



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 61: Awakening Your Essence: The Enneagram 3 Centers of Intelligence with Hemla Makan Dullabh

Dr. Setareh Moafi: [00:00:03] *AD The Daoists believe 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 setarehmoafi.com/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 setarehmoafi.com/miracles to start creating it now. That's SETAREHMOAFI.com/miracles.*

Salvador Cefalu: [00:00:57] Well, hello, everyone, and thank you for joining us on the Natural Healing podcast once again. Well, we are so excited to have Hemla back on our show again to discuss and get a little bit more information and detail on the Enneagram and its nine character types. And thank you for joining us, Hemla.

Hemla Makan Dullabh: [00:01:17] Thank you for having me.

Dr. Setareh Moafi: [00:01:42] 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 Mosfi

Salvador Cefalu: [00:01:53] and Salvador Cefalu.

Dr. Setareh Moafi: [00:01:57] A husband and wife team of acupuncturists and owners of a Center for Natural Healing and Integrative Wellness clinic based in the heart of Silicon Valley.

Salvador Cefalu: [00:02:07] We're here to make the ancient wisdom of healing practical and accessible for your modern lifestyle.

Speaker1: [00:02:20] So Hemla, it's great to have you back. I'm going to do a little introduction just for people who have not already listened to hemline. If you haven't, please go back to Episodes 41 and 55 of the Natural Healing Podcast and Episode 41



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

Hemla talks about the healing power of colors. That's a brilliant, fascinating one of our most popular episodes, And episode 55 is What is Your Enneatype? So if you're not familiar with the Enneagram system, this is a great introduction. She takes you through a whole journey, but just to give you a brief intro, Hemla Makan Dullabh is a transformation catalyst. She's based in Los Altos, California, and is the founder of Seven Rays Holistic Center, which she established over 20 years ago. As a guide and teacher, She observes and advises, blending together various modalities, helping people connect with their whole being. As a transformation catalyst, Hemla 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 body, mind and heart. Hemla works with groups and individuals offering classes for corporate wellness and for communities. Hemla overlays her passion for color therapy in all the modalities she offers. Hemla was born in Durban, South Africa, and has been living in California for over ten years. She is an artist, teacher and mother of two boys. Yay Hemla. We can't wait. So tell us what you want to go into in regards to the Enneagram system today. If you want to give us a brief recap of what that system is and then what you're going to introduce us to today.

Hemla Makan Dullabh: [00:04:02] Sure. So today I was wanting to focus on our three centers of intelligence, which you kind of read a little bit about in my bio, because I really believe it's a philosophy I have learned to live by. So the Enneagram, for those who don't know or are not familiar with the system, I can quickly go through the nine types just to give you an overview, and then we'll go into these three centers of intelligence. So the Enneagram is a spiritual psychological roadmap into understanding yourself in a way that feels more whole and clear. And there are nine types within the Enneagram. We have all the types within us, but we lead with a particular inner type, and that often is something that resonates with our being and makes sense for us. So we'll start with one. The inner type one is known as the perfectionist reformer, and as the name suggests, they are often needing or looking for things to be in a more whole or perfect way. And your type two is known as the giver helper and, as the name suggests, often go out of their way to help others. Any type three is the performer achiever and they moving through the world really quickly achieving, doing, performing. Any type four is known as the individualist romantic, and they like to have their own point of view or a slightly different way of seeing things.



Hemla Makan Dullabh: [00:05:32] And your Type five is known as the observer investigator, and they like detail and looking into subject matter that resonates deeply for them. And there's the observer and investigator part of them. And your Type six is known as the loyalist, the loyal skeptic. And they are really good at mitigating risks and looking for safety and security and analyzing whatever risks might be out there. Type seven is known as the Epicure or the Adventurer, and they like lots of choices and opportunities. And, you know, as the name adventurer sounds, it is exactly that. They are always exploring and trying new things. Type eight is known as the boss protector and they are very protective of those that they or anyone really. If it's a cause person, people, they're very much about protecting those that they consider unable to protect themselves. And then type nine is known as the mediator peacemaker. So they are really good at merging with a situation. People their whole way of being is about mediating and being peaceful and harmonious, and they make really good mediators. So that's kind of a quick overview. And of the nine types, so sometimes people might come into the Enneagram and not even know which type they fit into. And again, it's I want to make this clear that the Enneagram is not there to put anyone in a box.

