

Enneagram of Virtues

Russ Hudson 2018

Free one-hour recording on the Enneagram of the Virtues presented by Russ Hudson before his 10-module course was first offered. Discover the 9 deeper qualities of your heart!

When presence and grace meet our suffering heart, our **passion** is transmuted into **virtue**. When we bring grace to our passions, virtues arise. It's not instantaneous. We have to stay with our work. [As he talks, Hudson differentiates between our own heart and the "Heart Center."]

Body Center

Type 8

Lust – intensity, big, full-on

When we can embrace and meet our lust/passion with grace, it transmutes into innocence/virtue.

Innocence – simplicity of heart, openness, just being with what is happening, a beautiful neutrality of the heart

Type 9

Sloth – shut-down-ness, resistance

Engagement – actually interested in what is, being full-on with the experience

Type 1

Resentful anger – outrage

Serenity – having a heart so grounded and centered that I can respond; it gives us the internal balance to respond instead of react

Heart Center

Type 2

Pride – denial of our suffering and neediness, to be an angel with underlying feeling of unloveableness

Humility – embracing our humanity with all our needs and limitations who are anchoring in something amazing

Type 3

Vanity or **vainglory** – desperate need of the ego to be what is important; compassion brings forth what a necessary healthy ego is [Hudson understands the need for a healthy functioning ego]

Authenticity – sincerity, journey of how to be a real person, to authentically act, what we are doing and saying is congruent with our heart

Type 4

Envy – suffering the belief that others are doing better but always feeling disappointed and let down and always expecting to feel let down; sadness and sorrow; getting hopes up and getting them dashed again, longing

Equanimity – serenity is not reacting to external circumstances; equanimity is a spaciousness of the heart such that anything that needs to happen in the heart can be in the heart, yet the spaciousness of the heart isn't disturbed; a quiet heart – emotions come and go, we don't attach to them or push them away, a liberation of the heart

Head Center

Type 5

Avarice – withholding the self, my heart and my connection from others and from life; I can't stay in contact

Non-attachment – when we make connection and contact with the world as it is, on a heart level, the sensitivity of the heart meets the temporary impermanent nature of existence which can make us cynical and "what's the point?" On a heart level we are compassionately with everything because it is temporary and everything is precious.

Type 6

Fear is too broad – all types have fear.

Angst – nameless dread and anxiety that we are afraid even when we can't identify what we're afraid of, which leads to overthinking

Courage – to live our truth full-on, to keep being who I am and to live my truth in spite of fears

Type 7

Gluttony – wanting more and more experiences, time is running out, FOMO – fear of missing out, which leads to restlessness which leads to dissatisfaction and sadness

Sobriety – the satisfied and fulfilled heart when I am enjoying and being fed by the moment, the richness of whatever is happening, the extraordinary miracle that we are existing at all; our heart is taking in the experience and benefiting from it.