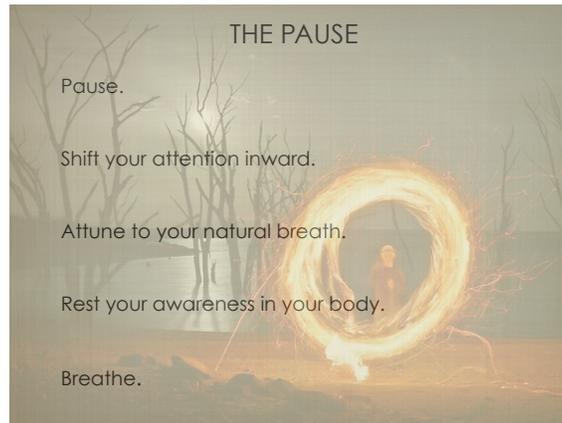




THE PAUSE
Coming Home to Ourselves
Leslie Hershberger, The Living Enneagram



Not only does the *habit of our type* keep us from being receptive to love, but *distraction and speed* are increasingly primary forces vying for our attention. The insertion of The Pause is simple, grounding and it only takes intention and practice to become a lifelong habit.

The good news is it requires just one simple shift of attention.

Here are type specific ways we contract in relationship.

You may have your own unique pattern in relationship so pay attention to your own experience as it may be slightly different from the words I use below.

You also may find it helpful to read your type suggestions aloud so the words register themselves in your body.

For 8/9/1s:

As a **Body Type, you need:** a sense of your own boundaries and an ability to befriend your own inner experience. Sometimes your challenge in relationships is with your tendency to see the world as a struggle of opposites. (Whose position/agenda is stronger and which one matters more?) You tend to have an inner dialogue that says “they should/shouldn’t act that way, things should/shouldn’t be this way.” Often, this is a way of avoiding your own vulnerable inner experience which includes anger. This can result in exceeding or blurring own boundaries.

8s insert The Pause and notice how anger and big energy cause you to leave yourself and demand something from others or the environment. Shift attention inward and set the intention to connect to your own innocence and surrender your own strong will. This allows you to experience your own vulnerability as you relax into the moment with openness and freshness. It also allows you to appreciate yourself and also to appreciate others' truths even when they are different from your own.

9s insert The Pause and notice how distraction and resistance to discomfort and conflict are ways of avoiding your own priorities and your own value. Shift attention inward and set the intention of *connecting to your own vitality and life force* which allows you to relax your tendency to numb and lose yourself in the relationship. As you connect to your own life force, the right action, however small, becomes more clear.

1s insert The Pause and notice how comparing, worrying and correcting are ways of not accepting yourself and others in the present moment. Shift attention inward and set the intention of self-compassion which allows you to silence the inner critic. This deepens your acceptance of the fullness and messiness of life where "two right ways" can co-exist side by side and humor and lightness are only a step away.

As Heart Types you need: connections with other people as you are like human thermostats gauging the climate in the outside world so there is a tendency to "DO" relationship as there is a fear of inner emptiness. So The Pause is about coming home to your own authentic feelings in the moment and sometimes it's as simple as putting a hand over your heart as a tangible way to connect to yourself and "receive" your own experience in a given moment.

2s insert The Pause and notice how emotional excitability, excessive anxiety, irritability and judgment are all signs you have needs that are being repressed and are beginning to surface. Shift attention inward and set the intention of connecting to yourself: your body, your independent self and your spirit. This allows you to relax the forceful pride that you must DO relationship and experience the humility that comes with remembering your own authentic needs and allowing yourself to receive.

3s insert The Pause and notice how physical, mental and verbal speed is a way of bypassing feelings and notice how confusion about emotions has to do with unfamiliarity with your own authentic feeling. Shift attention inward and set the intention of compassionate transparency to self and other. This allows you to relax into your own genuine experience which houses itself in your body and may not require you "do" anything at all.

4s insert The Pause and notice how judgment, idealization of what's missing, fluctuating feelings and emotional intensity are ways of avoiding your own sense of shame and "not-enoughness." Shift attention inward, drop beneath the emotions and set the intention of gratitude for what IS available in the present moment. This allows you to relax the longing and receive the gift of the ordinary beauty of the present moment.

As **Head Types you need** to seek answers, turn things over and over in your mind in order to feel safe, secure and prepared to handle the unknown in the face of perceived chaos and uncertainty. So, The Pause is about grounding yourself in your body which allows you to get back in touch with your own felt experience and gives you enough faith to face the real, alive human beings with whom you are in relationship.

5s insert The Pause and notice how your tendency to withdraw and withhold are signs you are afraid that engagement with another will overwhelm you and demand too much of you. Shift attention inward and connect to your feelings in the moment; it's helpful and less overwhelming if you can identify where an emotion is housing itself in your body and breathe into this feeling. This allows you to relax your fear of intrusion and overwhelm in order to experience a safe inner anchor which opens you and others to your clear wisdom and warm, kind heart.

6s insert The Pause and notice how your questioning, doubt and projections are reactions to fear. In relationship, this can be a fear you won't be supported, fear you will be rejected or fear others won't show up in ways you need them to show up. Shift your attention inward and breathe into faith in yourself and your own inner authority. This allows you to relax your fear and need for external assurance. In this receptive state, you experience your own inner ground and strength while cultivating an expanding capacity for faith in yourself, others and the world.

7s insert The Pause and notice how your accelerated speed, hyper-happiness and reactive need for "more" (whether it's more connection, more understanding, more learning, more things, more happiness) are reactions to your fear of deprivation, limits and pain. Shift attention inward and relax into the anxious feelings in your body. This will help you slow down (body time is slower the cognitive time). The Pause grounds you in your own felt, inner experience and allows you to receive the fullness of the present moment where you have all you need and you are supported. In this receptive state, you open your eyes to the fullness of yourself and the fullness of the human beings with whom you are in relationship.