



FESTIVAL OF ENNEAGRAM INTERVIEW TRANSCRIPT

Speakers: Andrée Evans, [President EAANZ](#) and [Russ Hudson](#)

INTRODUCTIONS

Andrée Evans: Hello, everyone, and welcome to the festival of Enneagram. My name is Andrée Evans, and today, after eighteen months of hard work by some amazingly talented and dedicated volunteers, we're excited this week to launch the Enneagram Association of Australia and Aotearoa New Zealand.

We are driven by the desire to create connection in our region, opportunities for Enneagram communities to gather, bridge those silos, and learn from each other in our own time zone. And that time has come.

Welcome to the festival of Enneagram. It's a free launch week showcasing local and international Enneagram speakers and teachers. And right now, we're in for a very special treat. I'm joined today by one of the luminaries of the Enneagram world, mister Russ Hudson. It's a real pleasure to welcome Russ to this significant moment for the association and the beginning of something we hope will serve not only our region, but the deeper unfolding of the Enneagram itself.

A little bit of background about Russ, if I may. Russ Hudson is widely regarded as one of the most important living teachers of the Enneagram. As cofounder of the Enneagram Institute, and through his decades of teaching, writing, and deep inquiry, Russ has helped articulate the Enneagram not simply as a system of personality, but as a living wisdom tradition. I think what distinguishes your work, Russ, is your emphasis on presence, on the lived, embodied experience of the teachings, and your ongoing commitment to depth, precision, and inner work. Many of us, including me, have been shaped by your thinking directly or indirectly.

Welcome, Russ, and thank you for joining me today and for your support of our new association. Can I say thank you very much for your generosity? We really appreciate it.

Russ Hudson: Oh, no problem. Thank you, thanks for having me.

THE ROLE OF COMMUNITY IN ENNEAGRAM WORK

Andrée Evans: One of the themes that we've been looking at is about why community matters, or Enneagram communities in particular. At times when technology is rapidly changing how we interact and shape and even know ourselves, I think people are wanting that deeper connection. I'm wondering about your own thoughts on the role of community in the Enneagram world.

Russ Hudson: Well, you know, I got into the contemporary Enneagram through... I wouldn't say the back door, but not in the usual way. I came to it through the Gurdjieff work, and Gurdjieff was the guy who originally brought the Enneagram symbol into the awareness of the modern world back around the time of the First World War.

In any case, Gurdjieff said very explicitly, it was impossible for us to develop without community, without other. The quote that I... it's a paraphrase I have of him, but, you know, it seems to have gotten legs, is that, *"it is not difficult to do the work alone. It is impossible."*

And so, without the reflection of others, which is one part of it, we tend to go off course, don't we? Whether it's just one person you're working with, but I think all the more powerfully, when we are in some kind of community.

The other reason is a little more esoteric, but true in my experience, and I just invite people to check in. It's when more of us gather together with a common aim, it produces a kind of energy, a kind of presence that's harder to achieve on our own. It's like we attract more grace, if you will, to use some more cool metaphors.

It's like that, and it pulls it in. And the way you notice that internally is just that it's easier to do the work. I don't know why that would be, but it seems to be true, that when we're seated together, practicing together, communicating together, things that might have seemed overwhelmingly challenging become within the realm of what we can actually wrestle with, what we can actually move through.

Wonderful, you know. I'm an Enneagram 5, so it wouldn't have been my first thought: *"What, I've got to do this with other people?"* But if I could do it, everybody else could do it.

Andrée Evans: Well, and I do know what you mean. If I think about what was transformative for me, it was coming into group, into connection with other people, and moving out of conceptual stuff and into a kind of experience of it.

Russ Hudson: Well, there's other... we start to have corrective experiences too in community. Like, if you had some people in your past who are a bit of stinkers, if somebody really gave you a lot of difficulty, you'll have a certain allergy to some of the Enneagram points, to certain kinds of people, right?

But then you go and you meet people in community, and they're that same Enneagram type, or that same kind of person... oh, they're not so bad, really. They're not mean, they're not evil, they're not crazy, and so there's that. And it starts to be part of a healing.

Andrée Evans: Yeah, so it's redemptive, isn't it? There's a kind of chance to heal those old wounds in connection that you can't do on your own.

