

EXECUTIVE
2008

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President's Message January, 2008

Happy New Year to all! It's hard to believe that over a year has gone by since I took office. It has been a successful year thanks to the efforts of all the board members and, especially, your participation. We are particularly grateful to Ruthanne Wrobel for procuring Havergal College as a venue for our events. It has meant that we have been able to reduce the cost of our workshops and improve our profit margin. This puts us in a healthier financial position and means that we have more funds for our library, administrative expenses, facilitators and bursaries. On the topic of finances, our Treasurer, Theresa Courneyea, will be purchasing a computer accounting program and working with Peter Donovan to computerize our accounts. Our thanks to both.

Two events that took place since my last report include our annual holiday season party, which was held after a brief study group meeting at Ruthanne and George Wrobel's home, and the David Hickey Concert, which was a big hit with over 80 people in attendance (see my review in this issue).

While attendance at study group meetings has dropped off slightly since the summer, they continue to take place at the home of Ruthanne and George Wrobel, once a month on the second Thursday, from 7:15 to 9:30 p.m.

The exciting news for this year is that Dr. David Daniels is returning to do another workshop entitled *Exploring the Subtypes, A Path to Understanding, Acceptance and Freedom*. We are extremely lucky and delighted that Dr. Daniels has agreed to visit us again. Since it is uncertain how much traveling he will be willing to do in the future, I urge you not to miss this soul-stirring workshop, and hope you will be able to attend.

Our Lending Library remains an excellent resource and continues to grow. New acquisitions include some interesting CDs from the latest International Enneagram Conference (see Library Report). We are also exploring possible facilitators for 2009, including Richard Rohr, Michael Goldberg, Russ Hudson with Jessica Dibbs, Annette Spiezio and Lissa Friedman. If you have any thoughts or preferences, please let us know.

As your President, I'm always interested to hear from you. If you have any requests, feedback or ideas about how Enneagram North can serve you better, please email me at mjcanes@sympatico.ca, or call me at: 416-481-6777.

Warmest Wishes,
Moira

What's Inside

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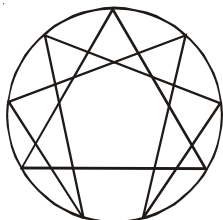
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Study Group News – Winter 2007 to 2008

In recent months, our sessions centered on the topic of childhood origins of Enneagram strategies, based on attachment to parents, that is: primary orientation to mother (types Three, Seven, Eight), to father (types Six, One, Two), or to both parents (types Nine, Four, Five). We began working through one chapter in Karen Horney's book, *Our Inner Conflicts: A Constructive Theory of Neurosis*, (1945). We read chapter 4, "Moving Against People", and reviewed how different Enneagram authors have interpreted Horney's categories of moving against (asserting), moving toward (complying with) and moving away (detaching, withdrawing) from people.

In December, we met for a social evening that included some planning for our upcoming monthly meetings. We decided to prepare for David Daniels' return visit to Toronto on March 29th and 30th, when he will focus on Subtypes in Relationships. So, we are making "Relationships" the main subject for meetings in 2008, and plan to bring varied approaches to this vital topic. For example, in January, we began with a few of David Daniels' columns in past issues of *Enneagram Monthly*, wherein he discusses and answers questions from readers about Enneagram types in relationships. For example, see *EM*,

July/August 2001, Issue 74, page 4, "The Touchstone Column" for David Daniels' response to a Type Two and Five Couple with problematic patterns. Then, members were invited to bring forward situations from their lives for the group to consider and respond to with Enneagram strategies and experiences in mind. In future months, we hope to continue these discussions and to engage in activities that will showcase types reacting and interacting through role-playing scenarios, artistic expressions and more. Your ideas and participation are most welcome.

Many thanks to members who attended study sessions, and who advanced our learning through a willingness to share experiences, perspectives, questions, examples and comments. In the spirit of the oral tradition, we look forward to continuing our learning and teaching together in 2008.

