

The Somatic Enneagram

SAINT MARK'S EPISCOPAL CATHEDRAL | WISDOM
SCHOOL

Alicia Divers, Somatic Spiritual Director| Trauma/Anxiety Coach
Somatic Spirituality | Sun and Wave Somatics
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MEET ALICIA



Alicia Divers

- Pastor of Community & Mission, Good Shepherd New York
- Founder, Sun and Wave Somatics
- Certified Enneagram Professional (Narrative Tradition)
- Somatic Spiritual Director & Somatic Anxiety Coach

My work lives at the meeting place of **body + spirit**.

HOW OUR TIME WILL FLOW TOGETHER

Tonight → Understanding & Shared Language

Tomorrow → Embodiment & Practice

Think of tonight as grounding the framework
so tomorrow can be felt in the body.

ORIENTATION TO THE EVENING

We'll be together for ~2 hours.

You may:

- Move
- Stretch
- Grab water
- Step out
- Take care of yourself

This is invitational, not performative.

TRAUMA-INFORMED AGREEMENTS

- Choice is central
- Your body's pace is welcome
- No “right” way to experience this
- Participation is yours to choose
- You are your own best authority

Safety = **agency + permission.**

A Somatic Practice

CONNECTION AT TABLES

Introduce yourself:

- Name
- Enneagram type (if known)
- Something you're curious about tonight

Curiosity + social engagement sets the tone for learning.

WHAT IS THE ENNEAGRAM

Not a personality test.

A **map of attention.**

Shows:

- What we focus on
- What we miss
- How we try to stay safe, loved, and connected

TYPE AS STRATEGY

Our patterns are:

- Intelligent
- Protective
- Adaptive
- Learned in relationship

They once **kept us safe.**

WHY THE BODY MATTERS

We don't just think our type.

We live our type.

Patterns show up in:

- Posture
- Breath
- Tension
- Facial tone
- Movement
- Impulse

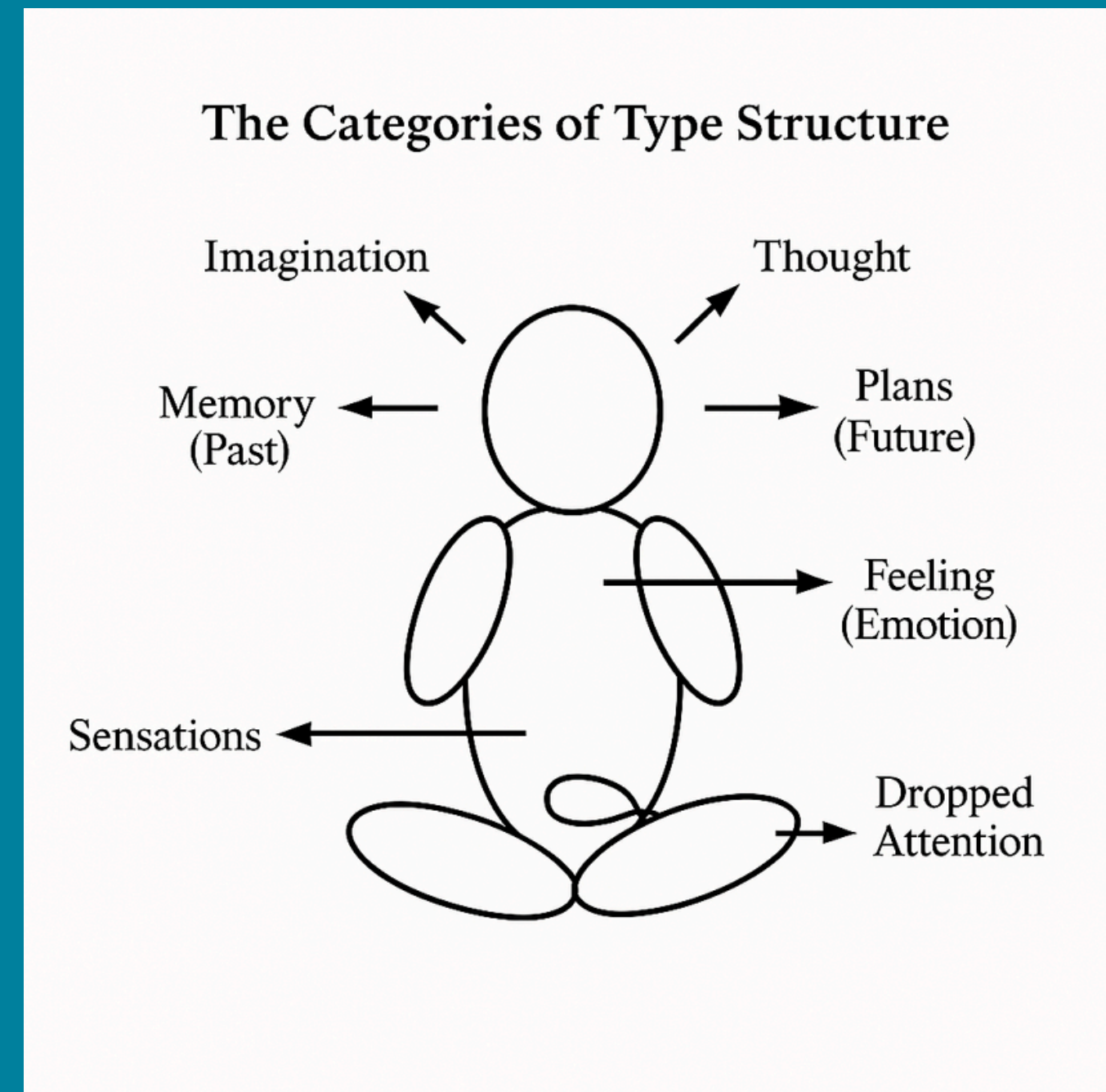
The type is **somatic**, not just cognitive.

