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Disk 1, Session 2, 1:42:46

3 Centers of the Enneagram

Body/gut center: types 8, 9, 1

Heart center: types 2, 3, 4

Head center: types 5, 6, 7

The purest form of spirituality is the ability to accept the present moment and to find God in the present moment. Here's how it's difficult to live in the *now* for the 3 centers:

Gut/body people (**8,9,1**) only live in the *now* in a shocked and overwhelmed way that makes them substitute their judgments for real contact or real presence. They are always carrying with them all kinds of unfelt and unprocessed emotions. Everything is a shock wave to them, every 3 minutes, and they just can't process that much. Everything is an overwhelming perception for them in their whole body, so they have to control it. Gut people have the most difficult time living in the *now*. Meditation is the only way to accept the *now*, to process it in some way, ironically, by *not* processing it, by forgiving it and allowing it to just be.

- 9s just withdraw and stop feeling because they can't process and deal with all the info.
- 8s push forward aggressively.
- 1s try to fix you.

Heart people 1:44:22 (**2,3,4**)

They have difficult time living in the *now* because they are reacting to, carrying and trying to please everyone else's concerns. They move to action to avoid the *now*. They have a very difficult time with meditation and silence because their way of overcoming reality is to take action; (**gut** people's way to overcome it is to make judgments about it in order to control it).

Heart people will serve you (2), decorate you (4), or make you an efficiency expert (3). They are always processing the past which is why it's very

difficult for them to forgive, and they just keep replaying how you offended them last week, last month, last year, and then they jump into anxiety into the future, and neither is in the *now* where everything is actually happening. They are trapped in a flurry of *now* feelings but the *now* feelings are not theirs; they're everybody else's. So you can see the wisdom of meditation – you just have to keep letting go – let go, let go, a feeling comes along and says “feel me,” you say “no, not now,” and you let go. Don't judge it, don't hate it, just let it be, make a space for it. You don't have to feed it or foster it. For most people, that's the name of the game, *feeding their feelings*, and soon they are possessed by a demon, which is the real meaning of being possessed.

Head people 1:45:57 (**5,6,7**)

They look like they are stuck in the present. They love to sit quietly in meditation and contemplation, but they do meditation in an information-gathering sort of way, which doesn't allow them to be present. They truly have to withdraw in some sense to deal with all of the thoughts, data and emotions that they are constantly trying to make sense out of. So, they like silence and withdrawal but their problem is that they keep thinking while they're inside of the *now* and they keep processing inside of the *now*. They are never just present.

So again you can see why great teachings are telling us that in mediation we need to let go of our feelings, our addiction to our thoughts, and even to body/gut people, to try and sit in a way that is more holistic, that's more than just body-awareness. Breathing can help bring you to the more holistic-self instead of just the body-self.

How do we resist reality, the *now*? 1:47:10

Gut/body people will come across as brisk, absolute, and even harsh because what they're trying to do is stop the flood of perception that's coming toward them. So if you catch a gut person on the run when they have lots of tasks, you are

not going to get the best response, and if you don't know them, you are going to take offense, but you don't even know that you caused it! Body people are saying "stop the flood of perception. I can't take anymore right now." The 8s will push you back, 9s will sort of glaze over, and 1s will try to fix you or change you.

Heart people 1:48:10 will resist in a way that often feels manipulative. To others, they will often feel invasive, intrusive and high maintenance; like, "help me deal with my feelings, give me time, notice me." They will demand to be noticed because they are, by definition, very needy people. They have a lot of needs especially on the emotional level, for a response from you, for being taken care of (2), for being admired (3), for being liked (2), for being thought of as creative or special (4).

Head people 1:49:29 are aloof and withdrawn. They go inside and ruminate in their perceptions, in their ideologies, and try to revalidate what their existing ideology is, which is why they tend to be intellectual snobs and conservative because everything has to go by the previous paradigm that is in place in their head. But, when you get a head person who can really take risks and think creatively and do some good head work, they can be the most creative revolutionaries of them all. But left to themselves in their compulsive thinking-form, especially 5s and 6s, tend to be the intellectual snobs and curmudgeons, always pulling everything back into when the "truth" really existed, back into 1950s when they were a boy, or if they studied the Greeks, back into Greek philosophy.

You see this a lot in conservative religions, head people seeking control this way, and they tend to be attracted to religion because it gives them an existing ideology which reassures them that they are right. That's the overwhelming need of the head person – reassurance on a head level that they are in control and they are right. It takes the form of fundamentalism, and it's happening all

over the world. If it's true that 50% of the world's population are 6s, you can see we have a problem. Fear is so universal it was overlooked by the ancients as a deadly sin. If we don't expose, in the good sense, the binding and blinding quality of fear, I think the world will be led down all kinds of roads by fear-based people who have never had to face fear for the demon it is. 3s, 6s, 9s are "pure sin" -- they have double compulsion because their wings are inside the same center. 1:51:44

Americans are 3s, very simplistic, good/bad, short sound bites.