

THE SOMATIC ENNEAGRAM

A Guide to Embodied Awareness and Transformation



Sun and Wave Somatics

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THE SOMATIC ENNEAGRAM OF THE NINE TYPES

THE SOMATIC ENNEAGRAM

The Somatic Enneagram is a whole-person map that integrates the spiritual, psychological, and physiological dimensions of our type.

It recognizes that our Enneagram structure is not just a mental or emotional pattern but a somatic shaping—a way the body organizes around safety, belonging, and love.

While traditional Enneagram work helps us observe why we do what we do, the somatic approach helps us sense how those patterns live in the body—through our breath, muscle tone, and nervous system responses.

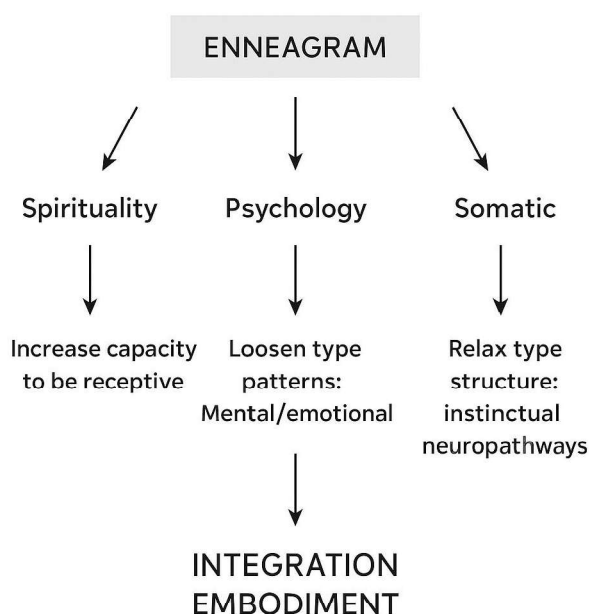
This lens reveals that personality is not a fixed identity but a lived adaptation—an embodied story of how the body has sought safety, love, and connection.

To engage the Somatic Enneagram is to move from analysis to embodiment.

Somatic awareness invites us to notice how we brace, reach, or withdraw—and to stay present long enough for new possibilities to emerge.

Through this process, the protective shape of our type softens into something more whole: a grounded, embodied presence capable of relating to life with openness, compassion, and truth.

Path to Integration



UNDERSTANDING TRADITIONAL ENENAGRAM TERMS

Traditional Term	Function / Description
Center of Intelligence	Body, Heart, or Head — the primary way attention and energy are sourced and processed.
Focus of Attention	What the type habitually tracks or scans for in its environment.
Passion	The emotional or energetic habit that drives behavior — the embodied impulse.
Virtue	The integrated state — the core transformation of the passion when the type is balanced.
Defense Mechanism	The psychological strategy that protects the ego structure and maintains self-image.
Basic Proposition	The foundational belief about how to stay safe, loved, and significant.

SOMATIC REFRAMING

In this framework, the same patterns are described through the body — how energy, emotion, and belief organize somatically.

Somatic Framework Term	Traditional Equivalent	Somatic Emphasis
Energetic Drive	Focus of Attention	The direction of energy — what the nervous system tracks for safety and control.
Embodied Impulse	Passion	The body's emotional charge or activation pattern — how energy propels action.
Core Integration	Virtue	The embodied restoration of balance — how the nervous system feels when integrated.
Defense Pattern	Defense Mechanism	The physicalized strategy that resists vulnerability.
Embodied Belief Pattern	Basic Proposition	How the body organizes around its core story of safety and belonging.
Emotional Habit	Vice	The recurring emotional tone or tension pattern that sustains the type.

THE SOMATIC 8

EMBODIED STORY

Before Integration — Stand in Power

I must be strong and powerful to avoid vulnerability in a world that is unfair. This belief lives in the body as a readiness to protect, control, and assert autonomy. The muscles organize around strength, the breath becomes forceful, and safety depends on staying in charge.

After Integration — Ground in Tenderness

I can be strong and powerful while allowing myself to be vulnerable in a world that is imperfect. Integration invites the body to soften without losing its ground. Strength becomes steady rather than forceful; vulnerability coexists with courage. The chest opens, the breath deepens, and power is experienced as presence rather than defense.

WORKING WITH THE SOMATIC ENNEAGRAM EIGHT SHAPE

The somatic shaping of the Enneagram Eight centers on a deep drive for autonomy, control, and strength. These tendencies show up not only in behavior and posture but also in overall energetic presence and instinctive reactions to the world. Becoming aware of these patterns helps Eights recognize the habits that have protected them throughout life.

With awareness, they can access softer, more vulnerable qualities and integrate these into their embodied experience. As this integration unfolds, strength and power become balanced — tempered with sensitivity, openness, and connection.

Strong Physical Presence

A solid, grounded posture conveys confidence and authority. The body may feel dense or powerful, naturally taking up space as a way of asserting presence and self-assurance.

Guardedness and Tension

Tension often gathers in the chest, shoulders, or jaw — protecting the heart and throat. This guarding arises from an instinct to stay in control and avoid vulnerability, often learned early as self-protection.

Impulsiveness and Action Orientation

Eights move decisively and with purpose. Their somatic pattern leans toward forward motion and immediate response — supporting strength but limiting capacity to slow down and sense nuance.

Resistance to Vulnerability

The body may resist softer emotions such as sadness, fear, or tenderness. These sensations

can be overridden by muscular effort or replaced with anger or determination, creating distance from deeper feeling and connection.

Grounded Energy

When integrated, Eights embody deep steadiness — strength that feels rooted and secure rather than forceful. Energy distributes evenly through the body, producing calm, centered power.

Reactive Patterns

When threatened or witnessing injustice, Eights experience an immediate surge of activation — heat, tightening, or adrenaline. The body prepares for confrontation or action, often before conscious awareness catches up. Over time, this can become a conditioned readiness even when safety is present.

SOMATIC INSIGHTS— ENNEAGRAM EIGHT

The Body Type and Anger-

As a body type, Type 8s are deeply connected to their physical presence and experience the world through an instinctual, grounded way of being. For body types, anger is the primary emotional habit, a natural response to feeling their boundaries are being threatened or violated. This anger is often protective, instinctively defending what is vulnerable within.

For Type 8s, anger shows up as an immediate and powerful surge in the body. It manifests as a sense of intensity and expansion, often felt in the chest, arms, and throat, giving them a readiness to push back or assert themselves physically. This embodied experience of anger can feel like an energy that wants to burst out, driving them to act quickly and decisively. Somatically, this may present as strong sensations, like a tightening of the muscles or heat rising in the body, signaling a need for protection or control.

In contrast to other body types, where anger might be hidden or suppressed, for the 8, it is fully expressed and outward-facing. The energy of anger is directed towards shaping their environment, ensuring that they maintain control or influence over situations, often to prevent feeling vulnerable or powerless.

Somatic Orientation-

The somatic orientation of the Eight focuses their attention on any signs of injustice or attempts to control them. Their energy goes toward maintaining autonomy and asserting strength, driving an embodied impulse to protect themselves and take charge of situations.

The Embodied Belief Pattern-

The embodied belief pattern for Eights, sometimes known as the basic proposition, is that protection and respect are gained by becoming strong and powerful while hiding vulnerability. This creates a somatic posture of strength and control, where the body feels powerful and shields against anything perceived as weakness.

Embodied Impulse: Lust-

The "lust" of the Enneagram Eight can be understood as an embodied impulse for intensity, power, and control. This lust isn't confined to sexual desire but instead manifests as a full-bodied drive to engage with life forcefully and assertively.

