

Awareness ~ Alignment ~ Surrender

Authentic Enneagram work is really the work of the **Centers** – learning how to presence and integrate the intelligences of the body, heart, and mind. Gurdjieff said it took one Center to notice anything about reality. One center interrupts the momentum of our egoic habitual nature. It takes any two centers with presence to know anything. In other words, intuition from just one Center is mostly unreliable. With all three Centers, we begin to enter actual transformation. When that starts to happen, the polarity of the heart and mind reverse. In personality, the heart is reacting to everything and the mind is trying to lead. When we actually show up in presence [in all three Centers], the mind becomes receptive and the heart leads. Central to all the historical teachings was the necessity of **practice**. ~ Russ Hudson

<p>Essential Qualities are always present and are the ways we experience presence. They help us transmute and heal the Passion, which is the emotional suffering created by the perceived absence of energy and perceived separation from Source and ourself.</p> <p>8 Vitality; aliveness; strength, empowerment, immediacy / strength, immediacy, empowerment, aliveness</p> <p>9 Receptivity; dynamic flow; unity, peace, being, harmony / unity, peace, being, harmony</p> <p>1 Alignment; structure and discipline, sacredness, goodness, benevolence / alignment, sacredness, goodness, benevolence</p>	<p>2 Collaboration, cooperation, communication; love, sweetness, heart connection, attunement / love, sweetness, heart connection, attunement</p> <p>3 Engagement; intention and purpose; value, glory, meaning, effortless functioning / value, glory, meaning, effortless functioning</p> <p>4 Intimacy and deeper truth; true identity, depth, beauty / true identity, depth, intimacy, beauty</p> <p>5 Clarity; gnosis, illumination, solitude / clarity, gnosis, illumination, solitude</p> <p>6 Courage; guidance, awakens, quiet mind, stillness / guidance, awakens, quiet mind, stillness</p> <p>7 Navigation and choice; joy, freedom, openness, brilliance / joy, freedom, openness, brilliance</p>
<p>Personal Manifestations of Essence:</p> <p>8 energy, courage, decisiveness, self-confidence, magnanimity, vision</p> <p>9 acceptance, self-possession, receptivity, groundedness, unself-consciousness, patience</p> <p>1 integrity, discernment, right-action, conscientiousness, wisdom, self-discipline</p> <p>2 kindness, altruism, empathy, appreciation, generosity, unselfish</p> <p>3 adaptability, self-assurance, self-development, graciousness, “flow,” personalness</p>	<p>4 self-awareness, sensitivity, emotional honesty, creativity, compassion, individuality</p> <p>5 insight, understanding, originality, involvement, focus, truth seeking</p> <p>6 basic trust, dedication, commitment, reliability, perseverance, cooperation</p> <p>7 enthusiasm, curiosity, gratitude, resilience, spontaneity, positivity</p>
<p>How Essential Qualities manifest in each Center:</p> <p>8 Body: strength and natural confidence Heart: passionate commitment and courageous affectability <u>Head</u>: discrimination, impact of truth</p> <p>9 Body: fullness and expansion – the sense of existing Heart: engaged kindness and the holding of experience <u>Head</u>: spaciousness and ease</p> <p>1 Body: natural alignment and flexibility Heart: genuine caring and benevolence <u>Head</u>: wise discernment and deep listening</p> <p>2 Body: relatedness, embodiment without ego boundaries Heart: tenderness and responsiveness <u>Head</u>: recognition of needs, freedom from relationship structures</p> <p>3 Body: dynamic energy, physicality as expression, manifestation Heart: fulfillment, graciousness, radiant light <u>Head</u>: freshness, crispness, lucidity</p>	<p>4 Body: inner depth, resonance Heart: rapture, passionate willingness, desire for the Beloved <u>Head</u>: articulation of intimate truth and beauty</p> <p>5 Body: form arising from stillness Heart: fierce compassion based on truth <u>Head</u>: clarity, direct knowing of Real/Unreal</p> <p>6 Body: persistence, perseverance, body as vehicle Heart: devotion and dedication <u>Head</u>: quiet mind, operational guidance</p> <p>7 Body: body of energy – heat and light of Life force Heart: gratitude and appreciation, savoring of the moment <u>Head</u>: expansion, openness, sensing possibilities</p> <p style="text-align: right;">(all Hudson 2025 updates)</p>

