

Bridge to Essence with the Enneagram
Homework or Homeplay!
Session 3: The Heart Center

As we turn our attention from the Head Center to the heart, or drop our understanding into the the heart, we discover there are 3 layers to the heart - the physical, the emotional and the spiritual. We can use gratitude and breath work to create coherence/harmony with the physical heart. We can use self-compassion and allowing/acceptance/inclusion to embrace our emotional heart and all that it contains. And I love this description of the spiritual heart from Way of the Heart Lesson 1:

The Heart is that which feels all things, embraces all things, trusts all things, allows all things.

The Heart is that in which the soul rests eternally. The Heart is that which is beyond space and time and is that spark of Light in the Mind of God, which is called Christ.

And only in That will you find the peace that you seek.

What we express through the heart center is very much dependent on whether our lenses (belief systems) in the head center are clear or distorted. Distorted lenses are companion to distorted emotional strategies or vices. Clear and corrected lenses in the head center flow to the expression of the virtues.

Here's a summary of the vices and virtues of each type:

Type 8:

False Self - Vengeance/Vindication leads to the vice of **Lust**: I do everything intensely and in excess to get energy back that's lost through maintaining power and control, and covering my weakness.

Essence Self - Justice lends itself to the Virtue Quality of **innocence** - I come to each moment fresh without expectation or judgment with childlike wonder and curiosity. Why would I want to hurt anyone or why would anyone want to hurt me?

Type 9:

False Self: Resignation (world is cold and indifferent) leads to the vice of **indolence** - not taking care of self or business. Attached to being settled, comfortable, saving energy. Self forgetting lead to toning down energy and putting off action and lowering expectations.

Essence Self: Love (the universe is warm and loving) lends itself to **Action**; gratitude for being loved naturally leads to wanting to pass itself on as loving action. Action flows from Essence.

Type 1:

False Self: Expecting the world to be **perfect** - leads to lower emotional strategy of **anger and resentment**. Nothing meets my high standards. Either it's perfect or no good, that's frustrating.

Essence Self - **Goodness** or life is unfolding as it should - leads to virtue of **alignment/serenity**. I am in touch with myself and others. Life is unfolding as it should. Wellness is a process, not a finished product.

Type 2:

False self - **codependence** leads to lower emotional strategy of **pride**. I'm free from the restrictions of human needs and can give 24/7. I'm proud of my self sacrifice and being needed.

Essence Self - **freedom** - I give and receive - lends itself to the virtue quality of **humility**. I acknowledge my limits, boundaries and needs. Love flows where it is called, not where I need to send it.

Type 3:

False self - **role and image**, I do therefore I am - lends itself to the lower emotional strategy of **deceit**. am my successful image and performance. I'm a human doer. What you see is what I think you want to see. I ignore my feelings.

Essence self - **hope/ harmony** - and after the virtue quality of **truthfulness** - who you see is the real me, I accept and express my inner reality, including feelings and desires. The outer matches the inner.

Type 4

False Self - I must make myself **special** - leads to lower emotional strategy of **envy**. I'm lacking and missing something and you have it and I feel bad I don't. I compare myself to others and my mood depends on if I come out better or worse.

Essence Self - **originality** - I am connected to the original source. This lends itself to the virtue quality of equanimity. I am balanced and content with the unique self and talent I have. Right now I have everything I need to be perfectly happy.

Type 5:

False Self - **knowledge comes from intellect** - this leads to the lower emotional strategy of **Avarice** - I hold on and store - collecting information and materials to avoid an emptiness and external dependence. There isn't enough to go around.

Essence Self - knowledge comes from **engagement with others/world**. The world led itself to the virtue quality of detachment. I can negotiate what I need and let the rest go. I share my inner life to enrich the world, the more given the more abundance grows.

Type 6:

False Self - **Dogma/Doubt**, the world is dangerous - Lower emotional strategy- **fear**; I imagine the worst. I don't trust my judgment or ability to care for myself. I'm either inhibited or impaled by my fears. I am vulnerable and can be physically hurt.

Essence Self - **Faith**, the universe is on my side lends itself to **courage; strength and courage come from being in harmony with my inner self and the objective laws of the universe. I trust my natural protecting instinct and past accomplishments.**

Type 7

False Self - I must **minimize pain** through planning pleasures leads to the emotional of **gluttony**, more is better, plans more experiences. Keeping options open - fearing commitment.

Essence Self - there is a **plan greater than than mine** lends itself to the virtue quality of **sobriety**; one day, one thing at a time, single mind and heart. Living a balanced life.