can assume that the projected 280,000 deaths (current 250k with 6 more weeks to go, adding 30k to 2020's total) attributed to Covid, i.e. fewer, below 600,000 compared to 2019's "more than previous year column" And... that number short of the expected 600,000 may indicate the number of deaths erroneously attributed to Covid, and caused by hardships imposed by the counter-measures; for example, missed medical treatments, suicide, or other unusual spikes in death rates etc...

If however, the 2020 death numbers remained close to the previous year's, it means that there is not much net gain or damage from imposed restrictions and we can re-think how best to respond in future.

It seems a good idea to keep doors always open to exploring alternative systems and ideas, assuming that there is no such thing as a stable 'golden middle' acceptable to all. There never was or can be a magical point at which opposing sets of ideas come together in harmony (...to live happily ever after...).

Change is an immutable rule, but that does not mean we stop striving to make best use of the laws of yin and yang or cause and effect. A deeper understanding of the laws underlying existence and the wisdom to best obey them may let our pendulum swing just a bit closer to the golden middle.

### In This Issue

**F. Oliver Nicklin** in "Evolution's Best Kept Secret: *The 3, 6, & 9 Triune*" opens the door to exploring alternative systems and ideas, instead of exclusive reliance on mainstream thoughts.

For more than 800 years Western universities have successfully built specialized disciplines based on empirical and deductive reasoning in the Aristotelian tradition which has eclipsed the exercise of speculative and inductive reasoning in the Platonic tradition. Nonetheless, the latter remains available as an alternative for pursuing the complementary integration of today's many specialized disciplines. Thus, The *First Analysis Institute* of Integrative Studies (FAI) explores integrative models that draw upon Platonic reasoning while still imposing the rigor of Aristotelian reasoning so that such integrative models will be acceptable to the broadest possible audience.

The primary motivator behind FAI's research was the impressive empirical success being realized by the enneagram in representing the human personality. For such a complicated geometric/numeric model, like the enneagram, to represent the human personality should require a significant genetic contribution. Thus, FAI looked to the Genetic Code for representation of the enneagram, which then lead to exploring other evolutionary phenomena for this same representation. However, we learned that this exploration had to be built initially around the "3, 6 & 9 Triune" underlying the enneagram after which the latter could then be addressed.

In regard to applications of this research, FAI has focused on applying the unusual synergy of combining vitamins A and D in treating diseases attacking epithelial tissue like most cancers and immune disorders. Until the enneagram was applied to the Genetic Code which lead to identifying the synergy of combining A and D, this therapy did not receive much attention. The opportunities for research in this area are considerable including possibly helping to treat COVID.

At the other end of the spectrum, FAI continues to work with tri-Abrahamic communities (i.e., Jewish, Christian and Islamic) to appreciate the synergies and complementarities of the differences between these three faith/culture traditions using the "3, 6 & 9 Triune" in both religious and secular settings.

Oliver says he uses the "3, 6 & 9 Triune" meditative application most nights to get back to sleep. While every meditator seems to have their own personal technique, the "3, 6 & 9 Triune" approach does uniquely incorporate the Hindu-Buddhist tradition into a model that also includes the tri-Abrahamic traditions.

**Michael Damian** shows a lot of "Uncommon Sense: *Questioning 'common' Spiritual Tropes.*" Starting with the idea that to experience pure consciousness we need to successfully remove this or that idea first, instead of reflecting on the fact that we are always experiencing pure consciousness.

Questions like, what is the *world of illusion*; how



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Evolution's Best Kept Secret: <i>The 3, 6 &amp; 9 Triune</i> . . . . .	F. Oliver Nicklin	1
Looking at Type 9 <i>From 4 Sides</i> . . . . .	<i>By 4 Masters in their Fields...</i> see pages 15-21 below	1
From the Editor. . . . .	Jack Labanauskas	2
Uncommon Sense: <i>Questioning "Common" Spiritual Tropes</i> . . . . .	Michael Damian	4
Type 9: <i>Dynamic/Receptive</i> . . . . .	Tom Condon	15
Type 9: <i>the Mediator: In Therapy</i> . . . . .	Carolyn Bartlett	16
Type 9: <i>Myra, Self Preservation</i> . . . . .	Antonio Barbato	19
Type 9: <i>Intuitive Take</i> . . . . .	Nick Turner	21
Teacher's Listing . . . . .		23
Subscription Forms and Ad Rates . . . . .		24

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do we *develop trust*; what is the difference between the *outward and inward self*; and, the *quest of spirit* are addressed.

