

ENNEATEMPS (Part I)

The Four Temperaments and Enneagram Types: Understanding The System

You have certainly heard about the *Four Temperaments*, being one of the oldest personality typing systems on our planet. They are: Phlegmatic, Choleric, Sanguine and Melancholic types, which were first introduced by Greek philosopher, Hippokrates, 400 BC (said to be taken from Egyptians) and later developed by Galenius, (Galen), also a Greek philosopher, 200 A.D. .

This typing system is still taught across Europe in High schools as a basic form of psychology, and is among others, one of the most solid tools of personality typing ever existed.



1. Figure: Illustration of The Four Temperaments: From left to right: Choleric, Melancholic, Phlegmatic and Sanguine; Source¹

'*The Four Temperaments*' were first found to match human's psyche with medicine and diseases. Later on, the psychological, or better to say, the typological part, was developed.

The Four Temperaments originate from the Qualities of 'hot / cold', and, 'wet / dry' phenomena, influencing the so called 'Four Juices' in our bodies:

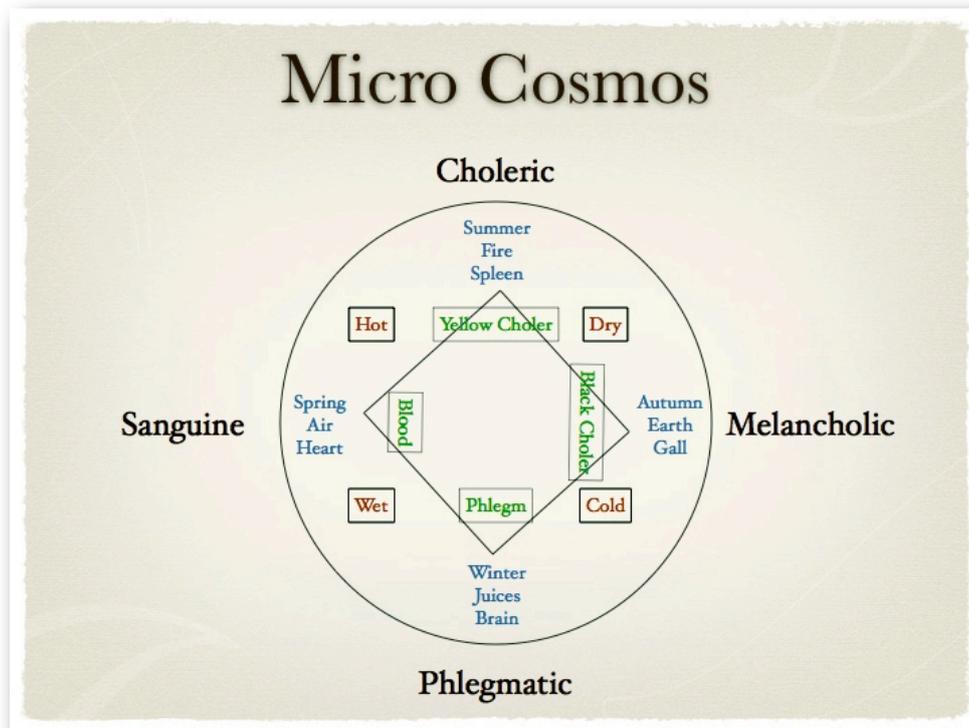
	Hot	Cold
Dry	Yellow Bile	Black Bile
Wet	Blood	Phlegm

1. Table: Connection to 'The Four Juices'

Greeks used to call this system 'Micro Cosmos', which is inside of our body, as compared to 'Macro Cosmos', which is the world² itself, comprising Air, Fire, Earth and Water; and yet relating to Spring, Summer, Autumn and Winter.

¹ The Four Temperaments, on the wall of a house in Frankfurt a.M., Germany. Address: Dornbusch Strasse, corner Eschersheimer Landstrasse. Artist: Unknown.

