



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.