In the body, this impulse feels like a surge of raw, physical energy—muscles tense, breath deep and forceful, with the heart pounding. It creates a sense of readiness to act, as if the body is always prepared to confront, protect, or take charge. This embodied impulse drives Eights to assert themselves in situations, push boundaries, and move toward challenges with a bold, direct energy. The experience is visceral, often felt as a pulsing heat or an electric charge, propelling Eights to pursue their desires with a fierce intensity.

This lust compels Eights to maintain a sense of control and strength in their environment, often leading to a heightened state of alertness and physical exertion. Their bodies may hold tension as they continuously scan for threats or challenges, always prepared to assert their will and protect their vulnerability by projecting strength.

Core Integration: Innocence-

The "innocence" of the Enneagram Eight is an embodied state of openness and vulnerability, where the need for control and intensity softens into a sense of trust and connection. In innocence, Eights reconnect with their inner softness, allowing themselves to feel safe and open without needing to dominate or protect.

In the body, innocence feels like a gentle softening of the muscles, especially in the chest and shoulders, as the body releases its defensive stance. The breath becomes lighter, and the energy of the body flows more freely, no longer held in a state of alertness. This embodied innocence invites a deep sense of peace and connection, where Eights can let down their guard and experience the world with a renewed sense of trust and openness.

Energetic Drive: Asserting Strength and Protecting Autonomy-

The energetic drive of the Eight is fueled by a deep need to assert strength, maintain autonomy, and protect themselves and others from vulnerability or control. This motivation is felt somatically as a powerful, full-bodied energy that propels them into action. Eights experience this drive as a surge of intensity, often felt as a strong presence in the chest or shoulders, with muscles tensing in readiness to confront or defend. Their energetic drive pushes them toward bold action, decisive leadership, and a deep desire to stay in control of

their environment.

Defense Pattern: Denial-

Eights hold a deep belief in their strength, with an ideal that says, "I am strong." Their body reacts to anything that threatens this ideal by resisting vulnerability at all costs. Vulnerability is seen as a threat to their autonomy and control, and so their defense mechanism, denial, kicks in. Somatically, this defense can be felt as a tightening in the chest, a hardening of the shoulders, or a powerful surge of energy that prepares them to confront any perceived weakness. Denial allows Eights to block out feelings of vulnerability, keeping their focus on action and power. The body resists emotional softness, tensing in readiness to assert strength, often resulting in a heightened state of alertness and physical readiness to defend against any challenges to their autonomy.

THE SOMATIC NINE

EMBODIED STORY

Before Integration — Retreat in Comfort

I must stay comfortable and keep the peace to avoid disconnection in a world that feels demanding and overwhelming.

This belief lives in the body as a subtle pulling back — energy dispersing, breath softening, muscles yielding. Safety depends on harmony and avoiding conflict. Presence recedes to maintain comfort.

After Integration — Awaken to Aliveness

I can keep peace while fully engaging with my own desires and vitality.

Integration invites the body to wake up — to ground, expand, and take up space. The spine lengthens, breath deepens, and energy gathers in the core. Aliveness returns not through effort, but through participation.

WORKING WITH THE SOMATIC ENNEAGRAM NINE SHAPE

The Enneagram 9 often revolves around their core drive for peace, harmony, and avoiding conflict. These tendencies manifest in both their physical presence and their embodied reactions to the world.

Understanding these somatic tendencies can help Nines become more aware of their conditioned patterns, allowing them to engage more fully with their bodies and the world around them.

By cultivating greater bodily awareness and embracing their own presence, Nines can integrate a more active, engaged approach into their embodied experience, balancing their desire for peace with a sense of vitality and purpose.

Avoidance of Conflict

Nines might somatically react to potential conflict with a physical withdrawal or a softening of their presence, as the body instinctively seeks to diffuse tension and maintain harmony. This can become a conditioned response, where the body automatically seeks to avoid confrontation.

Subtle Energy and Presence

Nines may have a subdued or low-energy presence, often blending into the background rather than standing out. This can manifest somatically as a soft, gentle demeanor, with movements that are unhurried and non-disruptive.

Physical Disconnection

Somatically, Nines might experience a sense of disconnection from their bodies, as they may unconsciously tune out physical sensations that could lead to discomfort or conflict. This can result in a lack of bodily awareness, where they may neglect their physical needs or feelings.

Tendency to Numbness

Nines might have a conditioned tendency to numb or dissociate from intense emotions, particularly those that could disturb their inner peace. This can manifest as a physical dullness or heaviness, where the body feels less vibrant or engaged.

Comfort Seeking Behavior

In their somatic experience, Nines often seek comfort and ease, gravitating toward familiar, soothing activities that help them maintain a sense of calm. This can lead to patterns of inertia or physical sluggishness, where the body prefers rest and relaxation over action.

Grounded, Yet Passive Energy

When in a healthy state, Nines can embody a deeply grounded energy that feels stable and serene. However, this energy may also be passive, as they prioritize maintaining peace over asserting themselves or taking decisive action.

SOMATIC INSIGHTS— ENNEAGRAM NINE

The Body Type and Anger-

Enneagram 9, as a body type, also has anger as their emotional habit, but it manifests very differently compared to Enneagram 8. Nines tend to dissociate from their anger, suppressing it to maintain inner and outer peace. This avoidance of anger often leads to a sense of numbness or inertia in the body, with the energy of anger being repressed rather than expressed.

For Enneagram 9s, anger shows up as an underlying tension, often buried deep in the body, particularly in the stomach or lower back. It can manifest as a dull heaviness or a lack of sensation, as if the body is holding back a flood of energy that never gets released. Somatically, this might be experienced as a resistance to fully engaging with their physical presence, creating a sense of lethargy or feeling disconnected from their body's vitality. Unlike Enneagram 8, whose anger is fully externalized, Nines' anger can sit unexpressed, leading to passive resistance or quiet withdrawal.

Somatic Orientation-

The somatic orientation of the Nine focuses their attention on other people's agendas and the external environment. Their energy goes toward maintaining harmony and avoiding

conflict, driving an embodied impulse to merge with others while neglecting their own desires and presence.

The Embodied Belief Pattern-

Nines embody the belief, sometimes referred to as the basic proposition, that they gain belonging by merging with others and find comfort by dispersing their energy into objects and activities. Somatically, this often shows up as a relaxed or detached body, where they may numb their own desires in pursuit of external peace.

Embodied Impulse: Sloth-

The "sloth" of the Enneagram Nine is the embodied impulse to disengage from one's own energy and desires in favor of maintaining inner and outer peace. This sloth is not laziness but a subtle, almost unconscious withdrawal from fully participating in life.

In the body, this can manifest as a feeling of heaviness, sluggishness, or numbness, as if the body itself is resisting action or movement. The impulse may show up as a physical dulling of sensations, where Nines avoid discomfort by not fully tuning into their own energy or impulses. This embodied impulse drives Nines to merge with others or their environment, minimizing conflict or tension by withdrawing their own presence, often leading to a sense of inertia or passivity in both body and mind.

Core Integration: Right Action-

The "right action" of the Enneagram Nine is an embodied state of full engagement and purposeful presence, where a clear sense of direction and action replaces the tendency to merge or disengage. In right action, Nines reconnect with their own energy and desires, bringing their presence into the world with confidence and intention.

In the body, right action feels like a surge of energy moving through the core, waking up dormant muscles and bringing a sense of aliveness. The body feels more awake, grounded, and ready to take action. This embodied state allows Nines to assert themselves with clarity, moving from passivity to active participation in their own life. Right action invites the body to move with purpose, fully inhabiting its own space and energy.

