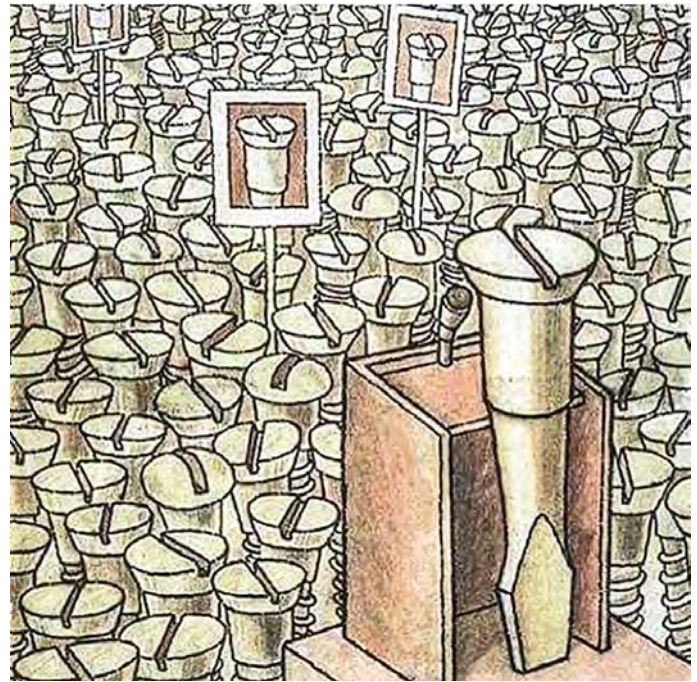


Enneagram is a template of our behavioral habits. If you are over criticizing yourself, and if you remember every detail of your past that keeps flashing in your mind, and constantly have regrets about your past, you are most likely a type 1. Knowing that, helps you remove those colored glasses to see the world as it is, instead of thinking what you see is real. Mastering your mind will bring you true happiness. Without a clear mind, you'll be always self limiting, and self degrading.

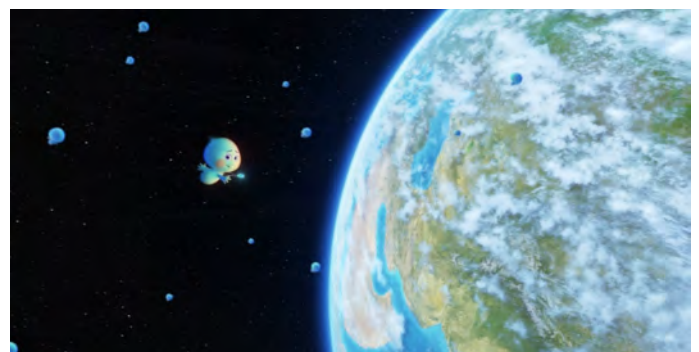
Becoming a peaceful warrior is really the most difficult task in life. In his teachings, Eckhart Tolle always emphasizes on liberation from the mind, and living in the now. But how would you turn your mind switch off? I found Enneagram to be the right tool for it. These are techniques you could learn to free yourself from your inner sadness.

There are two great animated movies that I would like to bring up in our discussion of the self. Pete Doctor has contributed immensely by developing these works of art. They are called the "Soul", and "Inside out". These are concepts learned from Rumi's book: "Masnavi". Western world has always been interested to understand the teachings of this book, but every nation has to have its own interpretation to understand spiritual concepts.



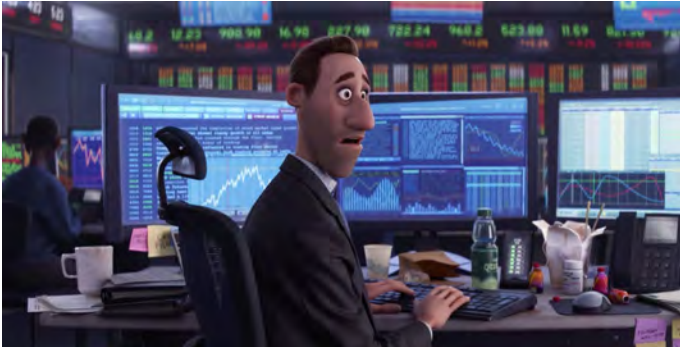
Although so delightfully intended, this is the worse kind of leadership, and that's how it usually is. People blind fully listening to a leader to be screwed for life.

