



**ENNEAGRAMM
LEHRERINNEN**

*in der Mündlichen Tradition
nach Helen Palmer e.V.*

**Enneagramm und Somatische
Aufmerksamkeits Praxis -
die Körperintelligenz als Weg
zur Entspannung der
Typstruktur**

Von und mit

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Fortbildung im Rahmen der Herbsttagung 2014

des EMT e. V.

Ritschweier bei Weinheim

5. – 7. Dezember 2014

Enneagram Somatic Awareness Practice: Using Body Intelligence to Relax Type Structure

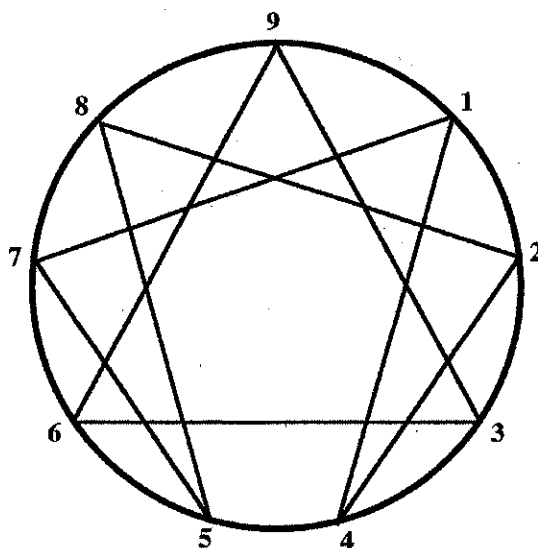
*Enneagramm und Somatische Aufmerksamkeits-Praxis -
Die Körperintelligenz als Weg zur Entspannung der Typstruktur*

Marion Gilbert and Terry Saracino

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**German Enneagram Teachers Association
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December 5-7, 2014 • Ritschweier, Germany



ENNEAGRAM
IN THE NARRATIVE TRADITION

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Agenda

Friday, December 5

- 7:00 Introductions
- 7:15 Overview: Foundational Elements of Somatic Awareness Practice
- 8:00 Somatic Awareness Practices
- 8:45 Q and A
- 9:00 Session Ends

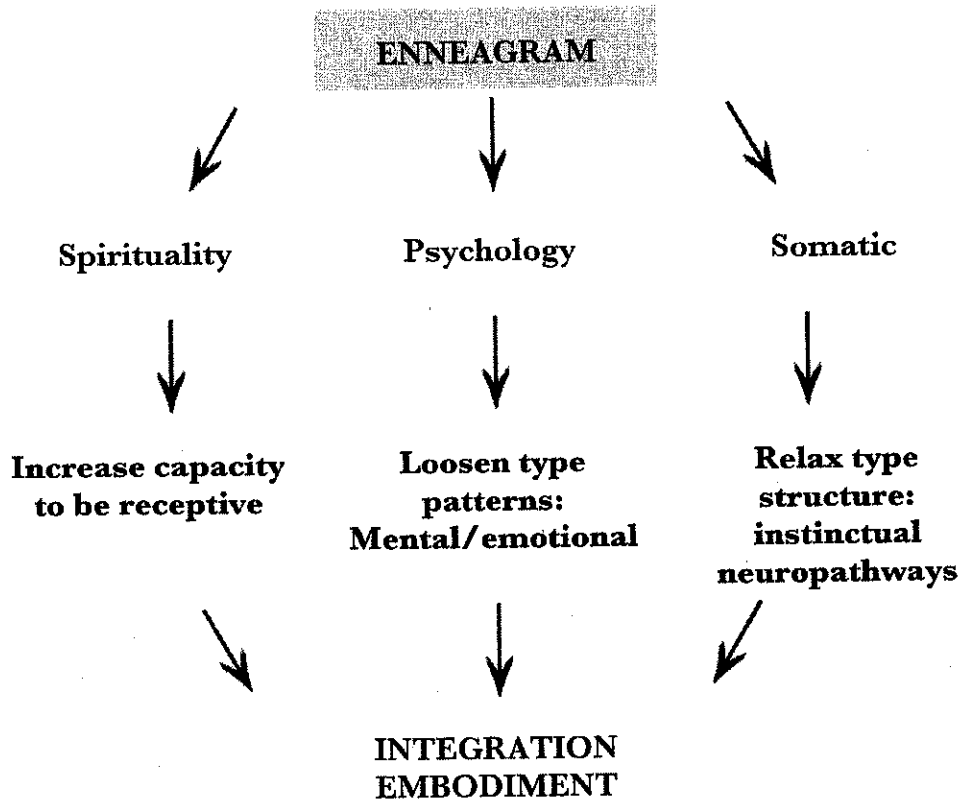
Saturday, December 6

- 9:00 Overview: Somatic Awareness Method in Working with Type Structure
- 9:30 Felt Sense
- 9:45 Centers Groups
- 10:15 Break
- 10:45 Somatic Awareness Practices
- 11:05 Body Center Panel
- 12:05 Debrief Body Center Panel
- 12:30 Lunch
- 2.00 Somatic Awareness Practices
- 2:30 Resources
- 2.45 Point Groups
- 3.15 Break
- 3:45 Somatic Awareness Practices
- 4.15 Heart Center Panel
- 5.15 Debrief Heart Center Panel
- 5:45 Q and A
- 6.00 Session Ends

