





Although we all use all three of these centers all the time, three of the nine Enneagram styles (8, 9, and 1) “live in” or “overuse” the body center, three of the styles (2, 3, and 4) operate primarily from the heart center, and three of the styles (5, 6, and 7) are based in or biased toward the head center. These three “centers of intelligence” also have a direct relationship to the three parts of the human brain: the brain stem and amygdala (the reptilian or instinctual brain), the limbic (or emotional) brain, and the neo-cortex (the mental brain). We all call upon all three brain functions all the time, but one of these centers plays a dominant role in the expression of our personality.



















