



## *The Natural Healing Podcast*

*with Dr. Setareh & Salvador*

*Episode 55: What's Your Enneatype? A Journey through the  
Enneagram Personality Types with Hemla Makan Dullabh*

**Speaker1:** [00:00:03] We all need support and community. And as a listener of the Natural Healing podcast, we want to extend a special invitation for you to join ours. Visit a Centre for Natural Healing for its welcome to be a part of our global online community. You'll get a free five step guide to fatigue relief, along with exclusive weekly insights and health tips that we only share via email. Join now at a Centre for Natural Healing for its welcome. We look forward to seeing you there. Hello. We're so, so excited to have you back on the show today. For those of you who have not already listened to Gemma make an original episode, she joined us to teach us about the healing power of colors in episode number 41. Welcome back to the show, Hemla.

**Speaker2:** [00:00:57] Thank you very much. It's really nice to be here with you both.

**Speaker3:** [00:01:00] Yeah, we're excited to touch on a different topic.

**Speaker1:** [00:01:27] Welcome to the Natural Healing Podcast. The show designed to guide, inspire and empower you to elevate your health so you can achieve your goals and dreams. We are your hosts, Dr. Setareh Moafi.

**Speaker3:** [00:01:40] and Salvador Cefalu.

**Speaker1:** [00:01:42] A husband and wife team of acupuncturists and owners of a Center for Natural Healing, an integrative wellness clinic based in the heart of Silicon Valley.

**Speaker3:** [00:01:52] We're here to make the ancient wisdom of healing practical and accessible for your modern lifestyle.

**Speaker1:** [00:02:05] For those of you who don't know Hemla yet, Hemla is a transformation catalyst based in Los Altos, California. She founded 7 Rays Holistic Center over 20 years ago. Her work focuses on one simple statement Awaken the

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power Within. Hemla helps people to engage with their own inner healer as a guide and teacher, she observes and advises blending together various modalities, helping people connect with their whole being. As a transformation catalyst, Tamela uses the three centered approach. We have three centers of intelligence, and our journey with ourselves is to engage with all three centers connecting with our body, mind and heart. Hemla believes that this can bring wholeness and wellness to our human being. Hemla works with groups and individuals. She offers classes for corporate wellness and for communities. Hemla overlays her passion for color therapy in all of the modalities she offers. Hemla was born in Durban, South Africa, and moved to California over ten years ago. Her background is as an artist and a teacher. She is the mother of two boys, beautiful Hemla. And so telling of really the gifts that you have as a healer. They are so diverse and so multifaceted. I mean, just having worked with you personally, myself lately, I can say that you truly, truly are gifted.

**Speaker2:** [00:03:36] Thank you very much.

**Speaker1:** [00:03:40] So Hemla, you sparked an interest in us to come back on the show because we were talking about Enneagram, which in Chinese medicine, the way that we look at different personality types is through the vantage point of the five elements, and that gives us an idea of five different personalities. Now, when when you go a little bit deeper into the layers of different aspects of Chinese medicine and actually a book that Salvador is working on that has a tradition rooted in Japanese culture that's known as Nine Star Qi, that's also one other system that allows you to understand different personalities. But we're really intrigued to understand exactly how the Enneagram system works. I mean, many of us have heard of it before. I know I have, Salvador has, but I don't know if I fully understand it. So maybe you can give us a little bit of clarity about that.

**Speaker2:** [00:04:36] Sure. I can give it a little bit of a taste or an overview. The system is so alive and constantly evolving that I find that I still enjoy studying with different teachers and learning different perspectives because it really is dynamic.



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**Speaker1:** [00:04:51] And maybe you could also give us a little bit of background on how this even became a part of your practice and a part of your interest, the Enneagram System.

**Speaker2:** [00:05:01] Sure. So I first got introduced to the Enneagram when I was studying family constellations and doing my accreditation facilitation, and I walked into a room of seven therapists who were all Enneagram based or trained, and I was curious about what the system was and why they were so interested in family constellations and Enneagram and that intersection between them. And as I began to work with them, I realized how what we call type structure shows up really quickly when you're aware of the different Enneagram types. And that gives us another layer of information when we're doing family constellations as to the representation of, well, if this was whoever it was, let's say the example is grandfather and grandfather comes in like really bold and kind of takes over the space that's telling of a particular Enneagram type. So it kind of gives a layer of information that I thought was really interesting. And so the interest for me was just there. And I in the last seven years I've just been exploring and learning and my accreditation with the narrative tradition, which is a menlo Park based Enneagram, it's worldwide, but they're based in Menlo Park. And so I did my teacher training facilitation with them a couple of years back, and I've been incorporating it into all of what I do because I feel like it marries so well with so many therapies. And I'm hearing with Chinese medicine, what are you talking about? And I'm so curious to see what the intersections are, but let me get to what the Enneagram is.

**Speaker2:** [00:06:36] To me, it's a spiritual roadmap to understand myself and others what causes me to be triggered and trigger reactions and others. And so it's about collective as well as my own personal growth and transformation. And so I find that an extremely interesting tool to have to understand. The Enneagram also explains that our personality isn't who we are. And that inside of or within us is what's known as your true being or your true nature. That's really who you are. And our society, our cultures, our childhoods, upbringings, whatever that those layers are, have put the layers of our



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personality on top of that. And so we've lost touch with the essence of who we are and really all of us human beings just trying to get back to the very center of who we are. And the Enneagram, for me, offers insight to know, Well, here are the layers to this personality that take me away from the truth of my being. And for me, that is the deal that sealed it. It's like, I want to know that and I want to know, Well, then, if I'm not this outside shell of because we kind of get rid of our personality. So that's not what I'm implying. A personality is an integral part of who we are. But to understand what ticks and what makes me react in the ways I do means that I can grow and heal and I can become aware. And that brings change. I also enjoy that the Enneagram has meditation as part of its practice because the whole premise is if we are in awareness, then we can bring change.

