

Hudson body position of types

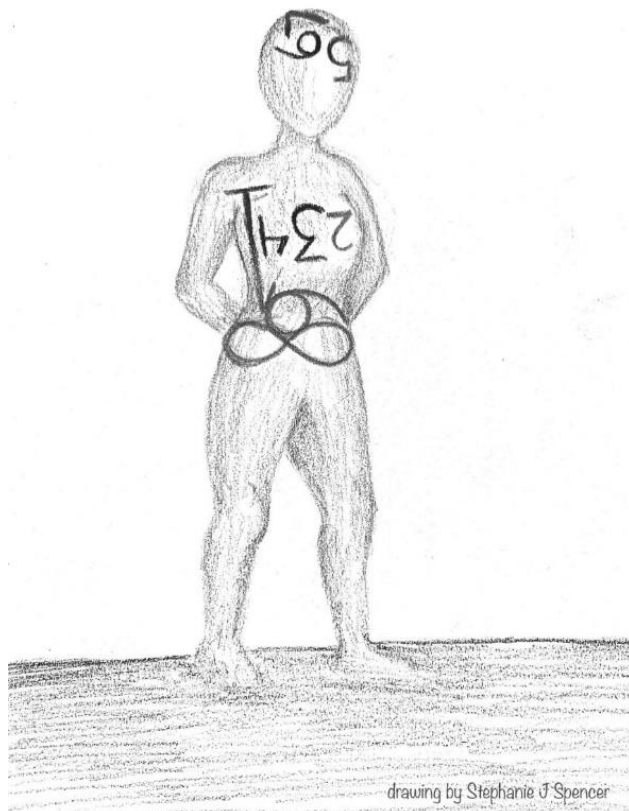
Feet grounded on the Earth

Stephanie Kidd Spencer

March 4, 2021 FB post

For many of us, Russ' body positioning of types was a powerful and new teaching. As I ruminated and wrestled with it, I created my own artistic interpretation of what he taught, placing the numbers not only in the designated location, but in the shape and positioning that reflected what that location means.

Russ Hudson's Body Position of Enneagram Types



The body center surrounds and holds us steady. It begins with a large **8 encompassing both hips**, the **9 grounding and opening the belly**, and the **1 running up the spine** to the shoulders.

The heart center numbers are "upside down," because in a way, that's what happens when we move from vice to virtue. When that happens, the open part of the first two numbers are forward and receptive. The **"cup" of the 2 is at the front, ready to catch love**, and the **"spaciousness" of the 3 faces out to radiate love from the center**. The **4 is resting between the heart and the spine**, with its back solidly grounded to the 1 connection and its opening facing the solidness of the body center.

The head center numbers are also turned, a bit sideways and upside down, not trying to

order the universe but responding to the wisdom that is already there. Like with the 2 at the heart position, the **5 is facing with its "cup" forward**, learning and seeing from the 3rd eye of wisdom. The **6 of the head is a flip of the 9 from the belly, giving a grounded and accepting mind**. The **7 is the cap the "seals" the infant opening of the skull with the receptivity of wisdom**.

Sue Brooks

The only thing I'd change would be to have the hands out front, palms open to receiving.