Hemla Makan Dullabh: [00:07:00] It's actually to liberate ourselves out of those boxes, but sometimes can look like each other. So it can be harder to distinguish where do I lead with? So knowing the three centers of intelligence can add a lens perspective to help people so most of us know. Head center or intellectual center as being primary or one that we know. Of our society values. And some people think that that's our only center of intelligence. But what if there was only one of three parts of who we are and that there are actually two other centers of intelligence that we have? My question is always, would we not want to weaken those two centers and have them all in equal balance? And one of the first Enneagram teachers in the early 1900s, his name was Gurdjieff. He said that human beings are asleep and our work is to wake up. And when I first read that, it really sat with me in a very powerful way. He also said that we have an inner essence that is covered up by our personality. And our personality is not who we are. It's a construct of our society, our families, our cultures and other influences. But underneath that is our true selves. And we'll talk about the inner observer later on and how we can engage with an observer to awaken ourselves to our true self.



Hemla Makan Dullabh: [00:08:28] But let's start first with the three centers of intelligence. So what are they? The mental thinking, head center or intellectual? And the types, the inner types that fit into that center are five, six and seven. Then we have our emotional intelligence, and we've heard the name IQ being kind of bandied around. So that is an important center for people. We all have it, of course, but the emotional intelligence is often connected to our heart or feeling center. And those types that fit into that is two, three and four. And then we have our body gut or instinctual center, and the types that fit into that are eight, nine and one. So that's great to know, but that can still leave people with the question of, well, what do I lead with? Where do I belong, at least in one of those three triads? So I thought of taking you all through a meditation to help you connect with each of those centers. What we notice when I do this meditation is we favor a center. So the one that is mostly our default is where we tend to draw our attention to. And through this meditation, we can begin to connect with the other two centers. So how does that feel?

Dr. Setareh Moafi: [00:09:50] Sounds very interesting. Yeah, great. Before you do that, though, I have a question. Yeah. You talked earlier about that quote where, you know, our our duty is to be awake in this lifetime. And also, you mentioned how our personalities get in the way of our essence. Can you talk about how the Enneagram system helps with that? Like, how do we know that we're really going into our essence using this system versus just like typing ourselves and typing out our personality versus our essence, I guess is my question.

Hemla Makan Dullabh: [00:10:21] Okay. So yes, it's the Enneagram is this multi-layered system. Let's just start with that. Once we do a typing interview and let's say we understand our type, that's just the top layer. Underneath that is so Sandra Maytree, who's one of a wonderful teacher of the Enneagram and has written many books on the spiritual dimensions of the Enneagram. And in it she talks about how we have traps, blind spots, how we have what she calls anti self actions. And these are all really important and understanding because as we begin to understand the system, we understand what the passions are, which we touched on in our first meeting. But I'm happy to elaborate at some other point. Then we have the passions are more the emotional states and then we have our fixations, which are the mental stories that we tell ourselves. So every type has a passion and a fixation, but it also has this place of



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growth that it can go to. And the place of growth for the passion is known as a virtue, and the place of growth from the fixation is known as the Holy idea. So when we understand all of these different parts, it can help us to start a journey into ourselves to connect with that inner essence rather than the personality. We begin to understand all the layers of the story of our personality that keep us trapped in these patterns. And David Daniels, who is another teacher of the Enneagram, he talked about the five A's and awareness is one of those. And then when you have an awareness of, well, this is what's happening. Oh, okay, I can notice this about myself, then you can take the next step, which is what action would I like to take around that? What would I like to change and how can I be more aware of that and then bring it into some kind of action and move it into then what we call the virtue or the holy idea?

