

# enneagram monthly

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## Stages of the Heart: Levels of Capacity for Presence

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In our interest to reach a deeper understanding of the effect of consciousness levels and psychospiritual development on the manifestation of the enneagram types we continue integrating different models of consciousness. We have previously published an article on the Sufi seven levels of self and how they correlate to the nine levels of development introduced by Riso and Hudson (1). This article integrates another very important

psychospiritual growth model that is of great relevance, the Hawkins map of consciousness, oeuvre of Dr. David R. Hawkins. Dr. David R Hawkins presented this map in his book "Power vs. Force" in 1995 (2).

The three models together were found to produce a new seven-stage map of consciousness that integrates their essence into one coherent model. This new map was found to shed more light onto the different stages of consciousness the self goes through, from complete ego fixation to enlightenment and ego cessation. This gives a more accurate definition of the state and energy of the type at each level, helping in understanding type better, and in identifying the changing landscape of the type as consciousness level changes.

### Hawkins Map of Consciousness

In Dr. Hawkins' research he discusses how human consciousness, just like everything else in the world, emanates an electro- ...CONTINUED ON PAGE 19

## Identifying the Ennea- gram in the Genetic Code

*to Enable Novel Health Care Discoveries  
(Initial focus on Celiac Disease and Colon Cancer)*

**F. Oliver Nicklin**



Between 1915 and 1917 P.D. Ouspenski and G.I. Gurdjieff actively studied the human organism as a chemical factory which adhered to Enneagram principles (see *IN SEARCH OF THE MIRACULOUS*, Harcourt, 1949, Paperback, pp. 170-198 and 274-277).

Unfortunately for these two pioneers, the DNA mechanism was not discovered until 1953 and the chemical blueprint, called the "Genetic Code", through which DNA translates into the proteins to build all living organisms was not understood until 1961. In other words, the "Genetic Code" is like the Rosetta Stone for interpreting DNA.

Since DNA macro-molecules are made from four repeating groups of atoms called nucleotides (i.e., U, C, A and G); and, since the proteins making up all living organisms draw from twenty amino acids, the Genetic Code simply governs the translation between the four nucleotides and twenty amino acids, as shown below in Figure 1. Also, since only three sequential nucleotides (called a codon) are required to specify an amino acid, the Genetic Code provides for only three nucleotide positions (i.e., the two sides and top) in Figure 1.

The scientific origin of the Genetic Code is still a mystery and may ultimately involve the universal Enneagram, since it is embedded in the Genetic Code, as identified below in Figure 1.

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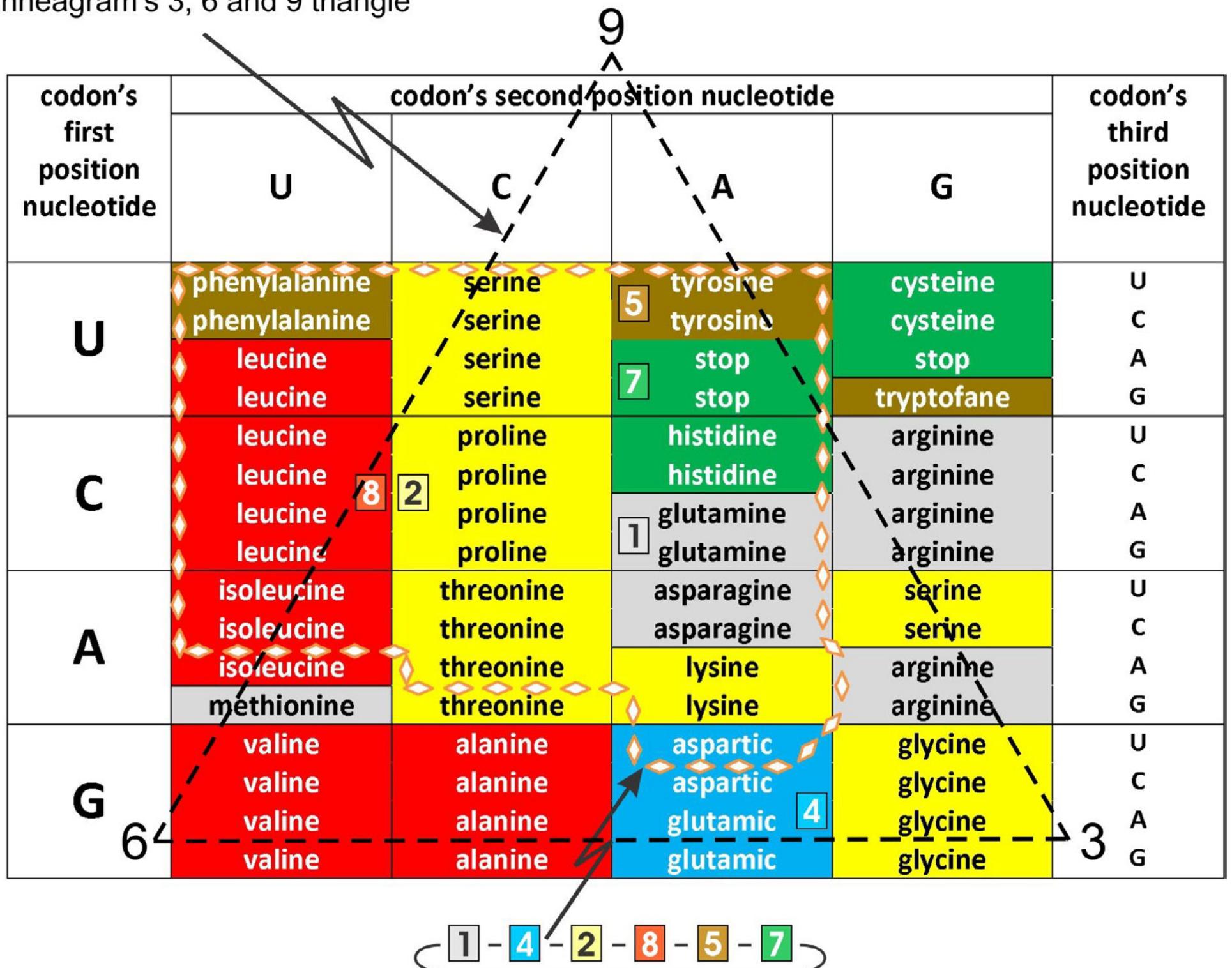
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# Identifying the Enneagram . . .