And the recurring question of how *Enlightened Individualism* can break out in this era so rife with mis-conceptions, obfuscated by spiritual bromides distorting clarity about how things really are...

Quoting Michael:

"And to make this breakthrough, you will have to overcome the gravitational pull of family members, friends, and various collective ideas that work to keep you in the conventional, spiritually lazy, complacent and suffering mode of consciousness. In other words, you will have to become far more individualist and rebellious against the status quo. You will have to gain a more independent spirit in your thinking. You will have to rigorously challenge all kinds of secondhand, received truths – especially those which purport to be unassailable spiritual truths. You will be challenging received notions about what enlightenment is and how enlightened people behave."

**Tom Condon** looks at the "High Side of Nine" where healthy Nines are gently dynamic, suffused with a highly integrated sense of themselves and their implicit purpose. Most try to contribute to the world around them in a way that benefits everyone. They are able to state blunt, difficult truths in constructive ways that don't make others defensive, and it comes across as if all parties implicitly know that the Nine has little ego investment in the outcome.

Whereas "Admitting to their Preferences" is hard for Nines and often they actually have to search for and admit a hidden need, opinions and priorities. It is a hallmark of the trance of this style to believe that they don't actually have hidden needs, but that is rarely true.

**Carolyn Bartlett** shares her observations of "Type 9 the Mediator: In Therapy." Generally Nines are easygoing, passive and agreeable, atten-

tive to the therapist's needs maybe more than identifying their own needs they have a hard time to present with focus. As self-forgetting comes easy to Nines, it is up to the therapist to challenge the client enough so they avoid sinking into a narcotization stage of awaiting change to occur. Moving out of inertia may be disturbing, but necessary and preferable to peace at any price. Nines often show the tendency to ruminate about problem situations from a passive observer's perspective without subsequent action.

The therapist will need to find ways to encourage a full use of gut, heart, and mental experiences by placing focus on physical sensations, how they connect with corresponding emotions, and translating it into making a plan. Reminders of failures and disappointing past behaviors and their consequences will influence and facilitate the resolution to be more proactive.

Suppression of anger is another feature for Nines who see their role as mediators, feeling they are not allowed to express anger. After enough compliance and numbing out as a response to annoying situations, anger often pops out over irrelevant details that have nothing to do with the original cause.

**Antonio Barbato** interacted on and off for many years with "Myra, Type 9, *Self Preservation*." Myra came as an immigrant to Italy after escaping harsh realities from her country of origin. She married as a teenager her much older type 8 husband, Paulo. They had several children and a relatively uneventful life in spite of Paulo's difficult character. Plagued by frequent financial difficulties Myra nevertheless maintained some good cheer and a charming disposition. Her attachment to the children was of great support that enabled her to always find time for cultural and educational activities and maintain a sense of curiosity and contact with a variety of friends. She had earned the nickname 'mother of all consolations' as someone always open to anyone

who needed to confide without being judged or criticized.

Myra would listen to others and gain emotional satisfaction to still her hunger for connection. On a physical level she struggled with her inner hunger that caused her weight problems. The situation became worse after Paulo was fired from his job and stayed more at home, giving in to drinking and gambling. Myra's projections, or what was left of them evaporated rapidly and she had to cope with a variety of adversities that required her to go against her self-pres Nine'ish nature.

Antonio has stayed in touch with Myra during her struggles through the Nine's daemons, observing how she finally came out victorious. An interesting and raw story of life, passion, adversity and redemption.

**Nick Turner** is an old hand at observing finer nuances of "Type 9 *Intuitive Take*." Nines value and want to preserve the pleasant simplicity of daily life, a comfortable lifestyle that allows them to remain calm and undisturbed, preserving an inner state of peaceful quiet. This is both a powerful talent and possibly the most dangerous trap Nines face in their personal journey. At their best, Nines can completely let go of their lower self, making merging with others possible. They can achieve healing of emotional rifts and create deep, loving connections. That allows them to operate imbued by real Essence opening the possibility to become catalysts for spiritual renewal. People can see and trust them as nonjudgmental and caring individuals.

At their worst, Nines can become overly attached to inner calm, causing them to avoid anything that might be upsetting or create disturbance. This can lead Nines to sink deeper into a sort of trance, as they unconsciously remove from their awareness all of the influences that might threaten the peace. In extreme cases this can lead to becoming utterly unable to function, ignoring the outer world in order to stay free of inner disturbance.