



# Meditation

## Introduction to our 3 Centers

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In our Enneagram study we learn about the **3 Centers of Intelligence**:

- the belly center,
- heart center
- and head center

Each of these 3 Centers offer us valuable information and is a portal into our deep knowing more about ourselves, how we engage with others and our experience of our environment.

**We begin by finding a comfortable position to sit.** If you can, uncross your arms and legs and allow your buttocks to feel supported by the chair you are seated in.

Turn your attention inward. Now begin to shift your attention to your breath. Follow your breath on the inhale, in and down, and on your exhale, up and out. Again, in and down and up and out. Continue to breathe this way and find a comfortable pace that works for you. Do this for at least 10 full breaths.

*Pause as the 10 full breaths are taken.*

As you continue breathing in this way, consider how this pandemic has impacted your life.

*Pause so everyone can gather the picture of this incident.*

As you consider this incident or situation, with your attention still turned inward, notice anything you are aware of **in your belly or any part of your body**. Sometimes, it is helpful to place one or both hands on your belly. Your job is merely to notice. It is not to change anything, but merely notice it as it is. You are the observer or witness. Some of the samples of things you may notice are sensations, discomfort, color, shape or size. Whatever your experience is, is okay.



We are now going to move our attention upwards in our body to our **chest area**. As you consider this incident or situation, with your attention still turned inward, notice anything you are aware of in your chest area or perhaps somewhere near or even behind your heart.

Sometimes, it is helpful to place one or both hands on your chest. Your job is merely to notice. It is not to change anything, but merely notice it as it is. You are the observer or witness.

Some of the samples of things you may notice are emotions of sadness, hurt, feeling content or satisfied, happy, irritated. Whatever your experience is, is okay.

We are now going to move our attention upwards and place our attention **somewhere between your eyes or in your head**, wherever you are most comfortable. As you consider this incident or situation, with your attention still turned inward, notice anything you are aware of in this area of your face or head. Your job is merely to notice. It is not to change anything, but merely notice it as it is. You are the observer or witness. Some of the samples of things you may notice are different categories of thought. Some may be related to the incident and some may not. Whatever thoughts occur to you are okay.

As we prepare to return to the room, take an inventory of what you have noticed. Consider how what you noticed in each of these three centers of intelligence and perhaps how they may be integrated to bring you a fuller experience of the incident you chose.

Gently return your attention to your breathing and to yourself seated in the chair. When you are ready soften your gaze as you open your eyes.

*Sit quietly allowing yourself to integrate this experience and notice whether you are able to sense one or more of your centers.*