**Speaker2:** [00:08:21] Sometimes we can know some things cerebrally, but it doesn't mean that it can change things. We can just know it. And then what? For me, it's the knowing. And then what would I like to do with that awareness and how can I catch myself as the phrase is catch yourself in the act is what many Instagram teachers use? Because then I can go, Oh, I'm here again. This is what I notice, and how can I choose a different reaction? Then the other part of the Enneagram is that it doesn't favor \$0.01 of intelligence. And in my bio you talked about the three centered approach, and that really came inspirationally from the Enneagram because we are not only mental thinking people, we are also heart based and body based and all three centers, when they work together and we work with them, then we are really present in our human being and can react from there. So it's about bringing all three centers on board. The other thing that fascinates me is when I first started reading the history of the Enneagram, I came across one of the founding teachers, Gurdjieff, in the 1800s, and he said, Human beings have been asleep and our work as to wake up. And that for me is OC How do I wake up to myself and how can I wake up to others? So yeah, it was the way I kind of. It.

**Speaker3:** [00:09:45] Hemla, I remember in the past when I was looking into my numbers, I answered a questionnaire and then I was. Basically offered like two different numbers that seem to apply to the answers that I gave. And this is based on, I guess, a



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nine person at nine phases of different personalities. And I was wondering if you could kind of break that down a little bit better.

**Speaker2:** [00:10:12] Sure. So the first thing I'll say is we are everything in the Enneagram because we all have different human emotions. But what the Enneagram, when we look at it first, is there to do is to give us an overview through what's called a typing interview. You did an online one, which is also a whole lot of questions that you answer. And then it kind of gives you the two numbers that seem to resonate most strongly with the way that you answered and with the typing interview we do. It's a very in-depth it's about an hour and a bit for the whole process where we ask very deep questions, also helping you to look at that. But it's a little bit more nuanced because we're looking at where numbers can look the same or listening more for the motivation behind why those things happen. So, yes, you're right, there are often two numbers that come up in that. And then what I would often do is give people information to read about those two numbers and say, well, what do you think? Do these resonate? Maybe something else does. And the whole point is not to put us in boxes. The Enneagram is not a system, and I think that's often misunderstood by people who come to me and go, Oh, like, you know, I must be best. And I go, No, we're everything. But what it's helping us to understand is this is what we lead with. So when we lead with that, we can understand our triggers, what our defense system is, where we avoid, how we get trapped, all these different emotions that come up. And when we understand that one number that we lead with more clearly, then we can kind of go into it and explore it further so that I don't just answer your question.

**Speaker3:** [00:11:53] Yeah. And then also my understanding was that there's these nine personality types and you were saying it's actually much more So could you break that down a little bit for us?

**Speaker2:** [00:12:05] Yeah. So often in businesses or when people first encounter the Enneagram, they get really excited because it's like this personality test. But it is much deeper than that. And it's just the first layer of this multilayered system. Underneath that



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is this psychological road map. And underneath that is a spiritual roadmap, because like I was saying earlier, we want to get back to the core of our true nature. And so in order to understand that, we have to know what's going on in our minds. And that's not often known as the Fixations in the Enneagram. Then we need to know what's going on with our emotions separate from our heart, because our heart is neutral, but our emotions can take us in all kinds of rollercoaster. I mean, we all know that. So that is known as the Passions in the Enneagram. So when we understand those, they can also have offers insight as to, Oh, this number resonates really strongly because I see that I do this when I'm in my mental state. I do this with my emotional state and how can I observe it and then bring some change to that. So that is of course, these are all takes time and observation and engaging with what we call our inner observer to understand our true nature.

**Speaker1:** [00:13:23] And I'm sure people will be asking this question as they listen to you. What do you feel is the best way to determine what your Enneagram number is before you? I know you're also going to go into the details of what the different numbers are, but.

**Speaker2:** [00:13:36] Well, the easiest way is if people don't want to know, they want to just explore. There's a ton of online resources that you can just look at the narrative. Enneagram, which is the institute that I trained with, have a whole lot of free resources like the two of the nine types, and then they go into each one. You can watch panels of people of different types speaking about the Enneagram. Then there are a couple of free Enneagram tests online. Like I said, those are good. It just give an overview. Sometimes people find them not as accurate and they get confused because they don't take into account what we call look alike numbers. So to me, the best way to approach it is to have a typing interview with another person who's trained in facilitating the immigrant work, and they can give you an insight and deeper meaning into it and even give you questions to journal and think about afterwards. So that would be the ways that you could look at it. At the end of the day, it isn't about me or any other Enneagram teacher telling you who you are. That is not our job. You know yourself best. What we



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help to do is for you to see and understand what the motivations are. And so we guide you through the process. But the journey is your own to come to it. And so people will often read the links I will send to them or we'll have a further discussion about it. And in that discussion they can understand this is what's happening inside of me. And so there's a whole somatic process to the Enneagram, which I won't go into today, probably have a whole different conversation about that. But I can take you for a tour right now on the Nine Types, just to give an overview. Would that be helpful?

**Speaker3:** [00:15:16] It would. One more question before we go. There is so you talked about the two layers being the mental and then the emotional, and then you touched on the spiritual. So are we trying to uncover the spiritual or could you explain how does that fit in?