Sunday, December 7

- 9:00 Guided Inner Practice: Integration
- 9:15 Integration
- 9:45 Somatic Awareness Practice
- 10.15 Break
- 10.45 Somatic Awareness Practices
- 11.15 Head Center Panel
- 12.15 Debrief Head Center Panel
- 12:30 Lunch
- 1:30 Point Groups
- 2:15 Re-entry and Q and A
- 2:45 Closing Circle
- 3:30 Session ends

Path to Integration



Terry Saracino, 2014

Foundational Elements of Somatic Awareness Practice

1. Establishing Grounded Presence

The following are practices that help us orient in present time and space. Establishing grounded presence is a requirement for us to become fully present inside ourselves and in relationship to the world around us.

Die folgenden Praktiken helfen uns bei der Orientierung in Zeit und Raum. Die Herstellung von geerdeter Präsenz ist eine Notwendigkeit, um völlig präsent in uns und im Verhältnis zur Welt um uns zu sein.

- Feeling your feet on the ground
- Allowing your breath to complete its movement in your abdomen
- Sensing the earth supporting you in any position
- Dropping your attention into your belly
- Feeling your feet growing roots into the earth
- Becoming aware of the weight of your body

2. Developing the Inner Observer

In working with somatic practice, we develop the Inner Observer as a point of entry to our inner territory. Different methods to develop the Inner Observer exist including stabilizing attention on an image, the breath, a place or an object in the external environment. In somatic practice we place attention on the breath. This brings us to the present moment.

3. The Art of Placement of Attention *Die Kunst, die Aufmerksamkeit zu lenken*

The specific method we use in tracking the breath is to notice where and how it is moving. This practice gives us information about our inner territory and will help us stabilize our attention in the present moment.

Below is a step-by-step practice that outlines this process.

Inhale/Einatmen:

- noticing air entering the nostrils *Bemerken, wie die Luft in die Nase strömt*
- moving up to center of the skull *wie sie in Richtung Kopfmitte geht*
- reversing direction *wie sie die Richtung wechselt*
- downward through the neck and throat, into the chest, through the diaphragm and into the abdomen *wie sie durch Hals und Kehle in die Brust strömt, dann durch das Zwerchfell in den Bauchraum*

Pause:

- noticing natural slowing to a stop *Bemerken, wie eine natürliche Pause kommt*

Exhale /Ausatmen:

- noticing movement of breath reversing directions *Bemerken, wie der Atem die Richtung wechselt*
- moving upward through the abdomen, diaphragm, chest, neck/throat, center of the skull *wie er durch Bauch, Zwerchfell, Brustraum, Hals/Kehle in die Kopfmittle strömt*
- and reversing directions, exiting air through the nostrils or mouth *wie er umdreht, Luft strömt durch die Nase oder Mund*

Pause:

- noticing slowing down until it stops *Bemerken, wie er langsamer wird bis zum Stillstand*

Once we have the capacity to track the movement of the breath, we can learn to notice when our attention is distracted by other objects. *Wenn wir die Fähigkeit gelernt haben, die Bewegung des Atems zu verfolgen, können wir feststellen, wenn die Aufmerksamkeit von anderen Dingen abgelenkt ist.*

- Notice where the breath is inside of you. *Bemerke, wo der Atem in Dir gerade ist.*
- When you notice your attention is distracted by a thought, feeling, or sensation, the noticing itself brings you back to the present moment. The next step is to simply return your attention to the movement of the breath.
Wenn Du bemerkst, dass Deine Aufmerksamkeit durch einen Gedanken, ein Gefühl, eine Wahrnehmung abgelenkt ist, bringt Dich die Tatsache der Wahrnehmung allein schon zum Jetzt zurück. Der nächste Schritt ist, einfach Deine Aufmerksamkeit zur Bewegung des Atems zurückzubringen.
- Find where the breath is occurring in the body at that moment. *Stelle fest, wo der Atem in Deinem Körper gerade ist.*

Somatic Awareness Method in Working with Type Structure

1. Felt Sense

In the cells of our bodies we have the ability to register movement, pressure, temperature, and consistency. Using these felt sense perceptions we can assess the state of our inner territory. *Wir haben die Fähigkeit, in den Zellen unseres Körpers Bewegung, Temperatur, Druck, Zustand und Qualität wahrzunehmen. Indem wir diese Wahrnehmungen einsetzen, können wir unseren inneren Zustand einschätzen.*