² see http://www.gottwein.de/graeca/lex/h_hippokr01.php (in German language)



2. Figure: Micro Cosmos Compared to Macro Cosmos (Source³):

Greeks described *The Four Temperaments*, with their body related organs⁴ and Juices as the following:

Juice	Qualities	Characteristics
Blood	Warm & Moist	Courageous, hopeful, amorous
Yellow Bile	Warm & Dry	Easily Angered, Bad tempered
Black Bile	Cold and Dry	despondent, sleepless, irritable
Phlegm	Cold and Moist	Calm, unemotional

II. Table: Characteristics, which The Four Juices bring to The Temperaments

Within this research, I have focused on the phenomena of the 'temperature' (hot / cold) and the 'humidity' (dry / wetness) of each temperament, finding out, that based on the position of each corner of the matrix in Micro Cosmos, specific psychological qualities appear, which are as following:

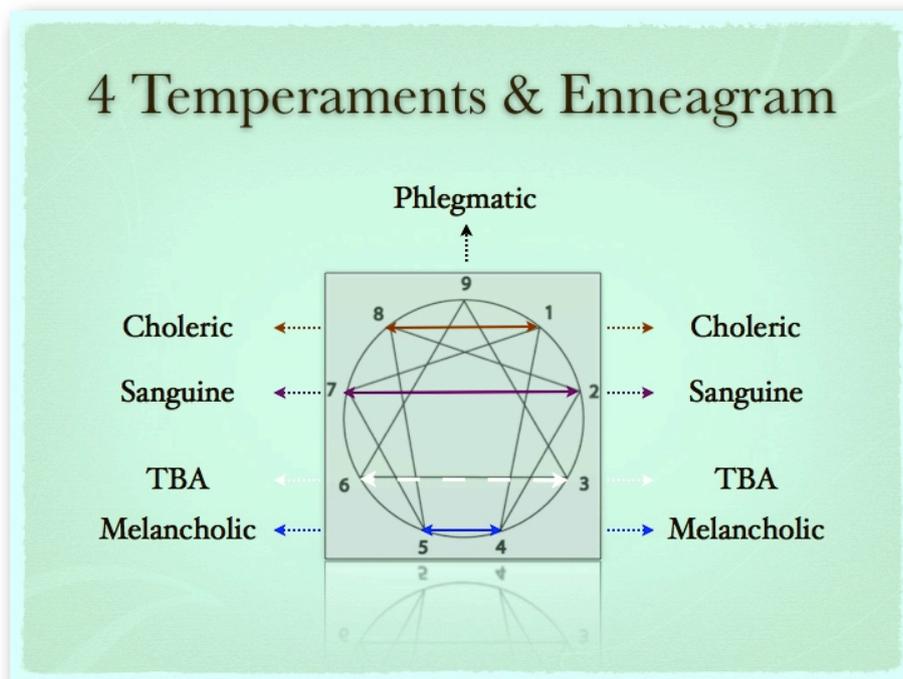
³ ibidem

⁴ <http://en.wikipedia.org/wiki/Humorism>

- ‘Hot’, means, to be able to make fast decisions, and meet choices quickly
- ‘Dry’, means inner search for essential content within a context. It originates from the element ‘soil’ (Earth) and is related to heaviness, rocky and solid qualities. We can also call it the desire to include: ‘All & Everything’. Temperaments in this area try to find milestones as answer to a question. The deeper the question, the heavier the ‘stone’.
- ‘Cold’, means being slow and eventually ‘weak’ for decision making, or the lack of ability to make quick decisions, or finding choices,
- ‘Wet’, being the opposite of ‘dry’, means the lack of the need, to be in search for essential content, as water always flows away, and things are therefore ever-changing. Why bother to hold on one ‘heavy’ topic, as ‘dry’ mentality would do so, instead search for varying answers. Flexibility and less sustainability are here the type of reasoning. A kind of ‘lightness’ occurs. Their answers to a question include the following concept: ‘Nothing could ever be delivered as a final answer’.

The Birth of ENNEATEMPS

As a hypothesis, I have drafted the following correlation, between *The Four Temperaments*, and the Enneagram Types, which are shown in Figure 3.