Dr. Setareh Moafi: [00:12:20] Hemla, I know that you also do a little work with somatics in relationship to the Enneagram system. Is this another supportive way of helping you get into your essence? I guess I'm trying to just understand or maybe help listeners understand because it's so easy to go into like your personality and think that's who you are. How do we go deeper to know who we truly are?

Hemla Makan Dullabh: [00:12:44] Exactly. So I like that you brought that up because somatically our bodies hold all the answers. And part of our practice is when we tapping into our inner essence or our true nature is to listen in. So all our meditation practices, anything that we do is aimed at turning our attention inwardly so that we can hear and listen to what's going on within the body. And that's where the somatic aspect comes in. So the Enneagram offers this perspective from each type of perspective. So when we're working with the body somatically, we can tap into how does each type respond or relate, and what is the lay of story that covers it up? So that is a very powerful way. And as well as using family constellations, because thematically our bodies tell us the story of not just our own trauma or suffering or, you know, whatever we holding, but our whole epigenetic familial lineage of what came before us. And so there are many ways to work with it and add that into the Enneagram practice as well.

Salvador Cefalu: [00:13:54] I like that epigenetic lineage. It's a nice way to put it.



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Dr. Setareh Moafi: [00:13:59] So with that in mind, as you guide us through the meditation, what you're supporting us to do is go deeper into the essence of who we are because you're helping us tap into the emotional center, because obviously we have all three emotional centers, but which one we primarily operate from in the world, right?

Hemla Makan Dullabh: [00:14:15] And all I'm encouraging everyone to do today as they follow me with the meditation is to allow whatever comes to come. Like if your mind starts chattering, it's okay if your body starts to want to move or adjust. These are all ways our body is speaking to us and allow for everything to be there. I always say include and welcome everything in and in that way it can take us into that deeper layer of listening into what our essence is wanting to communicate with us.

Salvador Cefalu: [00:14:48] Beautiful.

Hemla Makan Dullabh: [00:14:50] Okay, So I will. Let's begin the meditation. I'll take you through and we can begin to distinguish the differences between these centers. So go ahead and close your eyes. And as you breathe in and out. Notice where your Attention naturally goes to. Notice if your breath goes into your head. Your chest. Or your belly. Well, perhaps it's not clear, and that's okay. Now I'm going to guide you to place both your hands or one of your hands on your head and tilt your head forward slightly. So that it falls into your hands. And imagine then that you're breathing in through your nose and your breath is moving only into your face, your head, your ears, and it stays up there in your face and head. So keep breathing into your eyes, top of your head, your ears and let it circle back into your nose, your eyes, your head and keep your breath up there. So it may be that your breath changes its quality. Maybe it's shorter, more shallow notice. What feelings may be coming up for you? Feeling agitated or annoyed or just keep noticing your breath and drawing it up into your head? And circling around just in your head. And think about how it would feel if you walked around this way all day. You may even want to open up your eyes and walk and see how it feels keeping your breath in your head.

Hemla Makan Dullabh: [00:16:59] So letting it circle up into your eyes. Top of your head. Your ears. Back up into your nose. Just focusing on your head. And your hands on your head. Now move your attention down to your chest and heart and place your



hands across your chest. And become aware of your heartbeat. The warmth of your chest. Perhaps you can hear your breath in your chest. Now as you breathe in through your nose or your mouth, draw your breath down your throat, pulling into your chest. Don't let it go any further than that, just into your chest and then back out again. So drawing your breath down into your back of your throat. Filling into your lungs and chest and heart and out again. And again, notice what emotions may be coming up, what thoughts may be coming up. As you draw your attention only to your chest and allow your breath to move down the back of your throat. Into your shoulders, into your lungs, into your heart, then back out again. Notice if your hands are moving up and down on your chest. Perhaps you sensing your breath there. And take note of how it feels. As you breathe into your chest. Notice if it's shallow or deep. Now drop your hands down to your belly.

