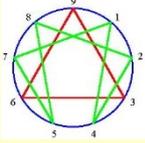


Correlating the Four Foundations of Mindfulness with the Enneagram

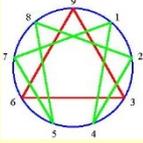
By Jerome Freedman, Ph. D., C.M.T.
Certified Teacher of the Enneagram
Certified Mindfulness Teacher



Centering Meditation

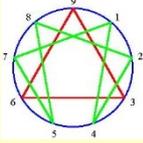


Grounding Practice



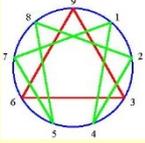
Introduction

- 🌀 NYTimes ad for Arica training 1971
- 🌀 Psychology Today article 1971
- 🌀 Meeting Rabbi Zalman Schachter and Dr. Claudio Naranjo 1972
- 🌀 Taking Claudio's course – “Here we have a doubter!” 1974
- 🌀 Meeting Helen and David, professional training 1988-2002
- 🌀 Enneagram Instrument on the web 1994 -
- 🌀 Pandemic: Enneagram Prison Project 2020
- 🌀 Training with Russ Hudson, Sandra Maitri and others 2022
- 🌀 Buddhist training with Thich Nhat Hanh since 1984 -
- 🌀 Founder / Guiding Teacher of Mindfulness In Healing Sangha 2009 –
- 🌀 Cancer Health Coach and Mentor 1998 -



Assumptions

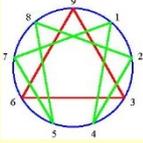
-  You know enough about the enneagram so we can focus on the Four Foundations of Mindfulness
-  You have an understanding about what mindfulness is and how the practice is beneficial
-  You recognize the connection between mindfulness, presence, awareness and attention practices



Agenda

Four Foundations of Mindfulness and the Enneagram

- | | | |
|---|---|------------------|
|  Mindfulness of Body | ↔ | Body types |
|  Mindfulness of Feelings | ↔ | Feeling types |
|  Mindfulness of Mind | ↔ | Mental types |
|  Mindfulness of Mind Objects | ↔ | Enneagram Theory |



Objectives



Understanding the Four Foundations of Mindfulness



Comprehensive overview of each foundation



Practice with each foundation



Correlating the Foundations with Enneagram Centers and Symbols



Integration of mindfulness practices with Enneagram insights



Understanding the deeper connections between both systems



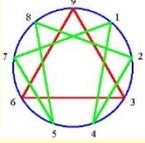
~~Exploring the Nine Types of the Enneagram~~



~~Detailed characteristics of each type~~

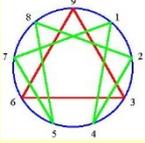


~~Recognition of personal type and others' types~~



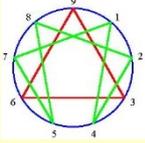
The Four Foundations

- ④ Mindfulness of Body
 - ④ Definition and significance in mindfulness practice
 - ④ Understanding physical sensations and body awareness
- ④ Mindfulness of Feelings
 - ④ Definition and significance in mindfulness practice
 - ④ Understanding emotional sensations and body awareness
- ④ Mindfulness of Mind
 - ④ Awareness of thoughts and mental processes
 - ④ Observing the nature of the mind
- ④ Mindfulness of Mind Objects
 - ④ Understanding mental objects and phenomena
 - ④ Connection with the Enneagram symbol



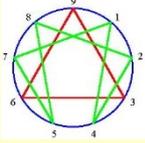
Mindfulness of Body

- 🌀 Body sensations, breath, and posture
 - 🌀 Scanning the body for physical sensations
 - 🌀 Observing the breath as a primary anchor
 - 🌀 Maintaining awareness of posture and movement
- 🌀 Practices: mindful breathing
 - 🌀 Guided body scan meditation
 - 🌀 Techniques for mindful breathing