Energetic Drive: Maintaining Harmony and Avoiding Conflict-

The energetic drive of the Nine revolves around maintaining inner and outer peace, avoiding conflict, and merging with others' needs or agendas. This motivation is experienced somatically as a calming, grounding energy—often felt as a softening or relaxation in the body. Nines feel their drive as a subtle, embodied impulse to smooth over tension, disengage from discomfort, and seek comfort through harmony. Their energetic drive pulls them toward accommodating others, creating a sense of ease, while often neglecting their own desires and presence in the process.

Defense Pattern: Narcotization-

Nines strive to maintain an inner ideal of peace and harmony, believing, "I am peaceful and harmonious." Conflict disrupts this peace, and their avoidance of it fuels their defense mechanism of narcotization. In the body, this manifests as a numbing or dulling of

sensations—especially when tension or conflict arises. Somatically, Nines may feel heavy, as if their body is slowing down, with energy retreating inward to avoid the discomfort of conflict. This physical withdrawal serves to preserve the illusion of peace, even when their deeper desires and emotions are being ignored. The body seeks comfort, often through repetitive, soothing activities that help them avoid engaging with conflict or their own inner turmoil.

THE SOMATIC ONE

EMBODIED STORY

Before Integration — Strive for Perfection

I must be good and do what's right to bring order to a world that is imperfect.

This belief lives in the body as uprightness and restraint — the muscles tighten, the jaw sets, the breath holds steady and contained.

Safety depends on control, precision, and self-correction.

After Integration — Soften into Ease

I can pursue goodness while releasing the need to be perfect.

Integration invites the body to relax into grace — the shoulders drop, breath moves freely, and presence expands beyond judgment.

Effort transforms into ease; integrity is felt as wholeness rather than tension.

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WORKING WITH THE SOMATIC ENNEAGRAM ONE SHAPE

The somatic shaping of the Enneagram One revolve around their core drive for perfection, order, and self-control. These tendencies manifest in their physical presence and embodied reactions to the world

Understanding these somatic tendencies can help Ones become more aware of their conditioned patterns, allowing them to explore softer, more relaxed aspects of themselves and integrate these into their embodied experience.

This awareness can lead to greater balance, where their drive for perfection is tempered with acceptance and self-compassion.

Upright, Composed Posture:

Ones often carry themselves with a sense of rigidity and structure, reflecting their internal desire to maintain control and do what is right. Their posture is typically upright and composed, signaling discipline and a strong moral stance.

Tension and Tightness:

There may be noticeable tension or tightness in the body, especially around the shoulders, neck, and jaw. This physical constriction mirrors the mental and emotional restraint that Ones impose on themselves to meet high standards and avoid mistakes

Controlled Movements:

Ones tend to have controlled, deliberate movements, reflecting their careful, methodical

approach to tasks. This somatic pattern may result in a tendency to hold back or restrict spontaneous expressions, as they strive to ensure everything is done correctly.

Suppression of Emotions:

Ones might suppress emotions that could be seen as imperfect or disruptive, such as anger, sadness, or frustration. This can lead to a sense of emotional tightness or a feeling of being "closed off" from their own inner experience.

Grounded, Yet Restrained Energy;

When in a healthy state, Ones can embody a grounded energy that feels centered and purposeful. However, this energy may still be somewhat restrained, as they work to channel it into productive, organized actions that align with their values.

Hypervigilance To Imperfection:

Ones might somatically react to perceived imperfections or deviations from their standards with a tightening in the body, often accompanied by a surge of critical energy. This can become a conditioned response, where the body is always alert to correct or improve the situation

SOMATIC INSIGHTS— ENNEAGRAM ONE

The Body Type and Anger-

For Enneagram 1, as a body type, anger is deeply tied to their pursuit of order and rightness. However, unlike Enneagram 8's direct expression of anger, Ones often suppress and control their anger, turning it inward in the form of frustration and resentment. This need for control is somatically experienced as tension or rigidity in the body, often felt in the shoulders, jaw, or gut.

In Enneagram 1s, anger manifests as a constant bracing against imperfection, both in themselves and the world around them. The body may feel tight, as if constantly holding in or managing the anger rather than expressing it. Somatically, this can present as a sense of constriction or holding, where the body is always prepared to act according to their internal standards of rightness. Unlike the explosive energy of the 8 or the inertia of the 9, Enneagram 1's anger is often a simmering frustration that pushes them towards constant improvement and correction.

Somatic Orientation-

The somatic orientation of the One focuses their attention on what is right, wrong, correct, or incorrect. Their energy goes toward identifying and fixing imperfections, driving an embodied impulse to perfect and improve both themselves and their environment.

The Embodied Belief Pattern-

The embodied belief pattern for Ones, sometimes known as the basic proposition of this type, is that they must be good and right to be worthy. This manifests somatically as a rigid holding in the body, where the pursuit of perfection and control is felt through tension and a drive to maintain order.

Embodied Impulse: Resentment-

The "resentment" of the Enneagram One manifests as an embodied sense of dissatisfaction and frustration. Ones often feel this as a tightly held tension in the body, a rigidity in posture, clenched jaw, or shallow breath. It's an impulse driven by the need to improve, correct, and perfect both themselves and the world around them.

In the body, this resentment can feel like an internal pressure, a tightening in the chest or stomach as they seek to control and contain their impulses and environment. This embodied impulse pushes Ones to maintain high standards, often leaving them feeling like they are fighting against imperfection, both externally and within. Their body may hold an ever-present readiness to step in and fix, change, or improve things, leading to a constant state of vigilance and a drive toward order and correctness.

Core Integration: Serenity-

The "serenity" of the Enneagram One is an embodied state of inner peace and acceptance. When Ones move toward serenity, their body relaxes, and the rigid tension held in their muscles softens. It feels like a gentle release in the chest, as the need for perfection dissolves into a state of calm.

In the body, serenity manifests as a deep breath, a loosening of the jaw, and a sense of spaciousness throughout the body. This embodied state allows Ones to embrace imperfection without judgment, finding peace in the flow of life as it is. The impulse to fix or control relaxes, replaced by a quiet acceptance that feels grounding and expansive. The body moves from rigidity to fluidity, and a deeper connection to the present moment is restored.

Energetic Drive: Striving for Perfection-

The energetic drive of the One is rooted in the pursuit of perfection and correctness. This motivation, often experienced as a physical tightening in the body, fuels a constant striving to improve and perfect both themselves and their environment. Ones feel an embodied pull toward order and precision, often manifesting as a subtle tension in the muscles, a clenched jaw, or a quickening pulse whenever they perceive something to be out of line. Their drive to "do what's right" propels them into action, always seeking to uphold high standards in all areas of life.

Defense Pattern: Reaction Formation-

Ones hold themselves to the ideal of being "right and good," and any expression of anger threatens this self-image. To avoid their anger, they engage in the defense mechanism of reaction formation, which involves transforming anger into its opposite—righteousness or controlled behavior. In the body, this often shows up as rigidity, with muscles tensing and posture becoming upright, as if the body itself is holding back the force of anger.

Somatically, Ones feel the tension of containment, often through a clenched jaw or tightness in the chest. Reaction formation keeps them aligned with their ideal, allowing them to deny anger's presence, but the physical tension tells a different story—one of restrained emotion held just beneath the surface.

THE SOMATIC TWO

EMBODIED STORY

Before Integration — Give to Belong

I must be helpful and needed to earn love in a world that values selflessness.

This belief lives in the body as a forward-leaning reach — the chest opens toward others, the breath moves outward, and energy flows away from the self.

Safety depends on being indispensable and attuned to others' needs.

After Integration — Flow with Reciprocity

I can love and serve others while allowing myself to receive love in return.

