

Enneagram Individual & Partner Somatic Grounding Exercises

“Felt sense” – the body is always in the present moment.
The body is the antidote for a crazy mind.
An unattended heart requires physical grounding.

How?

Step 1, become aware, observe without judgment, make a space
Our ego needs judgment. Our soul/source/essence doesn't.
Presence restores balance.

Experience whatever you are experiencing right now.
Breathe.
Can you make a space?
In that space is a moment of release.

Step 2, become aware of larger space or energy
Let go. Surrender back to the Cosmos, softly asking for help.
What part of you isn't feeling judged? The top of your head, your arms, the bottom of your feet?
Be with that.
Breathe into that.

Step 3, integrate – experience the light and the dark, the good and bad, the right and wrong; everything you are feeling
Feel the flow.
Feel the larger “I”, The Observer.
Be with that.
Breathe into that.

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Stand up, plant feet firmly on the ground. Feel the bottom of your feet, feel the earth beneath your feet. Can you trust the ground, this ground?

Standup, your arms out, twirl around or swing your arms, and feel your space. Rock front & back, side to side. What do you feel? the ground, gravity coming up & down.

Rock on left foot activates right brain, vice versa.

Dance. Move.

Partners: Close your eyes. Put your hand on each other's heart. Feel. Notice and observe.

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Boundary exercises help to self-regulate.

Place your Inner Observer in the bottom of your feet. Feel your connection to the ground. Do playful jumping.

Gently tap you skin all over. Notice your skin's aliveness.

Swing your arms around and clean your space.

Partners: Stand up. One person slowly moves towards the other until you feel resistance. Stop. Possibly step back. Go forward again very slowly. Stop, etc. This point of resistance is the point of real intimacy, in the in-between space, in which you are fully receptive to the other. (It's not when you are actually hugging.)

Gather energy from the earth. Stand up. Raise up your arms toward heaven, gather, and lower your arms. Lower your arms toward earth, gather, and raise arms. Repeat.

Open your lungs and heart. Raise your arms up and out to the side. Then down to your side. Raise up the middle, and down the middle. Repeat.

Partners: One person plants their feet, one in front of other, and raises their bent arms for support towards the other person. The other person gently leans backward into their partner's outstretched arms and feels their support. Go as far back as comfortable. What do you notice inside? Let the other person gently rock you forward and back. Tell them when it's too far back or forward. Can you be supported? Can you be supportive?

Walk. Move. Dance.

Fight (belly), flight (head), freeze (heart) response exercises:

Practice the exercise that is the most difficult. All are required to be online in your system. You need to allow your body to complete the fight response, the flight response, and the fear response. When you do, then the f/f/f response is unnecessary. When you don't, you feel stuck.

Flight response exercise (head: 5, 6, 7) : Stand up. Breathe into your fear. Put your hand on the part of your body that is experiencing the fear. Feel it. Walk away, faster. Run away! *Run!* Feel it! Feel it until your body automatically fatigues and lets go.

Fight response exercise (belly: 8, 9, 1): Stand up. Think about your anger, resentment, frustration. Breathe into your belly. Stomp your feet. Holler No! *NO! STOP!!* Stand next to a wall (not a window or anything that will break). Push the wall. Push it! Hard! *AGH!!!* Feel it! Feel it until your body automatically fatigues and lets go.

Freeze response exercise (heart: 2, 3, 4): In your mind, pretend that you are still connected with the other person (the person who you feel distance from) but at the same time you also feel frozen and unavailable to that person. Squeeze every muscle in your body. Squeeze your fists, your torso, your feet. Squeeze. *Grit your teeth. Squeeze!* Feel it! Feel it until your body automatically fatigues and lets go.

Partners: One person stands with arms stretched out towards the other, welcoming. The other person slowly walks toward the outstretched arms. Notice and observe your boundaries. Where do you feel your boundaries? The person making the invitation also notices their boundaries. Where do you feel your boundaries?

Partners: Embrace. Notice what part of your body is not touching. Just observe.