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Enneagram's 3, 6 and 9 triangle



Enneagram's 1/7th configuration

**Figure 1. IDENTIFYING THE ENNEAGRAM EMBEDDED IN THE GENETIC CODE**

Figure 1 categorizes the amino acids into six color coded groups according to their molecular structures and their most elementary functions common to all living organisms. The latter are shown to be analogous to the high side numerical characterizations derived for the Enneagram's 1/7th configuration, as outlined below

Enneagram's Derived Numerical Characterizations (HIGH SIDE / LOW SIDE)	Most Basic Function of Each Group of Amino Acids* (ONLY HIGH SIDE)	Number** and (Names) in each Group of Amino Acids	Name of Each Group of Amino Acids
<b>8</b> <u>producer</u> enforcer	produce physical energy	17 => 1 + 7 = <b>8</b> (alanine, valine, leucine, and isoleucine)	Aliphatic amino acids
<b>1</b> <u>perfection criteria</u> judging criteria	criteria for initiating any new protein	<b>1</b> (methionine)	Amino acid amides
	criteria for sustaining nitrogen-based chemistry	10 => 1 + 0 = <b>1</b> (glutamine, asparagine, and arginine)	
<b>4</b> initiating special collective interactions and the associate sacrifice <u>fear of ordinariness</u>	sacrificial support for initiating amino acid biochemistry	<b>4</b> (glutamic acid and aspartic acid)	Acidic amino acids
<b>2</b> relationship showing sincere appreciation <u>insincere flattery</u>	connect various parts so an organism's totality can be appreciated	20 => 2 + 0 = <b>2</b> (glycine, serine, lysine threonine, and proline)	Interconnecting amino acids
<b>5</b> <u>engaged conceiver</u> detached observer	optimize organism's growth  NON-OPTIMAL IN HUMANS CAUSING CHRONIC CONDITIONS SUGGESTING EVOLUTIONARY REGRESSION	<b>5</b> (phenylalanine, tyrosine and tryptophan)	Aromatic amino acids
<b>7</b> <u>radiant disruptive planner</u> dilettante non-planner	defining an organism's framework of interfaces  BECAUSE OF NON-OPTIMAL HUMAN GROWTH, THIS DEFINING FUNCTION CHALLENGED	<b>7</b> (CYSTEINE, histidine, and stop codon)  VITAMINS A and D CAN SYNERGITICALLY REJUVINATE CYSTEINE RICH CELLS COMPROMISED BY NON-OPTIMAL GROWTH	Defining amino acids