Felt-sense experiences are feelings in the physical body called sensations or sensory awareness. This is a "moment to moment" awareness of registering the life force moving through our cells. *Felt-sense-Erfahrungen sind Gefühle im physischen Körper, die man "Sinneseindruck" oder "Sinnesbewusstsein" nennt. Es geht um das Bewusstsein im Jetzt, das bemerkt, wie die Lebenskraft durch unsere Zellen fließt.*

Examples include :

- Stirring of cells
- Contraction of muscle fibers
- Movement of air
- Flowing of fluids
- Feeling temperature
- Pressure on bones, joints
- Pulling of ligaments
- Peristaltic of organs
- Electrical activity of nervous system

The words listed below describe the ways we are able to feel these sensations in our bodies:

- tingling
- shivering
- trembling
- emptiness
- chills
- vibration
- dullness
- sharpness
- aching
- blocking
- denseness
- lightness
- airy
- spacey
- pressure
- heaviness
- cramping
- sweating
- clamminess
- bloating
- belching
- flushed
- glowing
- rosy

These give us information about how our bodies are doing in the present moment. To notice where in the body the felt-sense experience is housing and being allowed to give permission to the nature of this feeling will inform us about our state of well-being.

2. Resources

Resources are experiences of life we can cultivate to help us to a state of greater well-being. In this somatic awareness practice we will begin to cultivate the practice of “felt sense” and “shifting attention to resources” when necessary as in the case of hyper arousal or overwhelm in the nervous system. *Ressourcen sind Lebenserfahrungen die wir verfeinern können, um uns in einen Zustand besseren Wohlbefindens zu bringen. In dieser somatischen Praxis beginnen wir, die Übungen „felt sense“ und „Aufmerksamkeitsverschiebung zu den Ressourcen“ einzusetzen, wenn notwendig, wie zum Beispiel bei Überreizung oder Überlastung des Nervensystems.*

Each of the three centers has an intrinsic resource:

- **Body center**
Grounded presence is the sense of feeling supported, vital, and flowing life force.
- **Heart center**
Open heartedness is feeling connected, caring, warmth and loving kindness.
- **Head center**
Open mindedness is the receptive, open, and creative mind.

Examples of resources include:

- **External Resources:**
 - Feeling the ground underneath us
 - Connecting with nature
 - Connecting with a loved one
 - Exploring new information and seeking knowledge
 - Engaging in creative expression
 - Listening to music
 - Healthy nourishment
 - Looking at the sky, stars etc.
 - Taking a walk, dancing, hiking, swimming etc.
- **Internal Resources:**
 - Following the breath
 - Cultivating the inner observer
 - Inspiration and curiosity
 - Awareness of free flow of life force
 - Feeling compassion
 - Access to virtue of type
 - Remembering essence of type
 - Recognizing being guided by something larger, spirit
 - Mental acuity, patience, devotion, trustworthiness, creativity

3. Integration

Integration happens on its own when the place of contraction and the place of resource are in balance with each other. At the outset of our investigation, the place of felt sense contraction and the place of felt sense resource are often not in contact with each other. Shifting attention back and forth between the two allows them to be in relationship with each other. Integration occurs when the two states are fully allowed and experienced with equal attention. As they come in contact with each other, the charge of the contraction begins to neutralize.

Gurdjieff name the three creation forces as affirming, denying and reconciling. The following chart outlines the terminology applied to this dynamic from the perspective of the Enneagram, neurobiology, and somatic practice.

Gurdjieff	Affirming	Denying	Reconciling
Enneagram	Receptivity	Reactivity	Integration
Neurobiology	Attraction	Aversion	Neutral (Rest)
Somatic Practice	Expansion	Contraction	Calibration

Defense Patterns

Center of Intelligence	Enneagram Type	Avoidance	Defense Mechanism	Idealization of Type
Mental Center	5 The Observer	Incompetent, Not Knowing	Detachment	I am knowledgeable.
	6 The Loyal Skeptic	Uncertainty, Unpredictability	Projection	I am loyal.
	7 The Epicure	Pain, Suffering, Limitation	Rationalization	I am O.K.
Emotional Center	2 The Giver	Own Needs, Rejection	Repression	I am helpful.
	3 The Performer	Failure, Disapproval	Identification	I am successful, capable.
	4 The Romantic	Mundane, Inadequate	Introjection	I am unique, authentic.
Body Center	8 The Protector	Vulnerability, Weakness	Denial	I am strong, powerful.
	9 The Mediator	Conflict, Separation	Narcotization	I am peaceful, harmonious.
	1 The Perfectionist	Being Wrong, Making Mistakes	Reaction Formation	I am right.

Worksheet: Resources

Internal

- ~~erden~~
- beaupt atmen
- ausschließen, anbinden
- Schutzraum bilden
- Mein Raum verteidigen
- mein Verhalten fragen
- ein gutes Platz (unbillig) finden
- das Feld fragen
- die Themen lehren und fragen
und um Umkehrfragen stellen

External