

USE OF THE ENNEAGRAM IN MEDITATION AND PRAYER

The Power of Inner Balance

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Thanks for taking the time to read this. I look forward to sharing it with you.

I had a traditional Enneagram training. My teacher took a vow of anonymity, and she took other vows as well. For example, she agreed to teach the Enneagram only one-to-one. She did not ask me to take the same vows. She only asked me to keep what she taught me a secret till she gave me permission to start discussing it with others.

Some of you may be studying the Enneagram as a personality typing system. That use of the Enneagram has a lot of power in supporting spiritual growth. It is not the only way to use the Enneagram wheel. The Enneagram symbol is a map of all consciousness. Yes. All. So human personality typing is included because personality types are part of human consciousness, and human consciousness is part of all consciousness. This book does not go into the Enneagram as a personality typing system at all. I hope I do not confuse students of the personality typing system with this book, and there is an explanation at the end of this book to help you, if the material in this book confuses you.

I got into other methods of doing spiritual work while I was studying with my Enneagram teacher. I think it's wise to be on more than one spiritual path at a time, especially today, when so much is available to all of us. I studied energy work, chakra healing methods, and the Kabbalic Tree of Life, while I was studying with my Enneagram teacher.

She didn't give me permission to discuss the Enneagram till I'd been working with her for sixteen years. I mention this to give you an idea of the rigor of a traditional Enneagram training. At that time I was already an instructor in some of the methods I'd been studying. I began to introduce Enneagram teachings to my most advanced energy work students at the time. By the time of this writing I have been teaching energy work and meditation internationally for almost twenty years. My Enneagram teacher has passed. Once that happened my students became my greatest teachers, and I began to combine all the healing methods I had learned into an integrated whole.

With that in mind...Let's begin! If you have questions or comments, please contact me at:

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Don't forget to ask if my introduction sessions are still free!

THE WHEEL AND THE PRACTICE

The purpose of this book is to share a simple technique I have developed, that can be used by anyone for inner healing and inspiration. I am an instructor and a student of the Enneagram, and the foundation of Enneagram studies is that which supports this technique I have built. It is the depth and breadth of the

Enneagram that makes the simple meditation process in this book so powerful.

The Enneagram wheel is an ancient symbol from Asia, used in secret oral traditions, for thousands of years. It came west in the 1950's as a human personality typing system, and has become more and more popular in psychology since that time.

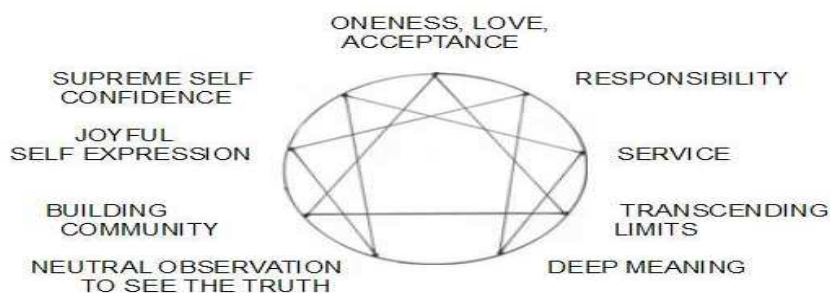
The personality system of the Enneagram is a valid use of the wheel, but it is only one small aspect of this amazing symbol:

The Enneagram is actually a symbol of ALL consciousness, not just of human personality patterns, and one purpose of this book is to make other aspects of the wheel available.

As a map of all consciousness, the Enneagram wheel includes a map of the Mind of God. Human beings have patterns of consciousness that can help a person connect to God. These patterns are also included in the Enneagram wheel, and I call them "Bridge to God Powers". (If you don't believe in God, that's fine. Then one can say the Enneagram includes a map of human patterns of consciousness that can help a person connect to inspiration and wisdom.)

The graphic below shows the Enneagram wheel as a map of the Powers of the Mind of God, and as a map of Bridge to God Powers in the minds of human beings. I have used one or two words to describe each power at each point, but an in depth scrutiny of each point would really require a long description.