**Speaker2:** [00:15:32] Right. So in the enneagram, the personality, if we just understand the personality trait, it kind of keeps it on the surface. But if we want to take it even deeper, we understand like what are the virtues in our type? What are them, what we call holy ideas? And I don't want to get too technical because then it can confusing. But the spiritual part of it to me is this Well, now that I know this, how can I bring awareness and work with that through my meditation practice, through my what we call a centering practice? For example, if you connect with the head types, the thinking center, the tendency for head types and this is just general is to always be in thought. And of course all of us human beings are. We have thousands of thoughts go through our head all the time, but for the head types, it's a lot of that mental rumination. And so they work the centering practice for them in their meditation. And so the meditation practice looks different for everybody is to be more in silence. So it's how can you learn to tune into the silence, the pause, the space between if you tend to lead with a body and part of the body triad, then there's three of each. So with the body triad, they always want to be moving. And so their centering practice would be of stillness. How can we still ourselves? So with hot types or hot triad, they're always wanting connection with people because relationships are really, really important to them, but because they're so connected, wanting that connection with others, they lose connection with themselves.



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And so their centering practice will be solitude. So these are the three overlays, the triads that are there present. And I know that you said something about Chinese medicine having some kind of triad. So I don't know if you want to share anything about that or you want me just to continue. But the Triads are there present.

**Speaker3:** [00:17:40] Well, Chinese medicine has a triad. They call it Jing Qi and Shen. So Jing would be the essence. More like our physical form. Shen is going to be more of like the spiritual aspect. And then she is just the life force that imbues all of that.

**Speaker1:** [00:18:00] What's really empowering about these personality types of I know that's a very limited way of describing it, but what's.

**Speaker2:** [00:18:08] Really.

**Speaker1:** [00:18:09] Right. Just. Yeah. What did you call them? The types.

**Speaker2:** [00:18:12] And types.

**Speaker1:** [00:18:14] And what types? Well, what's really beautiful about it is it seems like the cultivation is to kind of go into the place of discomfort, because that place of discomfort is really in any part of life what helps us grow if we stay in our comfort zone, which I know after a while also gets uncomfortable because we just get so bored of it and whatever. But if you go like, if you are somebody like I know, I always feel like I have to move around. I'm pretty sure that I'm a body type. And I think from from what you've told me, that that's true, but it's like it's very hard for me to sit still. So I know and I realize that the practice and one of the things that's helped me over the years is doing more yin yoga because it's like that forces me to stay in a posture for at least 5 minutes with without wanting to go run around and do things. I mean, I'm starting to just feel what you're saying about how important it is to do exactly opposite of what you're used to doing and what's habit for you or what comes easily for you, because that's how you grow spiritually.





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**Speaker2:** [00:19:19] Exactly. Exactly. And we talk about that all the time in the Enneagram is that it's not in the place of comfort that the growth is exactly as you're saying it is in the place of discomfort. And it's not about changing something. It's not I can never for example, one of the passions is shame or fear. I can never not feel shame or fear. These are human emotions, but how can I observe when I go there? And then in that self regulating way or engaging like an observer kind of going, okay, so what is this about to kind of working myself through it by just listening in and being present to the fact that it's there in our tendency is to want to go, okay, well, let's fix it. This isn't about fixing anything. It's more about being present to what's there. And that's the change of the transformation that happens.

**Speaker3:** [00:20:16] I like that approach.

**Speaker2:** [00:20:19] Yeah.

**Speaker3:** [00:20:19] More of an organic thing. Let the change just kind of evolve. And it doesn't seem like when you try to fix something anyway, it doesn't really hold.

**Speaker2:** [00:20:27] So it's a natural process.

**Speaker3:** [00:20:32] 100, I guess they say not right?

**Speaker2:** [00:20:35] Yeah.

**Speaker1:** [00:20:37] So I think we're ready to take our tours of the different personality types. Yeah.

**Speaker3:** [00:20:41] Why don't you. Why don't you indulge us in that journey?



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**Speaker2:** [00:20:45] Okay, So I'll kind of just give an overview and then I'll start with even though we normally start with nine, I'll start with one in the Enneagram, just to make it easy, the ones are known as the perfectionists or the reformers or the teachers. Sometimes they don't, and they are all about creating this perfect world, perfecting themselves, perfecting others around them. And it's all about the sense of control to get that perfection of what they perceive to be perfect or the right thing to do. So there's this sense of that they believe that there is a right way to do it, and that's what they want to work toward. So I'll tell you a little bit about the difficulty in that. Four for one is that then there's always the sense of there's something wrong or this is not quite right or the perfection. Is this finding the errors in something as well. And so that's the, you know, the light and the shadow of the the one, so to speak. Then twos are known as the givers and helpers. And as the name suggests, they go out of the way to be able to help others and do for others as a way of expressing care or nurturing or love. But in that doing and giving for others, they lose connection with themselves and what their needs are because it's always outwardly focused. And so then that awareness can help them to know this is what I tend to do and how can they come back to what I need? Three is known as the performer achiever, and they're always going, going, doing and achieving and performing because there's a sense of I have to achieve this level of success, that there are many layers to it.

**Speaker2:** [00:22:34] But you know, within myself, within the society that I come from or whatever that may be, or I have to achieve that goal that I've set. So they're always moving in that way, like always kind of reaching that next goal that they have set. And in them doing that, they've lost touch with what it is that they need in themselves. It's not about the achievement outwardly, but what's inside that they're filling. Okay, then the fours are known as the individualists or the romantics. They are the ones that want a different unique point of view. They they don't want to fit in to something that there already. They want to create a different structure or a different way of seeing or doing things. And they want to go dig deep into that. And sometimes that quest for that search for something different or unique or different from others can also then take them away from that. There is already something that's complete and whole in themselves, and



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because they keep looking for that part that's missing. Then five. They're known as the Observer's investigators, and I'm literally touching the tip of a very deep I mean, there's hundreds of books written on the Enneagram, so I'm probably not doing justice in kind of touching it this way. But anyway, just to give a general.