Hemla Makan Dullabh: [00:19:06] And feel what it feels like to have your hands wrapped around your belly and your stomach area. And now when you breathe. Breathe all the way down into your belly. Letting it pool into. The bottom of your stomach. And then back out again. It's your breath as it falls into your nose, goes down the back of your throat and pulls into your belly. Perhaps you feel your belly expanding and contracting against your hands as you breathe in and out. And take note of how it feels. What do you sense? As you breathe into your belly. And now let your breath naturally move to wherever it wants to move to. And as you breathe in through your nose. Feel your breath. Hit the back of your throat. Move up into your brain stem. And then flow down the back of your neck. His shoulders. The back of your spine. Down the back of your legs. Feel your breath pooling into your feet. Connecting you, Anchoring you to the earth. Great Mother Earth. And feel your breath. Move up the front of your feet. The front of your legs. Filling into your belly. Your chest. And then out through your mouth or your nose. And this way. Keep following your breath through your body. And then when you feel ready. You can go ahead and open your eyes.

Salvador Cefalu: [00:22:00] Wow Hemla. That was really deep. I can't believe how deep that was. Yeah.

Hemla Makan Dullabh: [00:22:09] Did you notice if there was any particular center that was easier or harder?



Salvador Cefalu: [00:22:15] It was interesting because I do a lot of qigong breathing, you know, often belly breathing. But when I checked in. Before we started, I was definitely breathing in my chest, you know? So maybe something's up for me emotionally. I'm in my emotional mind. And it was really frustrating to breathe into the headspace, and I've never considered myself to be overly intellectual. No, I mean, I'm not usually one to be caught up into intellectual details of things. I often will feel into it for sure. And being in that headspace with my breath was suffocating me too.

Dr. Setareh Moafi: [00:22:58] I felt exactly the same way with the head.

Salvador Cefalu: [00:23:00] Yeah, right.

Hemla Makan Dullabh: [00:23:01] And that's so interesting.

Dr. Setareh Moafi: [00:23:03] Yeah.

Salvador Cefalu: [00:23:04] Because I was just trying to imagine how some people are comfortable there.

Dr. Setareh Moafi: [00:23:08] Yeah, that's exactly it.

Salvador Cefalu: [00:23:10] And I thought it was quite alien to me.

Dr. Setareh Moafi: [00:23:13] Yeah, me too.

Hemla Makan Dullabh: [00:23:14] Yes, of course.

Salvador Cefalu: [00:23:15] Yeah, it was very.

Dr. Setareh Moafi: [00:23:16] It felt very strange for me, too. In my head, my head. I could feel my head actually get very hot.

Hemla Makan Dullabh: [00:23:21] Oh, and.



Salvador Cefalu: [00:23:22] Like, I could feel, like, radiate heat onto my hand. And I'm like, I can't stay here. I hope she changes fast.

Hemla Makan Dullabh: [00:23:29] Hopefully it was fast enough.

Dr. Setareh Moafi: [00:23:30] The place I landed was my belly. The place that felt stuck was my chest. And the head was just like, Get me out of here. Not that I'm not already too much in my head, but it was just like, I can't do more than this, right?

Hemla Makan Dullabh: [00:23:44] And this is so interesting because that's exactly the kind of reactions people have when when I take them through this meditation. But head types, interestingly, love being in their head. And one of the people that I was taking through the meditation in one of my groups, she said to me, Oh, it was so comfortable just relaxing into my head. And of course, for me, that's not the place I go either. So it was very uncomfortable and it was hard to breathe into my head. But for her it felt like home.

Salvador Cefalu: [00:24:14] But what's fascinating with that being said. On a day to day basis. Setareh and I are way too much in our head.

Hemla Makan Dullabh: [00:24:22] We all are. Yeah, you.

