

**Soften the Shell with the Enneagram
Handout with Integration Suggestions
Session 3: The Heart Center**

As we turn our attention from the Head Center to the Heart Center, 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 companions to distorted emotional strategies or vices. Clear and corrected lenses in the head center flow to the expression of the virtues. Relaxed embodied Presence allows the heart to feel safe to express its true essence.

Below is 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 first invite the deficiency into your heart to be met with Love. Then call the virtue quality into your experience. Evoke a memory when you already experienced the virtue. Savor it, How does it feel in body, mind and heart? Do this also for the type you go to under stress or any other type that you feel is relevant.

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. I use food, work, or pleasure as a way of avoiding and denying my feelings and vulnerabilities.

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? The need to control or protect is no longer there.

Explore the Felt Sense of Innocence: Let Grace/Presence be with the feeling of deadness inside. Allow innocence to emerge.

Remember a time when you felt the pure, innocent openness of a child.

Sensory Suggestions: grounded body, open mind, playful, savoring sensory experience, exploring, creative, light heart.

Affirmation: 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 leads 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 Engagement/Action: Allow Presence/Grace to be with your hopelessness. Allow the energy towards engagement to emerge.

Remember a time when you felt totally present and aware of yourself and others so that you knew instinctively what you must do.

Sensory Suggestions: the body feels alive, perhaps a warmth in the belly, heart is engaged, mind is calm and focused.

Affirmation: 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: Allow Presence/Grace to be with your reactivity. Allow the calm and inner alignment.

Remember a time when you experienced a sense of deep calmness and complete acceptance no matter what was occurring.

Sensory Suggestions: Shoulders and jaw relax, heart is open and forgiving (allowing), mind is open, curious and tapped into a greater wisdom.

Affirmation: It is safe to go with the flow. I am surprised to find an effortlessness in my day which gives me peaceful joy (serenity).

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 Humility: Allow Presence/Grace to be with your messy needy humanity. Allow humility to emerge from true self-acceptance.

Remember a time when you had a modest and realistic sense of self-worth without self-inflation or deflation.

Sensory Suggestions: Body feels lighter, in touch with itself, heart is loving and empathetic towards myself and others.

Affirmation: My mind allows other's their journey. Allowing the flow of give and take feels safe, balanced, nurturing for all.

Type 3:

False self - **role and image**, I do therefore I am - lends itself to the lower emotional strategy of **deceit**. I 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** - lends itself to relaxing the doer and 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 me matches the inner me.

Explore the felt sense of authenticity: Invite Presence/Grace to be with you with the emptiness. Allow a sense of purpose and passion rise naturally.

Remember a time when you told the whole truth about yourself and completely accepted yourself as you are.

Sensory Suggestions: The body feels stable, connected to the ground, heart is trusting and able to move with what presents during the day. Accomplishment is effortless.

Affirmation: I notice and allow my emotions. My mind is quiet 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 Equanimity: Invite Presence/Grace to be with you with your wounded heart.

Remember a time when you didn't compare yourself to anyone else and felt at peace with who you are and what you have to offer.

Sensory Suggestions: Feels like coming home to the body, like I've landed.

Affirmation: I allow my mind to turn from inside to outside of me and to what inspires me. I allow impressions to 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 non-attachment: Invite Grace/Presence to be with the fragile heart of feeling of loss. Allow a natural resolution of the cycles of birth/death, coming and going to arise like the cycle of the breath.

Remember a time when you were fully sharing and fully present with others without wanting to hold on or hide.

Sensory Suggestions: Body feels alive and powerful, mind is curious and engaged with my direct experience, my heart is happy with finding safety in connection.

Affirmation: I feel freedom in engagement and letting go of attachments; I hold things lightly.

Type 6:

False Self - Dogma/Doubt, **the world is dangerous** - Lower emotional strategy- **angst**; I imagine the worst. I don't trust my judgment or ability to care for myself or make decisions. 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 courage -Invite Grace/Presence to be with your angst and feeling of being lost. Allow courage to naturally come up as you face your fears.

Remember a time when you had complete trust in yourself and others to rise to the challenges in a meaningful and constructive way.

Sensory Suggestions: 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.

Affirmation: 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: Invite Grace/Presence to be with you as your emptiness. Allow balance to emerge.

Remember a time when you were able to focus and sustain that focus, only changing your attention when you consciously chose to do so.

Sensory Suggestions: 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.

Affirmation: 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.