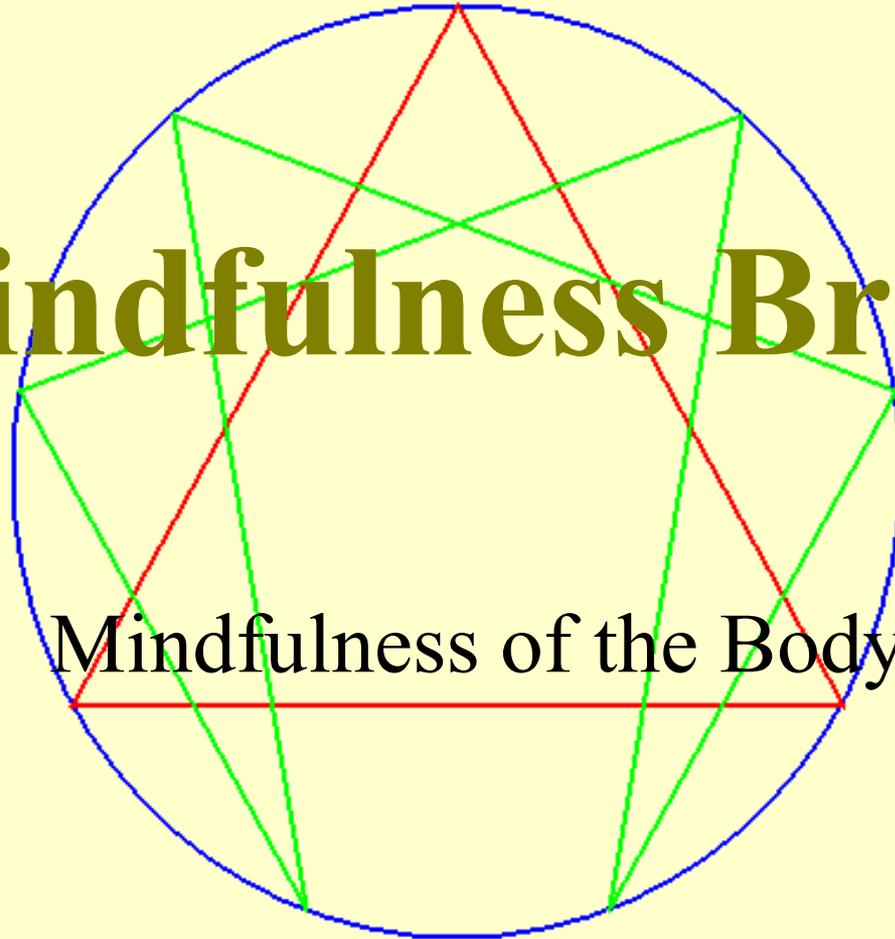


Body Practices

1. **Identify In-Breath and Out-Breath:** Observing the breath as it is. Techniques include mindful breathing and noting inhalations and exhalations.
2. **Follow In-Breath and Out-Breath:** Techniques involve following the breath and maintaining sustained attention on breathing.
3. **Awareness of Body:** Recognizing body sensations, breath, and posture. Practices include body scan and mindful movement.
4. **Releasing Tension in Body:** Techniques such as relaxation exercises and releasing physical tension

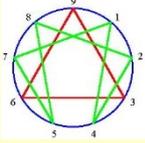


Mindfulness Break

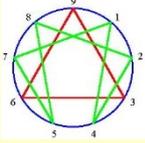


Mindfulness of the Body

Mindfulness for Body Types (Points 8, 9, 1)



- Correlated with Mindfulness of Body
 - Emphasis on physical sensations and body awareness
 - Practices: grounding exercises, body-centered mindfulness
- Focus: Physical sensations and body awareness
 - Understanding the importance of physical presence
 - Developing a connection to the body's wisdom
- When I am in my body, I feel
 - 8 – strong
 - 9 – peaceful
 - 1 – “all is right with the world”

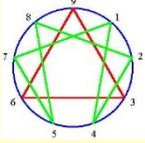


Body Centered Practices

8 – **Softening:** Visualize softening and relaxing the body and mind, especially areas of tension, fostering gentleness and receptivity

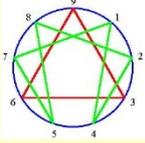
9 – **Grounding:** Use grounding techniques (e.g., feeling the earth beneath you) to cultivate a strong sense of presence and vitality.