Russ Hudson: Yes. It's also very challenging, and this is part of why I think it's important in this time. We have to learn some other ways of connecting with the humanity of each other that aren't, in some sense, exclusionary.

Like, *"we're the cool people, and everybody else... they're not as enlightened as we are, they're not as cool as they are, they have the wrong political views, they have the wrong gender, they have the wrong whatever, right? But our group is cool."*

There had to be another, more open-ended, deeper basis of human connection that isn't based on making some kind of fortress against everybody else.

Andrée Evans: And solidifying around people that think the same way I do.

Russ Hudson: Exactly. Yes, where diversity and the different views are not only welcome, necessary for the whole thing to work.

Andrée Evans: And so that's the beauty of community. We sit in a circle with that wide variety of humanity, and it challenges us to share our common humanity.

I remember thinking, "*why aren't people more like me? Why aren't people more... like, I'm a nine? Why aren't people more peaceful and easygoing?*" And it was only in the work that I learned that... yeah, that isn't the job.

Russ Hudson: No, no. And you give it a little more reflection. Imagine how crazy the world if everybody was like me. Oh, dear. I remember there was that crazy movie years ago, 'Being John Malkovich'. There was this room that they'd go into John Malkovich's head, and then he made the mistake of going in there himself. They put in there, and it was a universe where everybody was him, and the only word they said was "Malkovich." Things that no living person should see.

HISTORICAL DEVELOPMENT OF ENNEAGRAM COMMUNITIES

Andrée Evans: I think that's true. I mean, was it always a communal tradition in your experience? Like, I hear what you're saying about Gurdjieff, but the way you learnt it, can you tell us a bit about the early days of the Enneagram community?

Russ Hudson: Sure, well, it's a story of growth and challenge and change. Yes, I learned originally in the Gurdjieff work, and there it was all about being in groups and working in groups, very much so.

When I came into the Enneagram community, it was because I encountered Don Richard Riso's first book, 'Personality Types'. And after a few months, I found out he lived nearby. We're both living in New York City, I still do. And we got together, started talking. He wanted to learn about the Gurdjieff work from me, and I wanted to learn about his understanding of the Enneagram, because his book was very impressive.

And we started a conversation, and Don was a 4 on the Enneagram, and in terms of the instincts, he was low social, so he really was not a guy going out connecting with people very much. And neither was I, but our relationship, our communication, our friendship became a basis of us starting to explore the ideas.

And then when we began to teach workshops and so forth, we found them amazing and what could be done when people did come together. And to begin to really bring into the community this, as you were mentioning, the importance of presence.

That just having a system that, you know, as I call it, a filing system for human beings will get you only so far. It's not the purpose. It's a good start, but then you gotta go beyond that, and that's what we started to do.

And there was a long process, of course. There were different schools of Enneagram Thought, different teachers. There was the Narrative School out on the West Coast with Helen Palmer. There was Hurley and Donson in Colorado, there was Jerry Wagner in Chicago, then there were some of the older ones, there was still Erica with Oscar Ichazo, there was still Claudio Naranjo teaching, and everybody was kind of in their own tribe.

But I think gradually, through the International Enneagram Association, which was created out of the conference that Helen and David Daniels did in Stanford, Don Riso had the idea of creating a kind of ecumenical organization, and he handed it over and became the IEA, the [International Enneagram Association](https://www.enneagramaanz.org.au).

It began a dialogue between the schools and people meeting each other, and I think it really began a process of a kind of umbrella where people could talk about it. We don't have to agree about everything, we don't have to agree about every theory, but our aim is similar. We're trying to help the world in a certain way.

Andrée Evans: Yeah, and ideals that are really close to my heart. I think, too, if people are dealing with big life changes, or if I think about some of the small groups where people have gathered to share the Enneagram, too, it's been a sustenance for them, too, when life hits them hard, when there's been upheavals and challenges. So that's another aspect of community, too, that I wonder if you see that as an important part of the work?

Russ Hudson: Yeah, and there's a couple of ways I understand that. One of them is, again, an idea I plucked from Gurdjieff, which was part of my early training and teaching and learning, was the idea of 'Essence friends'.

