

Queerology 75 Episode Transcript

Abi Robins is Queering the Enneagram

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- Matthias: [00:00](#) If you enjoy listening to Queerology, then I need your help. Here's why, I create Queerology by myself on a shoestring budget, recording and editing every episode in my tiny closet. How's that for irony? That's where you come in. Will you help keep Queerology on the air by supporting it financially? By tipping as little as \$1 a month, you can help me improve and keep making Queerology every week. All you have to do is jump over to matthiasroberts.com/support to make a pledge and listen away.
- Matthias: [00:29](#) Hey friends, this is Matthias Roberts, and you're listening to Queerology. A podcast in belief and being, this is episode 75.
- Abi: [00:39](#) Self awareness is our super power in so many ways, our life depends on it.
- Matthias: [00:45](#) Welcome back, my goodness, I really didn't have the intention of pausing Queerology for an entire month, and yet that's what happened. I was working on my book, and didn't have the capacity to work on episodes, and then all of a sudden the whole month had gone by. But we're back now, I have some really exciting things aligned to up. Today I have Abi Robbins, who's a trained Enneagram teacher who studied with Helen Palmer, Marion Gilbert, Peter O'Hanrahan, and others to the narrative Enneagram in Menlo Park, California. Abi is also a CIAYT yoga therapist with the International Association of Yoga Therapists.
- Matthias: [01:25](#) Their teaching combines the deep and transformative insight of the Enneagram, with a holistic and down to earth practices of Yoga therapy. Robin seeks to share these two powerful systems to help people better understand themselves, and those around them and live more fulfilling and meaningful lives. As a queer non-binary Enneagram teacher and yoga therapists, they're also working tirelessly to bring quality teaching in both areas to the queer community. Abi seeks to empower sexual and gender minorities with self understanding, self compassion and embody practices to heal from the trauma inherent and existing on the

margins. They also hope to educate other yoga and Enneagram teachers on how to best serve the queer community through their own teaching.

- Matthias: [02:07](#) Abi was on the podcast, you all may remember this way back, one of the first episodes of Queerology. They're one of my best friends in the world, Abi and I go way back to my undergraduate days. We met in Siloam Springs, Arkansas, and I've lived a lot of life together. They're doing such incredible work in the world, and I'm really excited to dive into this concept of queering the Enneagram.
- Matthias: [02:34](#) This episode, it does come with a little bit of an assumption that you know what the Enneagram is. Abi talks about it a little bit, we don't get into a lot of the nitty gritty of what the numbers are. But if you're not familiar with the Enneagram, maybe head over to Abi's a website first, which is consciousenneagram.com. They have a bunch of teaching up there, the introductory teaching to the Enneagram, that could be helpful before you listen to this episode.
- Matthias: [02:59](#) You're probably fine listening to it without knowing anything about the Enneagram as well, although a few parts might be a little bit confusing. No announcements this week other than another big welcome back, it's good to be in my closet doing this again. Let's just go ahead and dive in. Abi, hi, welcome, Welcome back.
- Abi: [03:22](#) Yeah hi Matthias.
- Matthias: [03:25](#) I'm so excited to have you on the podcast, to be back doing the podcasts.
- Abi: [03:29](#) I was super glad that this worked out, I'm just super excited I get to talk to you for the next however many minutes.
- Matthias: [03:36](#) Me too, so you've been on the podcast before, you were on one of the very first episodes.
- Abi: [03:44](#) Episode five.
- Matthias: [03:45](#) Yes.
- Abi: [03:46](#) I remember.

Matthias: [03:47](#) I was thinking five too, but the number of times that I mentioned an episode, and then it's the wrong number, I yeah. But episode five.

Abi: [03:55](#) Yes.

Matthias: [03:55](#) A lot of things have changed for you since then.

Abi: [03:58](#) Yeah.

Matthias: [03:59](#) The question that I ask everyone, how do you identify and how would you say that your faith has helped form that identity? Gosh, I'm out of practice.

Abi: [04:09](#) That's what happens when you take a month break to write a book Matthias.

Matthias: [04:12](#) I know.

Abi: [04:12](#) Well this is fun, it's kind of like update. My name is Abi Robbins, I am non-binary, I am white, I am from Kansas, I am queer, and I am a yoga therapist and Enneagram teacher. I'm partnered, I have an amazing partner and we have two kids, we also have nine animals that live in our house. That's one of the substantial changes, is we have considerably more animals in the house than the last time I was on the podcast.

