

Homework Week 3: Soften the Shell Enneagram Workshop

The Heart Center Part 1:

Repeat the guided heart centered practice (in the video) -allow yourself to receive Love and feel your connection to the Divine.

Pay special attention to your heart this week: Tend and befriend your heart through:

- Self-compassion
- Allow emotions
- Feeling journal
- Gratitude practice
- Observe when the “vice or passion” shows up vs the virtues?

Reflection questions:

What blocks your heart center? Feel into it, you may get an image or sense of something blocking it. An old hurt, fear, grief, unprocessed emotions?

Can you simply bring awareness and compassion to whatever is in your heart in this moment and breathe with it? Can you allow the wisdom of the heart to meet whatever is there?

When you identify with or operate from your passion (vice) for your type, (pride, deceit, indolence, etc), what do you DO? (What does it look like in your life?) For example, how do you grasp for something, reject aspects of you or leave yourself?

What does that feel like in the body?

What does the passion/vice and all its manifestations help you AVOID?

What is the cost? - emotionally, physically, mentally, relationally, spiritually?

When you are in the heart space of the passion/vice, what do you feel separate from? What essence qualities do you have a hard time accessing?

What do you make this experience of separation mean about who you are? I'm...fill in the blank.

What would I need to believe about myself to embody the virtue more often? And/or what helps to facilitate the expression of the virtue?

What does the virtue feel like in the body, heart and mind? See handout on the type specific vice/virtue descriptions. There is a section included under: “Explore the felt sense of.....” There are suggestions for evoking the virtue.

TEND AND BEFRIEND = SELF LOVE PRACTICE

- Tend = pay attention with care; befriend = treat yourself like your best friend
- Listening - observing - being with yourself - acceptance - self-compassion
- Be honest with yourself - this is where I am at right now, this is happening, what is true for me about this situation is....
- Return to your innocence - what wants to be expressed or how can you find joy?
- Honor your self-care plan - sleep, nutrition, exercise, etc.
- Setting boundaries and saying no
- Making choices that align with the highest good - honor web of interconnection
- Create a supportive environment for yourself - your anchors - people, place, things, activities that nurture you.

FOUNDATIONAL ELEMENTS TO WORK WITH TYPE STRUCTURE

- * **Inner Observer** - placed on “felt sense” lens of perception
- * **Grounding** - through present moment awareness, orienting to time and space and connecting vertically - from “heaven to earth.”
- * **Placement of Attention** -energy goes where attention is, learning to shift our attention from our avoidance or contraction to our Essence self.
- * **Open compassionate heart** - curious, kind, patient, courageous.