That we have friends in life, and we have some fun adventures with them, and later in life, a lot of our connection is remembering the good old days. "Remember that time when we did this or did that?" You know, yeah, I remember that. And then you have a beer, you have some coffee, you do whatever.

But an 'Essence friend' is somebody who stands for what's real in me. An 'Essence Friend' is somebody who is here to be awake with me, who's... we're not here to just fidget and be silly. That might happen too. It's not off the table. It's not off the menu.

But we're here to wake up together and to celebrate each other on a soul level. That becomes really important. I think a lot of the crisis of our time comes back to human beings not really feeling their being anymore, not knowing that they actually have a sacred place in the cosmos, in the universe. Ancient people weren't superstitious, but they knew that.

They knew that they had a place, not just in community, but the community itself was serving some greater purpose. That's so absent from much of modern life. And I teach all over the world, and it's the same story pretty much everywhere I go. Yeah. ***So I think community that's based on Presence and being 'Essence friends' and celebrating and learning about what we really are is so important and becomes a wonderful counterforce to all the things that are pulling on our attention these days, generally creating anxiety and distraction.***

PRESENCE AND THE THREE CENTERS

Andrée Evans: Yeah. Yeah. I think it's become more urgent, you know, with the algorithms shaping our sense of who we are and with technology creating more and more distance. It feels really urgent, I guess, that need for real connection and understanding. But can you speak a little bit about presence? You talk about Presence, and it'd be good to get an idea of what you mean by that.

Russ Hudson: Sure. When as I learned the Enneagram, and again, learning it through the Gurdjieff work, it was only about that. And there's different ways people might experience it or frame it. At first, it seems like a quality that you are aware of or not aware of. **But if you go deeper into it, you start to find out that presence is not something you have. It's what you are. That what we are as consciousness, as awareness, is Presence.**

Initially, Presence is being more in the now, in the present moment, but I always say you can plan in the now. It's just being more dynamically connected with the living moment and what's in it inside and around us. And the Enneagram offers this insight, if you use it this way, of the centers.

And the Centers of Intelligence, we have our belly center, body center. And if we're present, we sense our body. We're aware of our body. We're aware of our movement. We're not thinking about it. We feel it. So what in some psychotherapeutic circles, we would call the 'Felt Sense'.

And a lot of healing of trauma and things like that come through the felt sense. And then there's the Heart. And if we're present, we're affected by the moment. We're touched. We allow ourselves to be affected. Usually, the heart's impacted by history that we project into the future. And so our heart's still reacting to things that happened a long time ago. And that's not wrong, but it's limited in terms of the potential that the heart can be.

If we want peace, kindness, courage, these deeper qualities of the heart, they come from the *heart in presence*, right, in the now.

Andrée Evans: That can be scary, can it? Because if you're deeply protecting yourself, it can be pretty scary.

Russ Hudson: That's why I'm talking about them in sequence. If I'm not here with some degree of embodiment, I lack the sense of substantiality, of confidence that allows me to dare to go back to the heart. Otherwise, it's too overwhelming for most people. And we'll have a little glimpse and jump back into the box.

So and then there's Head center, which gets demonized in some spiritual traditions, and that makes us all very manipulatable. The Head center is not about thinking, thinking, thinking. It's about the capacity to recognize, to see what's needed, and it's experientially kind of open ended and quiet. It's an inner quiet, an inner openness, and from which most of our good ideas, responses, and creative impulses come.

So that's pretty important too. The more we're present, the more all of that will start working in concert, and we start to become more and more what mister Gurdjieff called a *human being* without quotation marks.

Andrée Evans: The real thing.

Russ Hudson: Let the angels be angels. It would be good enough if we could just be truly human. You know? That would be nice.

ENNEAGRAM BEYOND PERSONALITY TYPING

Andrée Evans: Yep. And that's such a contrast to the AI world, isn't it? Like, the true human with all of the centers aligned. I mean, it retains something very precious when we can do that. It's a challenge, I think, in this era.

Russ Hudson: Oh, I think it's always been difficult. You don't look back at history and see the history of a lot of wise humans being present to each other, but there've always been some. There's always been some. There's always been people holding the lights on, you know, holding the candle flame through the ages. And, you know, I tell my students, it's our turn. ***It's our turn to hold that torch.***

And that's what we're doing. And in a time of tremendous transition, and, you know, the Enneagram isn't just about a typology. It goes into understanding certain processes, certain ways our consciousness works. There's many layers to what the Enneagram's about.