Integration invites the body to balance giving with receiving — the shoulders settle back, the heart stays open yet grounded, and breath moves in both directions.

Care becomes mutual; connection flows through exchange, not depletion.

WORKING WITH THE SOMATIC ENNEAGRAM TWO SHAPE

The somatic shaping or conditioned tendencies of the Enneagram Two revolve around their core drive to connect with others, be helpful, and receive love and appreciation in return. These tendencies manifest in both their physical presence and their embodied reactions to the world.

Understanding these somatic tendencies can help Twos become more aware of their conditioned patterns, allowing them to balance their natural inclination to care for others with a healthy awareness of their own needs.

By recognizing and addressing these patterns, Twos can cultivate a more balanced, self-nurturing approach that honors both their caring nature and their own well-being.

Tension in the Heart & Chest Area:

Somatically, Twos might carry tension in their chest, heart area, or upper back, reflecting their deep emotional investment in relationships and their tendency to prioritize others' needs over their own. This can create a physical sensation of heaviness or tightness in these areas, particularly when they feel unappreciated or emotionally drained.

Grounded, Heart-Centered Energy:

When in a healthy state, Twos can embody a grounded, heart-centered energy that is both nurturing and balanced. This somatic experience is marked by a sense of warmth and openness, where they can give and receive love freely without losing themselves in the process.

Gestures of Care and Support:

Twos often express their caring nature through physical gestures, such as reaching out, touching, or hugging. These actions are somatic expressions of their desire to connect and support others, often feeling a sense of fulfillment through physical closeness and nurturing.

Energetic Giving and Overextension:

Twos may have a conditioned tendency to overextend themselves physically, as they pour their energy into helping others. This can manifest as physical fatigue or burnout, where the body feels drained from constantly giving without adequate self-care or boundaries.

Breath and Emotional Holding:

Twos might unconsciously hold their breath or experience shallow breathing, particularly when they are trying to suppress their own needs or emotions to focus on others. This can lead to a sense of emotional tightness or a feeling of being "closed off" from their own inner experience.

Physical Sensitivity to Rejection:

Twos might somatically react to perceived rejection or lack of appreciation with a physical contraction, particularly in the chest or heart area. This can become a conditioned response, where the body instinctively tightens or withdraws when they feel unloved or unneeded.

SOMATIC INSIGHTS— ENNEAGRAM TWO

The Heart Type and Grief/Sadness

As a heart type, Enneagram 2s are deeply attuned to their relationships and emotions, often experiencing the world through the lens of connection and care. For heart types, grief and sadness are the primary emotional habits, and for Twos, this is often connected to the unmet needs of others or the loss of feeling needed themselves.

In Enneagram 2s, grief and sadness show up somatically as a heaviness in the chest or throat, reflecting the weight of unexpressed emotions. They may feel a deep sadness when they sense that they are not being valued or appreciated, which can be stored in the body as tightness or a sensation of emptiness in the heart space. Twos often carry this grief inwardly, focusing their energy on others rather than themselves. This emotional weight can manifest as tension in the shoulders or an overextended physical posture, symbolizing their constant giving and caretaking.

Somatic Orientation-

The somatic orientation of the Two focuses their attention on other people's feelings and desires. Their energy goes toward sensing and responding to others' needs, prompting an embodied impulse to care for and support, often at the expense of their own well-being.

The Embodied Belief Pattern-

For Twos, the embodied belief pattern, sometimes referred to as their basic proposition, is that love and approval are earned by giving to others. This shows up somatically as a reach outward, where the body feels pulled to care for others as a way to avoid sensing their own unmet needs.

Embodied Impulse: Pride-

The "pride" of the Enneagram Two is an embodied impulse to give and care for others while resisting acknowledgment of their own needs. This pride can manifest physically as a forward-leaning posture, open arms, and a heart-centered energy that reaches outward to connect with and support others.

In the body, this impulse may feel like a warmth in the chest or a surge of energy moving toward others, driven by the need to be needed. This pride can also result in neglecting their own needs, which might manifest as a lack of awareness of physical exhaustion, hunger, or tension in their body. The embodied impulse of pride leads Twos to overextend themselves, physically and emotionally, in an effort to prove their worth through self-sacrifice.

Core Integration: Humility-

The "humility" of the Enneagram Two is an embodied state of self-acceptance and a recognition of their own needs. In humility, Twos experience a release from the need to be needed, and their energy turns inward, balancing their care for others with care for themselves.

In the body, this humility feels like a gentle warmth spreading through the chest and a softening of the heart space. The physical impulse to give and reach out calms, as they become aware of their own needs and allow themselves to receive. The openness of humility invites a sense of equality in relationships, where Twos can honor their own worth without overextending. The body feels nourished and balanced, able to give and receive from a place of grounded presence.

Energetic Drive: Need to be Needed-

The energetic drive of the Two is grounded in the deep desire to be loved and needed by others. This motivation manifests somatically as an outward-reaching energy, a pull toward others' emotional needs. Twos often feel this as a warmth in their chest and heart space, accompanied by an embodied urge to offer help, support, or comfort. Their bodies instinctively tune in to the feelings and desires of others, and this drive compels them to connect and care, sometimes at the expense of their own needs.

Defense Pattern: Repression-

The energetic drive of the Two is grounded in the deep desire to be loved and needed by others. This motivation manifests somatically as an outward-reaching energy, a pull toward others' emotional needs. Twos often feel this as a warmth in their chest and heart space, accompanied by an embodied urge to offer help, support, or comfort. Their bodies instinctively tune in to the feelings and desires of others, and this drive compels them to connect and care, sometimes at the expense of their own needs.

THE SOMATIC THREE

EMBODIED STORY

Before Integration — Strive to Achieve

I must succeed and be seen as capable to earn love and respect in a world that rewards performance.

This belief lives in the body as forward momentum — the chest lifts, breath quickens, and muscles stay ready for action.

Safety depends on doing, producing, and appearing composed.

After Integration — Rest in Being

I can be valued for who I am, not just what I accomplish.

Integration invites the body to slow down and settle — the chest softens, the exhale lengthens, and presence expands beyond achievement.

Effort transforms into ease; authenticity replaces image.

Worth is no longer earned — it's embodied.

WORKING WITH THE SOMATIC ENNEAGRAM THREE SHAPE

The somatic shaping or conditioned tendencies of the Enneagram 3 often revolve around their core drive for achievement, success, and recognition. These tendencies manifest in both their physical presence and their embodied reactions to the world.

Understanding these somatic tendencies can help Threes become more aware of their conditioned patterns, allowing them to pursue their goals with a greater sense of authenticity, balance, and connection to their inner values rather than solely seeking external validation.

The somatic work for Type 3 often involves slowing down, grounding, and reconnecting to the heart, helping them shift from a state of constant doing to one of being.

Grounded, Authentic Presence:

When in a healthy state, Threes can embody a grounded, authentic presence that balances their drive for success with genuine self-awareness and emotional connection. This somatic experience is marked by a sense of ease and congruence between their inner feelings and outer actions, allowing them to pursue their goals without sacrificing their true selves.

Tension in Shoulders & Neck:

Threes might carry tension in their shoulders and neck, areas that can symbolize the weight of their responsibilities and the pressure they place on themselves to perform and succeed.

This tension can be a physical manifestation of the stress and effort required to maintain their image and meet expectations.

Energetic Forward Momentum:

Somatically, Threes may experience a constant sense of forward momentum, as if their bodies are always moving towards the next goal. This can manifest as a quick pace in their movements, a tendency to lean forward, or a feeling of being propelled by an internal drive to achieve.