1 – **Loving kindness:** Repeat phrases like "May I be kind to myself," "May I accept myself as I am," to foster a sense of inner balance



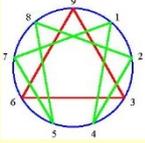
Mindfulness of Feelings

- ④ Understanding feelings and emotions
 - ④ Identifying pleasant, unpleasant, and neutral feelings
 - ④ Recognizing the impermanence of emotions
- ④ Practices: Observing feelings, noting emotions
 - ④ Labeling emotions as they arise
 - ④ Practices for developing emotional intelligence



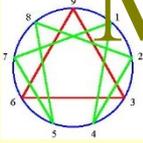
Practice with Feelings

- 5. Bring About a Feeling of Joy:** cultivating joy, noting pleasant sensations
- 6. Bring About a Feeling of Happiness:** gratitude, generating happiness
- 7. Awareness of Painful Feelings:** Observing unpleasant feelings, techniques: noting pain, compassionate awareness
- 8. Releasing Tension in the Feeling:** Practices: emotional regulation, calming techniques



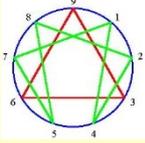
Mindfulness Break

Mindfulness of the Feelings



Mindfulness for Feeling Types (Points 2, 3, 4)

- 🌀 Correlated with Mindfulness of Feelings
 - 🌀 Focus: Emotional awareness and compassion
 - 🌀 Practices: emotional regulation, heart-centered mindfulness
- 🌀 When I am in my feelings, I feel
 - 🌀 2 – love and compassion for **all**
 - 🌀 3 – competent and efficient
 - 🌀 4 – in my essence without trying to be unique

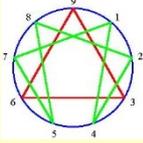


Heart Centered Meditations

2 – **Self-compassion:** Reflect on personal needs and offer compassion to oneself, recognizing the importance of self-care.

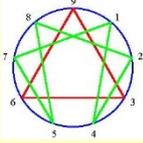
3 – **Mindful Breathing:** Concentrate on the breath to cultivate presence, reducing the drive for constant productivity and success.

4 – **Gratitude:** Reflect on things you're grateful for, shifting attention from perceived deficiencies to abundance.



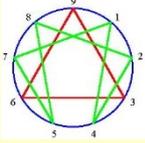
Mindfulness of Mind

- 🌀 Observing thoughts and mental states
 - 🌀 Noting the arising and passing of thoughts
 - 🌀 Developing a non-judgmental awareness of the mind
- 🌀 Practices: Mindful awareness of thoughts
 - 🌀 Techniques for observing the thinking mind
 - 🌀 Practices for cultivating mental clarity