And I think if we're learning that and we're learning to embody it, to practice from it, it's the best possible preparation we could have for the challenges of our time.

Andrée Evans: Yeah. Yeah. I can see that. I think that it's very easy out there to see the Enneagram represented as a really amazing personality typing.

Russ Hudson: It is that.

Andrée Evans: I mean, it is that. But you've referenced that it's so much more and you're one of those people who really do point *beyond the map*. *What are we being invited to remember about ourselves through the Enneagram?*

Russ Hudson: That's the eternal and big question, isn't it? I think the Enneagram, just the response that comes to me right now in being with you and contemplating this, one thing that I think it's a little corrective of, it's not saying the ego is bad or evil. It's necessary. However, it doesn't happen to be who I am. It's not my identity, and it's not supposed to be the boss.

If we just understood that, then the ego could take its correct place. I think the Enneagram, in its deeper truth is not just describing our ego patterns. It does do that. But it's placing those ego patterns in a context, in a broader understanding. Like, *our ego patterns are kind of reflections or shadows of something real about us*.

So like you were saying in Enneagram Nine, you know, when we're present, one of the things we get landed, we come home to ourselves. We experience our being, and our being is reflected in everything. We feel it in everything. We're restored to a sense of wholeness and unity. There's a natural state for human beings.

And then the personality of the Nine, feeling the loss of that, is trying to recreate it, reflect that. So I think that what we start to get clear about, what we really are looking for, what we want, and in a certain sense, what our great gift is to the world. But we're seeing... we're barking up the wrong tree. We're going about it in a way that will never satisfy this.

Andrée Evans: We seem to be really perpetually doing that, don't we?

Russ Hudson: Oh, yeah. You can spend your whole life doing that, and many people did more.

THE INTERIOR JOURNEY: FROM EGO TO ESSENCE

Andrée Evans: I'm really curious about that interior journey, that journey understanding my ego pattern to coming back to essence. It's something that's not easy to explain to people. I wonder if you could talk a little bit more about your ideas.

Russ Hudson: Well, sure. Well, I think you can look at each Enneagram point as a kind of person. Fair enough. It is. But each one is also a kind of metaphor or a pathway for the restoration of our humanity. And teaches us something about how to get back there.

And in each case, there's something in our experience that we've rejected, shut down, pushed away, the restoration of which gets us back on the right track again. And just as an example, Point Eight. Point Eight is about our aliveness, our confidence. If you're present in your body, you feel your body's energy. You feel the vividness of life. You feel ready to deal with whatever life gives you. You're full of just rich, full, vibrant, what in India we call 'Shakti'. And you just got your mojo working, and it's quite beautiful.

And that's a gift of presence, and then the whole world is alive and vibrant. And when we're more present, it's like that. That's one reason a lot of Eights don't prefer a lot of spiritual community because they're all very quiet and soft and pastel.

But what we understand is the Eight in personality is trying to be that aliveness and tries to do it by force, by pushing, by making things happen, by asserting oneself constantly. And that gets pretty exhausting, but the cork in the bottle for Point Eight is the heart, and it's the sensitivity. Because Eights develop a shell to protect the sensitivity, and in doing so, they deaden their experience of the world.

To restore that aliveness and vitality and natural strength is to come back to the heart and allow oneself to be affected and to learn how to protect oneself without shutting everything out, without throwing up walls. And so there's a lifelong learning and practice that each of the points represents.

And I would also add that once you've got your own, the challenge of the other ones opens up. You're into the game now. You're into the game of being a human.

THE EIGHT IN AUSTRALIAN CULTURE

Andrée Evans: But there's a whole circle to walk, isn't it? Now I think that journey for the Eight is a really moving one. I mean, they're all pretty special, but to watch the tenderness of the Eight is really beautiful.