Abi: [04:50](#) How my faith has formed that, informed that identity. It's been really interesting I think especially in the last few, last six or eight months for me really ... [inaudible 00:05:03] last year really, I mean let's get real. Kind of wrestling with my faith, wrestling with what I believe, and how that puts me into categories. It feels a lot like my journey with gender, my journey with my faith are very similar and are very paralleled in a lot of ways.

Abi: [05:24](#) Over the last year or year and a, however long it's been since I was on your podcast, two years? I don't even remember.

Matthias: [05:31](#) It's almost two years, yeah.

Abi: [05:33](#) Oh Jesus, that's so long.

Matthias: [05:34](#) I know, yeah.

Abi: [05:35](#) I have been working through gender issues, have been slowly going through the process of coming out as non-binary. Then

the last year or so, I've been working with my faith and my spirituality and getting really clear about what I believe. What that means for my life and what that means for my spirituality and how I relate to the divine.

- Abi: [05:59](#) It's been interesting living this idea of Christianity as a whole, as an entity, as a religion, while still having this very deep spiritual experience, and moving myself into a place of nothingness. Which feels very parallel to my journey with gender. It's like leaving this idea of being a woman, but not necessarily flipping over to being a man.
- Abi: [06:28](#) Moving into this unknown space, that's just like everything and nothing sort of space. I would say definitely culturally I identify as a Christian, I don't necessarily think that that's escapable in this country, especially. I grew up in the church, this is the language that I have, this is the experiences that I've had. But in the last, especially six months, I've been really questioning about how that relates to how I gather with people, and how I experience my spirituality, and how I interact with the divine. I found that the, kind of the outside trappings don't look like it used to anymore.
- Abi: [07:11](#) That's just continued and continued to evolve to the point where it's like, I feel a lot of camaraderie with a lot of Christians, and I feel the opposite of that with a lot of Christians too. What is the opposite of comradery? Anyway.
- Matthias: [07:27](#) Hostility?
- Abi: [07:28](#) Yes, exactly.
- Matthias: [07:31](#) I hear that.
- Abi: [07:33](#) For me ... Actually, it feels more comfortable to kind of, I mean, for as uncomfortable as it is, it feels more comfortable for me at this point to say that I'm nothing. Which is not to say that I don't have faith, it's more to say that, I would rather not exclude myself by including myself in this very specific kind of group. Anyway, that is not necessarily what we had planned on talking about, I hadn't really considered, I was going to have to answer that question again. But this was yeah, this was interesting.
- Matthias: [08:08](#) We are going to be talking about the Enneagram, but if I can ask a followup question before we dive into that. You mentioned the way that your interactions with the divine have been

shifting, and I'd be curious about that, what has been going on in that space as you've been exploring gender?

- Abi: [08:28](#) I think it is, they are so very much tied together. My interactions with the divine have become so much more ordinary, they're so much more about being present in my body. They're so much more about just the day to day things that happen. I feel like I owe this to my practice, my yoga practice and my spiritual practices, as well as my exploration of gender. There's this quote from the Bhagavad Gita that says "To ..." I don't know if it's to the person of much knowledge or to the person ... oh, to the true sage, that's what it is. "To the true sage, all of the books of wisdom are like wells, when water flows freely everywhere."
- Abi: [09:17](#) I feel like that has really been a touchstone for me over the last year and a half or so where the well that I had been getting my water from all the time, every day, started to run dry in some respects. Realizing that by really engaging with my body, and by allowing my life to be a little bit more simple, really allowing myself to settle a little bit more, and like settle not in the bad sense, but settle as in like settle down. I can see where the water has been flowing all around me, all the time, I didn't need the well anymore.
- Matthias: [10:00](#) It feels like we're cutting a thread short by leaving that there, and I would imagine these threads we'll pick up as we continue to talk about the Enneagram.
- Abi: [10:08](#) Oh yeah.
- Matthias: [10:08](#) Because I want to shift into that, because you're doing such incredible work. You've been training, you've been just ... It's been amazing to watch over the past few years, how your work in the Enneagram has just begun to deepen and blow up a little bit.
- Matthias: [10:29](#) So much work around queering the Enneagram, and we were talking earlier, there aren't many queer people teaching the Enneagram. You mentioned you're the only non-binary person.
- Abi: [10:41](#) That I know of.
- Matthias: [10:42](#) That you know of.
- Abi: [10:44](#) As you can hear Ziggy's scratching in the background, hi Ziggy.

