

## Soften the Shell Enneagram Workshop

### Session 2

#### Homework or Home-play (your choice:)

These are invitations not requirements. Like anything else, the more awareness that is brought to something, the energy will shift and new pathways in the brain and nervous system will be created. **Bringing your compassionate awareness of the patterns into the body's felt sense of perception is key to unwinding or de-tangling from these patterns held in the nervous system.**

1. **Reflection Questions:** Spend some time journaling with these questions:

- How does it feel in mind, heart and body when your focus of attention goes to the habit of your type? (Take one center at time in your inquiry)
- Who would you be without that focus of attention? How would that feel in b/m/h?
- What limits you from letting go of your focus of attention and letting yourself just be? Ask all the centers this question.

2. **Work with the beliefs** for your type with The Work or Radical Inquiry Process. Handouts included under "Exercise files". Please spend a few minutes establishing grounded presence and compassion in your heart prior to engaging with the beliefs. Allow yourself to feel into what happens in the body, heart and mind when you believe the core beliefs of your type. Allow emotions to flow. How does the body want to move after working with letting these beliefs go?

3. **Focus of Attention:** Set your timer for 3-4 times during your day to just bring neutral awareness to where your attention is in that moment. Simply notice, label it - future, past, other people's needs, my to-do list, the news, etc. And bring yourself back to presence with the breath and feeling the lower body.

#### Focus of Attention by Type:

- 1 - what's correct or in error
- 2- other people's needs
- 3 - tasks that need to be done
- 4 - what's missing
- 5 - what other people expect/ possible intrusions or what I don't know
- 6 - potential hazards
- 7 - pleasant options
- 8 - who has the power and control
- 9 - other people's agendas

4. **Notice moments of being in your Essence** and aware of being aware. How does that feel in the body, heart and mind to simply Be? Savor it! 20-30 seconds of savoring creates new neural pathways.