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Integrating Enneagram's Inner Polarities by Practicing the 4 R's: Recognize, Reframe, Reown, Recycle

When we over-identify or over-idealize certain aspects of our personality, we tend to disavow any opposite attributes. For example if you think of yourself as right and exact, then you don't want to consider yourself wrong or messy nor do you want others to think of you in this way. Or if you think of yourself as strong and tough, you don't want to appear to yourself or others as weak and wimpy.

To avoid these unacceptable parts of ourselves, we put them in the basement (our unconscious) where we can forget about them. This is called *repression*. *Splitting* is a variation on this maneuver. Instead of being a whole me, we become the good me and the bad me, like Jeckle and Hyde.

These defensive techniques create *divisions within ourselves*.

If relics in the basement start to offend us, we can go a step further and throw our garbage out. For example if you think of yourself as wise and perceptive and find looking foolish quite intolerable, you can cast out your foolishness and then find yourself surrounded by a confederacy of dunces. This is called *projection*. In-

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stead of being a neurotic among neurotics or a sinner among sinners, you are a rose among thorns, or a good me surrounded by not-so-good you's,

The process of *projective identification* goes a little beyond projection. Instead of simply throwing our trash out and leaving it in others with a good riddance, we put our unsavory characteristics in others, then sanitize and civilize our offensive behaviors in the garbage bin -- or cajole others into cleaning up their acts. For example if you project your inner rebel or delinquent onto others, then you will have to police them, reform them, excommunicate them, or throw them in jail. Now, not only have you gotten rid of your demons, you've found something to do in your spare time!

These defensive strategies create *divisions between ourselves and others*.

We can work on our inner and outer splits by practicing the 3 R's + 1.

If we can *re-cognize, re-frame, and re-own* our unseemly parts, we might find some valuable assets tossed out with our garbage, and *re-cycle* them. We will gain an inner integration and wholesome connections ...CONTINUED ON PAGE 17

Enneagram in Light of Neuroscience

What messages have the symbols and models of the archetypes held steady throughout time, that are within the collective unconscious?

Jung, the famous Swiss psychiatrist, psychoanalyst and anthropologist stated that the archetype is like an invisible model that determines what structure an object will assume; for example, how a crystal will form. He considered numbers themselves to be numinous and sacred entities. He described them as "an archetype of the order that became conscious."

Pythagoras believed that "the whole universe was harmony expressed in numbers" and that mathematics was the ultimate essence of reality. Similar to the Pythagoreans St. Augustine too believed that everything had numerical relationships and it was up to the mind to seek and investigate the secrets of these relationships or else have them revealed by divine power. St.

Dr. Liliana Atz



Augustine wrote "Numbers are the universal language offered by the divine to humans as a method for the confirmation of what is truth."

Archetypes as collective representations of the inherited unconscious, are the common heritage of humanity, found in the myths and legends of all civilizations. In life there can be as many archetypes as there are characteristic situations we can see in typical and recognizable patterns of human behavior, for example, as symbolized by the nine Enneagram types.

On the psychological level, the Enneagram sees human intelligence as expressed in three fundamental ways that are related to the Instinctive, Mental or Emotional centers.

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