Matthias: [10:46](#) Hi Ziggy.

Abi: [10:47](#) That's my dog, she's great. Yeah if there are, if there's anyone listening who is an Enneagram teacher or is hoping to become an Enneagram teacher, and you were trans or non-binary, please hit me up. But there are not a lot of ... it does feel a little bit like pioneering or like jaunting through uncharted territory to some extent. It's interesting that this question comes on the heels of talking about my spirituality and this simplicity that I'd been experiencing and this settling down.

Abi: [11:19](#) I think it has a lot to do with my work in the Enneagram. Matthias, you know me, you know that I have done a lot of shit in my life. I've gone a lot of different directions, I've ... I can always do that with a lot of energy. I can talk briefly about my Enneagram type and why that is, but in the last couple of years, things have really ... part of being partnered and having kids. As soon as my partner and I got serious ... she had two kids when we entered the relationship, I was like, "I need to get my shit together."

Abi: [11:48](#) This whole following whatever passion or whatever dream I have for six months, and then doing something different is not going to cut it anymore, I've got kids, this is for real. I started the process of becoming a yoga therapist, I went back to school, that will be done in June, I am hoping.

Matthias: [12:04](#) Congratulations.

Abi: [12:04](#) Fingers crossed, thank you. In that process I also, I mean there's nothing that forces you to do your own interpersonal work like having children, oh my God. I was also at the same time, very much diving into the Enneagram and really working with ... on a personal level, working with that. It was actually my partner that suggested, "Hey, you should teach the two of these things together," yoga and the Enneagram. I was like, I humored her, I was like, "Okay, whatever. I'll see."

Abi: [12:33](#) You're right, it kind of blew up. It was not anything that I had planned or expected, but people started coming to the workshops started wanting more. It just continued to flow in a way that I was not expecting. I've been really doing a lot of work in this space, and after I started ... I taught a couple of workshops on the Enneagram and yoga, because I felt very confident in my knowledge up to that point and how they work together.

- Abi: [13:03](#) I had a pretty decent understanding even though I hadn't done any like formal study with the Enneagram, I'd read a lot of books, I had done some small groups at my church. Then after that started to blow up, I got a little bit more connected with the Enneagram community here in Austin. It became really clear very, very quickly that this is the direction I needed to go. I needed to go through the process of becoming certified, I needed to really put myself under this ... authority feels like a weird word to say. But I really ... and this is coming from my yoga background too, is that I really felt the strong desire to be part of a lineage.
- Abi: [13:45](#) Really not rely on my own interpretation of books and things like that, but really allow myself to be steeped in it, and really allow myself to be changed by it. I did my training last August in Menlo Park with the narrative Enneagram, and it was completely incredible. I was in California for three weeks doing an intense amount of personal exploration, 12 hours a day for, I think the total was like 19 days.
- Abi: [14:13](#) Basically I came back from that and really hit the ground running, teaching and putting out content on Instagram and creating a website, all these stuff. As I continue to really like dive into things, it was super, super clear that I was looking at things differently. It was also very clear in the training where I was there for three weeks and other people come and go, and so I probably came into contact with 80 people who were there to be trained. I think there were three queer people including me, so that's an incredibly small number that is not in alignment with demographics. That is not, it's skewed. That is not ... we are not 3% of the population.
- Matthias: [15:06](#) Especially of people who are interested in the Enneagram.
- Abi: [15:08](#) Yeah right? There's something going on here guys.
- Matthias: [15:13](#) I feel like that's the first, first day question is what is, "What is your Enneagram number?"
- Abi: [15:19](#) Yeah right? Yeah. Well, and it's so cool, we can talk about it from the Enneagram perspective, like all the queer people that are into it. But then when you look at like the queer community, we have been interested in ways to understand ourselves, communicate our differences and our similarities. You look at astrology is super big in the queer community, all the good queers are in therapy.