3. Figure: Correlation Between The Four Temperaments & The Enneagram Types

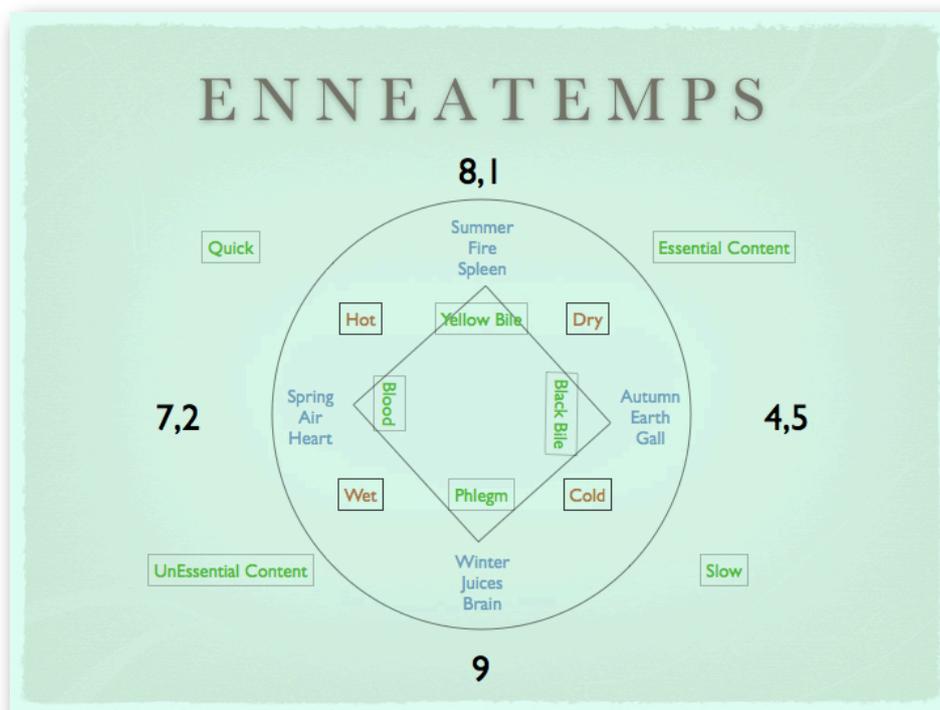
What is important here, is not, whether the exact definition of *The Four Temperaments*, mentioned in the wide literature⁵, is a good fit to the definitions, we already know from Enneagram Types, but what is crucial, and is additional to the current understanding of

⁵ http://en.wikipedia.org/wiki/Four_Temperaments

Enneagram, is the that the production of the 4 Juices and therefore the accrument of the 4 Temperaments, their fit into the Macro Cosmos, and the 'hot / cold', 'wet / dry' - behavior of the Types, give us a new understanding of the Enneagram Types by itself.

In other words, Enneagram Types can be distinguished by the speed of their decision making (process) and the search for essential content.

By merging *The Four Temperaments* into 9 Types, Enneatemps are born.



4. Figure: Enneatemps based on the Micro Cosmos Map

Being originated from the Enneagram, it is fair to call this concept as, *Enneatemps*, which means, 9 Temperaments, although there are actually, only 7 Types represented.

The Enneagram Types 3 and 6, are not (yet) represented within this correlation, and this will be open for further investigation.

This system, is a system, like Enneagram itself. Additionally, it is a description, where the Types belong into an easier understandable and more transparent system, using terms and tools, which are applicable, in our daily life, as they are based on the Four elements of our planet, as it has been used for centuries.