Body - Biological Instincts	Self-Preservation (SP) survival	Sexual (SX) evolution	Social (SO) connection
Instincts are energies related to our emotions from childhood wounds involving loss of connection. They are areas we can actively work on.			
	Caring for well-being of body & mind; ensuring resources; creating and keeping a home.	Narrowing focus towards what's attractive and attracting what will evolve and transform us; exploring our edges; fusing and merging.	Reading and responding to people; sustaining life-enhancing connections; participating and contributing in meaningful ways.
Unhealthy:	When overwhelmed, deliberately self-destructive and turn against self.	Profound lack of focus; act out sexually or become trapped in fearful, dysfunctional attitude toward sex and intimacy resulting in equal intensity about their avoidances.	Antisocial, resent society, poor social skills, fear & distrust of others, unable to socially engage with others.
Blindspot/lease developed:	Can't attend to basics of sleep, food, money; poor time and resource management.	Difficulty with intimacy and mental & emotional stimulation; difficulty getting deeply excited about anything so avoid; fall into routines, feeling uncomfortable if there is too much unfamiliarity.	Difficulty seeing the point of social connections; disregard others' opinions; minimal community involvement; feel that they don't need others, and others don't need them.
<u>Hudson</u>			

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Higher Mind

Holy Ideas (some have 2 & 3) – direct experience of **perceptions** of Reality that are liberated as our fixated patterns are seen and surrendered; our mind opening to deeper possibilities; experience of nonduality. They manifest as a result of inner work, when present and grounded. And, we can also ‘try on’ the Holy Ideas to see how they work. (Hudson)

- 8 **Holy Truth**: realness & aliveness of Reality, of the moment; indivisibility & openness of Reality itself; we respond with awe
- 9 **Holy Love**: benevolent holding of Reality which includes us; (not romantic love)
- 1 **Holy Perfection**: sacredness & order of Reality; nobility of our journey including our suffering; the perfection of Holy Truth, of this moment; we respond with wonder
- 2 **Holy Freedom**: living relatedness and inseparability of self and Reality, based in Holy Love and Holy Perfection; freedom from ego patterns; and **Holy Will**: surrender to the unified flow of living Presence; the action of Holy Truth
- 3 **Holy Harmony**: simultaneity & fulfillment of all of Reality; (no separate doer); **Holy Hope**: openness & receptivity of the revelatory truth of each moment; our awakening in this moment manifests hope in the world; and **Holy Law**: working with laws of universe & human psyche without judgment as part of Reality
- 4 **Holy Origin**: intimate, mystery of Reality, of this moment; point of creation; source of self & consciousness; all appearance is the manifestation of Being, of Holy Truth
- 5 **Holy Omniscience**: illumination of *knowing* in service of the moment; Universal Mind which is the multiplicity of existence within the unity of Holy Truth making a unitive whole; and **Holy Transparency**: perceiving the empty silence of Holy Origin, the face of the Divine, and the phenomenal world all in this moment, with no need to figure it out; the ‘body’ of God
- 6 **Holy Faith**: direct experience & trust in the solidity & Holy Perfection of this moment, feeling supported; soul’s realization that we are a Divine spark on a human journey; related to Holy Hope (3) & Holy Love (9) = Δ
- 7 **Holy Plan**: divine unfoldment of intelligent dynamism and forward momentum of Reality & each moment, guided by surrender (Hudson)

Higher Heart

Virtues – our heart recognizing the deeper truth of our experience. They manifest as a result of our inner work, when present and grounded. The **body** is responsible for our ability to manifest the Divine in this earthly world. The **head**, the true mind, develops receptivity, openness, stillness, creativity, and prayer, and opens us to a direct experience of heaven. The **heart** ties together heaven and earth, the Divine and the human, so we can become whole.

- 8 **Innocence** – mercy, protecting something delicate & sacred; presence - being with what is unfolding in the moment
- 9 **Engagement** – contact and availability; I’m here
- 1 **Serenity** – grounded support; inner balance in order to respond and not react to external circumstances
- 2 **Humility** – I matter, and so does everyone else as much as I do
- 3 **Authenticity** – my actions are heartfelt
- 4 **Equanimity** – spaciousness of receiving and holding of all; my emotions come and go without disrupting my heart
- 5 **Non-Attachment** – witnessing; no agenda; ability to hold the temporariness and preciousness of everything
- 6 **Courage** – readiness, trust and feeling supported
- 7 **Sobriety** – simplicity of being fed by the richness of the moment; savoring the splendor of what is here and now (Hudson)

Lower Mind

Fixations – mental activity that limits our perception and numbs and manages our passion; ego’s view of reality. They limit our range of perception and thinking as a way to manage our suffering.

