

The Practical Enneagram

Volume 1, Issue 4

July/ August 2025

Contents

<i>Editor's Comment</i>	2
<i>Wading through the Inner Undertow — Working with the Leaden Rule</i>	3
<i>The Enneagram and Food</i>	8
<i>Navigating the Spiritual Journey with the Nine Barriers Model</i>	12
<i>Book Review: The Enneagram World of the Child, by John Harper</i>	17
<i>News & Views</i>	18

At Integral Stages, Type becomes a Tool rather than a Cage, says Enneagram and Spiral expert

Dr. Deborah Ooten, PhD, pioneering voice in integrating [Spiral Dynamics](#) with the Enneagram, continues to advocate using the two maps alongside one another to help to tailor our developmental interventions.

Deborah, whose students include change professionals, has been offering training integrating the two models via her organisation, [Conscious Living Center](#).

Recently we spoke over Zoom to explore how the systems work together to support transformation.

Framing the Models

Rezzan Huseyin (RH): Many readers know you as a teacher of both Spiral Dynamics and the Enneagram. Can you briefly summarize how you see these two models working together?

Deborah Ooten (DO): Spiral Dynamics maps the evolution of values — what we care about and how we

see the world — through developmental levels. The Enneagram, on the other hand, reveals our patterns of resistance or adaptation to growth. It shows how our personality structure interacts with the evolution of consciousness.

RH: So Spiral shows us what evolves, and the Enneagram shows how we navigate that evolution?

DO: Exactly. Some people think development is inevitable, but it's not. Many

[\(Continued on page 18\)](#)

An Enneagram book for parents and non-parents alike

Diamond Approach teacher and Enneagram teacher John Harper's new book, [The Enneagram World of the Child — Nurturing Resilience and Compassion in Early Life](#), is a valuable read for parents and non-parents.

For the full book review, see page 17. Here is a short interview with John about his reasons for writing the book.

RH: John, why did you decide to write this particular book?

John Harper ('JH'): This book is a distillation/adaptation of an idea I

had over 20 years ago, during my teacher training for the Diamond Approach. At that time in my life, I thought psychology was a bunch of bunk (thanks dad). I entered the Diamond Approach through mysticism, not psychology.

During teacher's training, we spend years diving deep into psychology and child development, and their relationship to Essence. I became fascinated with it, and thought parents should know about some of this before their parenting produces undesirable effects as mine did. I started working on that idea, but set it aside before Covid-19 hit. This

idea for *The Enneagram World of the Child* arose, and I came along for the ride. I am back working on the original book idea. Perhaps it will be available this Fall.

RH: What is your hope for people reading this book?

JH: I think readers can benefit from this book in many ways. Parents can better understand what's going on in their child — that they are radically different beings, miniature adults. Fundamentally we are fields of sensitivity. Our basic nature is not cognitive nor mental. Consequently, attunement is essential for

[\(Continued on page 20\)](#)