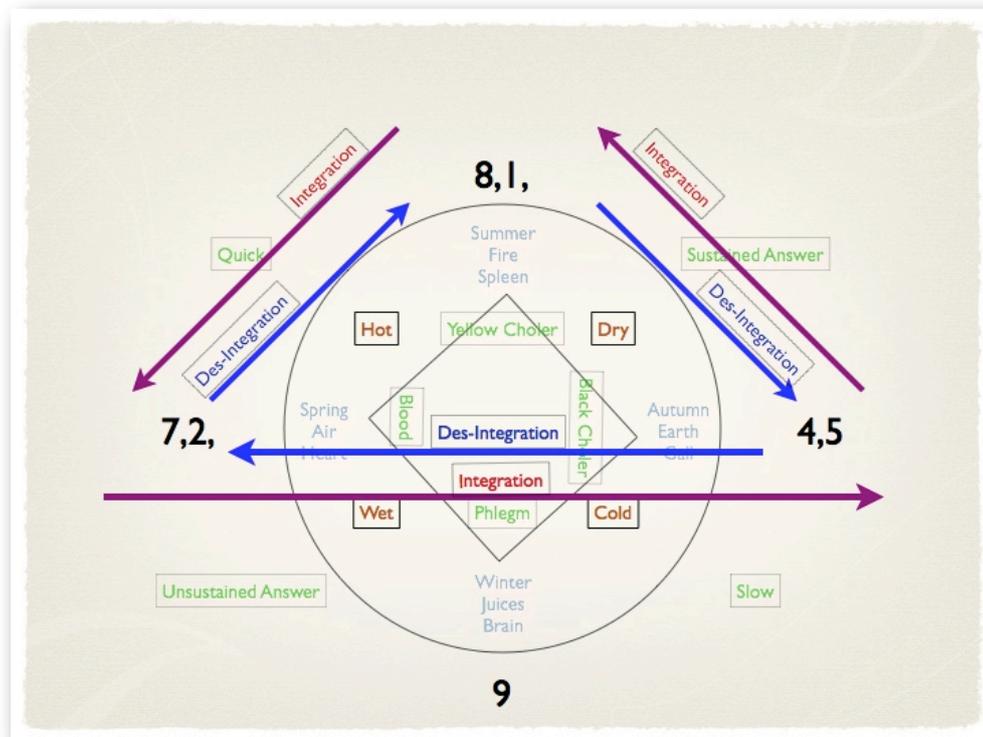
In the above diagram, you can see, that for the first time, Enneagram Types relate to each other, in pairs, and the numeric sum, makes always 9! In addition, the 'pairs' are always from left, and right side of the Enneagram, except for the type nine which comes single. We can say, that the type nine is related to 'itself' or to 'all'. According to Claudio Naranjo's book, "*Enneagram Type Structures*"⁶, the sides of Enneagram, represent feminine (right), and masculine, (left) part of the Enneagram. In other words, the pairs on Enneatemps represent real 'pairs' (like couples).

⁶ <http://www.gatewaysbooksandtapes.com/bk0FourTwo.html>

Integration & Dis-Integration of Enneatypes- Testing the System:

I wanted to see, whether this system works as a whole. If so, it had to include, the very basics of Enneagram regularities, such as integration and disintegration. As you can see below, it does!

The illustration No. 5 shows, that the Enneatypes, works not only within the concept of integration and disintegration, but it also tells us what happens, once a type integrates or disintegrates:



5. Figure: Integration and DisIntegration of Enneatypes based on the Micro Cosmos

As a result, Types change their 'Micro Cosmos' qualities, during the integration and disintegration. These qualities could be a whole world of topics related to The 4 Juices, organs and other health matters. But within this book I want to focus on the two main 'psychological changes'⁷, which are the decision making process and content seeking answers.

Let us start with Types Four and Five.

Fours and Fives, move towards the 'area' of Ones and Eights, which is the dry and hot area. According to the above mapping, they basically accept the, 'warmth', instead of remaining on the cold area, where the weak decision making is pre-dominant. By doing that, they make themselves, to be able to meet decisions (faster) or in better terms, find at least one choice to be met. This is for type Fours and Fives of Enneagram of enormous shift.

⁷ You can also call it temperamental changes

At the same time, they keep their 'dryness', which is their inner search for essential content. Of course for Fours, this content is related to identity, which is anyhow very essential topic; for Fives it is based on facts and knowledge.

During the disintegration, they fall into the opposite side, hot and wet, the abyss for them, and as we know from Fours and Fives of Enneagram, that loosing essential content, which is 'all they have', is live threatening. They basically become something, that is too much for them, quick decision makers (which is good!) but, lost in a world, of no hold. In other words, they need many quick and smaller 'holds' to build on, rather than a 'no hold' - situation.

Fours and Fives also change two qualities at the same time, while disintegration, which is from cold to hot, and from dry to wet, probably a more complicated process than the one-quality-change process, as we can see in Is and Eights e.g., see below.

