

This comes from Rabbi Rami Shapiro's *The World Wisdom Bible – a New Testament for a Global Spirituality*. According to some, the Christian Desert Fathers are part of the direct lineage of the Enneagram (along with Sufism and Kabbalah). This passage describes the three Centers: Peace in our body. Gratitude in our heart. Clarity in our mind.

Abba Poemen said,
Imagine meeting three people:
One of whom cultivates inner peace
even in times of strife;
One of whom cultivates inner gratitude
even in times of suffering;
and one of whom cultivates inner clarity
even in times of distraction.
Now know that you have met three people
doing the same spiritual work.

Poemen 29; Apophthegmata Patrum – Sayings of the Desert Fathers