Controlled Breathing and Focus:

Threes often regulate their breathing in a way that supports focus and control, particularly when they are in performance mode or striving to meet a goal. This can lead to shallow or rhythmic breathing patterns that keep them energized and on task but may also disconnect them from deeper emotional experiences.

Sensitivity to Recognition:

Threes might somatically react to recognition or criticism with a heightened physical response, such as an adrenaline rush or a tightening in the body. This can become a conditioned response, where their bodies are always attuned to cues of success or failure, influencing their self-esteem and motivation.

SOMATIC INSIGHTS— ENNEAGRAM THREE

The Heart Type: Grief/Sadness-

For Enneagram 3s, as heart types, grief and sadness often arise from their sense of worth being tied to success and external validation. Their emotional habit of sadness surfaces when they feel like they have failed or are not seen for who they truly are behind their achievements.

Somatically, this grief is often hidden beneath a polished exterior, but it can manifest in subtle ways, such as shallow breathing or a tightness in the diaphragm as they push themselves to maintain their image. There can be an underlying sense of grief stored in the body, experienced as fatigue or a feeling of depletion when their efforts to succeed leave them disconnected from their inner emotional world. For Threes, sadness often lingers as a low-grade discomfort, making it difficult to connect to their deeper, more authentic feelings.

Somatic Orientation-

The somatic orientation of the Three focuses their attention on tasks, goals, and the recognition of accomplishments. Their energy is directed toward achieving and excelling, fueling an embodied impulse to succeed and be seen as capable and effective.

The Embodied Belief Pattern-

Threes hold the embodied belief, sometimes called their basic proposition, that love, recognition, and acceptance are gained through performance, doing, and success. Their bodies are often in a state of forward momentum, driven by a somatic need to achieve and prove their worth through constant activity.

Embodied Impulse: Deceit-

The "deceit" of the Enneagram Three reflects an embodied impulse to shape-shift or adjust their image to meet the expectations of others. This deceit isn't necessarily about lying; it's an impulse to create a successful persona that adapts to different environments, often disconnecting from the true self in the process.

In the body, this might feel like an underlying tension in the chest or throat as Threes work to project an image of success. There may be an energetic pull towards constant activity, fast-paced movements, and a tendency to ignore physical signals of stress or exhaustion. This embodied impulse drives Threes to move through life at full speed, pushing themselves to perform and achieve while keeping their true feelings and vulnerabilities hidden beneath a polished exterior.

Core Integration: Truthfulness-

The "truthfulness" of the Enneagram Three is an embodied state of authenticity and alignment with their true self. As Threes move toward truthfulness, their body relaxes the drive to perform or create an image, and they can breathe more freely, fully inhabiting who they are without pretense.

In the body, truthfulness feels like a grounding in the core, a settling of the nervous system, and a deeper connection to their heart. The energetic drive for external validation softens, allowing Threes to slow down and connect with their real emotions and desires. This embodied truthfulness brings a sense of ease and flow, where the need to prove oneself dissolves, and the body can rest in the simple, honest expression of being.

Energetic Drive: Striving for Success-

The energetic drive of the Three is focused on achieving success, recognition, and validation. This motivation is felt somatically as a forward-moving, productive energy—like a motor always running. Threes experience this drive as an embodied urge to accomplish tasks, meet goals, and be seen as competent and effective. The body often feels charged and ready to act, with energy gathering in the chest and limbs, propelling them toward performance and achievement, always seeking acknowledgment for their hard work.

Defense Pattern: Identification-

Threes hold the ideal, "I am successful," and their avoidance of failure drives them into the defense mechanism of identification, where they become fused with the roles they play or

the accomplishments they achieve. In the body, this manifests as a forward-moving, almost restless energy, with a focus on productivity and performance. Somatically, Threes may feel a sense of tightness in the chest or a quickening heartbeat as they push themselves toward success. Their bodies are often in constant motion, driven by the need to be seen as competent and effective. Identification allows Threes to avoid failure, but the body may show signs of stress or exhaustion from the relentless pursuit of achievement.

THE SOMATIC FOUR

EMBODIED STORY

Before Integration — Long for What's Missing

I must search for what's lost to feel whole in a world that seems to have left me behind.
This belief lives in the body as contraction and withdrawal — the chest caves slightly, the gaze turns inward, and breath moves toward the heart.
Safety depends on staying connected to what feels absent or misunderstood.

After Integration — Settle into Your Belonging

I can find beauty and meaning in the present moment, as it is.
Integration invites the body to open gently — the spine lifts, the breath steadies, and presence expands to include both joy and sorrow.
Longing softens into love; difference becomes belonging.
Wholeness is here, within and around me.

WORKING WITH THE SOMATIC ENNEAGRAM FOUR SHAPE

The somatic shaping or conditioned tendencies of the Enneagram Four often revolve around their core drive for individuality, depth of emotion, and a desire to be seen as unique and authentic. These tendencies manifest in both their physical presence and their embodied reactions to the world.

Understanding these somatic tendencies can help Fours become more aware of their conditioned patterns, allowing them to navigate their emotional landscape with greater awareness and self-compassion

By cultivating a deeper connection to their bodies and learning to embrace their emotions without being overwhelmed by them, Fours can integrate a more balanced and harmonious approach to life, where their uniqueness is celebrated alongside a sense of inner stability and connection.

Tension in the Heart & Chest Area:

Somatically, Fours may experience tension or tightness in the chest and heart area, reflecting their deep connection to emotions and the intensity with which they experience feelings like longing, melancholy, or passion. This can manifest as a physical heaviness or a sensation of constriction, especially when feeling misunderstood or emotionally isolated.

Balanced Presence Through Self-Acceptance:

When in a healthy state, Fours can embody a balanced presence that integrates their emotional intensity with self-acceptance and inner peace. This somatic experience is marked by a sense of alignment between their true self and how they present themselves

to the world, allowing for authentic connections without losing their individuality.

Emotional Sensitivity and Fluidity:

Fours are highly attuned to their emotions, which can lead to somatic experiences of fluctuating energy levels, from intense highs to deep lows. Their bodies may reflect these emotional shifts through changes in posture, breath patterns, or facial expressions, depending on their current emotional state.

Grounding Through Creative Expression:

Fours often find grounding and a sense of stability through creative or artistic expression, which allows them to channel their emotions into tangible forms. This can lead to a feeling of release or flow when they engage in activities that express their individuality and emotional depth.

Tendency to Withdraw:

When overwhelmed by emotions or feelings of inadequacy, Fours may somatically withdraw or close off physically. This can show up as slumped shoulders, averted gaze, or a general sense of pulling inward to protect themselves from external judgment or rejection.

Physical Sensitivity to Beauty and Aesthetics:

Fours often have a deep appreciation for beauty, and this sensitivity can manifest somatically as a strong, visceral response to art, nature, or other aesthetic experiences. Their bodies might react with a sense of awe, joy, or even a poignant sense of longing when they encounter something that resonates with their inner emotional world.

SOMATIC INSIGHTS— ENNEAGRAM FOUR

The Heart Type: Grief/Sadness-

Enneagram 4s, as heart types, are intimately connected to their emotions and often experience grief and sadness as a core part of their identity. Their emotional habit revolves around feeling what is missing, which leads them into a deep relationship with longing and loss.

For Fours, grief and sadness show up somatically as a deep heaviness in the chest, often felt as a pulling inward or a sinking sensation in the body. This can manifest as slumped shoulders or a constricted heart space, reflecting the emotional weight they carry. Their somatic experience of grief is often accompanied by a sense of isolation or withdrawal, where their body might feel heavy or slow, mirroring the depth of their emotional world.

