



THE ENNEAGRAM

CENTERS OF INTELLIGENCE

When we use only one center, we are living life asleep. A balanced life accesses all three centers.

ALCHEMYworks
reclaiming our inner gold

2 3 4 HEART INTELLIGENCE

Filters the world through moods and **FEELINGS** and are externally focused on presentation to and connection with others. There is confusion with “seeming” and “being”: between the performed emotion and impressive self or the authentic feeling and whole self. An **ENGAGING** energy moves these types toward others for attention and affirmation of their inner worth. **DISTRESS** is the primary underlying emotion that arises when disconnection, rejection, or ordinariness is experienced. Though gifted at connecting, they may tend to over connect which leads to more breadth than depth. The inner life can become neglected and emotions that don’t fit an image are suppressed. Rather than feeling emotions directly, they tend to derive their feelings from the responses and reactions of others. Feeling worthy of love is difficult as they suppress themselves to become the image they perceive others desire.

From the heart center we consider what emotional quality is called for in situations and what emotion is arising. When attuned, the heart’s striking capacity is the ability to hold paradox and polarities--the “logic” of the heart.

5 6 7 MENTAL INTELLIGENCE

Knows first through the mental faculties of reason, logic, analysis. Concerns regarding predictability and potential loss create anxiety in types 5, 6, 7. The underlying emotion of **FEAR** which occurs when hazards and unpredictability are experienced, gives rise to over **THINKING** & planning that distract from the very wisdom that could resolve the anxiety & fear. The inner world of the mind feels safe, playful and rich, so much so that processing can replace appropriate action. The focus on information as the avenue for growth and change creates a hyper perceptivity(replaces wisdom.) Energy is **DETACHING**, up and back from others to process information and problem solve. An underlying sense of being incapable drives a tendency to withhold intuitions, insights, ideas until they are fully formed. These activities of the mind often can replace emotion. Fully engaging the body lowers the energy from the mind and can help to reconnect these types with their heart. Great capacity for seeing patterns and linking ideas & experiences.

Our reason, logic, and imagination serve us in trouble shooting and problem solving and, in this way, serve us to stay the course. Questions for processing bring clarity. A “grey thinking” allows for more possibilities.

8 9 1 BODY INTELLIGENCE

Filters the world through physical sensations, kinesthetic knowing, and gut instincts. They have strong opinions, a strong sense of fairness, justice, and tend to think in black & white terms. **DOING** is grounded in the body and these types can fall asleep to self in the comfort and rhythmicity of routine. When awake and alert, they are gifted listeners. Boundaries tend to be too tight, too permeable or both. When boundaries are not appropriately in place, the energy of **MERGING** matches the felt sense & emotional state of others. Self-forgetting keeps priorities and personal wants hazy. The primary emotion of **ANGER**, which occurs when we don’t get what we want or aren’t treated fairly, produces a sense of struggle when no struggle exists. An underlying sense of being unimportant gives rise to an energy that goes against reality, seeking data to support their notion of an unfair and neglectful world.

The body holds our rootedness, our ground. In our gut comes our capacity to deliver, the strength to carry the project through. Having a direct experience of their body, feeling physical sensations, allows greater range of emotions and more compassion to arise.

Sandra Smith,
certified Enneagram consultant
www.AlchemyWorksEvents.com