

# *The Monthly Aspectarian*

**America's Oldest Spiritual and Metaphysical Magazine**

DEDICATED TO ELEVATING CONSCIOUSNESS

MARCH 2013

Volume 34, No. 7

*Interview with...*

**Rosemary Hurwitz**

**Monthly  
Cosmic News**

By Kelley Hunter

**Vision Of The Future**

By Walter Perschke

**FREE**

# The Monthly Aspectarian



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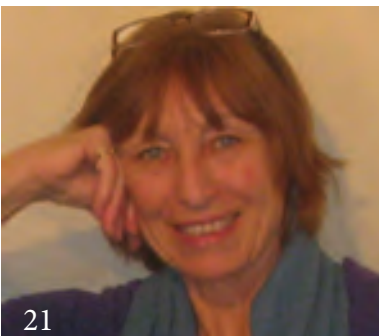
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*Interview with...*

# Rosemary Hurwitz

by Walter Perschke

**Walter Perschke:** Rosemary, how did you get involved with the Enneagram and when?

**Rosemary Hurwitz:** One good thing led to another, I see now as I look back. Motherhood was so amazing to me, and raising a family. I was looking for something for my own development .... My husband and I were facilitators for Discovery, a program patterned after Marriage Encounter for the engaged, which I loved. Then I enrolled in a two year program for facilitating small groups with Christian Laity. Some people were into the Enneagram in that program. At the end of those two years, Loyola University offered us a few credits toward our Masters in Pastoral Studies. My work was in corporate recruiting and I remember thinking, at the time I was very pregnant with our youngest, “well, that is really nice, but I’m not going to be doing that.” (“Life is what happens when you’re making other plans,” John Lennon.)

Our daughter was born, and two and a half years later, my mom died. My mom was a strong spiritual influence in my life, and I began thinking about the offer from Loyola (with a five year window) that would close a few years after she died. I decided I wanted to do the Masters program, and the first course I wanted to take was the Enneagram.

Going back to school would

coincide with my youngest starting kindergarten, and I was excited at the idea of changing careers from HR/corporate recruiting to the holistic field. There is also a deeper reason the Enneagram appealed so much to me.

I often share with clients and students that I believe it had “neon” around it for me—that is, appealed to me, because I had worked very hard on my own individuation and somehow was being called to assist others in theirs. I had a clinical depression my first year in college, and while it was a very dark night of the soul, it was perhaps the most fruitful experience of my life. I think my folks and entire family learned through it, too. Because of that experience, I was very interested in good emotional and mental health. Good emotional and mental health go hand in hand with spiritual connection, which is summarized in the statement from St. Augustine: my heart is restless until it rests in thee.

**Walter Perschke:** What is the origin of the Enneagram?

**Rosemary Hurwitz:** The origin is in question. Some say it began 2500 years ago and others say it may have roots in the sacred geometry of the Pythagoreans approximately 4000 years ago. The Enneagram symbol, which is a nine-pointed star-like figure within a circle, depicting the

nine types (ennea means nine in Greek, and gram means point), has been found in some variation within the 3 major religions, Judaism, Islam and Christianity. These variations can be found within an Islamic Sufi order, the Brotherhood of the Bees (because they collected and stored knowledge), and it’s been likened to the tree of nine-foldedness in Judaism, in Kaballah, and in the work of Christian mystics like Ramon Lull, who was influenced by his Islamic studies. It filtered down to Loyola University and to the mainstream.

I see it as a bridge to these three main faith traditions, and spiritually speaking, the Enneagram is 9 manifestations of the Divine.

God is 1. good reformer, 2. loving giver, 3. effective achiever, 4. original individualist, 5. wise observer, 6. loyal faithful, 7. joyful adventurer, 8. powerful protector, and 9. peaceful mediator. We have all those aspects within us, too, but have our “home” in one, that is, one type is dominant within us. This has to do with our essence, I believe.

Psychologically we view the Enneagram as 9 ways of being, so among the non-spiritual, it is well-received also for their personal development and well-being.

