

Energy Centers

Body/gut	8, 9, 1	down-to-earth, fiery, sensate, no-nonsense, impatient, non-emotional
Heart	2, 3, 4	flowing, <i>feminine</i> , warm, expressive, relational, sensitive
Head	5, 6, 7	airy, <i>masculine</i> , cool, intellectual, commonality-related, non-reactive, non-emotional

9, 3, 6 – **subtle** energy, do nothing with the energy, anti-matter that holds matter in place
 3s are receptive to social/relational signals
 6s are receptive to mental signals
 9s are receptive to somatic signals

8, 2, 5 – **super** energy
 2s are super feelers
 5s are super thinkers
 8s are super body types

1, 4, 7 – **internalized** energy
 1s create complex ethical (action-oriented) systems
 4s create synesthetic/integrative forms of art
 7s think up eclectic innovations and futuristic schemes

The Life Cycle

Involution: spirit comes into the world creating self and world; creating images (art) – *feminine* process, imaginative, wild, nurturing, subjective, animates the material world –
 9 being, 1 dreaming, 2 anticipating, humanizing, 3 authenticating, 4 individualizing,
 5 deepening, surrendering,

Evolution: matter returns to spirit; evaluating images (science) – *masculine*, simplifying, scientific, objective, implements, evaluates and rejects –
 5 observing, 6 systematizing, serving, 7 sharing, celebrating, 8 consolidating, 9 assimilating, being.

The body center cradles both sides, focusing on the ethics that govern behavior.