**Speaker1:** [00:23:58] Tour that you're giving us right.

**Speaker2:** [00:23:59] Now. General. Yes, General tour. So Type five is known as the observer investigator, and they like to observe and investigate things from the outside first before they can commit or be involved in things. And they love to absorb knowledge around an area that they have deep interest in and they are very cerebral. So much of that that they live in, they part of the head ride, which I'll go into later, but they are much more cerebral and can often detach from emotions. So then they everything is up here and their imagination not so much on the heads, not so much in their bodies. And they are very guarded about people wanting their time and space and in any kind of what they consider to be an intrusion. So therefore they rather observe first and then engage. So that's the the five, the six is known as the loyalist or skeptic or loyal skeptic and very interesting. So the sixth is the thing that as the skeptic, there's two parts, there's two things happening them. One of the one part is they they driven for the need for safety and security. And so they will want to see if I feel safe in this environment, is it okay for me, is it not? But then there's another part of them that will push against that, too. And so that's where there's two parts to. I mean, there's two parts to all, but many parts to all. But with six, it's particularly there as I don't know if I agree with that or I don't know if I believe that.

**Speaker2:** [00:25:36] I do believe that. So there's a lot of doubt that comes in as well as they're trying to figure out what feels what they think. To be right or wrong. They the kind of people who walk into a room look to see where the windows and the doors are and the exit signs because they need to know that they're safe. And I exaggerate the example. But, you know, they graded mitigating risk. So that's the six. The seven is known as the Epicure, adventurer or enthusiast. And so they want to be out there and



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exploring new things. They don't like to be contained in any way. So the minute you take away the options or the ability to try out new things that can feel very stifling for seven and they don't enjoy that, they want the freedom to be able to explore all these different options. And they are always planning the next thing and the next thing. So they're very future driven. Then eight is known as the boss or the protector, and often, as that energy suggests, there's a sense of justice and truth that they look for and what they believe to be that. And they will go into very protective stands to protect those that they believe need protecting. And often the underdog is what they eat, fights to protect, and they can become very bold and big and take up a lot of space. But they can also be not all eight to like that because there are some that are not that way. And so they have a very clear idea of it's this odds that black or white and that in what they believe to be true or just and they don't show the vulnerability very easily.

**Speaker2:** [00:27:17] So that's eight and then nine is known as the mediator, peacemaker. And as the name suggests, the nine is always mediating, always wanting to keep the peace because they don't want any conflict. They avoid conflict at all costs. So they will often go with what everybody else wants rather than to tune into what what is it that I need? So if that is needed to keep the peace and that's what I'm going to do. And so they don't often express their own point of view around topics. And the words that go with nine is they go along to get along, and that's how they keep the peace. So that's kind of the tour and I'll break it up a little bit further. Eight, nine and one are part of what's known as the Body Triad. So there's a lot of that. What they sense, of course, everybody feels and senses in their body. So but particularly for eight, nine and one, there's that two, three and four unknown to be part of the hot triad. And there's a lot of that connection and feeling things and emotions that run the show for the heart triad. And then five, six and seven are known as the head triad. And what they do is there's a lot of mental cerebral work and action that gets done in that way, and that is how they function in the world.

**Speaker3:** [00:28:47] It's very interesting.



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**Speaker1:** [00:28:49] What's the best number? Just kidding.

**Speaker2:** [00:28:53] So I was about to say that there's no best number because every single number has incredible qualities. And then the shadow side, which is really we look at it, we go, oh, you know, I'm working with that now so I can touch on those as well. I can, if you like, just touching the shadow and the light of of each.

**Speaker3:** [00:29:14] That would be interesting because I was actually trying to see that as you were describing each time.

**Speaker2:** [00:29:20] Great ones will not express their anger. They repress their anger. They'll come out and say things like, I'm frustrated, I'm annoyed. It's not right to say I'm angry. So they will never say I'm angry. So the virtue for one is serenity. When they can understand that this is what's going on, when they when they kind of clipped and they kind of holding all the energy together and they're going, I don't like that or I don't want that. That's not right. Then it's more of the part of themselves that's feeling the anger, but they won't let themselves feel the anger. And so the work when we are aware of it is to notice that and then move to the place of what's known as serenity for for once, that everything is already perfect in the world, that there's nothing to do to make it any more perfect than it is. And it sounds great, but it's hard to remember that in the moment when we're feeling all these things. So that's one to the thing that drives them is pride. So there's a lot of pride in doing for others, but that can be to their detriment. Because if I do this for you, then you're going to love me this way. If I do this for you, then you're going to show me this respect in this way. And so then their whole sense of their identity is dependent on how others react or not react. So that then pushes their self esteem up and down according to that. So if to become aware that that is what's going on or that's the driver or the motivation is what we say for that doing or that gift giving or turning up the door with the fresh baked bowl of muffins or whatever it is, then the virtue for to's is humility. And by that they're meaning more like, first of all, to be aware that this is the dynamic that's happening. And then when you notice that this is what's happening in you, you can have a different relationship with it.



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**Speaker3:** [00:31:18] It sounds like a lesson for two is to let go of their expectation that when they do for another, that they're not going to be rewarded in some way. Maybe it's just an emotional reward.