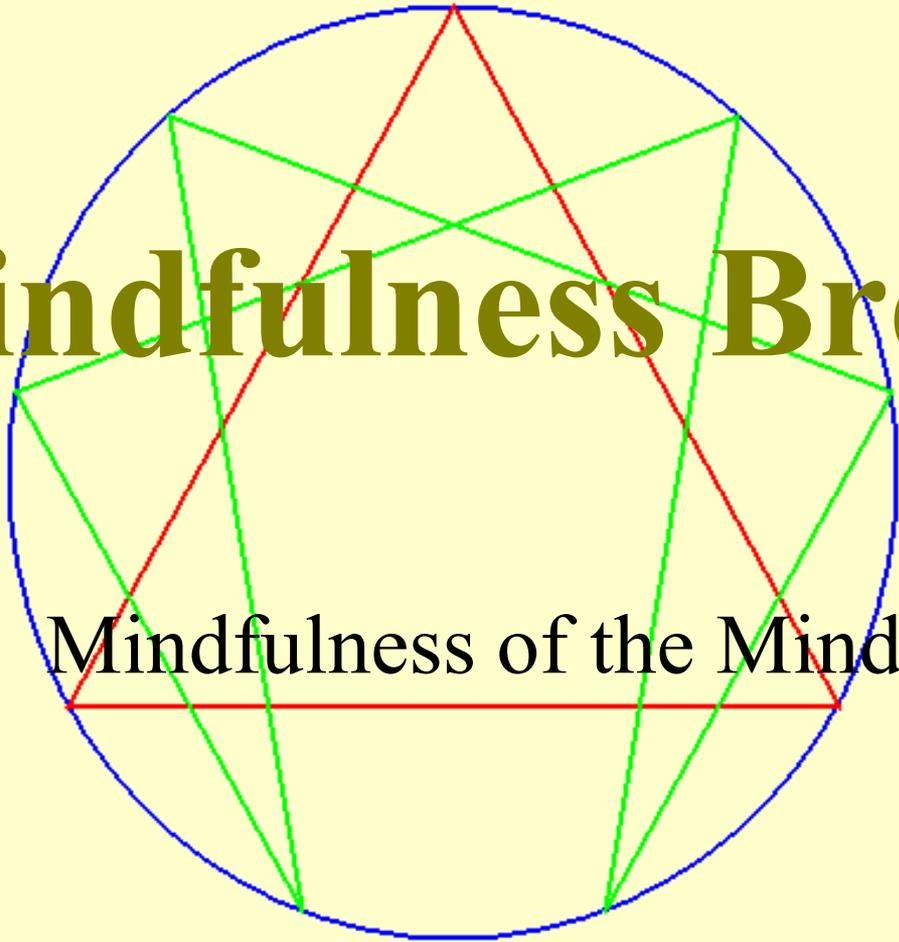


Practices with Mind

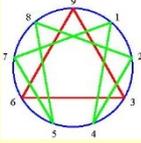
- 9. Recognize Mental Formations:** Observing thoughts and mental states, Techniques: noting thoughts, mindful awareness
- 10. Gladden the Mental Formation:** Techniques: positive thinking, cultivating joy,
- 11. Concentrate on the Mental Formation:** Practices: focusing exercises, deep concentration
- 12. Liberation of Mental Formations:** Techniques: releasing thoughts, mental clarity



Mindfulness Break

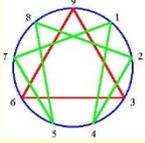


Mindfulness of the Mind



Mindfulness for Head Types (Points 5, 6, 7)

- 🌀 Correlated with Mindfulness of Mind
 - 🌀 Emphasis on mental clarity and understanding
 - 🌀 Practices: observing thoughts, mindful inquiry
- 🌀 Focus: Mental clarity and understanding
- 🌀 When I am in my head, I feel
 - 🌀 5 – I’m content
 - 🌀 6 – I don’t get lost in thoughts
 - 🌀 7 – I’m having the best experience now

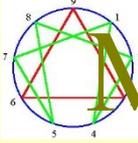


Head Centered Practices

5 – **Body Scan:** Systematically bring awareness to different parts of the body, fostering a sense of embodiment.

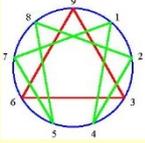
6 – **Anchor:** Use a mental or physical anchor (e.g., breath, a mantra) to build a sense of inner stability and calm.

7 – **Feelings:** Observe and name emotions as they arise, allowing them to pass without needing to escape or distract.