Carlos Castaneda's books are works in English literacy, but he had followed the path a great teacher to bring it to life. This is true about everything you, and I are good at. If you are good at chemistry, you must have had a good teacher who helped you understand it clearly. The "Soul" presents life as that teacher, and it points out that we chose to descend to earth, and after our return, we'll have the earth experience, but those who didn't come here, will not know it. Who was the mentor who encouraged us to come here, is a real mystery. Taking this journey to earth, had prerequisites that we know so little about. All sorts of beings chose to come to earth, from hunchback of Notre-Dame to Elon Musk.



Courtesy, 2015 Pixar Animation

Soul: We were encouraged to come to earth to experience life, but who was our mentor? These are some of the big questions the movie raises. We could compare it with those who have been our life mentors, so why doubt there could have been similar beings that we now can't remember? Another big point the movie raises is we decided who we want to become before coming here.



Courtesy, 2015 Pixar Animation

The mystics world is shown to be accessible by spiritual travelers like Moon Wind. He helps a hedge fund manager to realize what he's doing with his life. After this awakening, he throws all his computer monitors off his desk, and yells: "I'm alive!" "I'm alive!" One of the questions the youth has every right to ask is: "How will he now be making a living?"

Mysticism is not about quitting your job, and to go live like a homeless. It is allowing yourself to seek the meaning of life when you are called from within. You'd come back with some answers, and continue your search while living your ordinary life. Knowing those initial answers will help you learn to live life with self worthiness, and to also find you true purpose. Rest assured that in the world hereafter, we'd be placed on a continuing journey in some other form. So we'd better find a worthy purpose that we could carry on.

What's harmful is when we literally take something that has nothing to do with who we are and say: "This is me". One could have wealth, and not consider it as "me". Everybody works, and everyone serves one another. Even God is really busy working: "We would know when the time comes".



Courtesy, 2015 Pixar Animation

Dorothy: I heard a story about a fish: He swims up to this older fish and says: "I am trying to find this thing they call the ocean". "The ocean?" Says the older fish, "that's were you're in right now." "This?" Says the young fish, "This is water, what I want is the ocean."

It's interesting when you read the fish, and ocean story in Rumi, it's difficult to understand what it really means. It's a metaphor that would have a different meaning to anyone who is looking for meaning of life.

Let's look at that conversation again; Joe: "I have been waiting for this day my entire life but I thought I would feel different". This is the same line Dustin Hoffman says to his father in "The graduate". The fish and ocean story is addressing their point. One interpretation of this poem is if we don't enjoy the path, we'd miss the ending. We should enjoy life while we are on the path, and not wait until we got there. Think about it: If the only point of being here is to have this life's experience, then we'll have it whether we succeed or not. Whomever sent us here, knew we'll get this experience. Those who struggle harder might be wearing some fancy clothes in hereafter, and hang out with more influential people. In fact, the more failures we have means we've tried more challenging paths, and we'll have more interesting stories to tell.



Courtesy, 2015 Pixar Animation

Let's revisit how Joe is able to enter the mystic "Zone"; It's through his piano. What you love is your means to get to the zone. If you are disconnected from the spiritual zone, then you haven't found what you truly love, and are good at.



Courtesy, 2015 Pixar Animation

Inside out: Family bounds are so weak in America, and this movie by Pete Doctor focuses on family. The best events of our lives are stored as "Core Memories". Without them, good luck climbing out of mind's worse trap called depression.



Courtesy, 2015 Pixar Animation

Joy had to let go of Bing Bong (childhood imaginary friend) in order to rescue Riley, an 11 year old girl from Minnesota.

Inside out focuses on the inner dialogs we keep hearing in our mind. The five characters are: Sadness, Fear, Joy, Anger, and Disgust, but it's really an over simplified version: "Mind dialog 101". The main focus is on joy, and sadness. When Joy makes up with sadness, true happiness is realized. American poet Robert Bly says: "You could always spot an American in the streets of Europe when you find someone smiling". He points out a similar dilemma in trying to make a bridge between men, and their father in America. Jack Nicolson, in "Five easy pieces" takes his father who is half paralyzed, and speech impaired to the beach. He starts telling him about his own failures in life, and begins crying: "Sorry my life didn't turn out the way you had wished". While the father stares at him in silence on his wheelchair, Jack says: "I wish this was a two-way conversation, but my feeling is if you could talk, we wouldn't be having this conversation."

Making peace with the father is a big challenge because what most men have experienced with their dad has been their temperament. We could get by not connecting with the father but you can't go too far with it. As Robert Bly says, jokingly:



Courtesy, 2015 Pixar Animation

The control room starts with just one button, but then expands to a huge consul. In the last issue, I illustrated Rumi's model: The carriage with a driver, a passenger, and horses. What's missing in this simplified model is a holly preacher. Anger is also way too simplified. It's much more complex than dealing with sadness, but it's dealt with the same way.

