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ENNEAGRAM ASSOCIATION IN THE NARRATIVE TRADITION

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## PRESENTER HANDOUT

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## CULTIVATING QUALITIES OF THE HEART

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# Cultivating Qualities of the Heart

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## Prepare Yourself

- Sit in a comfortable yet alert posture and decide what quality you want to work with (i.e. kindness, ease, appreciation, one of the virtues).
- Notice the breath as it moves through your body naturally.

## Get Present and Awaken the Three Centers

- Head Center: close your eyes and notice the feel of your eyes from the inside and then the space between your ears, your head space.
- Move your attention down through your neck and chest, like honey dripping down a spoon coming to rest in the heart center.
- Heart Center: feel the physical space of the heart, just behind the sternum and feel the movement of breath as your lungs inflate and deflate.
- Move your attention down through the area of the solar plexus, past the belly button, until it rests in the deep abdomen and the pelvic bowl.
- Body Center: feel the physical movement of the deep belly as breath meets this center and the belly rises and falls.

## Activate a Somatic, Imagined or Remembered, Experience of the Quality You Want to Cultivate

- Imagine what it would be like if you felt more (quality). Remember a time when you experienced (quality).
- However you arrive at an experience of the quality, even if very subtle, *allow yourself to feel the sensations related to that quality in your heart*. It doesn't work to just think it. Sometimes it can be difficult to be aware of the sensory experience but stick with it – keep noticing what you're feeling in your heart and body.
- Be present with the experience in your heart of that quality. Notice the overall feeling in the body of that quality.
- Occasionally repeat the name of the quality as you deepen your presence with it in your heart and body.