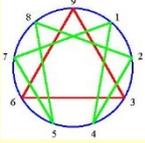
Mindfulness of Mental Objects

- ④ Awareness of mental phenomena
 - ④ Understanding the five hindrances and seven factors of awakening
 - ④ Observing the nature of mental objects
- ④ Practices: Contemplation of mental objects
 - ④ Techniques for exploring mental phenomena
 - ④ Practices for deepening insight into the mind



Practices for Mind Objects

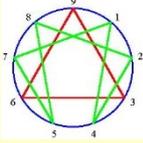
- 🌀 **Contemplation of Impermanence:** Understanding the transient nature of phenomena with meditation on impermanence.
- 🌀 **Contemplation on the Lack of Desire:** Techniques for reducing attachment and cultivating detachment.
- 🌀 **Contemplation on Nirvana:** Meditation on no-birth / no-death, existence / nonexistence, no coming / no going, no after / no before
- 🌀 **Contemplation on Letting Go:** Techniques for releasing attachments and letting go practices.



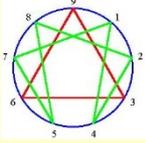
Mindfulness Break

Mindfulness of the Mental Objects

Mindfulness of Mental Objects and Enneagram Symbols

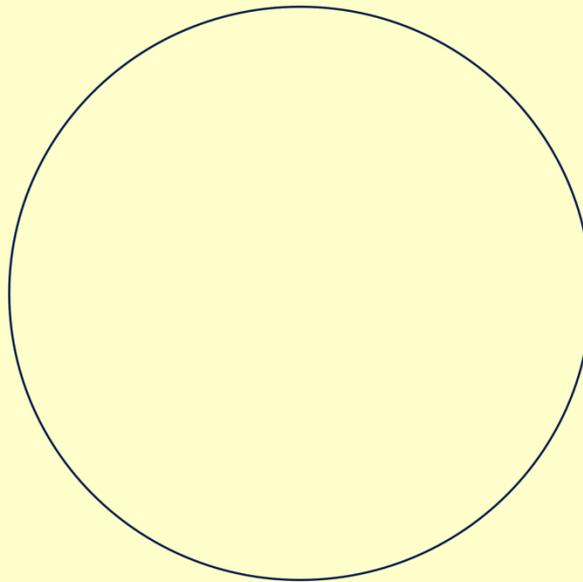


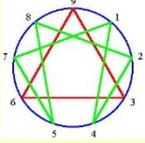
- ① **Circle:** Represents unity and wholeness
 - ① Significance: the interbeing (interconnectedness) of all things
 - ① Practices: meditation on unity, holistic awareness
- ② **Triangle:** Represents the Law of Three (three centers)
 - ① Significance: balance and harmony among body, heart, and mind
 - ① Practices: balancing exercises, three-center mindfulness
 - ① Correlates to the three poisons and their opposites
 - ① Greed (passive force) → Generosity
 - ① Aggression (active force) → Loving kindness
 - ① Delusion (reconciling force) → Wisdom
- ③ **Polygram:** Represents the dynamic interplay between the nine types
 - ① Significance: the complexity and fluidity of personality
 - ① Practices: exploring inter-type relationships, dynamic mindfulness
 - ① Correlates to the teachings on impermanence
 - ① all conditioned things change like the shock points at 3, 6 and 9
 - ① change is unpredictable