Unlike other heart types, Fours tend to sit in their sadness, fully embodying it as a way of connecting to their inner truth and emotional depth.

Somatic Orientation-

The somatic orientation of the Four focuses their attention on what is missing in situations and relationships. Their energy goes toward finding meaning and depth, driving an embodied impulse to seek emotional connection and personal authenticity.

The Embodied Belief Pattern-

The embodied belief pattern of Fours, sometimes known as the basic proposition, is that they will feel loved, whole, and complete only if they can find the ideal love or perfect circumstance. This creates a somatic experience of deep yearning, where their bodies seek external conditions to soothe an inner sense of incompleteness.

Embodied Impulse: Envy-

The "envy" of the Enneagram Four is an embodied impulse that focuses on what is missing or lacking, often creating a sense of longing for something just out of reach. This can manifest physically as a heaviness in the heart or a sinking feeling in the chest, where Fours carry a sense of emotional depth and yearning.

In the body, this envy can be felt as a wistful, pulling sensation, as if the body is reaching out for something that feels absent or unattainable. It may also lead to withdrawal, as Fours turn inward to explore their emotional landscape. This embodied impulse pulls them into cycles of comparison and a deep sense of being different or separate, often creating an emotional intensity that is felt deeply in the body as they search for the missing piece that will bring them fulfillment.

Core Integration: Equanimity-

The "equanimity" of the Enneagram Four is an embodied state of balance and emotional wholeness. In equanimity, Fours experience a sense of emotional equilibrium, where their feelings are honored without becoming overwhelming, and they are able to fully embrace both joy and sorrow.

In the body, equanimity feels like a gentle grounding, as if the emotional waves settle into calm waters. The heaviness in the chest lifts, and the body finds balance between intensity and stillness. This embodied state allows Fours to be present with their emotions without being swept away by them. Equanimity invites a harmonious connection to life, where the body can hold space for all emotions with a steady, open-hearted awareness.

Energetic Crave: Longing for Identity-

The energetic drive of the Four is shaped by a deep longing to find and express their unique identity. This motivation is felt in the body as a sense of emotional depth and intensity, with an embodied pull toward what is missing or lacking in their life or relationships. Fours often

experience this drive as a subtle heaviness in the heart or a lingering sense of incompleteness, drawing them toward deep emotional connections and the search for personal meaning. Their bodies respond by amplifying feelings of longing and difference, pushing them toward self-expression and authenticity.

Defense Pattern: Introjection-

Fours are driven by the ideal, "I am authentic," and their avoidance of ordinariness leads them into the defense mechanism of introjection, where they internalize feelings of inadequacy. In the body, this can manifest as a heaviness in the chest or an emotional intensity that pulls them inward. Somatically, Fours may feel a deep longing or sadness that resides in the heart space, as they take on external judgments and internalize them as part of their identity. This defense pattern keeps them connected to their emotional depth but often at the cost of feeling separate or different from others. The body holds onto these feelings, reinforcing the idea that something essential is missing or lacking within them.

THE SOMATIC FIVE

EMBODIED STORY

Before Integration — Withdraw to Conserve

I must protect my energy and rely on my mind to stay safe in a world that demands too much.

This belief lives in the body as containment — the chest draws inward, breath becomes shallow, and energy pulls up toward the head.

Safety depends on retreating, observing, and maintaining control through distance.

After Integration — Embody Inner Abundance

I can stay open and connected without losing myself.

Integration invites the body to expand — the chest softens, breath deepens, and energy flows through the whole body rather than being held in the mind.

Knowledge becomes participation; clarity becomes connection.

Abundance is no longer gathered — it is lived.

WORKING WITH THE SOMATIC ENNEAGRAM FIVE SHAPE

The somatic shaping or conditioned tendencies of the Enneagram Five often revolve around their core drive for knowledge, understanding, and self-sufficiency. These tendencies manifest in both their physical presence and their embodied reactions to the world.

Understanding these somatic tendencies can help Fives become more aware of their conditioned patterns, allowing them to reconnect with their bodies and emotions in a way that feels safe and sustainable.

By cultivating a deeper awareness of their physical and emotional needs, Fives can integrate their intellectual strengths with a fuller, more embodied experience of life, finding a balance between knowledge and presence.

Tension in the Head, Neck, and Shoulders:

Somatically, Fives may experience tension in the head, neck, and shoulders, areas that are often associated with intellectual activity and mental focus. This tension can arise from their habit of overthinking, analyzing, and mentally distancing themselves from their emotions and the physical world.

Balanced Embodiment Through Integration of Mind and Body:

When in a healthy state, Fives can learn to integrate their rich intellectual world with a more embodied experience of life. This might involve practices that help them connect with their physical sensations and emotions, leading to a more balanced and grounded presence where they can engage with the world without feeling depleted.

Withdrawn, Contained Posture:

Fives often carry themselves with a posture that reflects their desire to conserve energy and protect their personal space. This might manifest as a more closed or hunched posture, with the shoulders slightly rounded and the body subtly withdrawing from external stimuli, signaling their need for privacy and introspection.

Physical Withdrawal in Response to Overwhelm:

When faced with overwhelming stimuli or demands, Fives might somatically withdraw by physically retreating or minimizing their presence. This can involve retreating into a quiet space, reducing their physical activity, or adopting a more subdued, almost invisible posture to protect their internal resources.

Grounded Presence Through Intellectual Engagement:

Fives often feel most grounded and present when they are intellectually engaged or deeply absorbed in a subject of interest. This can manifest somatically as a focused, alert posture, with a sense of mental clarity that brings a feeling of stability and control.

Sensitivity to Intrusions on Personal Space:

Fives might somatically react to perceived intrusions on their personal space or boundaries with a tightening of the body or a feeling of contraction, particularly in the chest or stomach. This can become a conditioned response where the body instinctively protects itself from unwanted demands or interactions.

SOMATIC INSIGHTS— ENNEAGRAM FIVE**The Head Type: Fear/Anxiety**

As a head type, Enneagram 5s navigate the world through their intellect, seeking to understand and manage life by gathering information. Fear and anxiety are the core emotional habits for head types, and for Fives, this often manifests as a fear of being overwhelmed or depleted by others.

Somatically, fear and anxiety for Enneagram 5s show up as a pulling back or retreating into their minds. This can manifest in the body as a sense of withdrawal, with energy constricting

to create a boundary between themselves and the outside world. Fives might experience this somatically as a tension in the neck or shoulders, as if holding themselves away from external demands. There may also be a coolness or lack of sensation in the body, symbolizing their tendency to detach from overwhelming emotions in favor of intellectual control. Their anxiety often sits quietly, keeping them in a constant state of vigilance around their energy and resources.

The Embodied Belief Pattern-

Fives embody the belief, sometimes called the basic proposition, that survival is assured through privacy, self-sufficiency, and limiting desires. Their bodies often retreat inward, somatically holding back energy and creating a sense of containment to feel protected and resourceful.

Embodied Impulse: Avarice -

The "avarice" of the Enneagram Five is an embodied impulse to conserve energy and resources, driven by a fear of depletion. This often leads to a physical and emotional withdrawal, where Fives contract their energy inward, creating a sense of tightness or containment in the body.

In the body, this impulse can feel like a subtle pulling back, as if their energy is being pulled into the core, away from external demands. This may manifest as shallow breathing, a sense of coldness, or a physical stillness, as Fives seek to protect their limited resources. The embodied impulse of avarice compels them to create boundaries that shield their internal world from the overwhelm of external pressures, often leading to isolation and an intense focus on mental analysis over physical or emotional engagement.