**Speaker2:** [00:31:31] Yes. And that is humility, right?

**Speaker3:** [00:31:33] Being validated for being a good person.

**Speaker2:** [00:31:37] Exactly. And so that's the thing for two is the humility is to know that to do it. But like you said, not need that validation or, you know, it's just done. So that's for two. Three. It's and I'm so this whole the appearance, how they look to the outside world is really important. I have to appear to be successful and I have to achieve all these things. And of course our society loves that. So this is even higher bar set for this sense of what we've got to achieve and do. But then what happens is that threes and have to keep up this image of trying to beat this. So even if they need downtime, it's like, no, you don't get downtime, you just got to go and do and. Because there's this need to appear confident. There's not really this time for what? What is it that I want? Or how can I give myself a downtime in those moments? And the virtue for three is honesty. You know, like, how can I just be what is true here right now for me? Oh, I need some time out. Okay, so that's the virtue. And again, I'm just touching on this.

**Speaker3:** [00:32:52] One point on three. Did you mention three as a competitive type or a person who's striving right there, striving all the time? Yes. It makes me think like this individual may be like you're not just striving to prove yourself in society. You're always striving to prove yourself to yourself. It's like, are you are you ever good enough? You know?

**Speaker2:** [00:33:16] That is exactly it. And it's this internal battle because no matter how much you try, it is never you never feel like you've got there until you become aware that that's the pattern and then you can shift it. So good point. Yeah.



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**Speaker1:** [00:33:34] The Daoist believed that anything is possible, including miracles, and that when you open your heart, you open your world to endless possibilities. My audio guide How to Attract Endless Possibilities will teach you the exact steps to help you create your ideal life. And it's yours free when you sign up. Now at Setareh and MyFico.com four Miracles, you'll learn the four pillars that will allow you to shift your internal experience so you can begin manifesting exactly what you want. The life of your dreams is closer than you think. Visit Setareh, My office for miracles to start creating it Now that's city a r e HMO RFI for miracles. I love what you said earlier, and I just want to remind everyone of this. As you're listening to Hemla, go through all of the different types and shadows and strengths and virtues, is that. You may like see this as like, Oh, this is terrible or Oh, this is great. First of all, there's no judgment because it is as it is. But also remember that we are all all of these things.

**Speaker2:** [00:34:52] Yes. Thank you. That's a what a beautiful reminder.

**Speaker1:** [00:34:54] Yeah. As we go through because you're listening.

**Speaker2:** [00:34:58] So for is known as the individualist, romantic, and the passion for them is known as envy. Now, of course, we all feel these emotions, but for when we're talking about envy, it's this conscious and unconscious, comparing themselves to other people, often in their minds, sometimes out aloud. But it's this constant comparing, like with the feeling of, Oh, I can do that, or deficiency and superiority. Like it's this kind of juggle that happens for fours. So that's how we describe envy and the virtue. The place that folks want to come to eventually is equanimity. It's that the space for everything in the universe, nothing is missing in you or in others, but especially in you, because it's a sense of depletion or emptiness or not enough. And so the work for for us to go, oh, everything is in perfect harmony or balance. And that's the equanimity that we talk about.



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**Speaker1:** [00:36:03] As you're talking about these personality types, it's reminding me of the different experiences we all have.

**Speaker2:** [00:36:10] Right?

**Speaker1:** [00:36:11] So when you said when you explain this whole the different aspects of the it reminded me of like comparison syndrome or or what do they.

**Speaker2:** [00:36:19] Call it, the imposter syndrome. Yes. Not related to. Maybe not. The one thing that Ford's struggle with most is that they want to come across as being authentic. So the thing that they struggle with is they don't want to come across as being a phony or an imposter. So you hit the nail on the head? Yeah, absolutely.

**Speaker1:** [00:36:42] So the two things that reminds me of is is like the comparison that we're all we all tend to do at some point or another. And then, yeah, feeling like an imposter. When you get to a certain level with your work, then you're like, Am I really good enough for this?

**Speaker2:** [00:36:54] Right. And that's why as you as we going through this and understanding a little bit of the nuances of what the passion is and what the virtue is, I'm hoping that it gives everyone an insight that, you know, we all feel envy. We all feel the sense of, well, that we want to do and what can we get back from that? Or we repress our anger, all these different things that I've talked about so far. So therefore, we are everything in there. But yeah, so five the passion for them is a very old word. It's called Everest, but the simplest word for that would be an extreme greed. But it's not. Greed isn't like, Oh, I want everything to eat it. Greed is more this intense desire to God. Everything that relates to themselves. Fives are not an open book that I want to share, and I'm really talking about five that I haven't got to a state of health yet because those who work on themselves are different. But the point is that they don't want to share anything about themselves or knowledge that they have in a hurry. They'd rather observe, as the name suggests, to see what it is, and they will then automatically





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detach from their feelings and kind of tell you a whole story about something but not actually feel it.

**Speaker2:** [00:38:09] And all because they're afraid that if they give too much, there'll be nothing left inside. And so the virtue for them is about non-attachment, which of course is a very Zen sounding concept, which it is in a way, or generosity like how can they give and not worry that there won't be enough, and to trust that there will be enough and that the universe will always provide and not be attached to that one thing or that they've created or that they've researched and have knowledge about the six. The passion that works with sixes is doubt. So that's where we talked about the six being like what we call phobic and counter phobic. So they kind of feel one thing and then they'll go against that feeling in themselves before they even have a discussion. They'll go, Yeah, I want that. No, I don't want that. I don't want that. Because and then this constant debate, the doubt that's there of which can be for them mentally very exhausting because they're back and forth, back and forth on something because they're seeking some kind of security around that. And but they also push against themselves and. The virtue for sixes is to step into courage, to know it's okay that we don't have the perfect answer. But what would it feel like just to go with that and see? That's the courage that they potentially have.

