

EANT Conference 2012

Integrating Our Three Centers: A
Path to Freedom, Wholeness & Joy

Credits for Material

- **Jack Killen, MD** for work with the 3 centers and 3 forms of emotional regulation
- **The “Brain Group:** ”Denise Daniels, PhD; Jack Killen; MD; Dan Siegel, MD; Laura Baker, PhD; David Daniels, MD for parts of all of this work
- **ESNT Colleagues:** Helen Palmer, Terry Saracino, and Marion Gilbert

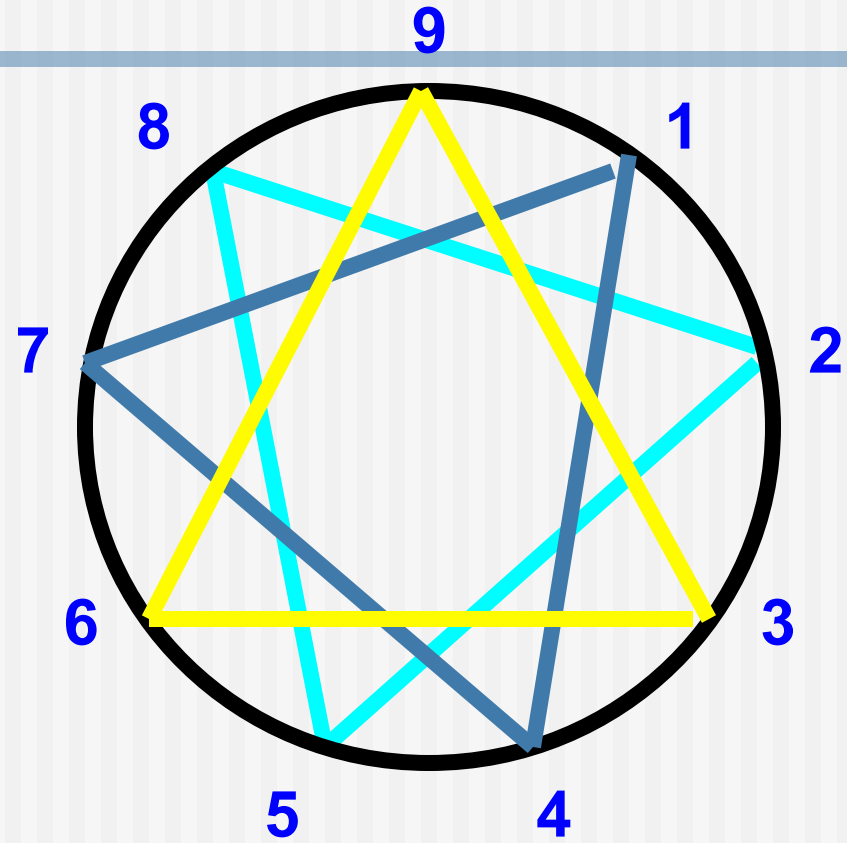
Obstacles to Acceptance

- Too complicated
- Too reductionistic
- Too negative
- Too much not “walking the talk”

Enneagram's Ultimate Value

- Structure for understanding personality in the Basic Proposition
- Core motivation, basic beliefs, deepest concerns
- Our pattern of mental & emotional attention
- Our link to spiritual life & our gifts/strengths
- Congruence with our neurobiology
- Our three basic needs for security, worth, & love
- Practical applications – all domains of life

THE HARMONY TRIADS



How the Harmony Triads of the 3 Centers Bring Joy

- Gives all of us the three centers of intelligence
- Brings a natural effortless flow among the centers
- Creates flexibility and freedom
- Leads to balance and honoring of the three basic needs and aversive emotions

The Three Centers of Intelligence

- **Head – Wisdom/Curiosity/Security**

Types 5-6-7 lead with this center

- **Heart – Love/Touch/Connection**

Types 2-3-4 lead with this center

- **Body – Presence/Groundedness/Worth**

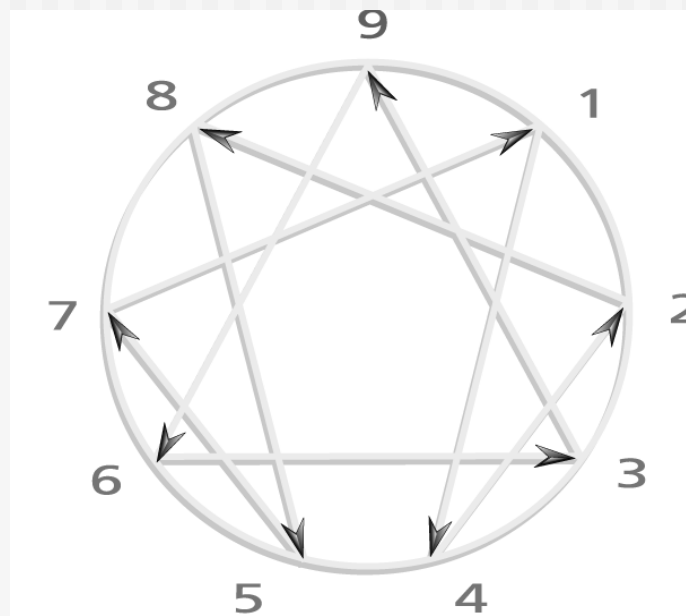
Types 8-9-1 lead with this center

The 3 Basic Aversive Emotions

- These are: anger, fear, and distress
- Aversive but positive; don't want to feel these
- Go back 100 million years in evolution