- Abi: [15:44](#) We know ... This is jumping the gun to what, one of the big things that we wanted to talk about today, which is like we're people who have to do a lot of this self awareness work, it is required. You don't get to check out while being queer, and I think a lot of people try and you see a lot of unhealthy coping mechanisms in our community. But that's, I think it's mostly because you can't actually not. There's not a clear cut path in life for people who live outside of dominant culture. We have to forge our own path in so many different ways.
- Abi: [16:25](#) It is big in the queer community, and I think it's huge in the queer Christian community. It's definitely interesting to see how, this wasn't the first red flag, not necessarily a red flag, but like this first a concern that started to pick up for me like, "Oh, this is not in alignment, there is something happening here. For some reason we're not ... all of the people who are interested in it, and who talk about it and know about it aren't showing up to these trainings. Why is that?"
- Abi: [17:02](#) That's where I got really interested in this work around queering the Enneagram, and looking at that why, why is this happening? And then even more, why do we need to fix it? I think is the really big piece.
- Matthias: [17:20](#) For people who are listening who maybe don't know what the Enneagram is. Could you give like a really brief definition-
- Abi: [17:30](#) Yes.
- Matthias: [17:30](#) ... if the Enneagram? And maybe in the midst of that talk about queering the Enneagram and why we need to queer it. How it can be a helpful tool especially for queer people.
- Abi: [17:43](#) The Enneagram is, I like to think of it as the ancient spiritual Myers Briggs. Just to give some people a really clear context of what we're talking about. The Enneagram is a personality typing system based on a symbol that was introduced to the west by a man named G.I Gurdjieff. Gurdjieff was this inner work, spiritual work guru, bad ass, whatever you want to call him, who developed this school of thinking about, and this school of self development.
- Abi: [18:14](#) He taught the Enneagram, the symbol as a piece of sacred geometry. He talked about it in the sense of "This is how all energy manifests in the universe, this is how things came to be." It got taught and passed down, it was an oral tradition, people talked about it, worked in communities with each other. It

trickled down to a guy named Oscar Ichazo, who was ... he's either Chilean or Argentina, I forget, but he is from South America.

Abi: [18:43](#) I feel awful for not knowing this right off the top of my head. He started working with this idea of it being this manifestation of energy also showing up in the human personality. He was a psychoanalyst, and he could see these things showing up in his clients, the people that he was working with. Then one of his students, Claudio Naranjo really fleshed out the system and then brought it to the United States in like the '70s. From there, it's trickled down and gone through, done the rounds in the new age movement.

Abi: [19:14](#) It also found some roots in the church, because there are some mystical roots both from Christianity and Judaism and Islam that are all tied into the Enneagrams deep mystical history. But essentially what he's telling us is that there are nine different ways of seeing the world. These ways of seeing the world are driven by our core motivations. When we talk about the Enneagram, we're not necessarily talking about behaviors or the way you act, when you're with people or when you're by yourself. But really what's driving those actions more than anything.

Abi: [19:51](#) There are definitely some stereotypes of what these motivations cause us to do, like what behaviors manifest from these motivations. But once you really get into the Enneagram, you start to see there's so much more nuance and it's really the motivation that's key. It definitely moves a lot deeper than something like the Myers Briggs or the discs or the strengths finder. When you start looking at all of these different personality typing systems, it also allows a lot more movement. It does a really incredible job of articulating how we show up, how our personalities shift depending on our circumstances. Depending on how we feel in our bodies, depending on whether we feel safe or whether we feel stressed out or any of these different things.

Abi: [20:39](#) There's a lot of ... it's a very complex and nuanced system, and there's a lot of really cool movement that happens in it. What I have found and what a lot of people I know enjoy the Enneagram have found, that it allows you so much more room when you're looking at yourself and you're trying to understand yourself. Because it's not just like a, it's not just four letters that dictate what you're supposed to look like or feel like or et cetera. There's a lot more space in it.