Please join us at 7:15 pm on Thursday, February 14th for ongoing conversations on the topic of relationships. Members and guests are welcome to attend at the home of Ruthanne and George Wrobel.

David Hickey Crystal Bowls Concert

On November 15th, 2007, over 80 people gathered at Havergal College to hear David Hickey play crystal bowls and Paiste gongs. It was my great pleasure to see many new and familiar faces. The concert was dedicated to healing the waters and awakening Essence. The excellent acoustics of Havergal's Assembly Hall enhanced the quality of the concert, and we are grateful to Havergal for co-sponsoring it with us and donating the space for free.

Listening to the harmonious sounds of the crystal bowls and Paiste gongs is said to promote deep relaxation, improve learning, support healing and enhance creativity. Certainly,

everyone I spoke to who attended the concert was deeply affected. One person said she came away feeling like she'd just had a body massage, and the good vibrations certainly continued to resonate in my body long after the concert was over. We all came away with a deep sense of peace and stillness. It really did help us connect to Essence.

David had bowls of water from The Great Lakes that he had collected on his coast-to-coast tour across Canada. His intention is to return the water samples to their sources. In his intro, he recounted a story that is a testament to the fact that the harmonious sounds of the crystal bowls and gongs do have a powerful healing effect. A member of the audience who had attended a performance in Powell River shared that she sighted thirty or so dolphins skipping and playing in the water a day after pouring the "healed water" back into the ocean between Sechart and Vancouver. A couple of days later, she saw a mother and baby whale next to the ferry. While she commutes often, she'd never seen them there before.

As David played, Eden Martin sat next to him on stage and translated the sounds into colour. The result was a beautiful painting of the concert on acetate. Her art can be viewed on his website at www.crystaljourney.ca. All in all, it was a very successful endeavour that we intend to offer again. Special thanks to Ruthanne Wrobel for all her efforts in helping to make the event a success.



Performance of the Whirling Dervishes of Turkey

Toronto, November 4/07

Commemorating the 800th Anniversary of Rumi

It was an amazing sight to see the Whirling Dervishes on the stage at Roy Thompson Hall! In commemoration of this 800th Anniversary of Rumi, his great, great granddaughter spoke through a translator to the audience welcoming us to the celebration and also to witness the spiritual whirling of the dervishes. The dance is called "Sema". Because of the spiritual nature of the whirling, the audience was asked not to clap when the dervishes were on the stage. Only after the dervishes left the stage did the audience clap to show their appreciation.

The whirling is a seven-century old ritual, featuring unusual costumes and hypnotic live music with flutes, strings and percussions. The ritual unites the three fundamental components of human nature: the mind (as knowledge and thought), the heart (through the expression of feelings, poetry and music) and the body (by activating life, by turning). These three elements are thoroughly joined both in theory and in practice.

Sema represents a mystical journey of man's spiritual ascent through mind and love to "Perfect". The process involves turning towards the truth, growing through love, deserting one's ego, finding the truth and arriving to the "Perfect". Then, he returns from this spiritual journey as a man who reached maturity and a great perfection, so as to love and to be of service to the whole of creation, to all creatures without discrimination of beliefs, races, classes and nations.

If we look at the whirling from a scientific viewpoint, we see that contemporary science definitely confirms that the fundamental condition of our existence is to revolve.

There is no object, no being, that does not revolve, and there is a shared similarity among beings in the revolution of electrons, protons and neutrons in the atoms.

Consequently, we see that everything revolves, and man carries on his life, his very existence, by means of the revolution in the atoms, structural stones of his body, by the revolution of his blood, by his coming from the earth and returning to it, by his revolving with the earth itself.

