

The Practical Enneagram

Volume 1, Issue 5

September / October 2025

Contents

<i>Editor's Comment</i>	2
<i>What Makes a Countertype</i>	3
<i>The Enneagram's Most Beautiful Trap?</i>	6
<i>Trauma-Informed Enneagram Work: World-Mapping, Agency, and Self-Experience</i>	8
<i>The Holy Ideas — an Alternative Way In</i>	11
<i>The Heart Point — from Reactivity to Resource</i>	14
<i>News & Views</i>	17

From Boundlessness to the Broken Places: Psychologist-Theologian-Mystic on the Spiritual Path

Dr Gunnar Gabriel, Clinical Psychologist with a PhD in theology, with the Faculty of Theology at the University of Oslo, is one of those rare individuals in whom the enlightenment drive was active early on. For example, he joined the Ridhwan School at age 22.

In this conversation, he offers a window into the layered journey of his spiritual path, from early curiosity and intellectual seeking to direct experiences of awakening

through the Diamond Approach, plant medicine, and Christian mysticism.

We explore how the commitment to a path unfolds, the challenges that arise with deep practice, and the unexpected ways traditions like Christianity can re-emerge to support us during moments of deficiency.

Gunnar's reflections invite us to consider what it means to live a spiritually engaged life while remaining open to multiple paths.

Rezzan (RH): At 22, committing to a spiritual path is quite a thing. Many are interested in spiritual teachings at that age, but committing is different. What is your perspective on what allowed that to happen?

Gunnar (GG): It's a wonderful question. We do keep rewriting our histories as we gain perspective. One of my teachers once said people usually come to the path for two rea-

[\(Continued on page 17\)](#)

“Yes, but does that make you want to clean your neighbor's floor?” — Enneagram Guide cuts through the cross

Seasoned Spiritual Director, Mentor and Guide, Dale Rhodes, MS, MA, knows a thing or two about the power of narrative in helping to heal inner and outer divides.

The Enneagram educator, who through his organisation, Enneagram Portland, has been offering community programs based on highlighting Enneagram themes in movies, films and plays since 2002, is currently adding in a new focus: how the Enneagram can support us in healthy aging.

Here we talk about one of Dale's many Hero's Journeys, and I learn more about the upcoming offering around aging.

RH: So as you know, I was recently required to reflect on the one or two things that have shaped my life most significantly. I was surprised to find that in doing so, something we call the “ego ideal” in my spiritual path came into clearer focus. Since then, I've become interested in hearing other people's Hero's Journeys. And I thought, “who better to talk about this with than the literature wizard himself, Dale?”

DR: What came to mind right away when you asked me to reflect on soul-shaping experiences is my early experience as a young gay kid. I knew I was gay before Kindergarten, and I always had this sense that I would be misunderstood. And yes, I'm An Enneagram Type Four and that's what I did with it, but it was also actually the reality of growing up in a blue-collar, urban environment in the '60s, '70s, and '80s. I was pretty certain I'd be misunderstood, maybe even rejected.

[\(Continued on page 19\)](#)