Further on the integration of Types, Ones and Eights, integrate to the area of Type Sevens and Twos, and this is for the Choleric, hot and dry Types, a quality of becoming, more 'softened', which brings along, less rigidity. It is obvious that healthy Ones and Eights are less rigid.

They disintegrate, while holding to their essential content, but becoming indecisive, means going towards cold area. I picture it as Autumn, a thoughtful season, compared to Spring, which the start of 'freshness' and 'change'.

And finally, Sevens and Twos, integrate into the opposite side, really an unknown realm to them, where they are asked, to be slower in their decisions and seeking for relative 'heaviness' within the context. Do you believe that getting slower for Sevens and Twos would bring them 'up' in their health?

Disintegration would be for them, trying to get 'drier', which means loosing their ever-changing flexibility. Then they will find more quality in things, which in turn, could be more essential content seeking and that is good for them. But, without the slow characteristics, which they additionally need to adapt, they become rigid, eight-like Choleric Types, as we know it from unhealthy Twos, e.g.

This system is also tested with Hornevians and Harmonics, which gave similar positive results and will be presented in chapter ... of this book.

Where to use Enneatemp?

We can use Enneatemp in the following areas:

- While typing oneself and others, Enneatemp could be an additional tool, to see and understand, how Types seek content and how quick they meet choices. I gave this system to many psychologists in Germany and in The United States, using it as an additional tool to their written tests, as tests often does not reflect the Enneagram Type adequately. The reason for that are numerous and are usually known as commonsense.

- Another very useful way to apply Enneatypes is for corporations and teams, as it can be used without complexity; in today's busy working environment we need quick and reliable systems, with less and less complexity.
- A useful tool, for coaches, as they can give the direction of integration to their coachees, with a plausible concept, that everyone can understand, and the clients themselves (!) can define the road to go, (e.g, i need to go to the 'warmer' area of Enneatypes). Same applies for therapists.
- In more complicated processes, we can even use this system as an indicator for finding of Basic Trust⁸ (not Basic Instinct!), the background information of Types behavior per se. As an example, a low Basic Trust of Fours or Fives, will make them not be willing (!) to move towards the integration area.
- Behind the 4 Temperaments, there are numerous Studies on medical applications and their health issues, which now can be used for Enneagram Types! (7 of them).

⁸ A.H. Almaas: Facets of Unity

The Enneatypes: Summary

Therefore, it is evident that the

- Types Two and Seven (Sanguines), and Ones and Eights (Choleric), share a common trait: quickness of decision making, while
- the Melancholic Types, Fours and Fives, together with Phlegmatic Nines, share a slower decision making.
- The Melancholic Types, Fours and Fives and Choleric Types, Ones and Eights, however, share an essential content seeking realm, and the
- Sanguines Twos and Sevens, and Phlegmatic Nine, share an 'ever-changing' - 'fluid' content.

This means, Choleric Ones and Eights, and the Melancholic Fours and Fives, both would tend to hang on to emotions like anger, because of that 'dryness', and thus appear more serious and critical than the fun-loving Sanguines, Twos and Sevens, and the peaceful Phlegmatic Nine.

However, the Choleric Ones and Eights, would be characterized by quick expressions of anger, while the Melancholic Fours and Fives would build up anger slowly, silently, before exploding.

A brief summary in the following table:

Psychological Quality / Element	Hot: Strong, Quick Decision Making	Cold: Weak, Slow Decision Making,
Earth = Essential Content	Yellow Bile - Choleric: Quick / Strong Decision for Essential Content Type 1 & 8	Black Bile - Melancholic: Weak / Slow Decision for Essential Content Type 4 & 5
Water = 'Un'-Essential Content	Blood - Sanguine: Quick / Strong Decision for 'Un'-Essential Content - Fluid Content Type 7 & 2	Phlegm - Phlegmatic: Weak / Slow Decision for 'Un'-Essential Content - Fluid Content Type 9

III. Summary of Enneatypes

In Part II of this article, we will discuss how Instinctual Variants are easily fit into the system and how we can type them with Enneatypes in a simple way.

In Part III, we will introduce the Hornevians and Harmonics based on Enneatypes along with new understanding of Virtues and Holy ideas.

More about Enneatypes and your precious comments on:

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