**Speaker2:** [00:39:35] I talk about the virtues. We all have them in ourselves. So if you whatever the type is, the virtue lives there, but we just don't always have access to it because the personality and therefore the passion is running the show. And so we're not getting in touch with the deeper essence of ourselves. And that is the virtue for six, four, seven. The passion is gluttony. Now, again, it's not about eating everything necessarily. It can be about food, but it's this, Oh, I want to try jumping off the cliff today and I want to go skydiving tomorrow and I want to go bungee jumping. So there's this like, I need a need. I need to do all these things because the minute you try and tell sevens that they can only have a couple of choices for them, it feels like you're taking away their freedom and that's the thing that they seek the most. And so that feels like a death sentence. And so the that's the gluttony is I want this, I want this, I want to do that. But then, as



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Evans will often describe when I work with Seven's IS, then they don't really get to finish something or be present with something all the way through.

**Speaker2:** [00:40:42] They'll start something and they don't finish it. And so the virtue for them is the word sobriety. And how it is used here again is how can I be content with trying this, knowing that the possibilities are all out there, But I'll see these two things or three things through, and that's okay. And so there's a sobriety in it in that way. Type eight. The passion for them is vengeance. And vengeance is more of the sense of. That was not the right way to behave or do that according to whatever they believe. To be that wrong and right. They're wanting to rebalance it. So often they fight for the underdog or seek the justice that they want, and they can get really angry and they can. They're not afraid to show and express the anger. That's what makes them different from, for example, one who's not going to show the anger. The eight will let you know that they're angry that that was not right. And so they will blame some someone for something if they believe that they were responsible for that. And so there's the sense of power and strength that feels like it comes forward. And that's the the vengeance. And they can intimidate people very easily in order to get what they want, because it's all about control for foreign aid.

**Speaker2:** [00:42:05] And so they're seeking that control. And so the intimidation is a great tactic to use to get the control that they want. And the virtue for eight is truth. And when we talk about that virtue, we talking about the fact that everything is already taken care of, everything is already in balance in the universe, that there is this they don't have to fight so hard for the control that they feel that they need to seek. And. Then that's that sense of the vulnerability that can come forward. And in that there is truth. Hmm. Beautiful. Then for. Yeah. And then for type nine, the passion for them is there's many names, but I prefer this one in attention to self. People may know it as laziness or sloth, but I cringe because I feel like that's not fair because actually nines are not lazy or sloth like in that way. The trouble is that they doing and can be so outwardly focused for the greater whole or the tribe or the community or the person that they with or you know, and their inattention to self is that sense that they're falling asleep to their own needs.



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What is it that fills their own cup because their attention is upwardly focused in that way?

**Speaker3:** [00:43:30] Nine seem to be a bit indulgent into self neglect. You know, it's almost like.

**Speaker2:** [00:43:35] That's exactly it.

**Speaker3:** [00:43:36] That's exactly attention on everybody else.

**Speaker1:** [00:43:39] And I remember one thing you've told me about Nines is that they literally you've had people in your sessions fall asleep.

**Speaker2:** [00:43:46] When the focus.

**Speaker1:** [00:43:48] Turns to them.

**Speaker3:** [00:43:49] Oh, interesting. They just can't.

**Speaker2:** [00:43:51] Look exactly right. They can talk about everybody else and they'll be full of energy. And the minute you ask, well, how are you doing? And literally the nine starts, the eyelids get heavy and they'll tell me.

**Speaker3:** [00:44:03] The sloth comes out.

**Speaker2:** [00:44:07] To themselves. Yeah, to themselves. Like, Oh, I'm feeling sleepy. Suddenly I can't keep my eyes open. Yeah. And can we talk about something else? Is that eating too close to the nine?

**Speaker3:** [00:44:23] Know, striking as a nine? Yes.



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**Speaker2:** [00:44:25] It's like, okay. Yes, exactly. And they will say that. They'll say, oh, can we talk about something else? And but that's if they can stay with themselves. And so then the virtue for them is right action. And exactly like you're saying, it's like, how can you just stay present to what your needs are and it's okay. There's not going to be you don't have to mediate in this moment and there won't be conflict in this moment. If you're present to what is coming up inside of you right here, right now. And that is the practice. So for nine.

**Speaker3:** [00:45:01] Yeah. Kind of sounds like what I think of as, like, the mother syndrome. Always caring for the family.

**Speaker2:** [00:45:08] Tell me more. I was saying, well.

**Speaker3:** [00:45:10] It's just my little phrase because I see mothers all the time who are just so caught up in taking care of the family that they neglect themselves, you know?

**Speaker2:** [00:45:19] That's a good point. So, too, is often also known as the mothering energy, like nurturing always kind of doing for others. But the motivation for two would be I'm seeking the connection with you, and that's why I'm doing this for you. Whereas for nine, as you pointed out, that mothering energy would come with a nurturing energy would come. It's not so much the nurturing as more of like, I want the connection with others, because then I don't have to look at myself and pay attention to me. And so there is that sense of if I do turn the attention to me, then what would happen to everybody else around me then? I can't keep the peace here.

**Speaker3:** [00:46:01] Hmm. Well, in Chinese medicine, we look at nine as a fire number, so fire likes to spread themselves out, you know?

**Speaker2:** [00:46:09] So that's.



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**Speaker3:** [00:46:10] Interesting. There's a similar correlation and there's a similar correlation with these some of the other numbers in the system of Nine Star Qi that Sitara had referred to.

**Speaker2:** [00:46:20] Yeah. I'd be curious.

**Speaker3:** [00:46:22] To discuss more. It's not a direct overlap, so I don't want to go into that. But maybe we could talk about that in the podcast ourselves.

