

I was born in New Orleans, grew up in Atlanta, went to college in Olympia Washington, and live in Brooklyn, New York.

I began drawing as soon as I had the motor skills, and drawing and painting continue to be major focal points of my life and identity. I am self-taught. I'd describe my art giving expression to the feelings of alien spiritual realities, deeply influenced by mythology, archetype, and psychedelic experiences. They combine representational and the abstract. I think my style is somewhere in the neighborhood of Jean Delville, William Blake, Hilma Af Klimt, H.R. Giger, and Leonora Carrington but not as good.

In highschool, I found the Enneagram. My type is one that is identified with being unique and unlike others, but I immediately recognized that by relating as strongly as I did to my type, that there was little about me that was "mine" and not a by-product of a psychological structure. This sent me on a mission to find out what of me was actually mine and not a pattern or a reaction.

The Enneagram, especially the mystical, inner work background, has become the focal point of my life. I am an author of an Enneagram book, published in 2021, teacher, coach, and co-host of an Enneagram podcast. Soon after encountering the Enneagram, I was turned on to Gurdjieff and the Fourth Way, the tradition the Enneagram comes from. In 2016 or 17, I formally joined a Gurdjieff Group to study and practice inner work.

Much of the Fourth Way and western mysticism in general has its roots in Ancient Egypt, and most ideas out there about what Egypt was about - as either the hippie new age takes or the hyper limited views of death obsessed Pharaohs using slaves to build monuments to their ego - are wrong and lacking imagination. I've been fortunate to begin leading my own trips to Egypt to explore the roots of the Western spiritual tradition with guests three times with more, hopefully, in the future. Previously, I'd done trips with my former boss, but in 2024, I finally launched a very successful trip, led entirely by myself with the logistical support of friends. It feels like a "calling", if the world and middle east and US economy don't collapse. My love of Ancient Egypt and other mystical systems is a big part of my life. I love to be in pyramids, tombs, and temples.

In college, I attended a demonstration of Integrative Breathwork, a breath technique that makes deep and powerful healing possible. I was living in Olympia, Washington after graduation, so I immediately moved to the East Coast to study breathwork, which lasted about seven years. The breathwork school was in Baltimore, but I hate Baltimore, so I moved to Brooklyn in 2011 and would bus back and forth twice a month. It's a major influence and part of my practice.

Today, most of my work is coaching people with the Enneagram, helping them both understand their type but also work with and heal from trauma and deepen their capacity to be present. It doesn't make much money, and I'm highly introverted so I can really only take two clients a day. On one hand I'm proud of my expertise, my book, and how much I've contributed to the body of knowledge of the Enneagram, on the other, I can barely make a living.

I hated growing up in Atlanta. To me, it was a cultural vacuum, like a giant shopping mall. I went to a private Catholic school. Everything seemed to lack depth and a connection to something meaningful and ancient. I think some of my love of the ancient world (pre-Christianity) comes from the appreciation of the impacts art, myth, story, and beauty had on the psych.

I went to college at Evergreen State College. My parents are from Seattle, and the Pacific Northwest suited me much better than the South. Evergreen is an unconventional school without tests or majors. Most of the classes were programs, so you'd have one class a semester with many different sections. I took classes like "Dark Romantics", "After Nietzsche", and "Inescapable Beauty, Elusive Sublime" that exposed me to art, books, and aesthetics that, after living in the aesthetic desert of Atlanta, I felt a connection with.

I moved to New York and, despite its problems, I love that there's always something creative happening. I am a very solitary person, but I can leave my apartment at midnight and, at least before covid, used to be able to find a spot where people were dancing where I could lurk or join in. As a withdrawn child, I spent a lot of time playing with superhero action figures and reading comic books, so New York was always a major focal point, taking on mythological dimensions. I love that feeling. I love how it's like a constantly changing, self-destructive organism pulsing with light, spirituality, creativity, wealth, tragedy, violence, sexuality, and novelty.

When I was 25 and left the USA for the first time on a trip to Italy. It was a family trip, but I was able to attend an Enneagram training the week before I was supposed to meet my family. There, I met an Italian girl who spoke almost no English. We made a connection despite the language barrier. She was interested in Enneagram, Jung, Gurdjieff, and other topics that I was interested in. When the family trip went to Rome, she and I met up and hit it off. I was deeply impressed by Rome, which I think is the most beautiful city in the world. I flew her to New York, and then I visited her in Rome again. Due to immigration restrictions, we impulsively decided to get married. I had always wanted to get married and find my "soul mate", and this experience felt almost meant to be. So what started as a kind of practical necessity I began investing in very seriously. I was too young and hadn't had enough casual dating experience.

