

DEEPENING THE THREE CENTERS

"When a person is poised in all three centers, balanced and alertly there, a shift happens in consciousness. Rather than being trapped in our usual mind, with its well-formed rut tracks of issues and agendas and ways of thinking, we seem to come from a deeper, steadier, and quieter place. We are present, in the words of Wisdom tradition, fully occupying the now in which we find ourselves." ~Cynthia Bourgeault

As GW we are trying to find balance of mind, heart and body so that we can have a higher level of wisdom when it comes to dealing with the difficulties we are finding ourselves in. A new level of seeing and being is needed! The 3 Centers of the foundation of the Enneagram. Let's continue to explore what they mean. To a certain degree it will be individual to each of us.

Quotes and examples are in blue print.

THE INTELLIGENCE OF THE MIND

What is a healthy use of the Mind Center for you? How does the mind contribute to the heart and body?

THE INTELLIGENCE OF THE HEART

Don't think of this in contemporary psychological terms. What is the heart? What is the heart for you? Consider these quotes as you seek defining heart.

"The heart, in the ancient sacred traditions, has a very specific and perhaps surprising meaning. It is not the seat of our personal affective life - or even, ultimately, of our personal identity - but an organ for the perception of divine purpose and beauty. It our antenna, so to speak, given to us to orient us toward the divine radiance and to synchronize our being with its more subtle movements. The heart is not for personal expression but for divine perception." ~Cynthia Bourgeault

"We have subtle subconscious faculties we are not using. In addition to the limited analytic intellect is a vast realm of mind that includes psychic and extrasensory abilities; intuition; wisdom; a sense of unity; aesthetic, qualitative, and creative capacities; and image-forming and symbolic capacities. Though these faculties are many, we give them a single name with some justification because they are operating best when they are in concert. They comprise the

mind, moreover, in spontaneous connection to the cosmic mind. This total mind we call "heart"." ~Kabir Helminski (modern Sufi master)

THE INTELLIGENCE OF THE BODY

In what ways has your body taught you about non-physical things?

Examples - You learned how to float in the water by relaxing and letting something else hold you up.

In learning to ride a bike you came to know something about interior balance - getting the hang of something inside out.

What does it mean to you to be grounded? What does it feel like?