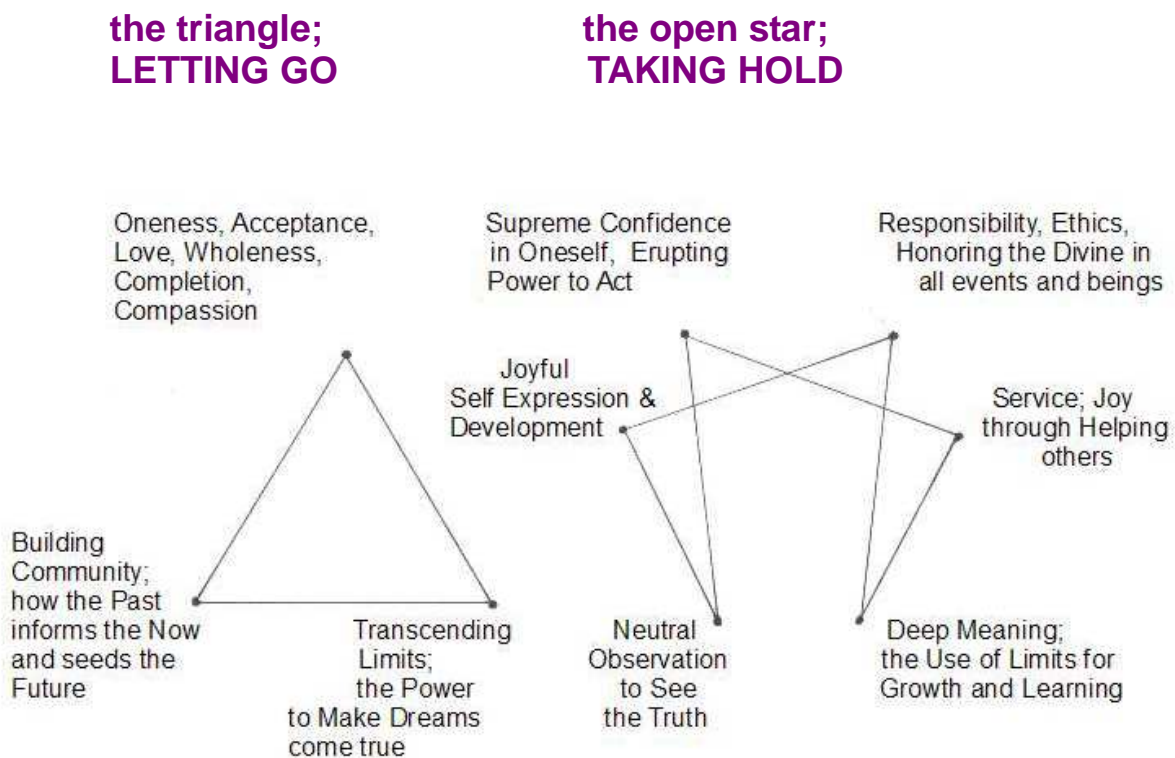
Figure # 1;
Bridge to God Powers of the Enneagram Wheel in Human Minds



The triangle shape within the wheel depicts the cycle of letting go. Another geometric shape in the wheel, for which there isn't any particular name, I call the "open star", and it depicts the cycle of taking hold. The circle shape of the Enneagram wheel contains both the triangle and the open star.

Below is the Enneagram wheel cycle of letting go and of taking hold, and the Powers associated with each point. In these graphics I add a few more words to describe each of the God Powers and Bridge to God Powers with a little more depth.

Figure # 2; LETTING GO AND TAKING HOLD CYCLES



Consciousness is always changing, but it does rest in stabilized states at times. Each point of the Enneagram wheel depicts a state of consciousness which can

be stabilized. Each line of the Enneagram wheel depicts consciousness in transition from one stable state to another stable state. Sometimes the points are only stable for a fleeting moment, and sometimes the points are stabilized for extended periods of time. The lines of transition are always fleeting, and therefore they are harder to pin down and describe. For the purposes of this book, an in depth scrutiny of the lines is not needed.

This is a how-to book, and not a book of long complex explanations, though certainly the Enneagram wheel is deserving of in-depth scrutiny. By giving you a simple method for meditation or prayer, you can experience the cycle of letting go, and the cycle of taking hold, directly. You can experience the stabilized states and the transitional states directly. Direct experience always teaches more than explanations, so I devote this book to empowering you to use the wheel, and after much use you can come to your own conclusions. (I hope this whets your appetite for more, but if not; you have a fine meditation method, or a useful way to pray. I am satisfied.)

These are teachings about the cycles, shown by the geometric shapes that are usually not discussed.