There were ups and downs like any relationship, but there were plenty of red flags I ignored. She was constantly holding her attraction to other men over me until she eventually cheated on me. It felt like my nervous system was in a constant angst over if she was going to leave or not. It consumed a lot of time and reinforced my fears of being unwanted. The positive results of that relationship were that I was able to travel a great deal. Thanks to that relationship, to the work I had at the time, and other factors, I was able to visit several European countries, Egypt, India, Korea, and Japan which have really shaped my outlook. She and I were together for seven years. Capricorn Sun, Virgo Moon, Virgo Rising, Aquarius Venus, Taurus Mars.

Not long after I met my ex, I had worked a few crappy jobs until I was hired as the personal assistant of a major, beloved Enneagram teacher. The job allowed me a lot of personal freedom, but it paid very little and the interpersonal dynamic between this person and myself was very strange. His expectations and needs were never straightforward, and there was always an

unclear, “entangled” emotional undertone that I was uncomfortable with. He was 30 years older than me, single, and lived alone, and I felt like he was projecting feelings onto me as if I was his son, his employee, and even a feeling like he thought he was in a romantic relationship with me. He’d get really upset when I had other friendships or needed to give my partner time and attention. He’d claim my ideas or attribute my “voice” in teaching and such as his own, while dangling the carrot of some kind of career advancement in the future without ever delivering. As complicated as things were, he always told me we were “brothers” and family, and I believed him. This situation did provide a way for me to gain exposure and “make a name for myself”. It ended in a way that was very much out of integrity, and I’ve cut off the friendship. It was a complicated time that I have a lot of mixed feelings about.

The loss of this work happened around the same time as the breakup with my ex. Compounding that, I’d had a best friend since college who’d moved to New York roughly around the 2015, when I started working for that Enneagram teacher. Shortly after my ex and I broke up, he and my ex secretly started dating. I caught them out at a bar together. Given what my friend knew, it was a major betrayal, so 2020 represented a huge shift for me. I felt betrayed by my former boss, my ex, and my best friend, the three people I’d given the majority of my time, energy, and care to for five years.

2020 also represented a new trajectory, as I’m sure it did for everyone. Right before covid, I started an Enneagram podcast with some close, brilliant friends. It is about to hit its 200th episode after 5 years, and it’s been extremely important to me. We don’t have much listenership, but I’m really proud of it. It carried us through covid and beyond. Together, we’ve generated the most original, clear, deep, and paradigm changing material around not just the Enneagram, but in other psychological arenas as well, like object relations theory.

Typically, my friends/podcast co-hosts would meet up at yearly Enneagram conferences, but in person events were cancelled due to covid. As an alternative, we began in person meet ups where we’d rent an airbnb and do a lot of psychedelics. We started calling these “zones” after the place in the film *Stalker*. At the first “zone”, I met Alexandra, my current partner. She’s brilliant, hilarious, an expert at the Enneagram and astrology, and my physical attraction to her is off the charts. Her love has been deep and transformative, but she and I have had intense jealousy for one another’s pasts. I proposed to her in June 2024. She said yes. But the pressures of marriage have led us to pause the engagement and reevaluate in light of the issues around jealousy. So this is a difficult and anxious time for me. Gemini Sun, Virgo Moon, Aquarius Rising, Gemini Venus, Aries Mars.

Recently, I have co-founded an Enneagrams school with a friend of mine and we’re producing really high quality online and audio courses. I’m hoping it can help lead me to financial stability. I also struggle with very severe depression.

My father is a political cartoonist. Growing up, some of his cartoons elicited strong negative reactions from politicians and media figures. He’s also funny and has stories of doing crazy

things without worrying about people's negative reactions. However, he was also pretty emotionally absent.

My mom has diagnosed BPD, and as her oldest child, it's had an enormous impact on me that I'm only recently seeing the scope of and coming to terms with. Without getting too detailed, she may have suffered some kind of sexual trauma as a child, so she has some weird energy around sexuality in combination with the BPD. This has led to me being "disorganized attachment" in Attachment Theory, which has contributed to tumultuous relationships and a general lack of trust in other people, especially a chronic feeling of being ugly, off putting, or unwanted as well as a jealous possessiveness with my partners. I don't worry they're going to leave me so much as I imagine they feel more sexually connected with some man from their past. It sounds silly and it's often incomprehensible to others, but when it sets in, it's a severely painful feeling that feels like something in me is going to die. I don't know how to better explain it. I have had three serious, long term relationships, and while my partners have always been supportive and reinforcing their attraction to me, somehow it does not register emotionally for me. I live with this incessant feeling of being somehow unwanted.