

## LETTING GO

This transformative process was developed by Riso and Hudson in *The Wisdom of the Enneagram* based on Gurdjieff's concept of a process model of the Enneagram. The next time you find your Self stuck work your way clockwise around the circle. With each step, you get closer to Letting Go. Each time you work around the circle, you may likely find the process itself becomes easier and that you can move forward more readily and with greater intent. Note: "These steps are **not** directly related to the personality types."

"The process of transforming the heart can be difficult because as we open, we inevitably encounter our own pain and become more aware of the pain of others. In fact, our personality is designed to keep us from experiencing this suffering. Often we are aware of our suffering just long enough to make ourselves and everyone around us miserable. But if we are not willing to experience our own hurt and grief, it can never be experienced and healed. Shutting out our real pain also renders us unable to feel joy, compassion, love, or any other capacities of the heart. Fortunately our essence supports us in this difficult process of exploring the pain and fear underlying our personality and ego. Whenever we are willing to explore the truth of our immediate experience without conditions or judgments, the essential quality of *compassion* naturally arises. The Divine Love that seeks to express itself in the world through us is a powerful force that can break through all the old blocks and untruths that have accumulated in us." Riso & Hudson

### **Point Nine: Presence**

Consciously soften and breathe deeply. Imagine what it would be like to let go, to be whole, to embrace the future and not cling to the past. Make a space for your Self. Be with your Self, open to possibilities.

### **Point One: Seeing It**

What is the negative or wanted state that you are hanging on to, of which you can't let go? What is the belief to which you are clinging? If it doesn't come to you immediately, do a quick mental body scan from head to foot. Where do you find tension, pain, tightness, energy blocks? Ask yourself again, what am I clinging to?

### **Point Two: Saying It**

Name what you have just recognized, simply and honestly. Do not judge, do not criticize, just name it. "I'm angry," "I'm sad," "I'm tired of tolerating (blank)."

### **Point Three: Sensing It**

Focus on your emotional and energetic state. What is it like to be angry, sad, tired of tolerating (blank)? How does it feel? Where does this energetic state reside in your body? What are you feeling, hearing, seeing, smelling?

### **Point Four: Staying with It**

Stay with the energy or tension you have found. Explore it. Resist the temptation to pass quickly through your discomfort. What else comes up for you? Does any other pain or feeling start to arise? What do you see, feel, hear or smell? Be aware of what it feels like when you cannot let you. Be aware so that you can recognize those feelings again. Can you find a place of compassion and empathy for yourself while feeling this way?

### **Point Five: Softening**

Have you honored the process thus far? If you have, you may find that you are starting to open up, to feel the tension start to wind down. By staying with the tension at Point Four, you are allowing the process of softness to unfold. Consciously attend to the process of softness: breathe deeply, imagine the tension slowly melting away — from your crown, down through your throat and shoulders, abdomen, hips, legs, out through the tips of your toes. Give

it a color as it drains away. If the tension returns, repeat this process until you are softer.

### **Point Six: Respiring**

You're softer. Focus on how you are breathing. In stress we tend to breathe in a shallow, rapid manner. When we are soft, we breathe deeply, slowly. Focus on slow, even breaths to continue the grounding process and to release blocked energies. Don't try to flee from your energetic blocks. Instead, breathe through them. Check in with your state of softness. How do you feel now? More centered? More grounded? More empowered?

### **Point Seven: Reconnecting**

You will now move from a place of deep internal connection to connecting externally, to noticing the world around you. Move through all your senses. What do you now see? hear? smell? sense? feel? What are the textures around you? How does the light appear? How does your clothing feel? How does the room appear to you? When you reconnect with your senses, you are opening up to that which was previously inaccessible. You will gradually start to lose the connections with your former habits and behaviors. The old filters will become more apparent and you will lose your attachment to your "story." When we honor our own Being and power, can we not then appreciate and honor the Being in others?

### **Point Eight: Reframing**

Where were you when you started this process? Think back to what you were hanging on to, what you couldn't let go of. Can you now reframe that experience, that belief, to take away its power? Can you now own it but not be owned by it? What belief, value or behavior would be more productive, more effective, more supportive?

### **Point Nine: Presence**

You have now come full circle and have returned to your starting point, Presence. Looking now at your experience from the perspective of Presence, what have you learned? What new awareness do you have? How does it empower you? How might your new perspective inform your behavior in the future?