“You’d hear some men say: I have been divorced 8 times, but I’m fine!” You can’t fix your life until you learn to sympathize with your father; “Up until I was able to connect with my father, I was writing poetry from a glass shell around me”. The solution, he says, is to accept grieve, not blame, but to learn to grieve, he says: “The boy has to go to the father to fix it”. Like sadness in this movie, the father feels inappropriate, and unwanted. So how would it be possible to help Joy win the battle in our minds? You’ll have to come up with your own solutions. Let me give you an example:

Those who have grown up in religious families are stuck with a very common mind dialog called sin. The first step is to get rid of the “sin” label by calling it: “mistake”. In Islam, sin qualifiers are called Sharia (jurisprudence). We have a more restrict version of it in Judaism called Halakha, meaning: “the way to walk or behave”. If you look up the statistics of the highest converts in America to Buddhism (the least difficult to practice), it’s from the Jewish faith. If you have the sin dialog present in your mind, I know a way out: Hold on to your religion at its core value, and broom out all other goodbye-laws you have been taught since childhood. Break a few minor rules just to get warmed up! Trust me, you won’t be thrown in hell for it. In a very short while, you’ll notice a new dialog starts taking place in your mind, and will find yourself in more control. You could always go back to your own self, but this time, you won’t be anguished by the sin dialog because it knows it will be shown out the door. You can’t become a peaceful warrior, until you begin to connect with your faith with full honesty.

According to Enneagram’s 9 personality types, in “Inside Out”, the father is type 2, and the mother is most likely a type 1. So let’s take a look at what types systematically would get married with each other without really knowing why:

Most Common Match If The:

- Woman is Type 1 (Perfectionist) + Man is Type 9 (Peacemaker)
- Woman is Type 2 (Helper) + Man is Type 8 (Leader)
- Woman is Type 3 (Achiever) + Man is Type 1 (Perfectionist)
- Woman is Type 4 (Artist) + Man is Type 9 (Peacemaker)
- Woman is Type 5 (Thinker) + Man is Type 1 (Perfectionist)
- Woman is Type 6 (Loyalist) + Man is Type 8 (Leader) or Type 9
- Woman is Type 7 (Enthusiast) + Man is Type 5 (Thinker) or Type 1
- Woman is Type 8 (Leader) + Man is Type 9 (Peacemaker)
- Woman is Type 9 (Peacemaker) + Man is Type 6 (Loyalist)



Most Common Match If The:

- Man is Type 1 (Perfectionist) + Woman is Type 2 (Helper)
- Man is Type 2 (Helper) + Woman is Type 4 (Artist)
- Man is Type 3 (Achiever) + Woman is Type 9 (Peacemaker)
- Man is Type 4 (Artist) + Woman is Type 2 (Helper)
- Man is Type 5 (Thinker) + Woman is Type 1 (Perfectionist)
- Man is Type 6 (Loyalist) + Woman is Type 2 (Helper)
- Man is Type 7 (Enthusiast) + Woman is Type 1 (Perfectionist)
- Man is Type 8 (Leader) + Woman is Type 2 (Helper)
- Man is Type 9 (Peacemaker) + Woman is Type 4 (Artist)

If you aren’t sure what type you are, test yourself to find out. Here’s is a test example for type 1:

A: Not true, B: Rarely true, C: Sometimes I feel this way, D: It’s usually the case, E: It’s absolutely true about me.

- 1) Most people think I am too serious; I think so too.
- 2) Although a part of me could be passionate but that’s really not my life style.
- 3) I think I have paid a high price for being a perfectionist.
- 4) I like to be happy like the rest of people but I have to work hard for it.
- 5) The world would be a better place if people were more principle-centered & acted from their conscience.
- 6) I’ll be condemned if I deviate from my ideals and high standards.
- 7) I can never be out of control (or else I’ll be led astray by strong subconscious impulses and desires).
- 8) I’ll be severely reprimanded if I make mistakes.
- 9) I’m responsible for making everything right.
- 10) I know I have been given a serious responsibility, and I will accomplish something so extraordinary in my life.
- 11) To be loved I must be perfect.
- 12) The world is imperfect.

If you gave yourself a score of 10 out of 12, you are definitely a type 1. If you aren’t type 1, then find out which type you are by taking other type’s tests. Truity is one place you could take an Enneagram test, and it’s free:

www.truity.com/test/enneagram-personality-test

Next installment, more on Enneagram.