Law of One

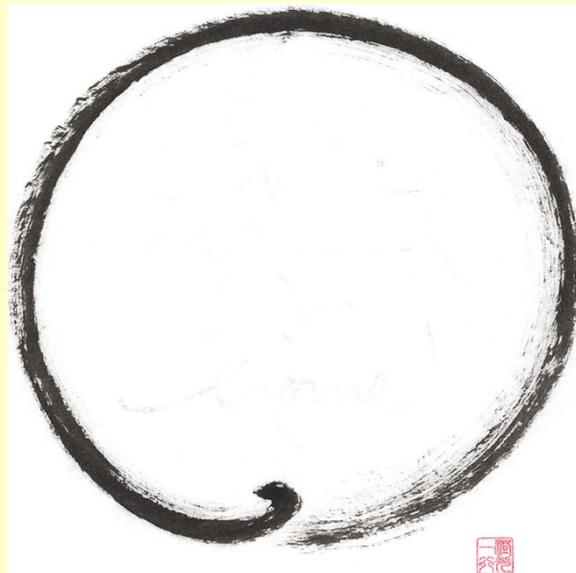
 Circle: represents unity and wholeness



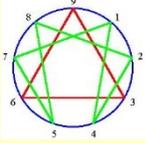


Interbeing

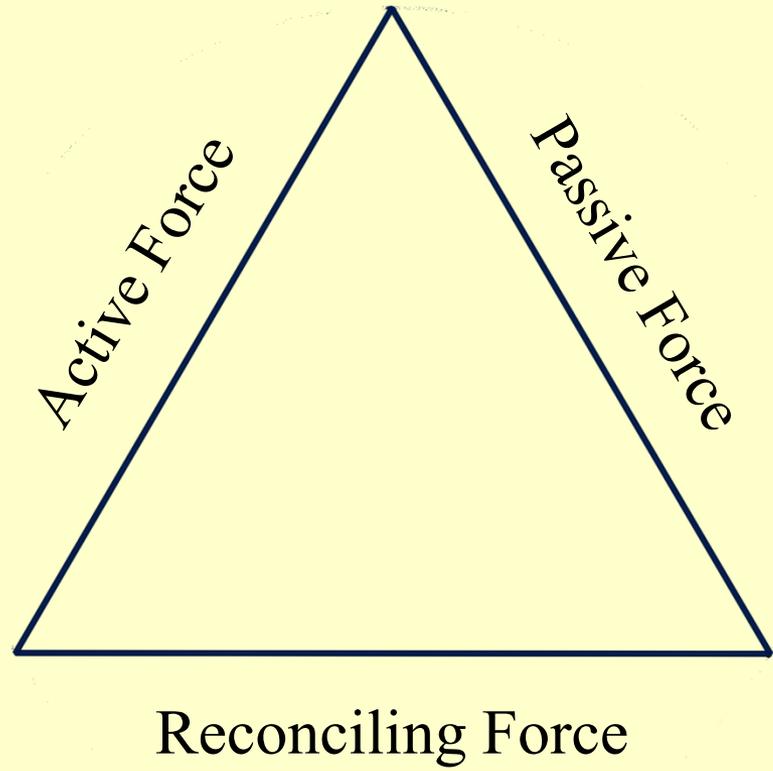
- 🌀 All constructed things are empty of a separate existence.
- 🌀 This implies the interbeing of all things.

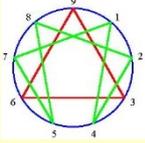


This is an Enzo – an edited copy of Thay’s drawing
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Law of Three