Salvador Cefalu: [00:24:24] You know, we do analyze everything to death. Yeah. And for yourself. And then we're ruled astrologically. We're ruled by Mercury

Dr. Setareh Moafi: [00:24:32] Yeah, we're both. Our signs are ruled by mercury. Yeah.

Salvador Cefalu: [00:24:34] So there's a lot of, you know, our sun signs, at least, you know, mental activity. And maybe that's why it was so hard, because it's already overactive. It's like we need to bring that energy down because when we went into the into the grounded space of the the gut. I just went out, you know, I was just like, I had to bring myself back here. It was just so sedating, I guess you could say.



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Dr. Setareh Moafi: [00:24:59] I have a question about that. So so we are as a globally and especially in the Western world, very much head oriented because we're you know, everything is encouraged to be intellectualized and analyzed. And we're on our computers and laptops and cell phones and all that. Now, if you are already there. You still can actually feel comfortable in your mind, in your head, you're saying with these meditations and that would mean that you're more oriented toward the head center. Am I hearing you correctly?

Hemla Makan Dullabh: [00:25:29] Uh, and it's not necessarily as clear as that for some people, but mixed feelings about that. But mostly, and I'm generalizing, the experience I have is that the head centers will say that to your point, even though we're all very cerebral because that's the way our world works. The head centers have some kind of relief. The word I've used is it feels like I'm home or I'm relaxed. And if that's not our center, that we lead with the center of intelligence that we lead with, then it may not feel like that. So interestingly, you felt so at home with your gut, and Salvador felt more at home with his chest and then dropped into his gut. So these could all be indications of the centers that we lead with. The other thing is, I'm glad you brought the somatic part in because somatically our bodies start to speak. So even as you see me speaking, I'm even though this is a podcast, I'm using my hands to gesture with because and I move forward when I'm speaking because heart type and heart types tend to again, this is a generalization, but generally they lean forward, they place their hands on their chest naturally when they talk or they when they feel empathy or connection with others, they will somehow connect to that area.

Hemla Makan Dullabh: [00:26:48] But, you know, any type can. But I'm just saying that these can be indicators to help people to know what is the center of intelligence that I tend to have a bias toward or lead with. And ideally, we want to balance all three. And then sometimes with body types, they will often hold their bodies really tightly. Or if depending on the type, it can be more relaxed and kind of chilled out. But the point is that the energy seems to go into their gut and the lower body and heart types, the energy seems to go into the chest and the kind of like torso area and for head types often in the head. My husband and I laugh because sometimes when he's sitting and he's working, he's mostly holding his head like this. And I always laugh and I tell him, Well, you're holding your head because it's so heavy with information, he said. So we



laugh about it. So it's, you know, these kind of gestural things that we do that we may not even be aware of. But, you know, now maybe hearing it, people become more aware of these possibilities.

Dr. Setareh Moafi: [00:28:00] So as you're getting to know your Enneatype a little bit better, by the way, go back to episode 55 if you haven't already listened to that, because Hemla takes us through a beautiful journey. So if you want to get to know more, but in general with getting to know your Enneatype. So let's say you do this meditation and you find like your more heart oriented, does that mean that you'll necessarily identify with what is it called, the Trinity, the Triad? The triad?

Salvador Cefalu: [00:28:26] Okay, So that would be if I if I'm correct, the two, 3 or 4 is the heart. Yeah. And I've always thought I was a four. So I guess that does resonate. And you do seem like a two.

Dr. Setareh Moafi: [00:28:41] So no, mine was gut.

Salvador Cefalu: [00:28:43] But you were a gut. So you're. That's eight, 9 or 1.

Dr. Setareh Moafi: [00:28:47] Okay.

Salvador Cefalu: [00:28:48] Well, you've thought that she's a nine in terms of her Enneagram. So that's basically how you're trying to use this meditation, correct? You're trying to see what resonates stronger during that that meditation to give us a clue from a bodily instinct rather than just reading a list of characteristics and qualities.