- Abi: [21:09](#) I come from a school of Enneagram teaching that is all about sharing the Enneagram in community. The Enneagram for the longest time was an oral tradition. No book, I mean no books were written about it, it was just passed down from people to people. Talking about it, working with it in community. The first books weren't even published until 1989, so the written history of the Enneagram is very short. I come from this school that is called the narrative tradition, and we work with listening to people from their own perspectives tell us what it's like to be there type. It's such a powerful experience because you really get this really deep and nuanced understanding of people through this.
- Abi: [21:51](#) In it, you start to see that, "Oh, not everybody who is a type four looks like this." There's this infinite amount of difference in each of the types, but it's that core motivation that really strings things together. You see, "Okay, all of these people come from different backgrounds or et cetera and they look so different. But somehow there is something about them that is all the same."
- Abi: [22:15](#) This is really interesting to me, especially this approach to the Enneagram, when we talk about like queering the Enneagram. Because when we look at it, we're really taking into account the person's experience. When everybody on the panel or when everybody in the room talking about the Enneagram or everybody who's teaching about the Enneagram, all look the same and all have similar experiences, either of race or sexuality or gender identity. You start to miss out on some of those really amazing nuances, and you start to miss out on ... You start to assume that your experience is universal because you're not listening to any body else's perspective.
- Abi: [22:59](#) That's one of the things that I think is so important about bringing this other approach to the Enneagram conversation. The biggest thing in the Enneagram is learning about, "Oh, I'm not the only ... the way I see the world is not the only way the world can be seen." You learn so much compassion for yourself and for other people through that and by learning how other people see the world.
- Abi: [23:22](#) It's this incredibly humbling experience, and I am often ... I have to laugh because we are not, we as the Enneagram community are not necessarily all that great at applying the way we approach the ... applying what we learn in the Enneagram, to how we approach the Enneagram. That's what I'm really trying to do is to get more people to approach the Enneagram in this slightly different way, which is my understanding of queer

theory is like approaching things from the outside instead of from the inside. Taking a more objective approach. Looking around, seeing who's not in the room, whose experiences are different and how does that affect what we're learning.

Matthias: [24:09](#) You talk about queer people having to have self awareness. Like we can't really escape that because we're queer, because we're living in a dominant culture that forces us to look at ourselves basically. I hear you talking about the Enneagram being a tool to then help with that self awareness?

Abi: [24:31](#) Yeah it's ... Well, and what it is is the Enneagram requires self awareness, and it's designed to help us see ourselves better, and to see the things about ourselves that maybe we don't want to look at. Maybe the things that are getting in our way, maybe the things that are causing us problems. I don't know that anyone is as good at looking at their own uncomfortable shit, as people who live outside of dominant culture, people who live on the margins. As a queer person I come at it specifically from this queer perspective. And so it's like, I think that, "Well, yeah, queer people know this. We have to do this." What is more uncomfortable than wrestling with your sexuality, or wrestling with your gender identity, especially if you've grown up deeply steeped in a religious tradition that tells you you're going to hell if you actually feel this way.

Abi: [25:31](#) It's interesting when you look at the queer community, we're very much required, very much required to look at ourselves, and to understand ourselves in a way that is much deeper and often much earlier than people who don't experience this dissonance with dominant culture. That's amazing. It's like self awareness is our super power in so many ways. We've been doing it longer. Our life depends on it.

Abi: [26:04](#) If you grew up in rural America being queer, your life very much depends on you understanding yourself and understanding how you come across to other people, and understanding how you move and how you talk, and who you look at, and who you make eye contact with. And it's like your life depends on that in so many ways. One of those ways is literally. Very literally your life could depend on that. We have this capacity to see and understand ourselves and to work through and accept things that are difficult. Like we're all ready well practiced at it, and these are all of the things that the Enneagram requires of us.

Abi: [26:48](#) If we're going to use this system for either personal growth or spiritual growth, that is exactly what we're doing, is we're working to understand ourselves better. That means holding

more of who we are, which is often very uncomfortable. The problem is for the queer community is we don't often have access to these kinds of tools, and there's often a lot of trauma around the things that we discover through this capacity for self awareness. Like realizing you're gay and immediately understanding that that is not okay, it sets you back when really this gift if nurtured correctly, really sets you apart. Give you this depth of experience of your own life, and of spirituality.

Abi: [27:33](#) We don't have enough access to these kinds of tools. Along with that, we don't have access to people who can speak to it the way that we understand it. And so a lot of the work that I'm doing in the Enneagram community right now is one, working to make it more accessible for queer people. We all know the statistics, queer people get paid less, we're more likely to experience mental health issues, we're more likely to be homeless. We're more likely to face financial difficulties that our straight counterparts don't face. And so when you're talking about becoming an Enneagram teacher, it's like a three week training in California that costs \$800. That is inaccessible to the vast majority of queer people.

Abi: [28:19](#) I understand that because I'm white, I carry a lot of privilege. I understand that because of the community that I live in, I have a lot of privilege. The friends that I have, like I cannot say that I myself made it to that training myself. I did not, I raised money, I was given a lot of very generous support from a lot of different people. But that was the only way that I would have been able to go. Talking with different schools, talking with the International Enneagram Association about, how do we develop more scholarships? How do we get more people involved in this idea of opening it up to more people?