It is mainstream. I have taught it and led workshops in corporate environments, as well holistic and continuing education centers, not just in the spiritual community. Atheists

and agnostics look at it from the standpoint of 9 ways of being, not a spiritual point of view.

It is an ancient and time-honored personal and spiritual growth tool that develops self awareness and compassion. It is very rich and profound for many who study it alone or with a guide. It helps greatly with understanding ourselves and others on their path through life.

There is a saying on a needlepoint sampler that I did during the clinical depression I experienced. It kind of describes the process of the practice of the Enneagram; it is:

*What we are is God's gift to us; what we become is our gift to God.* You can substitute the word Love or Spirit or Divine for God, and it will work.

Different authors use different synonym descriptors for the nine types. I like to use two word

descriptors because I think it helps to "flesh them out" a bit more.

The Nine Universal—because they are found all over the world—Types are:

1. good reformer
2. loving giver
3. effective achiever
4. original individualist
5. wise observer
6. loyal faithful
7. joyful adventurer
8. powerful protector
9. peaceful mediator

**Walter Perschke:** How does it work?

**Rosemary Hurwitz:** With the enneagram you can learn your own wellness map; it shows you what you feel like when you are really experiencing your own well being, and how you can come from this

place, live from this place more often. It is a powerful tool for self mastery, loving healthy relationships, and good emotional health. Of course, there is a spectrum of health that runs from a maladaptive, disconnected Charles Manson to very adaptive, connected Mother Theresa.

And most of us fall in the middle. I like to believe people who are attracted to this work are veering to the high end of the middle. I have given thousands of Enneagram profiles and consults and I see that this is often the case.

**Walter Perschke:** What do people like about the Enneagram and gain from it?

**Rosemary Hurwitz:** The public is receptive because many of us want to take better care of our health. You know if you do not resolve the little



Rosemary Hurwitz

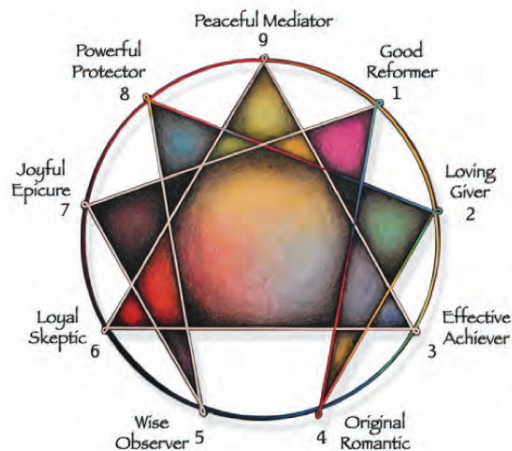
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- 2.** Your wing-style and how this contributes to your unique personality.
- 3.** Your emotional passion or driving energy is and how it works to make the most of it.
- 4.** Your area of avoidance, under your "shadow" how to recognize it and work it through.
- 5.** Your preferred instinctual center, (heart, head or gut) and how to align them when problem solving.
- 6.** Your "wellness map." This is a profound piece of the consult because it will show you very specifically (and resonate within you) where you 'go' in states of security or stress. This new awareness can help you to live from your gifts, and choose to come from security not stress, more often, living with more joy, creativity, and inner-direction.



things, they might turn into bigger things, like a bad back, etc.

The Enneagram shows us our points of integration and disintegration. I use simpler language—it has within it what I call a wellness map; it shows you where you “go” for safety and security or in tension or stress. It shows you very specifically what this looks like for you when you are connected and disconnected, and shows you how to maintain the connection, at least more often. When you are disconnected you learn practical strategies for course correcting. I often tell my students we are going to learn, in the vernacular of the old Jerry Seinfeld shows, to tell ourselves, “Don’t go there.” Like with an inner GPS, we can redirect ourselves back to the safe and secure places which bring out our resourcefulness. This awareness is not general at all—it is very specific. It shows me my essence, my authentic self—who I am called to be, really—and keeps me in charge of my life and my emotional patterns and behaviors.

Two very big areas you learn to work with (in yourself) with the Enneagram are your area of avoidance, falling under what Carl Jung called the “shadow,” and your emotional passion or driving energy.