Dr. Setareh Moafi: [00:29:09] And that's what distinguishes your ability to identify yourself in your essence versus your personality. Because a lot of times we live out our lives based on what society or our parents, grandparents, teachers, whatever have told us, you should be like this. So then we literally are living. In authentically this false identity because of what we're taught. And I think what I'm gathering, you can correct me if I'm wrong, is that any type is or any a typing or, you know, studying the Enneagram is one way to retrieve who we really are in our essence so that we can live more authentically.



Hemla Makan Dullabh: [00:29:45] Exactly that The Enneagram to me is exactly that. It's a system to help us to understand ourselves. And this is just one little layer of a practice we could use. Meditation is a really important in learning to reconnect, as you know, you both know and practice. So it's about reconnecting with who we are in our essence and to observe these different behaviors, to observe what's happening in our bodies, and then of course, to still explore the inner types of Enneagram from the different perspectives that we've already mentioned and like a holistic view to everything.

Salvador Cefalu: [00:30:24] Well, yeah. I mean, this is an important tool to use in terms of looking at relationships, whether it's your interpersonal relationships, work, relationships. I know they use this for businesses to help, you know, maybe for team building and that kind of thing.

Hemla Makan Dullabh: [00:30:40] That's right.

Dr. Setareh Moafi: [00:30:42] Yeah. Relationships within families.

Hemla Makan Dullabh: [00:30:45] Yes, Relationships between couples, because it helps us to understand the dynamics that are going on between without blaming each other. I mean, you know, we kind of start there, but what it does is it offers a perspective of, oh, so this person is reacting because this is what's coming up for them. And oh, I'm reacting because this is what's coming up for me. So it's this self-regulating that we practicing of knowing what our triggers are and then going, Oh, I see. That's the trigger. That's what took me there. Oh, now I have a choice. I can either go back into the same pattern or the choice I can make is to observe that in myself and go. Now that I'm aware, I can have a new relationship with this. And this is why I think the Enneagram is so important to me anyway. It's really helped me to observe myself and notice what my type structure does so that I'm not reacting from the same default patterns that I always operated from when I was more unconscious of them. Now that I am more conscious of them through my inner observer as and you know, engaging with that part of me and going, Ah, I see this is different, or I can have a different relationship with myself or this person in that situation.



Dr. Setareh Moafi: [00:32:04] Yeah, that's really empowering.

Hemla Makan Dullabh: [00:32:06] Yeah. And I will say that often people mistake the emotions as being what's coming from the heart, the heart of the inner observer. The part of the inner observer is very neutral. It doesn't have strong emotions about anything. When we have strong emotions, it's often from then our reactive state that we moving through. So that's something to observe.

Dr. Setareh Moafi: [00:32:30] So can you show that in an example? I'm not very clear.

Hemla Makan Dullabh: [00:32:33] Okay. So for example, the difference between the heart, which is a neutral place and the emotions that govern the heart is like when we get really upset about something or we get very joyful. The neither emotion is good or bad, but the the inner observer connected to the heart is more neutral. It's kind of soft. It doesn't have big waves in either direction, a strong reaction, a positive way or a strong reaction negative way. It's kind of just going, Oh, I see. And then observing that or engaging with the seeing without reacting. When I when we were in reactivity, then we've taken it into the emotional state. And some people often mistake the emotional state as being the heart or the inner observer, I should say, interchangeably. But, you know, they separate but more the inner observer. The inner observer is just noticing things and not necessarily reacting to it.

Salvador Cefalu: [00:33:31] Well, in terms of emotions, if the little understanding that I have is about how these three trinities are different ways that we process emotions. So like the first Trinity, the intellectual approach to processing your emotions versus feeling of the heart or feeling through your intuition or your gut feeling. Could could you elaborate? Expand on that?

Hemla Makan Dullabh: [00:34:02] Yes.

