

ALIGNMENT OF THE CENTERS

Body, Gut, Belly, energy; Law of Three reconciling; **peace** Embodiment. Creative .

◆ Visceral Sensation
Somatic intelligence; grounding
Life Force of the body

Intention; Defenders
Protection & Respect

Worth & Wants

Rage, **fight**, frustration, anger

◆ Make life conform physically
Move, walk, play; seek out

Underbelly, instincts, intuition, raw material of existence, direct, territorial, power, aggression, control; self-doubt, self-blame

Stand against reality; things are not as they should be and I'm here to tell you how to make it right

Need for sense of dignity; higher purpose is movement, intent, enactment; **childhood** feelings of hopelessness

Centers ▼

Maintain resistance to present reality; defending
Create boundaries. Physical tensions.

Going along, passive aggressive; aggressive

Loss of love, indifferent, lacked space to exist

Need for acceptance; fear of neglect

Dissociation, irritable

Essence: connected with Life, open, sensing, inner strength, grounded, accepting

Practical, sensate, no-nonsense, impatient, non-emotional

★ **Power** of the enneagram is a profound tool to harness and transform self-defeating behavior into life enhancing personal empowerment.

Defense system

Responsible for ability to manifest the Divine in this world
Transmutation from lostness to embodiment.

“The world is tough: I must be tougher. I'd better retreat to a safe haven. I need to make it better.”

We discover heaven is everywhere when we are truly present.

Hudson: I am consciousness.

Goodness: receiving and giving; ethics, morals; action; pragmatic; emotions are messy

Heart, feelings; Law of Three affirming; **gratitude** Relational

◆ Emotional Passions
Emotional intelligence; kind
Receptivity of the heart

Transcendence; Healers
Connection & Loved

Love & Connection

Panic, **freeze**, distress, grief, sadness, shame

◆ Create loveable, valuable identity, intimacy
Empathy, understanding, compassion, kindness

Circulatory system, relationship-oriented, subjective feelings, self-conscious, image, prestige, see themselves as others see them, arrogance; alone, sad, inadequate, ashamed

Want acceptance and approval, sensitive to connection and disconnection

Need for love, connection, belonging; higher purpose is connectedness, relatedness; **childhood** feelings of wounded relationships

Centers ▼

Constructed self-image and stories

Inferior; superior

Loss of hope, craving, desire, attachment, co-dependence; lacked mirroring

Need for affirmation; fear of being ignored

Emotionality and moods

Adapting to affect others

Essence: authenticity, truthfulness, compassion, forgiveness and flow, inner directed

Flowing, feminine, warm, expressive, relational, sensitive

★ **Gift** of the enneagram is through self-discovery, we can create and sustain lasting, meaningful relationship.

Attunement

Ties together the Divine/heaven and Earth/human so we can be whole

Transmutation from suffering to kindness.

“I suck: But at least people like me. But once I succeed, I'll stop sucking. But at least I admit it.”

We are a soul with a body; how we relate to ourselves and our soul.

Hudson: I am consciousness, and I'm this person with certain capacities to do things.

Beauty: appreciating and creating; art; communication; empathetic ; how others' emotions make me feel

Head, Mind, knowledge; Law of Three denying; **clarity** Intellectual

◆ Mental Fixation
Cognitive intelligence; curious
Spacious Capacity of the mind

Vision; Bridge Builders
Acknowledgement & Seen

Security & Certainty

Terror, angst, **flight**, fear

◆ Gain certainty through thought processes
Thoughtfulness, discernment, wisdom, peace

Nervous system, withdraw to understand, emotionally detached, methodical, orderly; isolated, confused, anxious, loss of meaning

Avoid feelings by going into their mind and shutting down their heart

Need for security and certainty; higher purpose and vision, true meaning, reality; **childhood** feelings of unreliability

Centers ▼

Lack of support and guidance; behaviors to enhance safety
Fearful; no fear

Loss of faith; aversion, hatred, separation; lacked trustworthy guidance

Need for reassurance; fear of chaos

Mental chatter; figuring it out

Strategies and doubt

Anticipation

Essence: quiet mind, inner guidance, clarity, knowing, steadiness, openness

Airy, masculine, cool, intellectual, non-reactive, non-emotional

★ **Wisdom** of the enneagram is recognition of nine different and valuable perspectives of reality.

Beliefs, ideas

The true mind develops our receptivity, openness, stillness, creativity, prayer, and opens us to direct experience of heaven

Transmutation from confusion to clarity.

“I don't know what I'm doing: I need to figure out what to do. I need to find someone else who does or don't do anything. It'll be fine, I'll wing it.”

We think with our Big Mind in order to shift from fear to love.

Hudson: I am consciousness, and I'm this person with certain capacities to do things, and others are here too, and we're here to create something on this earth.

Truth: learning and teaching; science, objectivity; thought; logical, linear; I don't like feeling emotionally pressured