The performance began with the dervishes standing solemnly, clothed in their headdresses (ego's tombstone) and black cloaks. After a long pause, the dervishes dramatically removed their black cloaks revealing their



FIRST SALUTE

long flowing white skirts that symbolize the ego's shroud. There are seven parts of the Sema ceremony. At the onset, holding his arms crosswise, the dervish represents the number one and testifies to God's beneficence. The second part is a drum voice, symbolizing God's order to the Creation: "BE". The third part is an instrumental of improvisation with a



KISS OF HAND



SECOND SALUTE



THIRD SALUTE

reed that represents the first breath that gives life to everything - the Divine Breath. The fourth part is the dervishes greeting to each other and their thrice repeated circular walk, that symbolizes the salutations of soul to soul. The fifth part consists of four salutes, whereby the dervish testifies his appearance to God's unity. The sixth part ends with a reading of the Quran. The seventh part is a prayer for the repose of the souls of all prophets and all believers. This celebration was, most certainly, a blessing to experience. See www.mevlana.net.

History of Mevlana Celeleddin Rumi

Whirling Dervishes and the Mevlevi Sufi Order

The Mevlevi Sufi order, a leading mystical brotherhood of Islam, was founded in the 13th century by Celeleddin Mevlana Rumi. Mevlana means guide or master, and Rumi means from the Sultantate of Rum.

Rumi is one of the great spiritual masters, philosophers and poetical geniuses of mankind. If there is a general idea underlying Rumi's poetry, it is the absolute love of God. His doctrine advocates unlimited tolerance, positive reasoning, goodness, charity and awareness through love. His peaceful and tolerant teaching has appealed to men of all sects and creeds.

Rumi was born on September 30, 1207 in present day Afghanistan. He was the son of a famous Islamic preacher who came to stay in Konya in 1240. Four years later, Rumi met Mehemt Shemseddin Tebrizi, one of the disciples of his father, who had a great influence on him. Rumi became his follower. However, in 1247, Rumi's own disciples killed Tebrizi, fearing his influence on their master. Shocked, Rumi renounced the world and plunged himself into meditation. During this span, he wrote his great poetic work, the Mathwani, and also various Rubai and Ghazal poems, which are compiled into Divan-I-kabir. In 1273, Rumi died in present day Turkey. It was his son who organized his disciples and, with Konya as the centre,

CONTINUED ON NEXT PAGE

formed the Brotherhood of Whirling Dervishes - the Mevlevi.

During the Ottoman rule, the Dervishes exercised considerable influence on the social, economic and political lives of the people. Many promising poets and musicians came up during this span, and many members of this order served as the officials of the Caliphate.

However, times changed with the rule of Mustafa Kemal Atatuk, the father of modern Turkey, who abolished the Dervish Orders in the early 20th century and converted the monasteries into museums. Much later, in 1957, the Brotherhood was revived by the Turkish government as a "cultural association". And so, the whirling dervish ceremonies could be performed again and flourish today in Turkey and throughout the world. The Mevlana Rumi Mausoleum continues to draw pilgrims from all parts of the Muslim and non-Muslim world.

Donna Achtem

A Community of the Spirit

There is a community of the spirit.

Join it, and feel the delight
of walking in the noisy street
and *being* the noise.

Drink *all* your passion,
and be a disgrace.

Close both eyes
to see with the other eye.

Open your hands,
if you want to be held.

Sit down in this circle.

Quit acting like a wolf, and feel
the shepherd's love filling you.

At night, your beloved wanders.

Don't accept consolations.

Close your mouth against food.

Taste the lover's mouth in yours.

You moan, "She left me." "He left me."

Twenty more will come.

Be empty of worrying.

Think of who created thought!

Why do you stay in prison
when the door is so wide open?

Move outside the tangle of fear-thinking.

Live in silence.

Flow down and down in always
widening rings of being.

from *The Essential Rumi* (1995), p. 3

Translated by Coleman Barks with John Moyne

Enneagram North Library

New Items, 2007

Enneagram Applications ...

Bartlett, Carolyn, *The Enneagram Field Guide: Notes on Living the Enneagram in Counseling, Therapy and Personal Growth*, 2003.