**Speaker1:** [00:46:30] Yeah, it would be interesting. I think it's fascinating because the more you explore these personality types, I mean, you could do so many different types, the deeper your understanding of yourself and the more layers it gets almost more complex. It's not like you just realize that we are so complex as humans and you.

**Speaker2:** [00:46:49] Can see different.

**Speaker1:** [00:46:50] Systems and still learn something you didn't know before.

**Speaker3:** [00:46:54] Well, and you could overlap these systems like I was just describing, for example, I mean, you could just get these numbers and like I mentioned, the nine is like a fire, you know, the two, the other that's the earth, the one that was really critical. That the eight?

**Speaker1:** [00:47:13] Yeah. One of them.

**Speaker3:** [00:47:14] I was thinking like, that's a metal. These are metal quality. So you can see the elements kind of stand out in each of the descriptions that you gave us.

**Speaker1:** [00:47:23] Yeah, that was interesting. I was thinking the same.



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**Speaker3:** [00:47:26] The three is definitely a wood type, that competitive type of driven person, and that's a definite overlap with the nine star numerology. What were you saying? Hemla?

**Speaker2:** [00:47:41] Oh, I would say you talked about nine being the fire, so eight, nine and one. The overlying emotion or underlying emotion that's there present for all of them. All of those three is anger. But an eight eight will express the anger that said made me think of fire. It will express the anger that, you know, nine will say, no, no, no, we can't feel anger. So they deny it in order to keep the peace. But the anger is still there. It just brews underneath and then it can sometimes come out and as an explosion. So the fire was interesting. And then for one, they repress it. It's not a good thing to feel anger because that wouldn't be the right thing to do. So the anger is still there. Yeah. Then for the you talked about wood for three and I think.

**Speaker3:** [00:48:34] You covered the one, the eight in the nine. So you have the emotions for the other numbers that would be predominant. Yeah.

**Speaker2:** [00:48:42] Yeah. So two, three and four. The underlying emotion is sadness or deeper than that is grief, but two will repress the grief. Because again, they would be doing for other people. Therefore, there's no time to feel the grief for myself. Three is out in the world doing and achieving. So they deny that there's any sadness or grief. What do you mean? No? I'm going to do the next thing. I've got to do the next thing. Right. I'm busy. That's exactly it. Three is often very busy, and four let you know that they feel the grief, they express it, and so then sometimes can get too caught up into the grief. But to be aware, like how can that's the like, where can you notice that you're living in that sadness of the grief all of the time? So the words, the mental rumination for forwards because I mean, everyone has a fixation or a mental rumination but for for it's melancholy then like, you know, it's so difficult or whatever that may be.

**Speaker3:** [00:49:43] Did you describe for as a philosopher or something similar?



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**Speaker2:** [00:49:47] They were the individualist, romantic, so they have their own unique way of seeing things. The philosopher. That would be interesting. I think more like five being the observer investigator, wanting to know knowledge about something. But I mean, anyone can be a philosopher, write any number, but I would imagine that.

**Speaker3:** [00:50:05] You use that term.

**Speaker1:** [00:50:08] I have a question. Do you know if numerology has any influence on the development of the any room.

**Speaker2:** [00:50:15] My first introduction when I. Many years ago was into numerology. So I kind of had some overview. I'm not an expert, but I had an idea. So when I first met the immigrant community, I kept saying to them, Is this like numerology? And they were like, They didn't know enough. The people I spoke to anyway didn't know enough about it, but they said to me, No, not really. And then as I've gotten to know the two systems, like I said, numerology, not in detail, but I know enough that there are some overlaps, but not to the degree that I would have thought The overlap is. Nine in the numerology is known as the humanitarian right, and so the nine here would mediate a peacemaker to mediate the collective. There's that kind of humanitarian energy to it. So I think there are some overlaps, especially for that one.

**Speaker3:** [00:51:12] That must be archetypal. It must be archetypal because it's the same in nine star key.

**Speaker2:** [00:51:18] All right.

**Speaker3:** [00:51:19] Yeah. And so now the last numbers we haven't touched on for the emotional aspect is the five, six, seven, I think. Is that the right trend?

**Speaker2:** [00:51:28] So that's the thinking.



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**Speaker3:** [00:51:31] What's the emotional up.

**Speaker2:** [00:51:34] Fear.

**Speaker3:** [00:51:35] Oc.

**Speaker2:** [00:51:37] So again five will repress that they feel fear because then therefore if I get lots of knowledge about this thing I can mitigate the fear. Right. That's their way of dealing with fear, is they keep learning and understanding something. And then when the fear is repressed, the six expresses the fear. And that's where I talked about the doubt that phobic, phobic, they will say, and then they'll kind of take it back and they'll say it and they'll take it back. But the fear is there. And seven will deny that they feel fear because I'm going to go try out a new thing. I'm going to go eat at this restaurant, I'm going to go and.

**Speaker3:** [00:52:18] I'm going to go jump off a cliff.

**Speaker2:** [00:52:21] I mean, literally, I learned seven to do that. Who like, oh, are we're going to go and are we going to do this? Are we going to go bungee jumping And I'm going to go visit this country and I'm going to go try that sort of food there or which sounds great. I mean, I like the ideas, too, but I'm not necessarily bungee jumping.

**Speaker3:** [00:52:41] No. So are you saying they're in denial of their fear or they're just trying to? That's basically what it is.

