



[Russ Hudson](#)

Dec 15, 2020 FB post

I do a lot of teaching on this [George Carlin quote: "Inside every **cynical** person is a **disappointed idealist**."]. Related to superego/inner critic structures.

I don't think we get anywhere by trying to not be **cynical**. I find it helpful to approach my cynicism with a respect for the fact that it likely had very good reasons for arising and to be gentle around the realization there is often **huge disappointment, disillusionment, heartbreak**, and perhaps **trauma** just beneath its defensive positions. So for me, it is more helpful to become aware of my cynicism and its roots. Then it shows me where to "dig"--where some real healing can take place.

I see that in some sense my cynicism is inevitable, but I want access to it--the capacity to turn it down when I wish, rather than be run by it. But that requires me being with it, and with the **pain and sadness that it is shielding**. I think we get cynical when **we just don't want to be further hurt or disappointed by life**. So our heart uses our mind to close up shop. I need to see that this was smart and helpful up to a point, but that to have my heart more available for my life, my journey, I need to **come to terms with that disappointment**. The depth of our heart is much bigger, vaster, than our hurts and is able to hold them, but it only does so **when I am willing to be with the deeper truth of what I am feeling**. And of course, this is a process. We get better at it as we practice and grow. This whole **process** requires deepening **presence** with my experience, which is why I put that front and center in all of my teaching. Without the cultivation of presence, for me, the Enneagram, like all spiritual teachings, can become a distraction.

If you feel out of control, you might explore what you feel being in control means and feels like. **Cynicism is often a way of feeling more in control**—it often comes up from experiences of **overwhelm**. Sometimes being out of control arises as a reaction to efforts we have made to control aspects of our experience. So there are a number of possible orientations that could be at work here.

I think when my heart is freed up a bit from cynicism AND from sentimentality, I am better able to respond to difficulties and injustices rather than react to them. I have better discernment to know when and where to take action, and when silence or patience are wiser options. There is a wisdom that is generated from our abiding in our deeper heart in presence, and this has a lot to do with the Virtue of point One. The real meaning of **Serenity** is not "everything is fine as it is," but more that **when we are meeting "what is" with a present heart, we can calmly discern right action**. We respond instead of react. And as I said, our usual emotional reactions, be they cynical, idealistic, sentimental, hysterical, detaching, self-righteous, etc., hugely obscure our capacity to tune into this place of deeper wisdom.

I think lots of 3s get confused thinking that being with their heart means adopting the histrionic/mushy styles of others who are out of touch with the depth of their hearts in a different way. I think the true heart--let's say the **deeper heart**--has a **gorgeous simplicity to it**. Once it is a bit **free of entanglements with often unconscious instinctual agendas**, the heart is able to be with everything in a profoundly clear, direct, simple way that holds the experience with intelligence and sensitivity. To explain this I have called it being "**clean hearted**." It is a quality of **emotionally-intelligent graciousness** that I associate with healthy 3s, but that we all learn about as we see past the layers of historic reactivity in our hearts.

7s growth is to 5. The **shadow of 5** is, although I'm this cheerful happy positive 7 person, I'm also the most cynical person you'll ever meet. I don't trust people. The world is screwed up. And I don't show this to people. But really close people will see my **darkness**. The 7 grows by integrating that with their positivity. The **positivity includes a realism about the world and in that I stop fleeing** – I can stay put and focus my attention and energy. At 5, the low side is, "I know I need to be alone, and I know I get **cynical and try to figure everything out**," but the **high side of 5 is stillness, emptiness**, when I land in who I really am in peaceful nothing-ness – which can sound like nonsense but it's also what I'm most profoundly seeking.

Russ Hudson, Instincts class #12, 11Jan2022

Cynicism is always **defensive**.

Russ Hudson, 3/22/2022, Unlock, The Shift

Cynicism **protects me from false hope**.

Negative Thinking of 6s, This list was created by Rebecca Picard, based on Maitri and Almaas.

Cynicism is **undigested pain**.

John Marshall Roberts, *Igniting Inspiration*

<http://johnmarshallroberts.com/bio/>

7/26/10

Cynicism protects me from having to admit my **own limitations**. I can pretend I'm above it all, when in fact I am a source of it. My mind is sickened by the disease of **want**. I imagine there is something I lack, and the lack is killing me. I hide behind not caring because I care so much I fear it will kill me. Surrender my façade of callousness. *The Divine Feminine*, by Rabbi Rami **Shapiro**, p46

Cynicism: an inclination to believe that people are motivated purely by self-interest; skepticism; **distrustful** of human sincerity or integrity; concerned only with one's own interests and typically disregarding accepted or appropriate standards in order to achieve them.

I project my own unworthy desires and self-interest onto others. Oxford Dictionary

Victimology is at the root profoundly cynical.

Terry Patten