Keyes, Margaret Frings, *The Enneagram Relationship Workbook: A Self and Partnership Assessment Guide*, 1992.

Lapid-Bogda, Ginger, *Bringing Out the Best in Yourself at Work: How to Use the Enneagram System for Success*, 2004.

Naranjo, Claudio, ed. *Enneatypes in Psychotherapy: Selected Transcripts of the First International Symposium on the Personality Enneagrams*, 1995.

Wolinsky, Stephen, *The Tao of Chaos: Essence and the Enneagram. Quantum Consciousness Volume II*, 1994.

Audiotape Cassettes and CDs ...

IEA 2007, *Conference Recordings, August 2007*

- Hudson, Russ, *The Instincts and Transformation*.
- Maitri, Sandra, *The Undistorted Instincts*.
- Riso, Don and Russ Hudson, *Revealing the 'Missing Piece.'*
- Salzwedel, Martin, *Customer Development: The Enneagram and Sales*.
- Sikora, Mario, *Overcoming Resistance to Change*.
- Swimme, Brian, *The Cosmology of the Enneagram*.

Zuercher, Suzanne, *The Enneagram, Personality and Prayer: Using the Enneagram to Enrich Your Spiritual Life*. Cassette Tapes, 1 and 2, 1993.

Related Works ...

Bane, Rosanne, *Dancing in the Dragon's Den: Rekindling the Creative Fire in your Shadow*, 1999.

Goldstein, Joseph & Jack Kornfield, *Seeking the Heart of Wisdom: The Path of Insight Meditation*, Shambhala Classics, 2001 (1987).

Helminski, Kabir Edmund, *Living Presence: A Sufi Way to Mindfulness & the Essential Self*, 1992.



Proudly presents Dr. David Daniels

Exploring the Subtypes in Relationship March 29 & 30, 2008

Don't miss this latest offering in Dr. Daniels' series of in-depth and powerful workshops exploring the dynamics of type and paths of personal and spiritual development.

About the Workshop

Our evolution required three basic survival behaviours, referred to in the Enneagram as the instinctual subtypes: the self-preservation, social or group, and one-to-one or sexual subtypes. The behaviours associated with these instinctual subtypes are biological imperatives that profoundly influence our lives and relationships.

In this workshop, we will explore the nature of the instinctual subtypes and how they influence our behaviour. You can expect to gain a deeper understanding of how to relax the compulsive grip of your subtype to derive more fulfillment in your relationships.

Dr. Daniels will include inner practices with self-reflection, subtype groups, panels in the narrative tradition, guided interactions and discussion.

Some knowledge of the Enneagram is a prerequisite. Once you've registered, we will send you key subtype descriptions and information to review in preparation for the workshop.

Times: Saturday 9 A.M. to 5 P.M. Sunday 9:30 A.M. to 4:30 P.M.

Cost: Members: \$229.00 (After Feb 1 \$279) Non-members \$299 Students \$129 (Lunch included)

Location: Havergal College, 1451 Avenue Rd., at Lawrence Ave. W., Toronto

Bio

DAVID DANIELS, M.D. is a Clinical Professor of Psychiatry and Behavioural Sciences at Stanford Medical School and co-author of *The Essential Enneagram* (Harper Collins). In private practice for more than three decades, Dr. Daniels has taught the Enneagram system at Stanford, in the community and internationally for 20 years. With Helen Palmer, he is co-founder of the Enneagram Professional Training Program (EPTP) and of the IEA. He brings his knowledge of the Enneagram to individuals, couples and groups, and to a wide range of applications in clinical practice and the workplace. Visit www.enneagramworldwide.com.

For more info visit www.enneagramnorth.com

To register call 647 208 8754, or email Dara Church at enneagramnorth@yahoo.ca

VOLUNTEERS NEEDED

HELP support Enneagram North by volunteering as a telephone caller.
Get to know more people in our community of Enneagram enthusiasts.
Please contact Donna Achtem at: donna.achtem@sympatico.ca.