We do need some understanding of the cycles of consciousness shown by the Enneagram wheel. The material I have found that is already published, about the Enneagram, usually does not include any examination of the teachings about the cyclical nature of consciousness. These are some of the traditional secrets I am making public by writing this. The published material emphasizes only the stabilized states of the points of the Enneagram, and ignores the geometrical shapes that make up the wheel.

Everyone has experienced thoughts and feelings that go around and around. This can be pleasant, or unpleasant. Your mind can go around and around when you are newly in love, and you can't stop thinking about the beloved. Your mind can go around and around if something is a threat, and you try to understand and put an end to the threat.

The cycle of letting go has three stages to it. It is the simplest cycle because it

has the fewest steps, and therefore it is the easiest to explain. You can see in figure # 2, the three points of the triangle labeled “building community”, “oneness”, and “transcending limits”. This is the letting go cycle. I could use the expressions; “before letting go,” “during letting go”, and “after letting go” in place of the language in the graphic.

Let's use something as commonplace as taking a warm bath, and how it can change the consciousness of the person who bathes, as a simple example. A person who is worrying about something, who wants to put those worries aside, may decide to take the warm bath in order to relax. This is a conscious, intentional letting go. Before the bath the person's mind and body can be tense. During the bath the muscles relax in the warm water, and that helps the mind relax.

Why does the language of the Enneagram wheel call the before-letting-go step “Building Community”?

It is possible to see a single individual as a community. We all have many voices and attitudes within us. We all experience this directly when we are dieting and someone offers us a piece of chocolate cake. One inner voice says, “I want it,” and another inner voice says, “I shouldn't take it.” We all have inner voices of courage and of fear, of compassion and of intolerance, of patience and of urgency, and so on. When we can make our inner voices cooperative and harmonious we are building community within our own consciousness.

When our inner voices become more strident and argumentative we experience the unhealthy aspect of the stabilized state of that point, what some Enneagram material calls the “shadow pattern” of a point. The shadow pattern of “building community” is isolated disempowerment, or building a community with unhealthy attitudes.

An addict goes through a letting go cycle every time s/he gets the drug, takes it, and gets high. This is an unhealthy letting go cycle, and in the building community phase, when the addict gets a hold of the drug, the addict experiences isolated disempowerment in relation to mainstream society, and experiences greater community with the unhealthy society of dealers and other addicts.

The agitated person who relaxes in the bath is building community in consciousness as the worries of the day dissipate. The building community phase is the state of consciousness when the worries begin to go away in the mind of the bathing adult. The “oneness” phase occurs during letting go when the person's mind can just be in present time, enjoying the warm water. The person is more at one with him or herself by letting go into the relaxing process of bathing. The transcending limits phase occurs after letting go. The agitation that burdened the mind of the person has now been put aside, and the person has become deeply relaxed. Here you have a letting go cycle in consciousness, from taking a bath. Letting go cycles happen all the time in life.

The taking hold cycle has six steps to it, so it is more complicated to explain, but the basic principles that apply to letting go all apply to taking hold, as well. These are universal patterns in consciousness we find in daily life if we know how to look for them. Again I will use a common life experience to describe each step.

A parent takes hold to care for a sick child.

The parent of a young child who is sick may decide to stay up all night to take care of the child. Clearly the parent is *taking hold* of the situation. While in the stabilized state of neutral observation to see the truth (refer to figure # 2) the parent sees how ill the child is and decides to stay up. The parent may be tired, but this is not an obstacle in the parent's mind.

From the next step of the taking hold cycle, supreme confidence in oneself, the parent easily finds the inner strength to stay up and be attentive to the child's needs.

The parent moves to the next stabilized state of the taking hold cycle, doing service, taking care of the child.

The parent achieves the next step; there is deep meaning in the experience of being there for the child. The parent faces the limitations of the situation directly, and learns more about the true meaning of being a good parent; the limitations of dealing with the child's illness, and the limitations of going for a night without

sleep.

The parent moves on to the next stabilized state of the taking hold cycle. The morning comes and the child feels better. The parent experiences the satisfaction of having been responsible, and now the parent can take a break, and perhaps the parent naps, or calls work to take a day off, expressing the self.

Certainly the parent experiences the joy of seeing the child is better, which is also consciousness from the stabilized state of self expression.

The parent returns to neutral observation to see the truth; the child really is better; a taking hold cycle is complete.