\* SEE ADDEN-DUM FOR MORE COMPLETE DE-SCRIPTIONS

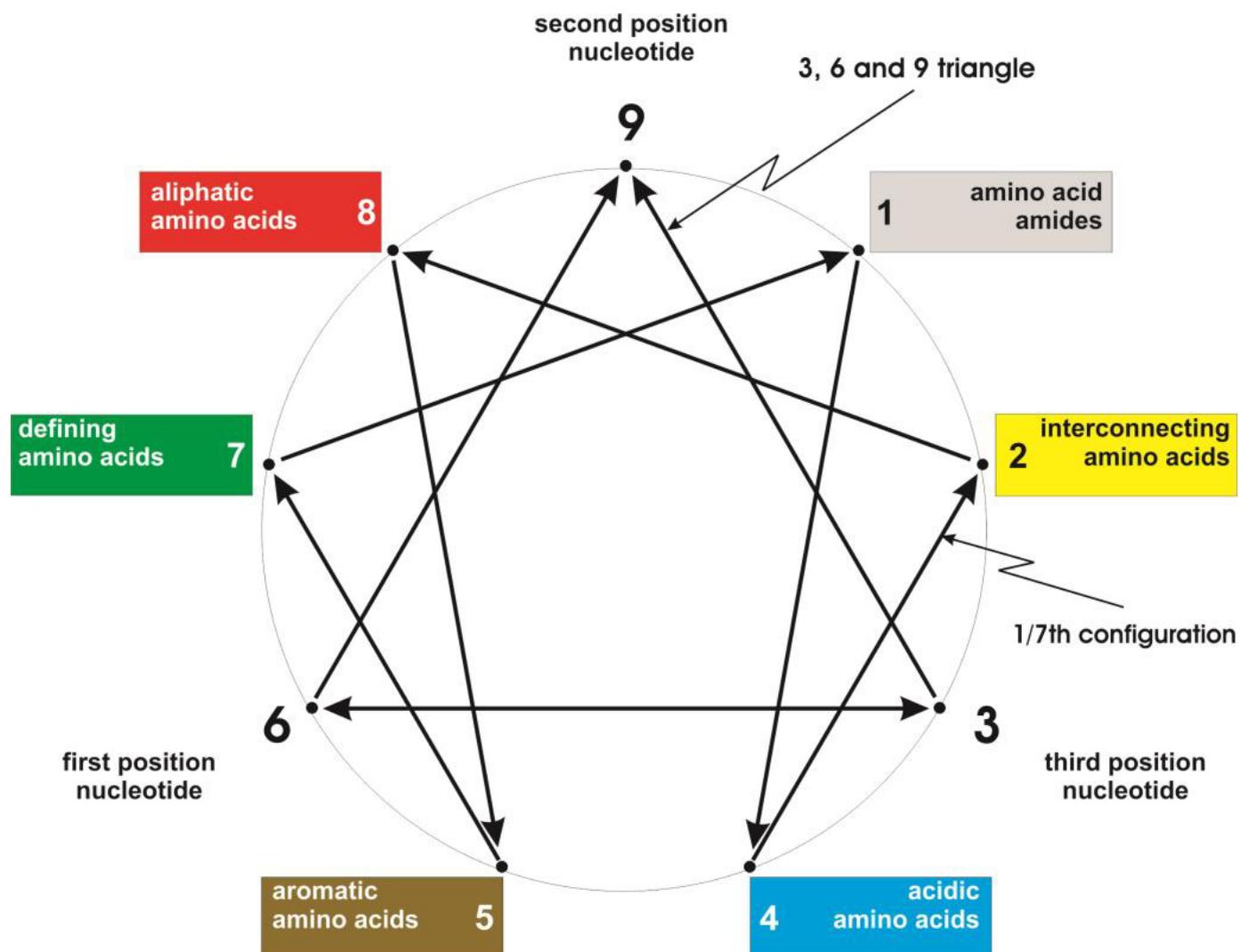
\*\* According to Gurdjieff's theo-sophical addition (see pp 283 and 289 ISOM), which is the same as casting out nines addition taught in grammar school, most simple arith-metic relation-ships involving multi-digits nu-merals can also be directly ex-pressed in terms of their single-digit equivalents

The *First Analysis Institute of Integrative Studies* ( [www.integrativestudies.com](http://www.integrativestudies.com) ) has sponsored since 2015 surprisingly supportive efficacy studies of Vitamins A and D with the University of Chicago's Celiac Center and the University of Illinois at Chicago's Pharmacognosy Laboratory (for cancer).