**Speaker2:** [00:52:50] Yes. So what I'll add to it is that safety and security is what five, six and seven are seeking. So they're going to deny their fear because they're going to go, well, I'm already fine. I've got all these options. I don't have to worry. So that's the premise there. So let's go into that. So safety and security is what, five, six and seven, six. So like I said, six will tell you, I need to know where exits and entrances are. Five in order to feel secure. I said you will develop the knowledge about something, topic or an





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idea or and seven in order to feel secure will allow themselves to have many options as possible, and that's how they will seek that security. Now, the eight, nine and one, their whole modus operandi there is control and autonomy. Now, you heard it with eight, right? I was telling you that they the boss protector, like I'm in control of the situation. I'm going to walk in there and I'm going to fix the problem. Like don't worry about it kind of thing. What are they really wanting is the control and autonomy, and that's why they will assert or they will express what they're feeling in order to get that. Now, the nine like attitude, because it's not okay to do that, they will deny that they feel the anger. So what they do for control and autonomy is they go passive aggressive and they'll kind of dig their heels in and they'll go. Okay. If you say, Oh, will you do this? And they don't want to do that because they can't say no, because it wouldn't be a peaceful thing to do.

**Speaker2:** [00:54:24] They'll go, okay, and they just won't do it. So and one when for control autonomy of course want to control everything and kind of go this is the way you do it according to my idea of what is right and wrong, this is how the system follows and therefore so then one will do it that way. Then the hot triad, like I said, to the sadness that the emotion and what they really seeking is attention and connection. At the very beginning, I talked about attention, connection and relationships being very, very important. So why that too is going to give and help is because if I give my help, then we are always going to have this connection with each other and that means we Golden So that feels good for to right for the three. Why they are always performing and achieving is again, if I'm doing these things in the world, people will recognize what I've done and what I've achieved. But I will feel good about myself and what I've achieved. And then so therefore the connection is there and the tension in that way is also there. And the four will go into those feelings of sadness that constitute they will express them right. And so if I'm telling you how horrible my experience has been and I've had the hardest time about something, then you're going to stay connected with me while I tell you my story. And so then I have a connection with you.

**Speaker1:** [00:55:58] That is kind.



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**Speaker2:** [00:55:59] Of like a triple layered tour. Like I said, I.

**Speaker1:** [00:56:03] Probably.

**Speaker2:** [00:56:04] Could go.

**Speaker1:** [00:56:05] For that's the high speed tour through the nine.

**Speaker2:** [00:56:09] Different.

**Speaker1:** [00:56:09] Types of the Enneagram.

**Speaker3:** [00:56:11] Yes. Over the years, I've heard so much about the Enneagram and. I just learned a whole lot in this last hour. Thank you very much.

**Speaker2:** [00:56:22] You're very welcome. This is so much and so hard to take some of it and not give the rest. So just to say that I probably would have I might have left out important information, but it's there and I would be happy to explore it and kind of go into each type, even at some point. That's something that the audience is interested in because there's so much.

**Speaker3:** [00:56:42] Oh, wow, that'd be wonderful.

**Speaker1:** [00:56:44] That'd be amazing. Yeah. And I want to encourage people when you're listening, if you're intrigued by your own numbers and you want to explore deeper, how that can help you. My assumption is it can help you to have healthier relationships, not just with yourself, obviously, but also with other people around you. If you're having conflict or if you're having issues. This sounds like it'd be an amazing tool to work with. And also just for your own personal spiritual growth if you're feeling stuck somewhere in your life. I know Hemla is a very gifted healer and Enneagram practitioner. Is that the right word for that?



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**Speaker2:** [00:57:22] Yeah, that sounds perfect.

**Speaker1:** [00:57:25] So if you want to share exactly how everyone can find you online, that would be great.

**Speaker2:** [00:57:32] So with the Enneagram, you know, there are three senses of intelligence. And so we, through understanding your Enneagram type, which I would be happy to guide anyone through to understand their type structure first, and then we take it a lot deeper than that. We then start to go into some of these topics that we just touched on today. And then what I think is also important is how is it sitting and resonating in our bodies? So that's the somatic aspect of it, which I think the Enneagram offers tools into or insight into how your body is simulating it, how is it not? And noticing what's happening in our bodies can add to the layer of healing that's possible in when we observe ourselves and kind of go, Oh, I notice that I tend to maybe tense up when I'm. What is that about? And how can I observe where my breath is moving through my body? So this is the somatic part of it that I think is very important. So yeah, if people wanting are wanting to know more, they can contact me at Hemla at seven, number 7 Rays Holistic Center or my website, 7 Rays Holistic Center and WW 7 rays Holistic Center. Number seven. 7 rays Holistic Center dot com.

**Speaker3:** [00:58:54] In blood. Thank you for that wonderful survey.

**Speaker1:** [00:58:57] Yeah, that was really a journey.

**Speaker3:** [00:58:59] Yeah, it was beautifully done.

**Speaker2:** [00:59:01] You're welcome. Well, thank you.

**Speaker1:** [00:59:03] We're going to make it really easy for you to give your feedback on that episode about what you learned from Gemma and taking a tour through the nine



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Enneagram types by visiting a Center for Natural Healing for Nine. And that's the number nine. And let us know in the comments there when you scroll down. What inspired you about this conversation? What came to mind for you about the different aspects of the self and how you can develop in your own life?

**Speaker3:** [00:59:33] Thank you so much for joining us for another episode of the Natural Healing Podcast and we certainly look forward to next time. And Hemla, Thank you again. And we look forward to furthering our journey together. And perhaps we could pick a different topic, or we will just pick on some of these personality types, explore them further.

**Speaker1:** [00:59:55] Always a pleasure to be with you. Hemla in every way.

**Speaker2:** [00:59:58] Thank you very much. It's been such a pleasure to be here with both of you as well. And thank you for having me on the show.

**Speaker1:** [01:00:06] Hey, if you haven't already done so, be sure to rate and review us on Apple Podcasts. This ensures that we can share this invaluable information with more listeners just like you.