



Enneagram and Mindfulness Practice for All the Types

By Renée Siegel

1. Turn your attention inwards and focus on your breath.
2. Allow yourself to gently remain with your own inner experience and landscape.
3. Invite thoughts, memories and plans and your imagination to engage.
4. Notice any patterned thoughts and emotions.
5. Welcome the patterned thoughts and/or emotions as they arise
6. Observe the patterned thoughts and/or emotions.
7. Invite a little distance or space between the yourself and the pattern allowing you to observe the pattern.
8. Experiment with ways of returning to observation when you move into being the pattern. You might practice breathing, being present to a part of your body, shifting your position or making a slight movement, visualizations, meditations, etc.
9. Notice any judgment(s) as they arise about the pattern(s).
10. Offer self-compassion and kindness to yourself throughout this practice.
11. Sit with or lean into the pattern.
12. Notice any change that occurs from just sitting with it.