Hemla Makan Dullabh: [00:34:02] So the Triads, the for example, the head types, the emotion that underlies everything for them is fear. But within that. So for example, a seven will deny that they have the fear because they're always exploring and



adventuring and trying new things. Six is kind of go between expressing it and then not expressing it. And five's repress that feeling of fear because they can intellectualize it by researching and figuring things out. So that's the head type. So the fear is the underlying impetus. Yes. So the heart types, it's grief or sadness. But again, one denies, one expresses and one represses. So the two represses their need for that connection, that the sadness that comes with it. And so they repress the sadness. The threes are moving through the world really quickly, so they deny that they feel any sadness and fours will express the sadness. Okay, then the body types. There's an anger, but eights will express the anger and let you know they're angry. Nine because they want to keep the peace will deny that they feel angry and ones because it's not the right thing to do will repress the feeling of anger. So these are also indicators as to if let's say I notice that I'm a body type and this feeling is coming up, let's say anger coming up in me. Of course, we all have all three emotions, but we lead with those. And so another way for someone who's kind of trying to figure out which triad they belong to may notice, well, I feel my anger and maybe I'm holding it all in because it's not a good thing to express it or share it because it could create reactions. And so there's this holding in and that's the repression. And then they could say, Oh, this feels more like I belong in the realm of the one. But I mean, you know, so I'm just giving an example.

Salvador Cefalu: [00:36:09] I like that. So they'll have a so each group will have a little bit of a challenge with that particular emotion. I like that. That's a nice way to approach it, I think.

Hemla Makan Dullabh: [00:36:19] Yeah. And you know, so if people go, I don't ever feel sadness, then my question would be, I mean, people don't really say that, but I mean, you know, like people might say, I don't really I don't often feel sadness then, you know, they may not be part of the heart triad or perhaps they're repressing. And that's what or denying it. And that's where they've got to check in with themselves to say, is this true? This is the an observer again, Is this true for me? What's going on? Like, what happens when something makes me feel sad when my body do I feel it or sense it? And these are all ways that we can start working with ourselves in how and becoming more aware of how the difference between how our personalities created this cover up and what our inner essence is. And then there are three extra tools that people could use which, when engaging with their inner observer. So the thinking intellectual types five,



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six and seven, their whole practice is to be in silence. And that's hard because the mind is just chattering and chattering. I mean, all our minds chatter but you know, so they could try a practice where they disconnect from devices, even music or any other stimulation from any external source and try and observe.

Hemla Makan Dullabh: [00:37:40] And, you know, the mind is going to chatter, but not to engage with it just kind of go, okay, you're talking and you know, you have lots to say, okay, you can be here, but then the rest of you is also there. And as they observe more and more and it's a practice, you know, the first few times, the first many times it can feel frustrating. But as we observe and recognize and we can come back to that silence, that would be the practice for the intellectual centers, then the heart centers. The practice would be solitude because heart centers always want connection with other people. And to be in solitude means that they can turn inwardly and start to reconnect with themselves. So, you know, even if they spent a morning or an afternoon or a day or a meditation retreat or something where they came back to that, how can I be in my own space with myself would be a practice. And then the body centers, the practice is stillness. And since they are often in movement or moving their bodies in some way, the stillness can help them to come back to themselves.

Dr. Setareh Moafi: [00:38:49] That's beautiful. Very cool. Those are practices to do. I like it. Yeah.

Salvador Cefalu: [00:38:55] Well, this has been very enlightening and a great discussion to become more self aware and also to become more self aware of how we are in relationship with others. Because I'm sure as we learn these, these Enneagram types, then you can start seeing those types in your partners and in your family members and for sure work colleagues.

Dr. Setareh Moafi: [00:39:20] And being less judgmental of them because you see that we are wired a certain way. So to observe each other from the standpoint of non-judgment just helps the relationship flourish and with ourselves, because we often judge ourselves for being a certain way or operating from a certain place. You know, I get emotional easily or I think too much or I whatever. It's just part of our nature.