Abi: [28:58](#) And then once you get there, it's like, how do you make it a safer place to show up in? One of my good friends at training, he mentioned after the three weeks ... We went through the whole weeks together, after the three weeks he was like, "I remember you on the first day, and I didn't think you were gonna make it. You had your baseball cap on down, over your eyes. You were like ..." I was just headfirst into my journal, and I was writing, I didn't want to talk to anybody. I was stressed out. And I know that part of that is because there's nobody here that looks like me.

Abi: [29:32](#) I do a good job of showing up and trying to be comfortable in all places, but there's something about like, "Am I going to have to fight? Am I going to have to explain myself? Am I going to have to defend my identity? How many people am I going to have to

educate about being non-binary? How many people am I gonna have to educate about being queer and what that means?" These spaces can become really exhausting in a lot of ways, they don't necessarily have to be. Part of what I want to do with the work that I'm doing is really encouraging the people running these training programs. There's a lot now. To develop some more standards and policies around making it safer for queer people to come in. Making it known that it is safe for queer people to come in and show up as their whole selves.

Abi: [30:20](#) That's what we need as a community is access to these tools, and spaces where we can learn these tools and community that allow us to be who we are fully and unapologetically. It's so hard to come by and that sucks.

Matthias: [30:36](#) Yeah, because it's so often taught from a pretty straight perspective.

Abi: [30:42](#) Yes.

Matthias: [30:43](#) And pretty white perspective. I know of communities out there that are working on specifically only for people of color who are doing Enneagram work, and it's like we need more of this everywhere for queer people, for people of color to take it out of the hands of just the white straight people. Because if there truly is a tool of like expansive personhood then-

Abi: [31:11](#) [crosstalk 00:31:11] Yeah that's a good way of putting it.

Matthias: [31:15](#) I am curious Abi, because I think so often when we talk about the Enneagram ... I love talking about the Enneagram is like a reductive way. It is really fun to be like, "Oh you're just a..." I'm a seven. To just be like, "Oh that's my seven-ness." or whatever. "Oh you must be a four" or "oh you're definitely an eight." It's a lot of fun to do that, there's nothing wrong with that. But for people who are wanting to maybe move a step further beyond or who are curious about like how can you actually use Enneagram for personal growth? What does that process look like bringing it beyond just typing someone and the stereotypes around a type. What does growth look like from an Enneagram perspective?

Abi: [31:59](#) As far as the Enneagram is concerned, learning your number and like figuring out where you fall on the diagram, that is absolute step one. That might even be like the pre step to the actual work of why this thing has any meaning to begin with. I mean the work obviously looks different for each of the nine

types, but for people who are listening who are like, "I feel like there's something here but I'm not really getting it. The memes are funny. I follow some good Twitter accounts, or Instagram accounts that make me laugh." For people who are asking what's next? I think it's super important to find community around it. The Enneagram being an oral tradition and trying to like stay true to that, it's so important to find community around it.

Abi: [32:51](#) It's amazing to me how many actual meetup groups there are in different cities all across the country, and there's different places you can go to look those up. You can go to the International Enneagram Association's website, they have like different chapters all across the country. But usually a good Facebook search or Google search brings up groups and meetups and things like that. It's so important to find community. I think with that, kind of like a subset to this is you have to find people who know more about it than you do. You have to find people who've been doing it longer. You have to find people who have already gone through the process, who are going through the process and who are further along than you are.

Abi: [33:36](#) I feel really lucky that in Austin there's an Enneagram meetup that's been going for 20 years, on the third Thursday of the month for 20 years, and it's run by a couple of people who've been certified in the narrative tradition for a little more than 20 years. They bring this depth of knowledge and of understanding that is so valuable. And I think really getting in touch with people like that who can really walk you through it, and who can be with you while you're in it. Because it is, it's an everyday thing. I'm really big on having a practice, having a spiritual practice. Something that connects you to the wholeness inside of you.

Abi: [34:18](#) Having something that reminds you to look at yourself, reminds you to watch yourself throughout the day, so that you can see like, "Oh, I'm acting like this again." Or, "Oh, here's that pattern again. I see it, I see it happening." "Oh like look at me, I feel angry again." Like, okay, now I can let that go the way it normally does. I'll just let that like boulder roll down hill. Or if I pay attention I can choose something different, and I think that's really where the growth is. Is using this as a way to observe yourself more clearly. From there, choose what's more appropriate for the situation. Our patterns are things that develop because they kept us safe, they helped us survive in very literal ways. They kept us alive. But the way that we

operated, when we were children there, that's not necessarily the best way to operate anymore.

