

The 3 Centers

The **circle** around the Enneagram represents the One, the Source, the Absolute, the Origin. It's the unknowable unity of everything. Additionally, since a circle is not flat, the circle is constantly moving around.

The **triangle** represents everything that is manifest. Everything always manifests in relation to something else. The Enneagram teaches us on a mystical level and always includes the **opposites**.

Being aware of including our **shadow** is an endless dynamic process. It's saying that to see the nature of anything is to see it as the Unity, to see it as a particular relational manifestation in the living moment, and that the living moment keeps changing, and then you're a little closer to reality. That's part of the original meaning of the symbol.

God (or Spirit or the Divine) creates by differentiating this from that. Presence is the way that human beings experience God, which affects us physiologically [body], emotionally [heart] and cognitively [head]. When **Presence** starts to work us, the **body** switches on as a felt sense of presence, the **mind** softens and becomes receptive, and the **heart** is then able to **lead**. When I'm triggered and provoked, it's a signal to come back to my body, to my open heart, and quiet mind. **So don't play favorites with the Centers. We don't want to be a third of a human being.**
Centers — the goal is to bring aware so we have more alignment of all 3 —

The **body center** (and embodiment) — **Life Force** — is always in the present and never can lie; is responsible for our ability to manifest the Divine in this world; is grounded, practical, realistic and belonging in the world; includes our boundaries and instincts; sensations and kinesthetic awareness; somatic intelligence - "Where do I stand?"

- Concerned with resistance and control of the environment; has issues with aggression and repression; seeks autonomy; underlying feeling of rage.

The **heart center** — **Receptivity** — ties together the Divine, the Earth, and the human, so we can become whole; the heart space of *all* our emotions (painful and not painful), connection, sensitivity, intimacy, compassion, patience and truth; spiritual intuition and emotional intelligence - "Am I accepted?"

- Concerned with love of false self and self-image; has issues with identity and hostility; seeks attention; underlying feeling of shame.

The **head center** — **Spaciousness** — the true mind (not the chatter), which develops our receptivity, openness, stillness, clarity, creativity, and prayer; opens us to a direct experience of heaven; the mind of receptivity, listening and openness to wisdom; perception and cognitive intelligence - "How do I survive?"

- Concerned with strategies and beliefs; has issues with insecurity and anxiety; seeks security; underlying feeling of fear.

The Centers are the **Law of Three: Receptivity** and **Spaciousness** reconciled by **Life Force**.