Basic Emotions in Mammals and the Three Centers of Intelligence

Body (8,9,1): Worth/Wants
Protection/Power
Anger/Rage



Head (5,6,7)
Security/Certainty
Seen/Attached
Fear/Anxiety

Heart (2,3,4)
Love/Bonding
Connection/Care
Distress/Sadness/Shame

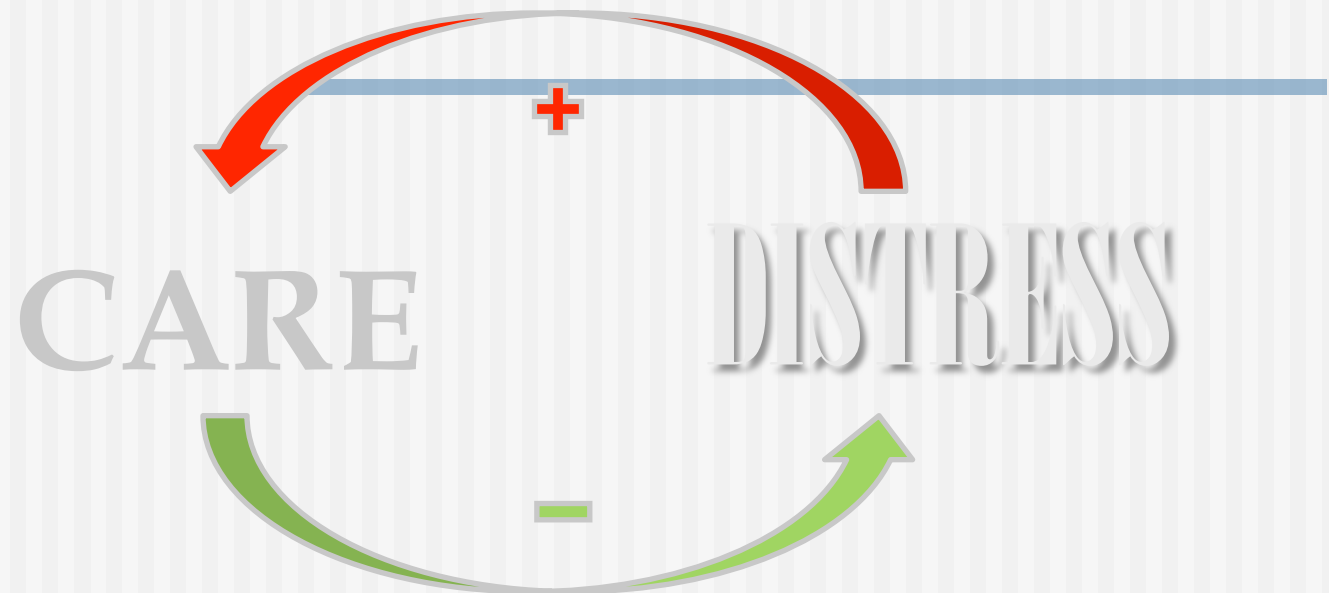
Paradox of the Aversive Emotions

- Keep us secure, connected, and worthy
- Yet keep us imprisoned by our type's personality structure
- Need to experience them to liberate from their ownership and reclaim our higher qualities

The Power of Care

- Essential for survival and development
- Biological imperative rooted in the limbic system
- *Touch/care* increases oxytocin & dopamine, the feel good hormones
- Basis of all relationships – knowing the other

ATTACHMENT & ATTUNEMENT



The Three Great Forces/Energies:

- **Active/Assertive goes to aggressive**
- **Receptive goes to withdrawing**
- **Balancing goes to rigidity**

Requires a whole workshop for elucidation

The Three Forms of Emotional Regulation/Conflict Resolution

- **Competency/Rational/Contain/Suppress**

Types 1-3-5 lead with this means

- **Positive Outlook/Reframe/Shift/Avoid**

Types 2-7-9 lead with this means

- **Reactive/Express/Sustain/Emotional Realness**

Types 4-6-8 lead with this means

Functions of the Triads

- Reveal how we adapt to meet our three basic needs for security, worth, and connection
- Determine how we approach life and conflicts
- How we expect others to use the same approaches to life and conflict
- Basis for the path to freedom and joy

Real Resolution

- We need to learn the two other “languages and bring the three ways into balance”
- We don’t have to worry about our own style —it will be there for us!
- We reach out to the other by being sensitive to their lead center/style/energy
- ***Real*** resolution occurs when we both can bring all the harmony triad functions into balance.