In the meditation and prayer I offer, you will intentionally activate the stabilized states of both cycles by doing affirmations. The details of the practice are yet to come.

The Enneagram wheel shows the amazing complexity of the human mind.

Our minds are extremely complex.

Modern neuroscience says that the subconscious mind processes information a MILLION times faster than the conscious mind...

They measure this by observing the electrical activity of nerve cells in the living brains of people getting brain scans. It's an amazing ratio! So much goes on inside of us of which we are unaware!

The idea of a subconscious mind is new in the west, and it was introduced by psychology about a century ago. The spiritual systems of Asia have acknowledged the subconscious mind for thousands of years, but have used different vocabulary words to describe the part of our own minds that we know about, and the part of our own minds that we don't know about.

The Asians say that most people are "asleep" and that an "enlightened master" is "awake". It is no coincidence that the Enneagram wheel is an ancient Asian

symbol for sacred teachings about consciousness. In the visual symbol the letting go triangle and the taking hold star overlap, showing that both cycles are *going on at the same time all the time*.

It may seem in our conscious minds that only one cycle is occurring. In the example of the person in the bath the letting go cycle is more obvious, yet a taking hold cycle in consciousness occurred at the same time. When we think about it we realize that the person had to have the neutral observation to see the truth that the inner agitation might lighten by taking a warm bath, the confidence to run the warm water, the willingness to serve himself by getting into it, and so on and so forth, around the taking hold cycle, at the same time.

The parent who took hold and stayed up all night experienced a letting go cycle. The parent built community by deciding to care for the child, became one with being a good parent, and transcended the limits of being tired and helped the child transcend the limits of the illness, and this cycle is more subtle than the taking hold cycle because the parent was so busy all night long.

That both cycles occur at the same time does not really affect the way you will use the meditation technique I give you, but it does give you a window into the richness, the depth, and the complexity of the Enneagram wheel, and of the human mind.

Affirmations are simple and easy to do.

The technique you will use will be to say *affirmations*. Each affirmation is associated with a specific stabilized state of consciousness, and a specific point of the Enneagram wheel.

When we focus our minds we give ourselves power. Affirmations are a method to create that power.

The sequence of the affirmations will take you through the cycle of taking hold and the cycle of letting go. I will give you language you can use for both meditation and prayer, and I advise you to modify the language to suit your personal beliefs and needs.

The affirmations I give for meditation will not mention “God”. The affirmations I give for prayer will mention “God”, and you can change that word to “the

Limitless Source”, or “Jesus”, or “Allah”, or “Krishna”, or “Buddha”, or whatever you like. You can change the words of the affirmations for the meditation as well. I'm going to write the word “inspiration” in the affirmations for the meditation, but you can use words like “wisdom”, or “love”, or “truth”, or “healing”, if you prefer.

To the meditators, I say; I want these techniques to support you in becoming more in touch with your own inner glory. To religious people, I say; I want these techniques to support you in becoming more in touch with God and divinity. I want people of all belief systems, including atheists, to be able to use the material in this book. The cycles of consciousness are universal in all people, no matter what an individual believes, and the use of these cycles for inner growth and healing can be used by anyone.

An affirmation is a statement of healing power that helps change the consciousness of the person who uses it. It is important to use affirmations ethically. (Otherwise you will accrue negative karma.) It is best to say affirmations out loud, or to say them in your imagination and to listen closely to the words you say in your imagination. To “say it silently” is a common expression, but I want you to do this slowly and clearly, as if you were speaking the words in a huge auditorium. Often when people read silently to themselves they skim very quickly and the words will not have the same power for you if you rush through them. Take your time. Do your best to make each word meaningful to you.

We start the practice with the taking hold cycle.

*Anytime a person decides to do anything,
that person is taking hold.*

MEDITATIONS

THE TAKING HOLD CYCLE AFFIRMATIONS FOR MEDITATION

“I observe the truth that inspiration is always available within me.”

“I have supreme confidence that as I reach for inspiration, it comes to me.”

“I do great service for myself and for others by activating the power of inspiration

within me.”

“As I activate inspiration within me, I experience deep meaning.”

“I take responsibility for activating inspiration within myself. I honor myself and I honor all life as I do this.”

“I fill with joy and I express joy by experiencing my inner inspiration.”

THE LETTING GO CYCLE AFFIRMATIONS FOR MEDITATION

“I build healthy community with all life as I let go into inspiration.”

