

Awareness causes expansion. Presence restores balance. Presence never becomes habitual – we must always purposefully come back to it, to our True Self. At any given moment, we all have a life force, soul, spirit, breath, connection to the Divine, etc, that is present and does not get consumed by our overwhelming emotions and stuck-ness. It may feel really small, but if we did not have this life force, we would be dead – so we all have it, whatever we call it. The goal is to allow both our stuck-ness and our life force to flow.

First, we purposefully give our stuck feelings and emotions space to just be.

“Can you make a space for [your experience of.....]....?”

“Breathe around the

When we can honor our emotions and breathe around them, our body naturally starts to feel a release. In that moment of release, we then have the window of opportunity to ask –

Body/Instinct energy – 8, 9, 1 – anger

8: over expresses energy & overwhelms self and others

9: out of touch with energy & lives through others

1: under expresses energy via control

▶ Where in your body are you experiencing a feeling of **flowing life force, of support, being grounded?**

Goal is balance of energy.

Heart emotions – 2, 3, 4 – shame

2: over expresses positive emotions for others & loses self

3: out of touch with emotions & acts instead

4: under expresses emotions & is self-conscious

▶ Where in your body are you experiencing a feeling of **connection, caring, warmth, open heartedness?**

Goal is sense of value & identity.

Head thinking – 5, 6, 7 – fear

5: over expresses thinking & is not practical

6: out of touch with thinking & can't find inner guidance

7: under expresses thinking & is impulsive

▶ Where in your body are you experiencing a feeling of being **open, receptive, creative?**

Goal is sense of inner guidance & support.

Next, be with your unstuck sensation of life force wherever it is in your body. Make a space for it, and breathe into it. Eventually, you can allow a natural flow between the stuck emotions and your unstuck life force.

The only way this works is to honor our stuck emotions first. Then and only then can we experience a release and opening for our holy life force to peak through. When we can honor both the unpleasant and the pleasant, our body naturally rebalances.

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Note from

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