The Three Poisons

Lust
Desire
Passion
Craving
Grasping
Attachment

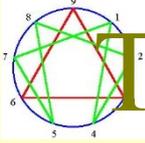
Greed

Hatred

Aggression
Aversion
Anger
Ill-will
Violence
Hostility

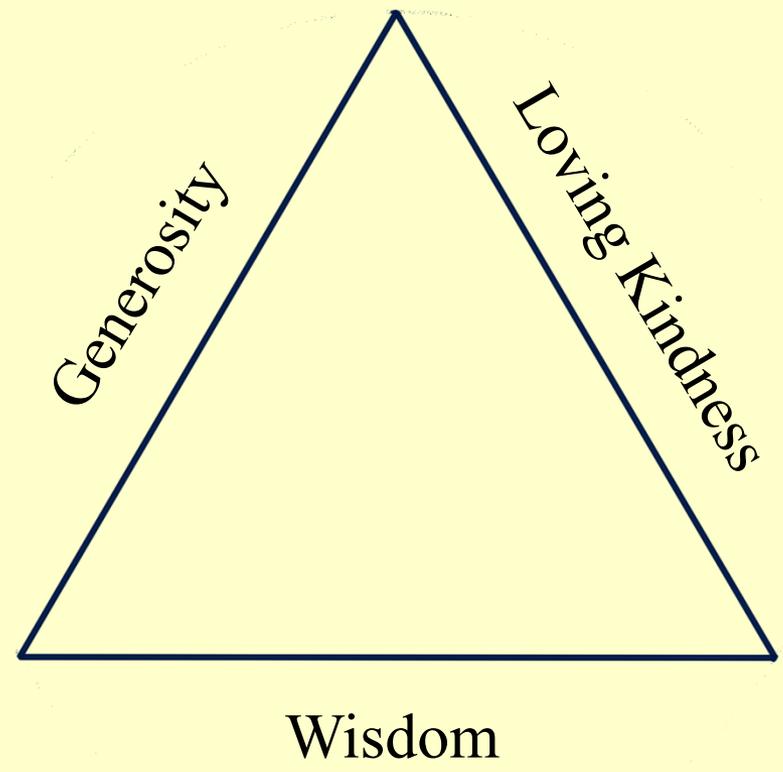
Delusion

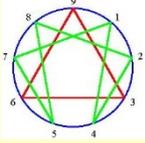
Ignorance | Dullness | Confusion | Deception | Fantasy | Illusion



The Three Wholesome Factors

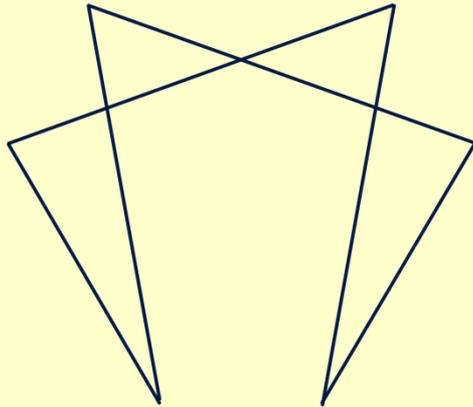
With the 4 Foundations of Mindfulness, transforms into...

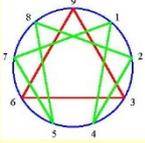




The Law of Change

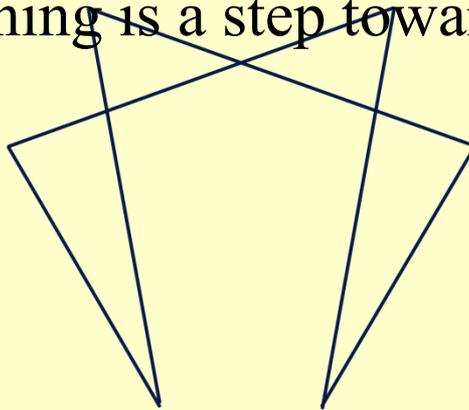
- 🌀 The connection of 1-4-2-8-5-7-1-4... represents the law of change.
- 🌀 Shock points occur at the points of the triangle, 3-6-9

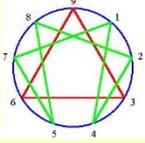




Three Factors of Existence

- ④ Impermanence, suffering, and no fixed self
 - ④ Impermanence implies that all things change
 - ④ Suffering is unavoidable
 - ④ There is no evidence of a fixed, permanent self
- ④ Realizing this teaching is a step towards integration

