

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:

Included are some suggestions for how the virtues feel in the body, heart and mind. I invite you to do one of the meditations where you bring awareness to the body and a sense of being grounded- connected to the earth - and invite the virtue quality into your experience. How does it feel in body, mind and heart?

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?

Explore the Felt Sense of Innocence: suggestions: grounded body, open mind, playful, savoring sensory experience, exploring, creative, light heart. I feel safe to open to my own feelings and share with others. Deepening my connections gives me a sense of safety.

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: **Inclusive 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.

Explore the felt sense of Action: body feels alive, perhaps a warmth in the belly, heart is engaged, mind is calm and focused. I feel safe and empowered as I take action that flows from my connection to Source.

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/wholeness is a process, not a finished product.

Explore the felt sense of Serenity: Shoulders and jaw relax, heart is open and forgiving (allowing), mind is open, curious and tapped into a greater wisdom. It is safe to go with the flow. I am surprised to find an effortlessness in my day which gives me joy.

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.

Explore the felt sense of Freedom: Body feels lighter, in touch with itself, heart is loving and empathetic towards myself and others. My mind allows other's their journey. Allowing the flow of give and take feels safe, balanced, right.

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.

Explore the felt sense of hope/harmony: The body feels stable, connected to the ground, heart is trusting and able to move with what presents during the day. I notice and allow my emotions. The mind is quieter and open to the present moment rather than my to-do list. My body, heart and mind are in alignment and that feels amazing.

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. It is safe to be me.

Explore the felt sense of originality: Feels like coming home to the body, like I've landed, my mind is turned from moving outside me to what inspiration and impressions come to my awareness, my heart is settled and able to truly open to others. I feel grateful.

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.

Explore the felt sense of engagement: Body feels alive and powerful, mind is curious and engaged with my direct experience, my heart is happy with finding safety in connection. I feel freedom in detachment, holding things lightly.

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.

Explore the felt sense of faith - my body and breath feel relaxed, expanded yet solid, my heart feels like I can take bold action, my mind is not hyper - focused but rather open to what positive things are happening. My safety lies in my knowing I am not the body, I am in union with my Source.

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.

Explore the felt sense of sobriety: Body feels safe, content, relaxed and free. My mind is aware of the positive and negative elements of my direct experience, my heart is ok with it all. I am grateful for the structure in my life to create or have a positive impact on the world through the mundane as well as the expansive.