

T H E
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Inner Work
of Love & Action

An Embodied Enneagram Path from Self-Forgetting to Self-Remembering

Expanded Three Centers Practice

Expanding Presence in Each Center

This practice is similar to the above practice but is slightly different. In this practice you stay in each Center a little longer, by using your breath and a simple visualization to gather and expand awareness within each Center, before uniting all three in a single integrated experience of grounded presence. It is both somatic and contemplative: the breath does the work, the body registers the result, and you are invited to name your own felt experience at each Center. It ends with eyes open, feet on the floor, and a return to the full aligned state — anchoring presence in ordinary waking life rather than in meditative retreat.

Listen to the [audio](#) meditation.

Find a place of comfort. Sit with your feet on the floor, your back against the chair, your body completely supported. Take a moment to simply arrive.

Now bring your attention to your breath. As you breathe in, feel the breath coming in, bringing it down through the body and releasing it. When you breathe in, your stomach extends out. As you breathe out, it comes back to rest. Do that a few times. This is the in and down movement you have already practiced — the breath as a way of returning to the body.

Now bring your attention to the center point of your head. Imagine in your mind's eye a small dot resting there. The next time you breathe in, bring your breath right to the center of that dot. And as you breathe out, see that dot expand — filling all of the space within your head, your face, your jaw, even the back of your neck.

Do that a few times. Breathing into the dot, breathing out — and it expands. Breathing in — and the dot becomes small again. Breathing out — it expands into the entire area of the head.

Now take a moment in the expansion. What is the experience you are having as the entire area fills with the energy of your breath? What name would you bring to it? For

many, there is a sense of total rest — no room for thoughts, no room for the past or the future. Your attention is only on the expansive nature of this Head Center. Notice what is true for you.

Take a deep breath in, releasing that dot in your mind's eye, and breathe out.

Now, on the next breath in, find the center of your Heart Center and breathe into a small dot that resides there. As you breathe out, expand that breath into the entire cavity of your chest. Breathing in — the dot becomes smaller. Breathing out — the entire area of your Heart Center fills.

Do that a few times. And now — can you name that experience, that felt sense? For many, it is expansive — the entire chest filled with a whole, complete energy. There is no single feeling, but a totality of presence. A sense of love, of openness, of being here. What do you feel? Mark that experience, so that when needed, you can return to it.

And now on the next breath in, bring your attention to a small dot right in the center of your belly. As you release, the breath expands through the entire center of gravity — the belly, the gut, the lower body. Breathing in — it becomes small again. Breathing out — it is expanding, full to capacity.

Do that a few times. What is the felt sense of this experience for you? For many, it is a solidness, a groundedness — a sense of being deeply rooted, held by the earth itself. How about you?

Take a breath in, releasing the attention to the belly. A breath in and a breath out.

And now, on the next breath, bring your breath to the center of your head — and on the release, connect it to the center in your heart and the center of your belly. Feel all three centers opening simultaneously. In the next breath, feel the expansiveness of every center that is now fully connected, fully aligned — allowing you to be totally present to yourself, to this moment, to the ground in which your being is held and supported.

Do that a few more times and mark this experience. You can return to it in an instant if you continue to practice — so that when you need to return, it is there waiting for you.

Now, on the next breath, open your eyes. Feel your feet on the ground. Feel your body supported by the chair.

And try once more. Can you return to that experience inside with your eyes open? Breathing in and down to the fullness of your presence connected to the earth and to the heavens.

Open your eyes. Feel your feet on the floor, your seat in the chair. Bring your breath in and feel that grounded sense of presence — where your head, your heart, and your body are aligned, centered, grounded in your presence and in the presence of the Love.

Let the breath return to its natural rhythm. Remain here — eyes open or closed — in silence, for as long as feels natural.

This practice helps you experience the difference between constriction and expansiveness in each Center. When expanded, the Center lets go of what it clings to and opens space for freedom, if only for a few seconds. As with all the practices, this one develops the capacity to return quickly to a state of full, embodied presence — even in the midst of daily life — and strengthens the felt sense of being grounded in oneself and in the larger ground of being.