- 8 **objectifying** [vengeance*]
- 9 **ruminating** [indolence*]
- 1 **opining/judging** [resentment*]
- 2 **relational thinking** [flattery*]
- 3 **self-deception** [vanity*]
- 4 **fantasizing** [melancholy*]
- 5 **retention** [stinginess*]
- 6 **doubt/worrying** [cowardice*]
- 7 **anticipating** [planning*] (Hudson) [older versions]

Complex – a personally disturbing constellation of ideas connected by a common feeling tone; eg. a distorted **idea** with an unpleasant **feeling** that we organize around (*Jung* via Wagner)

- 8 **power** complex
- 9 **comfort** complex
- 1 **perfection** complex
- 2 **savior** complex
- 3 **success** complex
- 4 **special** complex
- 5 **privacy** complex
- 6 **security** complex
- 7 **variety** complex

Defense Mechanisms

- 8 **denial**
- 9 **narcotization**
- 1 **reaction formation** - feel one thing, express another
- 2 **repression**
- 3 **identification** - take on another role
- 4 **introjection** – take on another’s characteristics
- 5 **isolation**
- 6 **projection**
- 7 **rationalization** (Narrative Trad)

Lower Heart

Passions – draw their energy from the Instincts; ego’s suffering of separation from Source and from object relation between two internal objects (internalized mother and me, or internalized father and me) [see Object Relations Triad].

- 8 **lust/efforting**
- 9 **resignation** [sloth*]
- 1 **resentment**
- 2 **pride/arrogance**
- 3 **vanity** [deceit*]
- 4 **envy** (longing, disappointment)
- 5 **avarice** [greed*]
- 6 **angst** (victimhood)
- 7 **gluttony** (Hudson)

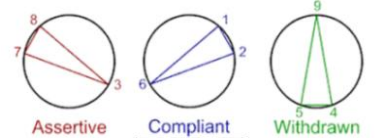
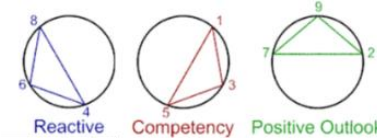
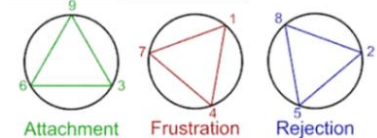
Words –

“lower”		“higher”			
blind spot(s)	compulsion	Absolute	Creator	Growth	One
boundaried self	deficient	Adonai	Divine	Healer, healing	Oneness
constructed self	earth / green	Allah	Efficient	Healthy	Reality Relational
ego	false self	Awake	Ein Sof	Heaven / blue	Sacred
habit/habitual patterns	idealized image	Ultimate Beauty	Elohim	Higher Power	Soul
inner critic(s)	illusionary self	Being	Emptiness	Holy	Source
personality, persona	layers of the onion	Beingness	Energy	Home	Spirit
shadow(s)	mask(s)	Beloved	Enlightened	Jesus	Tao
unconscious	secrets	Bodhicitta	Essence	Infinite Unknowable	True Self
	sin: missing the mark	Brahma	Fullness	Life	Ultimate Truth
acquired self	trance	Buddha Nature	God	Light	Will of God
addiction	unhealthy	Christ Consciousness	Goddess	Mother Nature	Wonder & Awe
armored self	walled-off self	Cloud of Unknowing	Godhead	Mystery	
asleep	wounded child/self	Compassion	Ultimate Goodness	Nature	
autopilot		Consciousness	Ground of Being	Non-Duality	