“I experience a deeper oneness and acceptance of the universe as I let go into inspiration.”

“I transcend my old limitations as I let go into inspiration.”

PRAYERS

THE TAKING HOLD AFFIRMATIONS FOR PRAYER

“I observe the truth that God is always available to me.”

“I have supreme confidence that as I reach up to God, God reaches down to me.”

“I do great service for myself and for others by deepening my relationship to God.”

“As I connect to God I experience deeper and deeper meaning.”

“I take responsibility for deepening my relationship to God. I honor myself and I honor all others as I do this.”

“I fill with joy and I express joy by experiencing God's Presence.”

THE LETTING GO CYCLE AFFIRMATIONS FOR PRAYER

“I build healthy community with all life as I let go into God's Presence.”

“I experience a deeper oneness and acceptance of life as I let go into God's Presence.”

“I transcend my old limitations as I let go into God's Presence.”

Here are some instructions to deepen and intensify your experiences.

1. Always start with a taking hold cycle. You are the one deciding to meditate or to pray. Any decision or act of will is part of the taking hold cycle. By starting with taking hold you take responsibility for doing this practice. Indeed; responsibility is one of the stabilized states on the taking hold cycle by the Enneagram wheel.

2. Do more than one cycle of taking hold and letting go. Repetition can trigger an upward spiral in your consciousness. See what happens when you do both cycles, first taking hold and then letting go, three, five, or eight times in a row, or even more.

3. Use of your own words is best. If you start out by using my words, fine, but I suggest you find your own words over time. If you don't know how to do this, a starting place can be to ask yourself, “What do I want to take hold of?” and “What do I want to let go into?” If you cannot answer these questions ask yourself, “What gives me a sense of meaning and purpose in life?” By answering that question you may find your own words for that which you want to let go into, and that which you want to take hold of. When your affirmations come from your heart in your own words, they will be the most powerful for you.

4. If you do this practice a lot and the words become stale, find different words to make the practice fresh again.

5. I suggest you start this practice by saying each affirmation *very slowly*. Feel the affirmation. What emotions arise within you as you say each affirmation with sincerity? Notice if you have more difficulty with some affirmations than with other affirmations. Difficulty with some affirmations may even show up as an uncomfortable reaction in the physical body, or as an uncomfortable emotion. We all have strengths and weaknesses. You can repeat affirmations that are difficult for you, taking time to anchor them in your consciousness. There can be blocks in consciousness, and repeating an affirmation that is difficult can lift these blocks. Sometimes this takes time.

6. You might enjoy inserting an additional affirmation in between each of the affirmations that activate the Enneagram points/stable states of consciousness. To do this use an affirmation that inspires you. Meditators with a scientific bent; do you know that your physical body is made up of star dust? Here's a bit of astrophysics that I find inspiring. The elements that are the most abundant in the universe are hydrogen, helium, nitrogen, carbon, oxygen, and neon. Hydrogen and helium were created during the Big Bang. The first generation of stars, the hydrogen giants, cooked up some more helium through fusion, deep inside the star, and again when they went nova. The hydrogen giants were short-lived. The second generation of stars coalesced from the gases left by the explosions of the hydrogen giants. The first things these stars cooked up are the stuff of life as we know it. The crust of our planet is *not* made up of the four primary elements of life. *“My body is made up of star dust,”* could be an inspirational statement for meditators. Thus your affirmations might proceed as follows:

THE TAKING HOLD CYCLE AFFIRMATIONS FOR MEDITATION

“I observe the truth that inspiration is always available within me.”

“My body is made up of star dust.”

“I have supreme confidence that as I reach for inspiration, it comes to me.”

“My body is made up of star dust.”

*“I do great service for myself and others by activating
the power of inspiration within me.”*

“My body is made up of star dust.”

“As I activate inspiration within me, I experience deep meaning.”

“My body is made up of star dust.”

Religious folks, you can add a statement from your own religion and insert it between affirmations. Here are some inspirational statements from a few religious systems for those of you who wish to try this, and who are not committed to one particular religion, or who wish to explore other possibilities.

“Gloria in excelsis, deo.”

Greek, Christian; “Glory to God.”

“La ilaha illa Alla.”

Arabic, Muslim; “There is nothing to worship other than God.”

“Om nama shivaya.”

