

Hudson Enneagram of the **Virtues** – Actualize the 9 Deeper Qualities of Your Heart
Session 10

Oscar Ichazo's **mudras** for each point
Meeting our experiences and sensations.



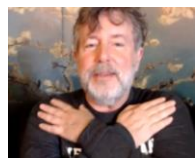
8 innocence – hands in prayer position in front of chest, fingers touching but with an open space between your palms.
The inner work of feeling grounded and also holding and protecting something delicate.
Power and delicacy, innocence.
Protecting something sacred.
The presence is activated when the fingertips are touching.
Letting go of that one...



9 engagement – with left hand, do the “ok” sign with thumb and index finger touching and other three finger are extended, and then turn palm facing upward, and put hand on left knee; your right hand touches whatever you’re sitting on, the chair or floor; eyes slightly open.
I’m here, landed, touching reality in this moment.
Contact and availability.

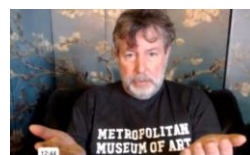


1 serenity – with right hand, hand up and palm forward like a Native American greeting.
Serenity is about being in touch with the organic intelligence of reality.
After a while my arm is going to get tired. How long do I hold it? Do I force it, or let it collapse?
What the right amount of time to take a posture that’s supporting something?
The more I soften, the less stressful it is.
Serenity is not passive. It requires something.



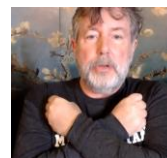
2 humility – palm of left hand rests comfortably onto your right shoulder, and right hand rests on left shoulder; arms are crossed across your chest.
In humility, I count. I matter.
I’m holding my precious human life.

3 authenticity – same “ok” as 9, except do *both* hands, resting left hand on left knee and right hand on right knee.
The mudra is activated when I feel all four fingers touching.
It opens up the connections between my two hands, and opens the midpoint in my chest, my heart space, in relation to my arms, the place where we do things.
All these postures make us aware of certain dimensions of our experience.



4 equanimity – palms face up with your arms relaxed at a right angle out in front of you, but your hands don’t touch your legs; hold your hands up over your lap.
It’s a gesture of receiving grace and holding my expanded heart past my boundaries out in front of me.
An active posture of my bigger heart both holding and receiving.

5 non-attachment – same as 4 except your hands rest palms-up on your lap; right on right, and left on left.
It’s more surrendered than 4.
It’s being with whatever arises; no agenda.
Witnessing.



6 courage – same as 2 except close your hands as if you’re holding something; but not fists.
Posture of readiness.
Courage is readiness and trust of whatever may come.
All of the pharaohs and queens in Egypt were buried in this posture.

7 sobriety – same as 5 except turn your palms down on your legs
It’s sitting simply.
Simplicity. Landed.
The most grounded of all the postures.
The heart savoring exactly what is here.