

From Russ Hudson, class 1, Instincts course, 2021 –

There are actually **7 Centers**. We have the belly, heart and head, but the belly center is actually 3 centers: SP, SO and SX [heart+head+SP+SX+SO that's 5].

Self Pres is located in the undercarriage, in the perineum, at the base of the spine; like the 1st chakra.

The second center is the **sexual** center, in the reproductive organs – which has nothing to do with intimacy or one-on-one – that's all just cowardly, not wanting to deal what it actually is. It's sex. "I can't talk about that in church!" Well then don't talk about it in church. It's sexual energy.

The third is **social** in the solar plexus which is the link between the instinctual self and the emotional self, which as we'll see bears out behaviorally as well.

Along with the Heart Center and the Head Center, the other 2 centers are the **Higher Emotional Center** which is the source of compassion, real love, not instinctual love, the kind of love our religious traditions talk about. It's the source of the virtues in the Enneagram.

And then there's the **Higher Intellectual Center** which is the source of the Holy Ideas – which has nothing to do with our regular thinking. That's 2 more, for a total of 7.