

## The 3 Centers

The **circle** represents the One, the Source, the Absolute, the Origin. It's the unknowable unity of everything.

The **triangle** represents everything that is manifest. It's always manifested in relation to something else. ... The Enneagram is teaching us on a mystical level and always including the **opposites**. Being aware of including the **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 it 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. ... 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 alignment of all 3 —

The **body** (and embodiment) — **Life Force** — is responsible for our ability to manifest the Divine in this world; the body as 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** — **Receptivity** — ties together the Divine, the Earth, and the human, so we can become whole; the heart of connection, sensitivity, intimacy, compassion, patience and truth; felt sense 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** — **Spaciousness** — the true mind, 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.