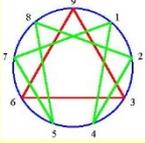




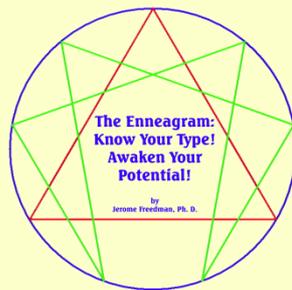
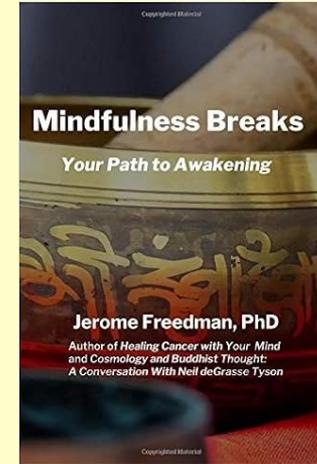
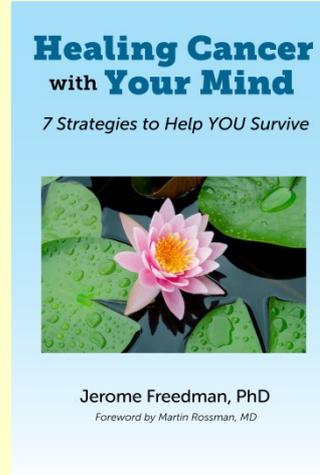
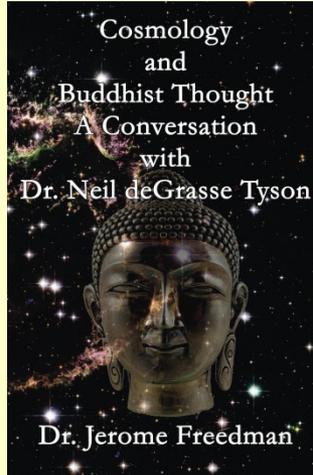
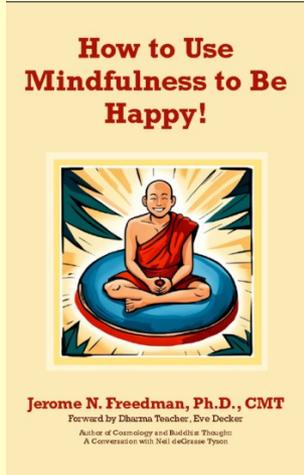
Questions and Responses

Resources

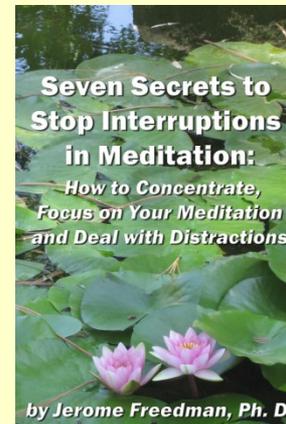
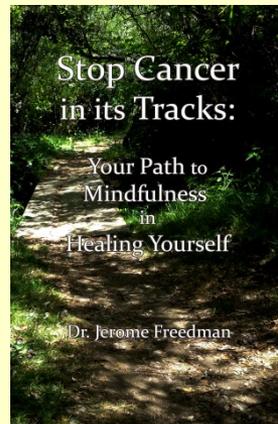
Visit <https://mountainsangha.org/4-foundations>

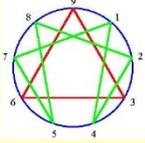


Books



Energy follows attention.
Where is your attention?





Guided Meditations

MEDITATION PRACTICES PRESENTS

WEIGHT LOSS GUIDED MEDITATION

"You can easily lose weight with guided meditation."

Visit <http://mountainsangha.org>

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MEDITATION PRACTICES PRESENTS

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MEDITATION PRACTICES PRESENTS

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MEDITATION PRACTICES PRESENTS

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MEDITATION PRACTICES PRESENTS

SOUND SLEEP GUIDED MEDITATION

"You can easily sleep soundly with guided meditation."

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MEDITATION PRACTICES PRESENTS

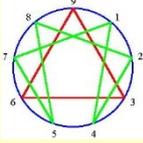
REDUCE SYMPTOMS GUIDED MEDITATION

"You can easily reduce symptoms with guided meditation."

Dr. Jerome Freedman

<http://mountainsangha.org>





“Here’s My Card”

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Certified Mindfulness Teacher

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415-299-0428

Web Site: <https://enneagram-instrument.org>

Enneagram Instrument: <https://enneagram-instrument.org/e-order.php>

Meditation Practices: <https://mountainsangha.org>