Just as Figure 1 identified the Enneagram's 1/7th configuration through the amino acids in the genetic code, the Enneagram's 3, 6 and 9 triangle can also be identified through the three nucleotide positions necessary to complete each codon, as outlined below.

Enneagram's Derived Numerical Characterizations (HIGH SIDE / LOW SIDE)	Nucleotide Position	Role of Nucleotide Position (ONLY HIGH SIDE)
<b>3</b> <u>subtle enabler</u> recognized achiever	Third Position	grandular enabler
<b>9</b> <u>independent unifier</u> anonymous accommodator	Second Position	encompassing unifier
<b>6</b> <u>flexible guidance</u> phobic rigid guidance	First Position	guiding the integration of 3's and 6's roles

### RESTATING FIGURE 1 IN THE CONVENTIONAL ENNEAGRAM FORMAT



# ADDENDUM

## FUNCTIONAL DESCRIPTIONS OF THE AMINO ACID GROUPS

8

**Aliphatic amino acids**

**produce physical energy**

The most elementary applications, for which these aliphatic amino acids appear to be well suited, involve proteins used in converting chemical energy into mechanical or physical energy or strength. Specific examples would include muscle systems which appear to have a significantly above average representation of this group of aliphatic amino acids relative to representation of this aliphatic group within the genetic code. Moreover, the primary intent of this mechanical energy or physical strength is to sustain an organism in terms of reproducing, getting food and avoiding harm which involves competing with, and overcoming, other cells and/or organisms following the same pursuit. In other words, the aliphatic amino acids can be viewed as essentially producing and sustaining the organism's overall or total physical well being through the application of mechanical energy or strength (i.e., power).

1

**Amido acid amides**

**criteria for sustaining nitrogen-based chemistry**

This group of amino acid amides serve as the primary organic carriers of the nitrogen involved in an organism's basic nitrogen metabolism. As a result, the amino acid amides serve as the primary nitrogen source in the various biosynthetic pathways or as the primary nitrogen remover from the various biodegradative pathways. In other words, the amino acid amides sustain organisms by facilitating the "appropriate" availability of nitrogen; and as such, the amino acid amides can be viewed as serving as the basic criteria for sustaining the nitrogen-based chemistry of all organisms.

4

**Acidic amino acids**

**sacrificial support for initiating amino acid biochemistry**

As we saw above for the amino acid amides, all organisms assimilate or discard the nitrogen through the amino acid amides. However, this process involves a reversible reaction involving ammonia and the acidic amino acids. Since all organisms must extract and return nitrogen from and to ammonia, the capacity of the acidic amino acids to interact with ammonia is the key backup or support function for all organisms. Without this capability, the amino acid biochemistry underlying the genetic code would not be initiated. Moreover, since the acidic amino acids interactively support the amino acid amides, which sustain all parts of all organisms, this group of acidic amino acids also interactively and collectively support all parts of all organisms. Lastly, because of the degree to which the acidic amino acids become chemically modified in support of all organisms, they may best fulfill the sacrificial death role that accompanies this initiation process.

2

**Interconnecting amino acid**

**connect various parts so an organism's totality can be appreciated**

This group of amino acids tends to have a significantly above average representation (relative to their representation within the genetic code) in proteins that primarily serve to interactively connect or relate the various components making up the "totality" of the organism. Through this interactively relating process the specific totality of the organism can be sincerely appreciated. Most of these interconnecting amino acids are among the physically smallest amino acid molecules which should facilitate them coming together to produce the filamentous forms which often characterize the associated interconnecting proteins. On the other hand, one is the amino acid with the longest continuous linear side chain of carbon atoms which complements the other molecules in

forming interconnecting matrices by providing cross-links.

- Some of the better-known examples of proteins with an above average relative representation of these interconnecting amino acids include:
- Collagen used to form a tough matrix for bones and tendons; as well as found in the connective tissue accompanying most epithelial tissue;
- Elastin used to form an elastic matrix for arterial blood vessels and ligaments;
- Fibrinogen and fibronectin used for interconnecting cells;
- Trypsin used to bind to most ingested proteins before cleaving them; and
- Fibroin (silk) spun by silkworms to form a cocooning matrix.

5

**Aromatic amino acids**

**optimize organism's growth**

Since an organism's growth trajectory provides the conceptual foundation for an orderly or disorderly potential outcome, we now turn to the aromatic amino acids which play the underlying role in managing the organisms' growth by stimulating certain processes.