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	Enneagram & Conscious Communication (Hudson), one hour free presentation, 2023 – intro to Emb.Auth. course -->	Enneagram of Hudson course,	Embodied Authenticity, 2023-24
8	Feel our aliveness, lifeforce, vitality and confidence, and see it in others' too. When I'm present, my lifeforce can listen.	Journey of Empowerment	from Emotional Armor to Having a Voice
9	Be at home in ourself, relaxed, grounded, and feel and experience connection with <i>everyone</i> . Be receptive and able to listen to my experience <i>and</i> take in others' perspectives and experiences without reacting to them.	Journey of Reconnection	from Disengagement to Active Participation
1	Feel our own organic integrity, alignment and human dignity, <i>and</i> also see it in the other person; the highest yearnings in me are addressing the highest yearnings in the other person.	Journey of Integrity	from Rigid Opinions to Finding New Truth
2	Treasure the heartfelt connection and meet each other on our heart level, which gives us the capacity to build bridges and understand each other. Responsiveness to real connection.	Journey of Kindness	from Seeking Closeness to Authentic Connection
3	I realize I am, and everyone is, consciousness and soul and a particular delightful human being with talents, wisdom and experience to share and to support the moment. Feel the preciousness and meaning of our lives.	Journey of Living Truth	from Image Management to Self Revelation
4	Intimacy, depth and mystery of the moment; no assumptions. The utter mystery of our connection in the moment.	Journey of Real Intimacy	from Self-Absorption to Sharing Our Depth
5	Listen with the totality of our being for wisdom and receive intelligence which is creatively working us and the relationship in the moment. We're clear to communicate the fresh and alive knowing that is arising for us.	Journey of Inquiry	from Repeating Information to Discovering New Truths
6	The people we found in point 3, we can now co-create and dance together. What are we going to create? How are we going to support everyone in having a safe, stable and beautiful life? We notice the field of our relatedness and the way the different energies are shifting, which keeps us clued into the subtleties of what needs to unfold in the relationship.	Journey of Courage	from Fearful Assumptions & Planning to Recognizing the Way Forward
7	It's all joyful and liberating when we see our soul and see others' souls as they reveal their true natures and possibilities, and our response is, 'Wow!' It's feeling a part of an evolutionary impulse. That quiet, inner place is optimizing and illuminating possibilities and new solutions.	Journey of Appreciation	from Restless Overthinking to Savoring the Realness of the Moment

TRIADS (some authors use different labels than the original labels)

<p>Hornevian* Social Styles</p>  <p style="text-align: center;">Assertive Compliant Withdrawn</p>	<p>How each type tries to get what it wants –</p> <ul style="list-style-type: none"> Compliant Cooperators group (Types 1,2,6) – moving with to the type's superego Withdrawn Soloists group (Types 4,5,9) – moving away Assertive Initiators group (Types 3,7,8) – moving against <p>*Coping strategies set out by Karen Horney, German psychoanalyst, 1885-1952</p>
<p>Harmonics* (conflict styles)</p> <p style="text-align: center; background-color: yellow;">NEW 21apr2026 →</p>  <p style="text-align: center;">Reactive Competency Positive Outlook</p>	<p>“When we are having a conflict, there tend to be two phases: in phase 1 we use our harmonic style to try to overt things getting worse. In phase 2, if that doesn't work, we get angry and we act out our anger in the style of our Enneagram type.” (Russ Hudson, FB 2026)</p> <ul style="list-style-type: none"> Positive Outlook group (Types 2,7,9) – put aside disappointment; When there is a conflict, the first impulse is to reassure others and to bring a positive orientation. RH Competency Group (Types 1,3,5) – put aside personal feelings; When there is a conflict, the first impulse is to understand and solve the problem rationally. RH Reactive Group (Types 4,6,8) – needs reaction from others; They believe that if we are going to move through a conflict, we need to be honest and we expect the other to do that, too. RH <p>*Harmonics were conceptualized by Russ Hudson, after which Don Riso came up with the word <i>harmonics</i> (Hudson youtube with Naylor, part 2). “My sense was that they connect with object relations, which are the building blocks of the ego self. For example, Seven, One and Four, they're all about frustration in object relations; One is about the stubborn adherence to the ideal and feeling the dissonance between the ideal and the real that keeps frustration going. When you work this way, you can see the original sense of what the Enneagram types were. They are portals into a process of self-awareness, of maturing our heart and soul.” (Hudson, Living as Love, Module 3)</p>
<p>Object Relations*</p>  <p style="text-align: center;">Attachment Frustration Rejection</p>	<p>Fundamental emotional state that sustains each type's sense of self. All self-concept is relational. Our ego doesn't <i>have</i> an object relation. Our ego <i>is</i> an object relation.</p> <ul style="list-style-type: none"> Attachment group (Types 3,6,9) – adapt so they can attach; subtle energy, does nothing with the energy, anti-matter that holds matter in place <ul style="list-style-type: none"> 3s are receptive to social/relational signals 6s are receptive to mental signals 9s are receptive to somatic signals Frustration group (Types 1,4,7) – always disillusioned; super energy <ul style="list-style-type: none"> 1s create complex ethical (action-oriented) systems 4s create synesthetic/integrative forms of art 7s think up eclectic innovations and futuristic schemes Rejection group (Types 2,5,8) – rejected by others and self; internalized energy <ul style="list-style-type: none"> 2s are super feelers 5s are super thinkers 8s are super body types <p>*Conceptualized by Ferenczi in 1917, Sullivan in 1930, and subsequently Klein and Winnicott</p>