It helps to work through areas of avoidance such as conflict, or anger or your own needs or intimacy or control. I have a little saying, “Name

it. Claim it, to Tame it.”

With emotional passions, or driving energies, it isn’t that they are right or wrong, they just *are*, and it is what we do with them that impacts ourselves and others. We need to lead them, not the other way around. If leaders of countries would do this work, the impact and results could be staggering.

**Walter Perschke:** How much of what we are looking at is hereditary and how much life experiences?

**Rosemary Hurwitz:** It is a combination and I don’t know exactly; not sure anyone does, but as a mother and an 11 year student and teacher of the Enneagram, I know there are different aspects contributing to it. We come into the world with something going on; that I am convinced of, call it pre-birth in the womb and maybe even before, for all we know. Taking our temperament and adding to it our reactions to caregivers and other life experience factors, we become the unique personality we are by about 4 years of age, maybe 5.

**Walter Perschke:** How would you describe our culture? Which number are we in America as a country?

**Rosemary Hurwitz:** America is the Effective Achiever type, a 3. We are good leaders, when we manage our emotional passion of self deceit.

We lose that leadership ability, in the purest sense, when we reframe ourselves as “successful no matter what types.”

When the U.S. says “only I can do this,” we get viewed as ugly Americans, and the rest of the world says, can I take a turn and contribute, too?

At the high end, 3 is a team player and builder, and that end trumps any fear of failing.

Each type brings a different light to the table; these nine universal types are kind of like a diamond with a different light that comes through nine sections of the diamond.

At the high end, 3 knows how all the parts fit and is committed to truth and knows about the natural order of things. 5 sees the big picture, and can detach healthfully with no judgment, 6 has a strong inner knowing and faithfulness that with God before them, who can be against them? 7 sees essence and light, 8 innocence. 4 is like the woman or Man of La Mancha, and teaches us to have a dream, 9 brings in brilliance with nuance and harmony. The gifts are amazing.

**Walter Perschke:** How do you prevent the subject from picking the wrong type?

**Rosemary Hurwitz:** In an introductory workshop, I do a discernment process with them that is quite effective, but with a

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longer workshop, I always give a comprehensive profile, in which they learn 6 things: core type, wing style, emotional passion, area of avoidance, preferred instinctual center, and (what I call) the wellness map.

Learning all of this is a start. Deepening your awareness and compassion for others is a process and a practice. Dr. David Daniels uses 4 “A”s as an Enneagram practice. Awareness, Acceptance (of this awareness,) Action (taking action, that is making choices that support my emotional health which I learn in my wellness map), and Adherence (or, practice of those actions that will manifest in deep growth). Again, what I am is God’s gift to me; what I become is my gift to God.

*Becoming* is not just wishing; it is co-creating; there is much grace here in this work when you do your part.

**Walter Perschke:** Tell us where you teach and give workshops in the Chicago area.

**Rosemary Hurwitz:** I am on the faculty at Common Ground in Deerfield and have a Friday morning Enneagram group, and teach for The Present Moment and Harper College, and other area holistic centers, such as Be Optimal Holistic Health Care. I have some online classes as well. In my workshops or in private sessions, I also offer an Enneagram pendant, which I have created for each of the nine types, with their essence qualities on the back, close to their heart, for a symbol of what they have learned.

**Walter Perschke:** Are you writing a book on your work?

**Rosemary Hurwitz:** Yes, I will be turning in my Enneagram themed manuscript to a publishing company this spring, who published another inspirational (compilation) book that I have a chapter in, which is due out this June (2013). The title of that book is *No Mistakes; How You Can Change Adversity into Abundance*.

My chapter is “The Call,” and actually it is a story of my experience with clinical depression and the positive outcome as a young adult.

**Walter Perschke:** What is the most powerful thing about your work?

**Rosemary Hurwitz:** I like metaphors so; here is one I like that may answer your question;

Getting to be an instrument for this profound “music” of the Enneagram, which expresses wholeness through each individual who is drawn to it, is powerful. It can be so helpful and healing in our relationships too, as the foundational one with the self is healed.

Every time, I get to be around the process called the Enneagram, I am humbled and grateful.



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