Core Integration: Non-Attachment-

The "non-attachment" of the Enneagram Five is an embodied state of openness and connection, where the impulse to withdraw is replaced by a sense of trust in life and others. In non-attachment, Fives release their tight grip on resources and knowledge, opening themselves to engage with the world from a place of abundance.

In the body, non-attachment feels like a release of the tension held in the core, allowing the breath to deepen and energy to expand outward. The sensation of withholding dissolves, replaced by a sense of spaciousness in the chest and an ability to share freely without fear of depletion. This embodied non-attachment invites a sense of flow and connection, where Fives can fully engage with life, trusting that they are supported and have enough.

Somatic Orientation-

The somatic orientation of the Five focuses their attention on intellectual understanding, accumulating knowledge, and protecting against intrusions from others' agendas, needs,

and feelings. Their energy is directed inward, fueling an embodied impulse to conserve resources and remain self-sufficient.

Energetic Drive: Need for Understanding and Autonomy-

The energetic drive of the Five centers around accumulating knowledge and preserving autonomy. This motivation is experienced somatically as a pulling inward, a contraction of energy designed to conserve physical, mental, and emotional resources. Fives feel this drive as a tightening in their core, a need to hold onto their own space and avoid being drained by others' demands. Their energetic drive fuels their pursuit of intellectual understanding, with their bodies often withdrawing or becoming still, focused on maintaining boundaries and control over their inner world.

Defense Pattern: Withdrawal-

Fives hold the ideal, "I am knowledgeable," and their defense mechanism of withdrawal helps them avoid the uncomfortable experience of inner emptiness. In the body, this manifests as a pulling back of energy, a physical retreat from engagement with the outside world. Somatically, Fives may feel a coolness or stillness in their bodies, as if they are conserving energy and resources. Their bodies often feel quiet and contained, with a strong focus on maintaining personal boundaries and autonomy. Withdrawal allows Fives to protect their inner world, but it can also lead to isolation and disconnection from both their bodies and others.

THE SOMATIC SIX

EMBODIED STORY

Before Integration — Brace for Uncertainty

I must stay alert and anticipate danger to feel safe in a world that can't be trusted.
This belief lives in the body as vigilance — the shoulders lift, the breath shortens, and the eyes scan for what might go wrong.
Safety depends on preparedness, loyalty, and external reassurance.

After Integration — Trust Inner Safety

I can rest in the stability that lives within me, even when the world feels uncertain.
Integration invites the body to release tension — the shoulders drop, the breath grounds deeper into the belly, and presence expands into trust.
Alertness transforms into awareness; fear gives way to faith.
Safety is no longer found out there — it's embodied here.

. WORKING WITH THE SOMATIC ENNEAGRAM SIX SHAPE

The somatic shaping or conditioned tendencies of the Enneagram Six often revolve around their core drive for security, stability, and preparedness in the face of uncertainty. These tendencies manifest in both their physical presence and their embodied reactions to the world.

Understanding these somatic tendencies can help Sixes become more aware of their conditioned patterns, allowing them to manage their anxiety and cultivate a deeper sense of inner security.

By connecting more fully with their bodies and learning to trust their instincts, Sixes can integrate a more balanced approach to life, where their vigilance is tempered with a sense of calm and confidence.

Tension in the Shoulders & Gut:

Somatically, Sixes may experience tension or tightness in the shoulders, neck, and gut. This tension often stems from their constant scanning for threats or uncertainties and their internalized anxiety about potential dangers. This can manifest as a feeling of tightness or a knot in the stomach, reflecting their tendency to worry and anticipate problems.

Grounded Stability in Trust:

When in a healthy state, Sixes can embody a grounded stability that comes from trusting themselves and their environment. This somatic experience is marked by a sense of inner calm and confidence, where their bodies reflect a relaxed, yet alert presence that allows them to face challenges without being overwhelmed by fear or doubt.

Physical Responses to Doubt and Uncertainty:

When faced with doubt or uncertainty, Sixes might somatically react with a tightening in the chest or a feeling of constriction in the throat. This physical response can mirror their mental struggle with indecision or fear, as their bodies react to the discomfort of not knowing what will happen next.

Grounding Through Reassurance:

Sixes often seek reassurance and grounding from trusted sources, whether through relationships, beliefs, or structures. Somatically, they may feel more at ease and stable when they can physically connect with these sources of security, which might manifest as a feeling of relaxation or release when they feel supported.

Energetic pulses of anxiety:

Sixes might experience somatic sensations that reflect their internal anxiety, such as jitteriness, restlessness, or a sense of being on edge. These sensations are often tied to their mental habit of anticipating worst-case scenarios, leading to physical manifestations of unease or hyper-alertness.

Physical Sensitivity to Authority and Group Dynamics:

Sixes might somatically react to authority figures or group dynamics with either a sense of alignment and safety or with increased tension and defensiveness, depending on how secure they feel in those situations. Their bodies can become more relaxed when they feel aligned with a trusted authority or group, or more rigid if they perceive a lack of trust or safety.

SOMATIC INSIGHTS— ENNEAGRAM SIX**The Head Type: Fear/Anxiety-**

Enneagram 6s, also head types, are deeply motivated by a need for security and stability, with fear and anxiety acting as their primary emotional drivers. For Sixes, this fear often revolves around uncertainty, doubt, and the potential for things to go wrong, causing them to seek safety through preparation or connection to trusted sources.

Somatically, fear and anxiety show up in Enneagram 6s as a sense of hypervigilance, often manifesting in a tightness in the chest or a quickening of the breath, as if bracing for what might happen next. This can lead to an overall sensation of being on edge, with tension in the jaw or a jittery, restless energy in the limbs. Anxiety for Sixes tends to feel somatically like a constant readiness to act, creating an alertness in the body that can make it hard to relax or find a sense of inner peace. Their bodies may feel wired, always anticipating potential threats.

Somatic Orientation-

The somatic orientation of the Six focuses their attention on what could go wrong, worst-case scenarios, and how to deal with them. Their energy goes toward preparing for potential threats, driving an embodied impulse to create safety and security through vigilance and planning.

The Embodied Belief Pattern-

For Sixes, the embodied belief pattern, sometimes referred to as the basic proposition, is that certainty and safety can be assured by avoiding harm or confronting it head-on. This leads to a somatic readiness in the body, which may shift between bracing for danger or preparing to act against perceived threats.

The Embodied Impulse: Fear-

The "fear" of the Enneagram Six manifests as an embodied impulse toward hyper-vigilance and preparedness. This fear is felt deeply in the body as a state of alertness, where muscles tense and the breath quickens in anticipation of potential threats or challenges.

In the body, this fear can show up as a readiness to act, with shoulders raised, jaw clenched, and energy held in the chest or gut. It can feel like a constant buzzing or tightness in the body, a readiness to react to perceived dangers. This embodied impulse drives Sixes to seek security, often causing them to second-guess themselves and others. The physical experience of fear pushes them to constantly scan their environment, both internally and externally, looking for signs of danger or instability.

Core Integration: Courage-

The "courage" of the Enneagram Six is an embodied state of trust and confidence, where the body feels steady and grounded, no longer driven by fear or hyper-vigilance. In courage, Sixes experience a deeper sense of security within themselves, allowing them to move forward with faith and resilience.

In the body, courage feels like a settling of the nervous system, a softening of the shoulders, and a sense of strength rising from the core. The impulse to scan for threats relaxes, and the body feels more centered, capable of facing challenges with calm determination. This

embodied courage invites a sense of inner stability, where Sixes trust their own inner guidance and feel equipped to meet life's uncertainties with confidence and grace.

