

Russ Hudson – general information from the 8 description below*

People get narcissistic when they say, “I have more heart.” No you don’t. You don’t have *more* gut or *more* heart. Your type just means you’re more preoccupied with it! Your type is the energy you lead with. We all have an inner 8 and inner 3 etc. We all have access to every type’s energy.

Each type produces a psychological pattern created by our ego. The sign that we’re getting stressed is that we are doing a lot of that ego activity. Each type’s passion is a kind of symptom of our suffering and our stress. It means that we’re in our suffering, and there’s a certain form that it takes in how we’re trying to manage ourself and our emotions and move through the world with our suffering.

One of the inner lines, the direction of stress, is doing the opposite of what the type usually does. We go there, to our stress point, rather than feel the freak-out of our own type. [8 goes to 5, 5 goes to 7, etc.]

The main reason we learn the enneagram is NOT to know who we are. These patterns are NOT who we are. They are just patterns that have grown in us. I *have* blue eyes but I’m *not* blue eyes. This is one of the best ways we can use the enneagram – to see how these patterns get triggered and provoked and take over our deep heart and deep wisdom.

The Enneagram March 2020 - Part 1 R Hudson & C Bell

https://www.youtube.com/watch?v=zCzPyCk90_o

*Enneagram Types 8, 9 and 1 in Turbulent Times with Russ Hudson March 2020

<https://www.youtube.com/watch?v=A6Lyu8Jno40>

Enneagram Types 2, 3 and 4 in Turbulent Times with Russ Hudson - March 2020

<https://www.youtube.com/watch?v=KjZnPH9Nnjo>

Enneagram Types 5, 6 and 7 in Turbulent Times with Russ Hudson April 2020

https://www.youtube.com/watch?v=e_IMNWDVCDc