- Abi: [35:14](#) I think as we grow and we start to really pay attention to ourselves, we realize more and more like, "Oh, I'm missing the point at a lot of these spaces." I think the Enneagram shows us that we have access to more if we wake up to it, if we pay attention to it. I don't have to do the ... Like my partner and I don't have to have the exact same fight every six weeks like clockwork. We don't have to do that. But if we don't want to do that, then we actually have to both pay attention to ourselves, and pay attention to the way that we react to each other. Pay attention to the way that we speak to each other. And when things get heated, can we learn to choose something different? Not go down the same path that we always go down.
- Abi: [35:58](#) I think that's so much of the work, is that our patterns did so much for us, but they're not always the best thing in every situation. We talk about if all you've got is a hammer, everything looks like a nail. Well sometimes it's not a nail, can you change tools? I think that's the real work of working with the Enneagram and using the Enneagram in your life for personal growth, is so much more than just, "Ha-ha, you're such a six." Or, "Of course you're sad, you're a four." Like, "Oh you're a two, will you help me with this?" sort of thing. There's so much more to it than that. Like you said, it can really be this tool for this whole and complete personhood, like expansive personhood.
- Abi: [36:43](#) Which is really so cool to experience. Like the little bits that I get, it's like, "Oh yeah, I don't have to act this way. There's more to me than just this."
- Matthias: [36:53](#) You mention community and I feel like so much of your work is focused on building community. So you have your podcast, you have like Queer in the Enneagram, Facebook group, you have your Instagram. You're doing so much. Could you maybe talk a little bit about all of those things and then how people can find you and your work, what you offer?
- Abi: [37:15](#) Yeah, I'm doing a lot of community building. That's a big push for me right now, because I feel like queer people need more community around it. The majority of the narrative right now is so straight, and cisgendered. And so it's time to really shake it up, so I'm trying to get as many people gathered and hear their stories. To that end I have a podcast where interviewing people every week. Some are queer, some are not. But I'm super excited. The podcast is called conscious construction, so you can

find that wherever you get your podcasts. I'm so stoked about this, but starting in June, basically from June until August I will be interviewing nothing but queer voices. I started I was like, "I'm going to have all queer people for pride month." Then I started looking at who I was interviewing, and I was like, "Oh my God, it's just like the rest of the year. Perfect."

- Abi: [38:10](#) If people are listening and are wanting more community around these personal growth issues, I do have a ... I'm running Queer Enneagram, Facebook group. I think if you just search queer Enneagram on Facebook, you can find it. You can find all of my work at Conscious Enneagram. So Facebook, Instagram, Conscious Enneagram. Twitter is Conscious Ennea because I didn't have enough spaces to put the whole word. Conscious enneagram.com is where I'm doing the majority of my content stuff is there, and you can get to the podcast from there and all the social media stuff. The biggest thing that I'm doing now, that I'm gearing up for is I'm actually presenting at the International Enneagram Association Global Conference this year on queering the Enneagram, which I'm super excited about to really take this message, right to the heart of the Enneagram community.
- Abi: [39:07](#) The people who are doing all of the big moving and shaking are going to be there. It's going to be Enneagram enthusiasts and teachers from all over the globe, all over the world. I'm super stoked to share this work and share what I've been thinking on and working with, and hopefully start to make some waves.
- Matthias: [39:27](#) Yeah. So exciting.
- Abi: [39:29](#) Yeah, I'm stoked about it.
- Matthias: [39:34](#) Well thank you Abi so much. It's always a treat to talk to you.
- Abi: [39:38](#) I know. I'm so glad. Thank you for having me, Matthias. This was great. I'm stoked.
- Matthias: [39:43](#) Yeah. Everyone go follow Abi's work.
- Abi: [39:46](#) Yeah, come hang out. It's real cool over here.
- Matthias: [39:49](#) You can find the Abbey over on their website, consciousenneagram.com. They're on Instagram and Facebook, at Conscious Enneagram, and on Twitter @ConsciousEnnea. C-O-N-S-C-I-O-U-S-E-N-N-E-A. Queerology is on Twitter and Instagram @QueerologyPod. Or you can tweet me directly

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Matthias:

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