

The Way of the Bold Ones – an Exploration of Enneagram Energies

By Peter David Thibado

Chapter 1

Virtuous mind

Exercise: mountain pose, tense the body, relax the body. Sense the tensions in your body.

Check your posture, your sense of righteousness, or lack thereof. Your inner self-talk could be your inner critic or closer to the truth.

Chapter 2

Hero's journey to Haiti

Exercise: meditation and mandala. As you draw, use your heart. Stay with the feelings and make an effort not to explain anything verbally. Alternative exercise: the Chinese symbol for human demonstrates that at times we need to hold others up, and at other times, we need to be held up. Pairs create this symbol by one person leaning on the other.

Chapter 3

Nikos

Exercise: magazine collage. Self-image is key to the 3 in us. Find images that support and portray your best self. Alternative exercise: martial arts spot exercise low block. Lead the entire group through a simple movement series. Discuss the self-talk and how people felt about their performances.

Chapter 4

Orion Night Guard: A Poem

Exercise: write a poem. This formula will assist in using your imagination – the 4 in us likes to live there. Alternative exercise: Qigong energy ball, using imagination to form an energy ball to absorb or pass to another.

Chapter 5

Past Lives

Exercise: body clapping and massage. As you sense your body ringing out and vibrating, notice the separation of your thoughts from your sensations.

Chapter 6

Adventure of a trusted friend

Exercise: standing back to back, side to side, and facing each other. Loyalty, friendship and partnership is a strength of 6. As we take these postures with a partner, notice the reactions with a partner, notice the reactions and/or compliant nature that arises.

Chapter 7

Renaissance person

Exercise: Qigong energy gather for the 3 centers followed by qi body cleansing. Take this outside, and sense different energies around water, rocks and trees. There is a subtle field of energy. If we can quiet down and focus, it has influence.

Chapter 8

Stope Miner

Exercise: martial arts Push hands with a partner. 8 has a very good sense of adjusting to others energy. Keep you balance, your center, and cooperate. As you receive, feel the push and turn the body to return the energy.

Chapter 9

Legacy

Exercise: gratitude circle, we will stand in a circle and go around clockwise with each person making a one- or two-word statement of gratitude.