Russ Hudson: Yeah. I think, you know, I've been down there to Australia a few times, and I know there's a lot of Eight in Australian culture. It's a way, you know, given the history and trying to make a living in this very challenging continent. You had to have a little... *you had to be a little tough.*

And that's beautiful, except we wanna have access to turn it on or off or to at least have an attenuator. We don't wanna be like that all the time. But when we need to be, we can be. And then when we, that moment where, you know, suddenly you're looking at your grandchild and you don't want the wall up. And that tenderness can come forward.

Andrée Evans: Yeah. So that's that flexibility, isn't it? It's the flexibility to say it's a resource. It's a gift, but I'm not addicted to it. I don't have to do it all the time.

Russ Hudson: Yeah. And the more we have access to the real thing, the less we need to keep going back to our historic pattern. We see it can be retired in stages.

And you don't see, I'm Enneagram Five, and I just thought I had to be alone all the time to figure everything out. And then I learned that you don't figure things out that way. The things that matter are not figured out that way. And the more I understood that, the less I had to isolate and be reading books all the time. There are other options, you know, to get to wisdom and knowledge and clarity.

Andrée Evans: You've demonstrated that, I think 😊.

REINFORCING 'THE BOX' IN COMMUNITY

Russ Hudson: It's... hopefully. That's the other thing. You don't... one place where the Enneagram communities go off sometimes is reifying the box. Like, "*Oh, we Fours are like this. We Nines are like this. We Threes are like this.*"

Andrée Evans: So do what you like. Right?

Russ Hudson: Very good. And are you gonna be that? Is that all you're gonna be the rest of your life? People used to always have the complaint, "*Oh, I don't like the Enneagram because it puts me in a box.*"

And my smart alecky response has been quoted quite a bit is that ***the Enneagram—the real Enneagram—doesn't put you in a box. It shows you the box you're already in and how to get out of it.***

Andrée Evans: Yeah. I love that one.

Russ Hudson: That's my interest. So we can get together and play and create and do what we're here to do.

THE VALUE OF REGIONAL ASSOCIATIONS AND GLOBAL COMMUNITY

Andrée Evans: Yeah. Yeah. I think that's amazing. It takes me, if we widen the field, we're looking at a new association for our region, Australia and New Zealand. Can I ask a bit about the value of regional associations in your eyes?

Russ Hudson: Well, first of all, it's good to have a place to go and meet people locally who share your passion and interest. That's always a good thing. And especially where you lovely people live, it's a little challenging time zone wise. Like, we're doing programs here in New York. It's not a convenient time, generally speaking.

Nonetheless, if you have your own local center and a place for people to come together, that's fantastic. I think also the Enneagram truly is a global phenomena. I teach all over the world. My colleagues teach all over the world. There are Enneagram groups popping up everywhere, and you just never know. ***I think each nation, each culture can bring something to the table that's necessary for the broader communication, for the broader conversation.***

I've even taught down in Tasmania, in good old Hobart. I think you get to find the way that this work operates within the context of your culture and what people are doing and what's important to them and how it sort of operates. That way, it's not just some American sales pitch. It's something that's really all over the place.

And I think, also, for people coming in from the cold, so to speak, when they're going through a rough time or everything, to have a place that's local where with a phone call or a Zoom or actual in person connection, people have a place to go and find sustenance in these very strange and rapidly changing times. It's very important.

And I just think it's just time for all the voices around the world to be part of this growing chorus of trying to steer the world in a little bit different direction than it's been going for a bit.

BALANCING TRADITION AND INNOVATION

Andrée Evans: Yeah. Absolutely. It feels very urgent right now that we need to be able to cooperate and understand and respect. So yeah. One of the tensions I sometimes see is between maintaining the integrity or the tradition versus growth and evolution and new ideas. *What's the challenge for organizations and associations as far as wanting to have integrity around the work but also not wanting to stifle growth?*

Russ Hudson: Yeah. I think it's a delicate matter as you're mentioning. And I think a lot of it is around maintaining certain professional standards. I don't think we're here as organizations to be police of the Enneagram as if we could be. People are gonna do what they wanna do.

But it should be the case that people who are connected with our more regulated and conscious community will know, "*Alright, there's gonna be good quality there. These people are not gonna be saying kooky stuff.*" There's gonna be that level. And I think that's a big part of that is education and learning what's out there, learning the traditions, learning what has been traditional, and seeing what are the new frontiers.