Some of the processes through which derivatives of these aromatic acids play an underlying role in managing the physical organism's growth include:

- light absorption used in the photosynthesis of most plants;
- the biosynthesis of nucleic acids and proteins to produce cells;
- the metabolism of carbohydrates and fats; and
- neurological growth through the production of neurotransmitters.

Regarding the role of the aromatic amino acids in the genetic code of humans, the growth processes stimulated by the aromatic amino acid derivatives referred to above (i.e., cell production, fat and carbohydrate metabolism, and neurotransmitter production) can underlie three of the most prevalent chronic diseases or "dysfunctional conditions" in humanity when the growth drivers are not optimally managed. These chronic diseases include:

- cancer in regard to the biosynthesis of nucleic acids and proteins to produce cells;
- coronary disease in regard to the metabolism of fats; and
- mental disease in regard to imbalances in neurotransmitters

Noteworthy, the common denominator of the above-mentioned dysfunctional conditions is that all of them involve non-optimal growth (i.e., non-optimal cell growth, non-optimal growth in fats, and non-optimal growth in a neurotransmitter relative to other neurotransmitters). In these cases, the aromatic amino acid's underlying role in managing growth may be non-optimal relative to the overall potential well being of the human organism.

Such a conclusion regarding the application of the above aromatic amino acid group would suggest that the genetic code within humanity experienced a very early stage evolutionary regression.

7

**Defining amido acids**

**defining an organism's framework of interfaces**

The last two amino acids to be addressed, cysteine and histidine seem to involve "defining and determining" an organism's framework of interfaces, whether approached from an inwardly or outwardly direction. Accordingly, these two amino acids can be grouped together within the organization of the genetic code and referred to as the "defining" amino acids. However, the molecular designs of these two amino acids are quite different.

When viewed from an inwardly direction, the cysteine and histidine subgroup defines the organism's framework of interfaces such that its constituents or components optimally interact or converge to actually form the organism. On the

other hand, when viewed from an outwardly direction, this subgroup defines the organism's framework of interfaces such that the organism optimally interacts or converges with external factors.

Looking more closely at cysteine, it is differentiated by the bonding characteristic of the sulfur contained in its molecular appendage. As indicated above, cysteine plays a significant role in protein applications which help to broadly define or determine an organism's inwardly and outwardly focused framework of interfaces or exchanges. Through these bonding interfaces or exchanges an organism can radiate its overall framework or plan. Two examples of this role are outlined below with the very pervasive classes of proteins which have an above average relative representation of cysteine, namely, keratins and interleukins.

- Keratins define the overall organism's exchanges in radiating with its external environment by serving as a key structural and defining component in the organism's interface with the external environment. The external interfaces include hair, fur, wool, feathers, reptilian skin or scales, nails, the membrane of eggshells, the reddish pigmentation in skin and roots, and even the retinal material in eyes. Paradoxically, external interfaces also include the linings of airways and digestive tracts since they are interfacing with external inputs (i.e., air and food). Moreover, this structural and defining interface role extends to the linings of other organs and surfaces where keratins are found. Generally, all of these linings or interfaces contain or are associated with epithelial cells or tissues.
- Interleukins are cytokines or signaling proteins that mediate communication between cells particularly in stimulating immune response. They also regulate cell growth, differentiation and motility.

To the extent that proteins rich in growth or aromatic amino acids support growth rates non-optimal to the overall well-being of an organism (or species of organisms) as described above, the proteins rich in defining amino acids (particu-

larly cysteine) would correspondingly not be able to fully define the framework of boundaries for optimizing the growth of the organism. In the human organism their failure might manifest itself as a breakdown of the immune response system. On the other hand, because of this latent possibility for non-optimal growth, the proteins rich in defining amino acids can also overreact to the threat of anticipated non-optimal growth which may not occur and thus result in a dysfunctional or even destructive reaction.

Given that both keratins and interleukins have above average representation of cysteine, the above analysis suggests seeking a therapy addressing imbalances in keratins and interleukins. Since vitamin A controls the keratin gene expression and vitamin D influences interleukin activity in stimulating immune response, clinical investigations should address the synergistic benefits of vitamins A and D together in treating chronic diseases residing in epithelial tissue which are rich in keratins. (Past studies examined vitamins A and D separately). In light of the prevalence of epithelial (and endothelial) tissue throughout the body, there is no shortage of chronic diseases to study (e.g., 80% of cancers, celiac, crohn's, lupus, psoriasis, vascular deterioration, etc.). As an added benefit, vitamin D also helps to restore the proper activity level for tyrosine one of the key growth aromatic amino acids characterized by 5, discussed above. •

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