Sanskrit, Hindu and Buddhist; “Our adoration goes to God.”

“Baruch atah adonai, melech haolam.”

Hebrew, Jewish; “Blessed is our Lord, King of the Universe.”

“Ho, mitakue oyasin.”

Lakota, Native American; “It is good! All my relations!”*

Thus your prayer of Enneagram affirmations might go as follows:

THE TAKING HOLD AFFIRMATIONS FOR PRAYER

“I observe the truth that God is always available to me.”

“Ho, mitakue oyasin.”

“I have supreme confidence that as I reach up to God, God reaches down to me.”

“Ho mitakue oyasin.”

“I do great service for myself and for others by deepening my relationship to God.”

“Ho mitakue oyasin.”

“As I connect to God I experience deeper and deeper meaning.”

“Ho mitakue oyasin.”

By doing your affirmations in this manner you are doing a chant. The repetition of a sacred statement makes this so. Chanting has been used by all traditions as a way of healing, intensifying, and transforming consciousness.

7. You can always ask for help for the affirmations that are more difficult for you. Meditators; you can ask for help by calling on the power of inspiration

(or wisdom, or love, or healing, etc.) to support you. People who pray, you can ask for help by calling on the power of God (or Jesus, or Allah, or Buddha, etc.) to support you. Do not judge yourself if some of these affirmations are difficult. By being honest with yourself about any affirmations which do not come easily to you, you become aware of areas in your consciousness that need healing. By asking for help, and by continuing the practice, you can bring great healing to your own consciousness.

8. Always end a practice with the affirmations of a letting go cycle. It is possible to end a practice with two, or three, consecutive letting go cycles. In truth, inspiration and/or God are both much bigger than any of us is as an individual, and letting go into something which is bigger than we are is ultimately more appropriate than taking hold of it. We always start with a taking hold cycle because it is our will and our power to decide which gets us started in a prayer or in a meditation. So always start with taking hold, exerting your will and intention towards your goals, and always end with letting go, opening to receive gifts available in any given moment.

This explanation is to help students of the Enneagram wheel as a personality typing system avoid confusion. Because any reader could be reading this footnote, including people who never heard of the Enneagram before, I'll give you an overview of the human personality system within the Enneagram wheel first.

The personality teachings within the Enneagram wheel are that there are nine basic personality patterns, and each pattern is shown by each of the nine points of the Enneagram symbol. Some authors who write about the Enneagram wheel say the patterns are character fixations and not personality types, and both these expressions come from psychology. (After all, I am not a psychologist; I am an Enneagram master; a related, but different, discipline.)

Regardless of which expression an author uses, all the material I have found (and I agree with this) says that these patterns form when we are very, very young, and that we do not remember forming these emotional and mental habits, so we take them for granted. As a matter of fact these patterns begin to form when we are just babies, so they are deeper and older than our verbal abilities. When we are young adults these patterns are usually assumptions we have about others because we project our own subconscious patterns onto other people until we learn how different people can be from one another.

Usually we begin to question our assumptions when we see, over and over, that our assumptions hold us back, and that oft repeated problems will come up in

life. We come to see that a lot of difficulties that we have, we cause, by not recognizing when we are making assumptions and projecting them onto life or onto other people.

In my opinion the personality typing system within Enneagram teachings is the most difficult Enneagram material to absorb. Learning other maps of consciousness within the Enneagram wheel can be a good way to begin to learn Enneagram teachings. The other maps of consciousness can be good preparation for absorbing the personality teachings.

The stabilized states of the points indicate the patterns that dominate in the consciousness of an individual, yet in more general terms.

Each of the stabilized states of each point is experienced by all people. Each of the nine stabilized states is universal, no matter which type that individual happens to be.

The personality types are numbered. Type # 9 is at the top, at the point associated with oneness and compassion. The point to the right, the point of stabilized responsibility and ethical action, is numbered 1. Moving clockwise round the circle, the stabilized state of service is point # 2. The stabilized state of transcending limits is # 3. And so on around the wheel.

Let's take the personality type # 1 as an example. Most of us strive to be ethical, good people. Anyone who has done something wrong, who experiences guilt until s/he takes responsible action to make balance, is having a point # 1 experience, whether that person is a type # 1 individual or not.