Some things are new, and there are things that are being tried out. For example, it's been a growing thing with a lot of young people, the tri-type thing, but that was not part of traditional Enneagram. Can that be useful? Well, yeah, perhaps. Let's look how it can be, and let's look at how it becomes a distraction.

So I think with everything, including traditional stuff, you're just always looking at, "*is this helping us be present, or is this another way to avoid being present?*"

STEWARDSHIP AND THE FUTURE OF ENNEAGRAM WORK

Andrée Evans: Yeah. No. I appreciate that. I suppose we're thinking about stewarding. Like, how do we steward well the work given that we're holding the torch for a moment and then we pass it on. Thoughts about that? I mean, you've been doing that for a long time. You've been stewarding that work for a long time. What's your perspective?

Russ Hudson: I think you need to be realistic. Some people like me and some of my colleagues have had the good fortune to really be involved in conscious communities for a long time. And there's some extraordinary mentors and teachers who have entrusted us as a next generation with holding the depth of what this is about.

I can't say that everyone teaching the Enneagram has that kind of background, but some do. And not everyone has to have that, but it's important that some people do. So I just see people are gonna get into it at the level of their interest, at the level of what they can reasonably do given the structures of their life. I'm not expecting everybody to run off and join a monastery or something. But a few people might.

One way it was put to me years ago when I was first getting interested in all this... I was a musician in those days, and one of my guitar heroes was a man named *Robert Fripp* who had a band called King Crimson. And I got to meet him, but I was asking him about the Gurdjieff work. And he said something I never forgot: "***The age of the guru is over.***"

The idea of this parental relationship where I'm the mommy or the daddy, and I've got it all, and you're just my children... that model has just been so corrupted that we can't really go back to it.

He said, "*Now it's more like older brothers and sisters helping other younger brothers and sisters, and we're all bootstrapping each other up the mountain together.*" That's how I see it.

Andrée Evans: I can go with that one.

Russ Hudson: ***And I think that fits the Australian and New Zealand temperament quite well too, that way of looking at it. We're in this together, but respect our autonomy. Both are true.***

So I'd say that as long as there are people in different stages of understanding, there's some people they know a bit, but they could be great at inviting people in. "*Hey, I found out this thing called the Enneagram. Check this out.*" Now you might be ready to meet my teacher, and then maybe that teacher takes you to their teacher.

It's not a hierarchy like a power hierarchy, but when you're climbing into the higher mountains, you work with mountaineers who are familiar with that territory. It's experience. So that, and just openness to new creative ideas and innovations, at the same time respecting that there are people who have more experience in this than I do.

I think people can plug in at different levels of experience. And if you think of it less as a fixed thing that people are in or out of and more of a dynamic process, I think that's closer to what we're doing.

ADVICE FOR NEW COMMUNITIES

Andrée Evans: Yeah. And I think that fits what I see. I see people coming in and sometimes moving out or coming back in again or cycling through a bit too.

Russ Hudson: Yeah. They come in, warm their feet a bit, and then they go back out. And they'll just say, "you know, actually, that wasn't so bad. Let me..."

Andrée Evans: I thought I was a five, but I'm not.

Russ Hudson: No. They're very mistyping it. **I'm always telling people, the chances that [someone] from off the street have the experience and self-observation to accurately perceive this very deep structure in your psyche is not big.** So make room for the fact that you take a stab at it, and don't be convinced that that's the final truth. It might be, but it might not be. And in any case, the pattern is not what you are. It's just a very important pattern to be aware of.

Andrée Evans: Yeah. Yeah. I think that's wise. Thank you. While we're here, any advice you would offer for a new regional community just finding its feet?

Russ Hudson: Oh my goodness. I would say welcome, everybody. Learn what's out there in the field these days. I have to keep doing that too. Every time I turn around, there are 15 new Enneagram books. Many of them are just footnotes of stuff that got written a while ago, but sometimes they bring something new to the table.

Enneagram communities need events, talks, workshops, conferences, things like that. Very helpful for bringing community together. But they also need places where people can go to get together to explore these things. Whether they're doing that through Zoom like we're doing now or whether they're doing it in person, like folks there in Melbourne or Sydney or Adelaide, they can do that.