THE SOMATIC ENNEAGRAM

Traditional → Why we do what we do.

Somatic → How it lives in the body.

The nervous system organizes around safety.



PATTERNS AS PROTECTION

These patterns are **not flaws**.

They are forms of **care**.

Every behavior is the body saying:

“I just want to be okay.”

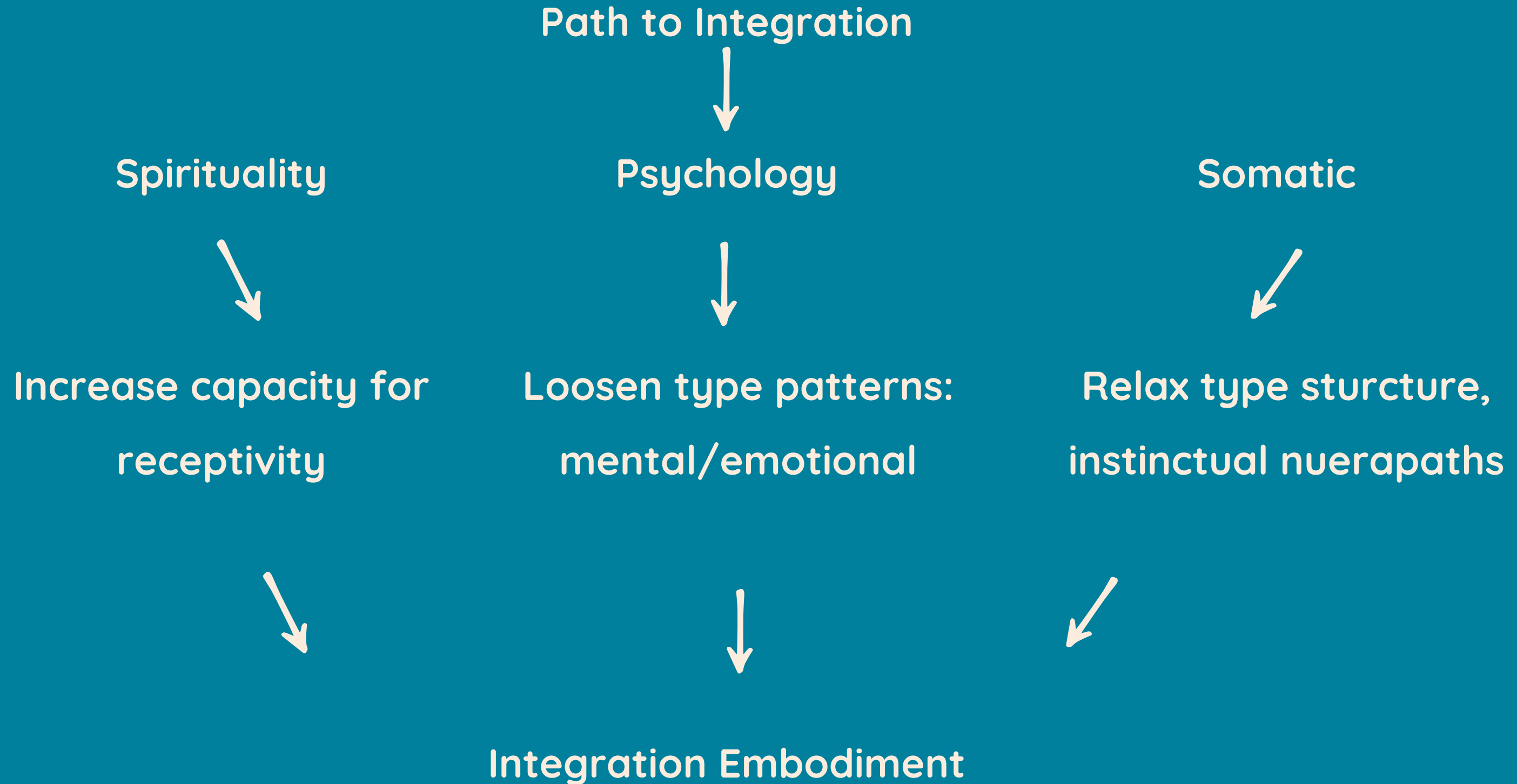
EMBODIED VS. SOMATIC

Embodied = Integration of somatic, psychological and somatic

Somatic = How we work with the body to transform patterns.

Awareness → Choice → Change.

EMBODIED VS. SOMATIC



MAPPING THE FRAMEWORKS

Traditional → Fixation • Passion • Virtue • Defense

Somatic → Orientation • Embodied Impulse • Core Integration

• Defense Pattern

Same map.

New doorway in.

“What softens in me when I remember
my patterns once kept me safe?”

Pause. Let the room breathe.

SOMATIC SHAPING & TRANSFORMATION

We don't have bodies.

We are bodies shaped by relationship and experience.

Patterns live in:

- Muscles
- Fascia
- Breath
- Nervous system tone

SHAPING IS INTELLIGENCE

Somatic shaping reflects:

- What felt safe
- What was needed
- What was possible

Our bodies have been trying to **protect us**.

DEMONSTRATION

Body responds to meaning:

- Text that feels threatening → tightening
- A memory of care → softening

Shaping is **automatic and relational**.

TYPE SHAPES

Examples:

Eight → Forward, defended, charged

Nine → Softened, diffused, merging

One → Upright, contained, restrained

Shape = story of safety.

NOTICING THE SHAPE

Ask:

- Where does your body hold effort?
- What is your default tone?
- What happens when you soften?

Awareness begins the shift.

WHAT TRAUMA MEANS HERE

Trauma = Too much, too fast, or too soon
→ and not enough support at the time.

It's about capacity — not event severity.

BODY'S RESPONSES

Fight • Flight • Freeze • Fawn

All are **intelligent survival responses**.

Nothing is wrong.

Something is **protecting**.

NORMALIZE EXPERIENCE

Connecting to the body may feel:

- Intense
- Numb
- Overwhelming
- Neutral
- Shifting

All responses are welcome.

CORE REMINDER

We are not here to revisit pain.

We are here to restore safety.