Energetic Drive: Seeking Security and Certainty-

The energetic drive of the Six is focused on finding security, stability, and protection against perceived threats. This motivation is felt in the body as a vigilant, alert energy—often manifesting as a tightening in the chest or an increased awareness of the environment. Sixes experience this drive somatically as a readiness to respond to potential danger, with their bodies maintaining a low-level tension in preparation for worst-case scenarios. This energetic drive fuels their need to create plans, seek support, and feel safe in uncertain or potentially threatening situations.

Defense Pattern: Projection-

Sixes are motivated by the ideal, "I am loyal," but their avoidance of rejection fuels the defense mechanism of projection. In the body, this shows up as heightened alertness, with a constant scanning of their environment for potential threats. Somatically, this can feel like tension in the chest, shallow breathing, or an overall sense of restlessness, as the body prepares for worst-case scenarios. The defense of projection allows Sixes to externalize their fears, seeing potential rejection or betrayal in others rather than acknowledging it within themselves. Their bodies remain in a state of readiness, driven by the need to feel secure in a world they perceive as unpredictable.

THE SOMATIC SEVEN

EMBODIED STORY

Before Integration — Escape into Possibility

I must stay positive and keep moving toward what's next to avoid discomfort or limitation. This belief lives in the body as upward, restless energy — the chest lifts, eyes brighten, and attention reaches forward into the future.

Safety depends on freedom, options, and avoiding what feels heavy or constrained.

After Integration — Savor Present Joy

I can experience freedom not by escaping, but by arriving — here, in this moment.

Integration invites the body to settle — the breath deepens, the shoulders relax, and the heart opens to both joy and quiet stillness.

Excitement becomes contentment; anticipation becomes gratitude.

The richness I seek is already here

WORKING WITH THE SOMATIC ENNEAGRAM SEVEN SHAPE

The somatic shaping or conditioned tendencies of the Enneagram Seven often revolve around their core drive for enjoyment, freedom, and avoiding pain or discomfort. These tendencies manifest in both their physical presence and their embodied reactions to the world.

Understanding these somatic tendencies can help Sevens become more aware of their conditioned patterns, allowing them to slow down, connect with their bodies, and experience life with greater depth and presence.

By learning to embrace stillness and be present with all their emotions, Sevens can integrate a more balanced approach to life, where their pursuit of joy is enriched by a deeper connection to themselves and the present moment.

Restlessness and Quick movements:

Somatically, Sevens often exhibit restlessness, with a tendency toward quick, spontaneous movements. This can be seen in their rapid gestures, frequent shifts in posture, or a general sense of being "on the go." This reflects their internal drive to seek new experiences and avoid feeling trapped or bored.

Grounded Joy Through Presence:

When in a healthy state, Sevens can embody a grounded joy that comes from being fully present in the moment. This somatic experience is marked by a balanced energy that allows them to savor their experiences deeply without needing to constantly chase the next thrill. Their bodies may reflect a more centered, calm posture, indicating a sense of contentment and inner peace.

Gestures of Care and Support:

Twos often express their caring nature through physical gestures, such as reaching out, touching, or hugging. These actions are somatic expressions of their desire to connect and support others, often feeling a sense of fulfillment through physical closeness and nurturing. Energetic, Buoyant Posture:

Sevens often carry themselves with an energetic, lively posture that reflects their enthusiasm and zest for life. Their body language may be open, expressive, and full of movement, signaling their desire to explore, experience, and engage with the world around them.

Physical Responses to Freedom and Constraint:

Sevens often feel a strong somatic reaction to situations that either enhance or restrict their sense of freedom. When they feel free and unencumbered, their bodies might relax and expand, but when they feel constrained or limited, they may experience a tightening in the chest or a feeling of being physically boxed in.

Physical Sensitivity to Boredom or Pain:

Sevens might somatically react to boredom or the prospect of pain with a noticeable shift in energy, often becoming more restless or agitated. This can become a conditioned response, where their bodies instinctively seek to escape or distract themselves from discomfort, both physically and emotionally.

SOMATIC INSIGHTS- ENNEAGRAM SEVEN

The Head Type: Fear/Anxiety-

For Enneagram 7s, as head types, fear and anxiety manifest in the avoidance of discomfort and emotional pain. Sevens are driven by the desire to stay upbeat and to avoid being trapped in unpleasant situations, so their anxiety often arises from the fear of missing out on positive experiences or being limited in their freedom.

Somatically, this fear can present as a buzzing energy, often felt in the chest or around the heart, as if they are constantly in motion, trying to avoid stillness. Anxiety may show up as a rapid heartbeat or a sensation of needing to move, with fidgety limbs or a nervous restlessness that keeps them physically and mentally active. Sevens tend to somatically

experience their anxiety as a forward-moving energy, always seeking the next escape or distraction to avoid sinking into deeper, more uncomfortable feelings. This can leave their bodies feeling unsettled, as if always needing to chase the next source of joy or excitement.

Somatic Orientation-

The somatic orientation of the Seven focuses their attention on multiple options and idealized future plans. Their energy is directed toward exploring possibilities and avoiding limitations, driving an embodied impulse to seek enjoyment and keep all options open.

The Embodied Belief Pattern-

Sevens hold an embodied belief, sometimes called their basic proposition, that they can avoid pain and frustration by continuously seeking new options, opportunities, and adventures. This shows up somatically as a restless energy, driving their bodies to chase novelty and avoid stillness or discomfort.

Embodied Impulse: Gluttony-

The "gluttony" of the Enneagram Seven is an embodied impulse to take in as much experience, stimulation, and pleasure as possible. This gluttony is felt as an expansive energy, a lightness in the body, and a constant craving for more—more adventure, more joy, more excitement.

In the body, this impulse can feel like an almost buoyant energy, where Sevens move quickly and fluidly, often shifting from one experience to the next without pausing. It may manifest as restlessness, quick movements, or a sensation of fullness in the chest or belly as they take in life at a rapid pace. The embodied impulse of gluttony drives Sevens to seek out new experiences and avoid pain or discomfort, often bypassing the present moment in their pursuit of what's next.

Core Integration: Sobriety-

The "sobriety" of the Enneagram Seven is an embodied state of grounded presence and contentment, where the impulse for constant stimulation is replaced by a deep sense of satisfaction in the here and now. In sobriety, Sevens find fullness in the present moment, no longer needing to chase after future experiences or distractions.

In the body, sobriety feels like a calming of the breath and a deep settling into the present. The restlessness in the limbs eases, and the body feels anchored and present. This embodied sobriety allows Sevens to experience true joy and fulfillment without the need for excess or escape. The body feels nourished by simplicity, and Sevens are able to savor the richness of the moment without needing to seek more.

Energetic Drive: Pursuing Enjoyment and Avoiding Pain-

The energetic drive of the Seven is centered on seeking out pleasure, new experiences, and avoiding discomfort. This motivation manifests somatically as an expansive, fast-moving energy in the body, often felt as a lightness in the chest or an eagerness in the limbs. Sevens experience this drive as an embodied impulse to keep options open, chase excitement, and avoid feeling confined or limited. The energetic drive pushes them to stay in motion, explore new possibilities, and maintain an upbeat, optimistic outlook.

Defense Pattern: Rationalization-

Sevens live by the ideal, "I am OK," and their avoidance of pain and suffering drives them into the defense mechanism of rationalization. In the body, this defense manifests as an expansive, upward-moving energy that resists staying present with discomfort. Somatically, Sevens may feel lightness in the body or a sense of quick movement, as if they are always chasing the next pleasurable experience. Rationalization allows Sevens to reframe difficult situations in a positive light, keeping pain at bay, but this can lead to a disconnection from deeper emotional or physical experiences. The body may hold tension or avoid grounding, as the defense keeps them in a state of forward motion, always seeking the next source of stimulation.