For a type # 1 person the striving to be good, to be responsible, and the propensity to feel guilty when in doubt, is much, much stronger, and much more frequent, than for someone who is not a type # 1 individual. Yet we all have had life experiences during which being responsible was very important to us. We all have had life experiences during which we failed in being responsible, and everyone has had moments of guilt and self doubt during those experiences.

The personality material stresses the consciousness of the points. The affirmations in this book stress the universal applications of the cycles, which move us through each of the points.

It may be that some of my vocabulary has confused you as I designated the universal Bridge to God powers, in figure # 1, of each point. When a pattern is a personality pattern, or a character fixation, the pattern is a compulsion for that person, as well as a Bridge to God power. The compulsion can be called a shadow pattern because it has the same “shape” as the Bridge to God power. To convey its compulsive, shadow nature, one could add the expression “at all costs” to the words for the healthy Bridge to God power.

A compulsion is the shadow pattern of a Bridge to God power. By adding the expression “at all costs” to a Bridger to God power, we begin to describe dysfunctional or compulsive behavior.

For example, a type # 1 person is very responsible and very ethical, but also has the shadow compulsion to be responsible at all costs. It is the same shape because responsibility is responsibility. It is a shadow compulsion because we don't have to be responsible all the time. Balance and proportion is indicative of health. Any time a person does any behavior all the time that person is out of balance, unhealthy, and compulsive. Thus an immature type # 1 person will always be responsible and will not allow him or herself to play or relax very often. The cost of compulsive responsibility is lack of play and relaxation.

For example, the stabilized state of point # 2 is service to others, and all of us have experienced satisfaction by helping another person. A personality type # 2 individual will help others all the time, as a healthy power, and as a compulsion. The compulsion will be service to others at all costs. The cost will be that a type # 2 individual who is immature will not be able to accept help from others, and will be confused about how to take care of his or her own needs.

A type # 3 individual has big plans and goals in his/her imagination, and is very optimistic about achieving these plans and goals in life. To achieve the goal is to transcend limits. The plan and the goal is the transcending of limits, and a type # 3 individual likes to impress other people by doing this. By adding the information that a personality student already has; that a type # 3 individual has the ability to transcend limits and the shadow compulsion to impress other people by transcending limits at all costs, we can see that the shadow side of a type # 3 who is immature is the willingness to manipulate other people into believing the goal has been achieved. The cost is honesty and pretense.

The Enneagram wheel is an amazing map of consciousness.

Type # 5 neutral observation at all costs is judgmental certainty obtained by lack

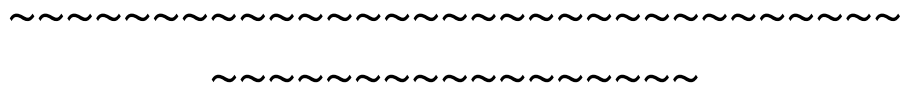
of emotional involvement. The cost is intimacy.

Type # 6 building community at all costs has three patterns; to attack any danger to community, to depend upon community authority, or to bounce back and forth between attack and dependency. The cost is self reliance.

Type # 7 self expression at all costs is the inability to make commitments because of the fear that one's freedom will be limited. The cost is depth.

Type # 8 supreme self confidence at all costs is the inability to trust or rely on others. The cost is the inability to accept intimacy and help from others.

Point # 9 oneness at all costs is the inability to make healthy boundaries. The cost is the inability to accept differences and to be independent.



**Why did I pick these particular sayings when human history has so many possibilities to offer? There is no arbitrary reason; holy statements from any system will do, so long as the statement is ethical.*

My reasons for the statements I have chosen are personal. I wanted to acknowledge the most populous world religions, and in descending order they are Christianity, Islam, Hinduism, and Buddhism. I wanted to acknowledge Judaism (not very populous at all) as a root religion for both Christianity and Islam. If you go back in time all of us are descended from hunting gathering cultures. I wanted to acknowledge at least one hunting gathering religion (since hunting gathering cultures all are deeply connected to the Earth as a Mother or a Grandmother, and to the extent of my knowledge, somehow the hunting gatherers all knew that we are children of the stars). As an American I have had the good fortune to participate in some Native American ceremony, so I feel a personal connection to Native American spirituality. A European might have such a connection to Wicca and the Druids.

**YOU CAN NOW ...
TAKE THIS TO THE NEXT LEVEL!**

If you've been studying the Enneagram as a personality typing method, that's great. A lot can be learned from that aspect of the wheel. I invented these meditation and prayer processes, but my inventions rest upon Enneagram secrets that others may not know. I have not found any others who have written of these secrets.

