

Enneatype	Intelligence Center	Energy Center	<b>“Stuck” Energy</b> Inertia, Overflow, Narrowing / Intensification
<b><u>YIN TYPES</u></b> “Yin energy falls, settle, condenses.” It’s flexible and powerful like water.			
Nine	Body	Receptive – Absorbing	Action Inertia can’t choose own agenda / can’t shift course once set
Four	Heart	Receptive – Absorbing	Emotional inertia absorbs others’ feelings / gets stuck in own feelings
Five	Head	Receptive – Absorbing	Mental Inertia stingy about revealing own feelings & doing with others
<b><u>YANG TYPES</u></b> “Yang energy expands, rises, evaporates.” It reaches upward and outward like fire and mountains.			
Three	Heart	Active – Expanding	Emotional Overflow compulsive achieving & projecting successful image
Seven	Head	Active – Expanding	Mental Overflow compulsive imagining & planning of pleasant options
Eight	Body	Active – Expanding	Action Overflow compulsive excess of control & power
<b><u>RECONCILING TYPES</u></b> Where yin and yang meet there is a balancing of energies. It has a restrained, both/and quality.			
Six	Head	Reconciling - Containing	Mental Narrowing / Intensification narrow focus on dangers & strategies for security
One	Body	Reconciling - Containing	Action Narrowing / Intensification rigid urgency about details & one correct way
Two	Heart	Reconciling - Containing	Emotional Narrowing / Intensification intense focus on others’ needs & magnifying importance of self

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Table adapted from William M. Schafer – Roaming Free Inside the Cage, iUniverse, 2009