



Bridge To Essence Using the Enneagram and Somatic Practices Part 5

In this session we tied together our nervous system patterns with what our type most wants to avoid. These avoidances are connected to a past situation that overwhelmed our developing system so the intelligence of the body contained it. We build our type structure's habits (coping and defense strategies) around avoiding this thing that we feel to be threatening to our survival and connection with loved ones. However, this is an outdated pattern that lives in the background (subconscious) like an outdated software program.

By meeting this avoidance from our essential nature that is grounded, compassionate and neutral we can allow this energy to move to its natural completion. We can update our younger self and the primitive brain with the information delivered somatically that we survived, we are safe, we are actually not confined to the body. We can align the body with our deepest spiritual understanding and truth; that we are actually the presence of Love itself that heals, allows, embraces and eventually, transcends all things. From this meeting, our natural Essence qualities emerge. "No mud, no lotus" popularized by Thich Nhat Hahn from the Buddhist tradition suggests that without meeting our challenges directly we can't appreciate the joy and beauty of life. The lotus which grows in mud symbolizes the Essence, what can literally emerge or grow from "digging in the dirt", aka, meeting our avoidances/vulnerabilities, not from the mind but with the body and the heart.

Enneagram Avoidances by Type:

- One - what I perceive is wrong or bad about me
- Two - my own needs
- Three - perceived or potential failure past, present or future
- Four - my own ordinariness
- Five - not knowing
- Six - uncertainty
- Seven - limitation
- Eight - any weakness
- Nine - any potential for conflict

Somatic Tasks: Reconciling Forces

The somatic task for each type acts as that 3rd force that allows for healing, integration, reconciliation and a movement away from the duality of the separate self. In Reality, we are already whole.

One - practice physical relaxation and self-acceptance, allowing yourself to feel the simple pleasure of breathing and being in your body.

Two - Tend and befriend your inner reality of needs, feelings and sensations. Include yourself in your circle of care.

Three - slow down, do less and focus your attention inward towards your feelings; Allow them with self compassion. Include yourself on your to-do list.

Four - balance your intense emotions with connecting with the body moving to level headed action and social connection.

Five - drop your focus from your head and connect with your body and emotions, becoming fully present to yourself and your life. Mindfulness is a good practice for you.

Six - develop a sense of safety within yourself, savor the good things, develop a consistent, breathing practice. Vagus nerve practices are a priority.

Seven - slow down, turn inward towards your feelings and your body; Allowing any pain or discomfort to just be, acknowledging your are not limited be including it all.

Eight - breathing and out of your heart center, soften and allow your feelings with self compassion. Remind yourself that true power includes your own heart.

Nine - get out of your comfort zone by taking action on a priority of yours. Use movement to increase your energy, and grounded presence to feel your aliveness.

Inner Practice:

1. Spend 5-10 minutes with one of the guided presence practices in the recordings, or use the model of finding the sensation of the breath, your feet on the floor, the lower body, breathe into the heart, opening to gratitude and compassion, and at the head center - become aware of being aware. Affirm you are your Essential Self; 3 centered awareness: grounded presence, open loving heart, spacious awareness.
2. Tune into your body and welcome or invite the sensation and presence of the avoidance for your type. At the same time, holding onto the awareness of the free flow of the breath, feet on the floor. Breathe around it for a few minutes, allowing it to just be there.
3. From your Essence, get curious: Notice location, sensation, image (color, texture, symbol, temperature). Can you notice these sensations, allowing space for this avoidance to just be there? Remember to also maintain some awareness on the breath.
4. Just 3 slow deep breaths sends a signal of safety to the brain.
5. Give yourself some compassion, a self-hug, acknowledging your courage to feel the avoidance.
6. You may have noticed your nervous system's response with an urge to flee, resist or fight it, or go numb/freeze/avoid it. Tune into the body and ask how it wants to move to help allow these sensations to integrate
7. If you feel the overwhelm building, remember you have choice - you can open your eyes, re-orient yourself to the present moment, self-sooth, move your body intuitively to help the energy complete. It is not helpful to "tough it out" - be gentle with yourself and honor your own process and system's capacity to process this energy. Remember titration and pendulation - just touch in to the discomfort and back to presence.