Salvador Cefalu: [00:39:41] Awareness breeds transformation, as we keep saying. Mm hmm. I think that's on your email, actually. You have, like, your little signature quote from Krishnamurti, and I just mentioned it on a recent podcast, and he says something just like that where he, he talks about just through the act of, of self awareness comes the transformation.

Dr. Setareh Moafi: [00:40:07] And we always say awareness is the first step to healing. Yeah.

Hemla Makan Dullabh: [00:40:12] Yes, Yes. And I love that. Yeah, yeah. I love that quote by Krishnamurti because it is when we can just observe something without trying to change it in itself, it undergoes a transformation.

Dr. Setareh Moafi: [00:40:25] It's so true. Yeah.

Salvador Cefalu: [00:40:27] I've had experiences. I've played with this at one point when I was learning about these ideas and it was about how your experiences are an expression of your perception. And so I would play with that in terms of my experiences with people and. One time I was I remember I was at a gas station. I don't know what I had some type of problem. Maybe I needed to have a flat tire repaired or it was something like that. And the person who was helping me had this horrible disposition. And so when he walked away, I consciously shifted my perspective of him and I just thought, well, he's really going to be a great guy. He's going to help me out. And he came back with a 180 degree shift in his disposition and personality and was so kind. And I just love that.

Dr. Setareh Moafi: [00:41:23] I think that's a good example of how we all have our shadow side. And some people will help you bring out that shadow side and some people will illuminate your bright side. So I think a lot of it is, of course, the inner work we do. But for people who aren't as aware, we as cultivators can help bring out that light in other people by always focusing on the good aspects. Because we always I mean, all of us have good in us, no matter what. So focusing on them, having that like your experience that helped him bring those qualities out and show them to you.



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Hemla Makan Dullabh: [00:41:54] Yeah, I'm sure if I would have dwelled on how, you know, miserable and grumpy he was, it may have just perpetuated that, but it sure wasn't about face. And I've done that. I've seen that happen multiple times. So we are the masters of our universe.

Dr. Setareh Moafi: [00:42:11] Yeah. And we create our reality. That's the ultimate truth, right? Right. And the Enneagram system helps.

Salvador Cefalu: [00:42:21] So thank you very much for enlightening us further on this very interesting topic.

Dr. Setareh Moafi: [00:42:27] Yeah, thanks. And for those of you who want to do individual work with Hemla or learn more about Kamla's work, you can visit Hemla. You can let us know where to go. Exactly.

Hemla Makan Dullabh: [00:42:37] Yes, it's seven the number seven rays holistic center.com. And if you need to email me, it's hemla at the number seven rays. Holistic Center.com. And I have workshops, I have events, I work with groups and individuals. So reach out if that's something that interests you. Thank you.

Dr. Setareh Moafi: [00:42:59] And Hemla is an amazing transformation catalyst that that name suits you very well, I think. So thank you.

Salvador Cefalu: [00:43:05] Yeah.

Hemla Makan Dullabh: [00:43:06] Thank you very much. Thank you for having me on the show. Appreciate it.

Dr. Setareh Moafi: [00:43:09] Yeah.

Salvador Cefalu: [00:43:10] And thank you for spending more time with us. We look forward to more.



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Dr. Setareh Moafi: [00:43:14] Now we want to hear from you. Visit a center for natural healing.com/the number three centers so three centers. And let us know in the comments which area of your body you felt at home in when you did the meditation with Hemla.

Salvador Cefalu: [00:43:31] And how did that change your perspective of yourself?

Dr. Setareh Moafi: [00:43:35] Thank you so much for listening to another episode of the Natural Healing Podcast.

Salvador Cefalu: [00:43:40] Thank you again, Hemla.

Hemla Makan Dullabh: [00:43:41] Thank you.

Salvador Cefalu: [00:43:43] Until next time. Bye bye.

Dr. Setareh Moafi: [00:43:45] Bye.

Dr. Setareh Moafi: [00:43:46] 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.