But I think places where people can come and talk about this stuff - not just chitchatting about theories or what type of celebrity is, but more about how we're working with it, what's coming up for us. "*What do you think of this? Do you think that...?*" That reflection that we talked about.

I think people are very hungry for that now. And if we provide a good safe place for that to occur where something meaningful occurs, people are gonna support the organization.

Andrée Evans: Yeah. Beautiful. I appreciate that. I mean, it takes me to some of my most profound experiences with it, which is in group, actually an embodied experience of it. And it was life changing. Like, it was really powerful. And that does not happen from reading books.

Russ Hudson: No. **Books just point you towards something like that. Books are like the breadcrumbs. You follow the breadcrumbs.** They'll lead you to something from time to time. If you're really moved by the book, it's an opportune to explore that. But people get caught up in being armchair experts, and that's not really what it's about. **If you're really living the Enneagram, you roll up your sleeves and you get involved.**

HOPE FOR THE FUTURE

Andrée Evans: That's a good call to action for us too, I think. *So, finally, what gives you hope about the future of this work?*

Russ Hudson: That's a very good question. I wanna honor that question and answer it as honestly as I can. I've been teaching for the last thirty years that we're entering a pivotal time in human history. And we've sort of reached the limits of what our current sociological, economic, governmental structures can do.

We've come to what Gurdjieff called a Shock Point. Where we're entering a new octave. In entering that new octave, we have to be open to different influences, to different possibilities, to shed the shackles of some of our habitual ways of life. And at the same time, to not take for granted some of the miracles. I mean, how much of human history were people able to take a hot shower? And we just take it quite for granted.

We don't know where it's going. We know it's gonna be changing. We know that the changes are usually challenging. Transformation is never comfortable. If you want comfort, just stay asleep. Development is uncomfortable, and we're in a huge development. And it will be uncomfortable.

But what we're learning, I think, is to find another point of stability within ourselves and with each other that is not based in external factors that can go away so easily.

Andrée Evans: I'm not leaning on the world to be stable so that I can...

Russ Hudson: Right. So we need this other stable place from which our creativity and whatever we wanna build into this new world can come forth. And so it's a kind of a call to arms across the planet now. And whether people are doing it through the Enneagram or other means, I think when you're involved in that movement, you kinda wink. You recognize people.

They might be a Buddhist over there in Thailand. They might be a Sufi practitioner in Turkmenistan. People are really getting that. And I don't think it will be ready if we aren't practicing, aren't studying, and aren't coming together around that impulse.

The last thing I'll say is, *if you are aware of this, you kinda knew about this your whole life. I've always felt like, something's coming. I don't know what it is, but I feel it coming. How can I meet that? What's necessary?*

So I think these communities and organizations such as you're now forming are gonna be really important tents for people to gather around these wishes and impulses. Very important.

CLOSING AND MEMBERSHIP INVITATION

Andrée Evans: That's our hope. That's for sure. Oh, well, that's given me a bit of inspiration to move us forward, I think. Much gratitude to you, Russ, for your generosity. I do appreciate it. It's been lovely talking to you.

Can you tell us a little bit about what you might be offering for people who sign up to your presentation during the festival of Enneagram? What could they expect?

Russ Hudson: Well, look. You're talking about the deeper dive. Right? Well, I'm gonna go into a lot of detail around the sort of thing that we're just talking about. How do we go? What's the movement? What's the turn of attention?

What are the practices around going from, "Okay, there's my personality type. How do I parlay that into a kind of inner work that starts to open the gifts of these deeper places I was talking about?" What in Enneagram speak we call our essential nature, our true nature. What helps to bring that forth?

So there are little ways we're gonna go into the details of that, of the Nine Enneagram points, and look at how that might work. And it just might be something that could give you a lift.

Andrée Evans: Alright. That's tantalizing. So I encourage people to sign up so that you're eligible to follow-up with Russ on that. And you can do that on our beautiful new website, <https://enneagramaanz.org/join>.

And thank you again, Russ, for your generosity. We really appreciate it. Been lovely talking to you.

Russ Hudson: You, and hello to everyone over there. I miss you all. Hope I...

Andrée Evans: We look forward to seeing you at the next event.

Russ Hudson: Alright. Thanks very much.