Perhaps others who know that the Enneagram is bigger than a personality typing system have taken vows of anonymity, like my Enneagram teacher. If so, this may be the first published material with this information.

Some of you may be cognizant of the human energy field and of the human chakra system.

Any healing that occurs in consciousness will heal the energy field and chakra system. Conversely, any movement to balance your chakra system will be reflected in consciousness.

There is *so much* I can say about the Enneagram as a map of all consciousness, but it is not material for this short, simple book.

This book is meant to give you a method you can quickly use on the path of transformation, and to have a direct experience with the Enneagram wheel as a symbol replete with sacred teachings that can be used by anyone of any religion, even by those who do not have a religion.

By using the affirmations I have given you as a framework, and by choosing the language that has the most meaning for you, you experience another aspect of Enneagram teachings; it is that there are universal patterns in human consciousness with infinite personal variety.

And so we come to recognize ourselves in all others, and at the same time, we come to appreciate the unique glory each of us has to share with others.

The questions remain for us now as they have for all who have walked this path:

How can I be sure of my progress?

How can I speed this process up?

Are my efforts working?

For me the answers have come from a direction I did not expect. The beginning of this work for me began over 15 years ago, in an effort to resolve my grief from the death of a friend.

Since then, my second senses have naturally awakened. I do not use them for predictions, but to give feedback to my students.

You can rest assured the prayers and meditations I've outlined will move you in the right direction. My experience also tells me that help from an awakened guide can be an immense help.

TWO EXAMPLES OF READINGS AND OF THE BENEFITS RECEIVED BY THE CLIENTS

What do I do in a phone session?

With second sight, at a distance, I can tune into your energy field. Most people have heard of chakras. I definitely look at your chakra system, but I look at much more. Human energy field anatomy is complex, and there is much more than the chakra system.

Your energy field can be compromised when energy that doesn't belong to you comes into it.

I can clear foreign energy from you. Your energy field is impacted by old traumas that have not been healed, and by limiting beliefs you might carry. I can identify traumas and limiting beliefs and help you release them. Your energy field carries your thoughts, your feelings,

your spiritual energies, your vitality, and your history. All this can be worked on energetically. I have seen people make very positive changes in their lives from sessions they have received.

(I have changed the names of my clients to protect their privacy.)

RICK'S SESSION

Rick phoned me because he was having nightmares for some months. It was beginning to compromise his emotional and physical health.

When I used my second sight to look at his energy field I noticed he had a limiting belief that *any* being without a body was a supportive energy, an angel. He'd been praying that *all* beings without bodies come to him.

We had a discussion about this before he was willing to reconsider his ideas. We both have the belief that human beings had Souls that are good. I was able to point out to him that this is no guarantee that the human part of every person was automatically good. Rick and I have the belief that human beings continue on after they die, and that as such, they are beings without bodies. I was able to point out that it's possible for a human being to be very damaged by trauma and to carry the intentions to do harm after death, even though the Soul of such a one is good. Rick could agree with this. Through this discussion he was able to see that calling on ALL beings without bodies to come to him was not very wise.

I guided him through several meditations. His mistaken habits rested upon limiting beliefs, contracts he had made with himself to contact the Invisible Realms, and many prayers he had made, so the meditations required some time and variety to clear from his energy field. When he changed his own consciousness through the meditations he did during the session, I was able to clear all kinds of

foreign energy from damaged beings that was in his field.

I gave him instructions on how to call on angels, and to how to make certain his prayers would attract only ethical beings.

Rick's time of nightmares came to an end.

He called me two weeks later to say he had been sleeping well, to say angels were appearing to him from time to time in gentle, healing dreams, and to say he was recovering from his months of nightmares.

KAREN'S SESSION

Karen was in the middle of divorce negotiations. Her ex-husband was a fair man, and they were resolving their divorce in a cooperative way.

Karen found that when it came to discussing money issues her throat would become blocked, she would become confused, and she could not speak out about her desires and needs. She had been the primary breadwinner during the marriage. When it came to money discussions she did not have the ability to stand up for herself.

Karen phoned me to have me help her clear whatever was blocking her.

I found, in her field, a previous lifetime that was influencing her interactions with her ex-husband when they discussed money. In the previous incarnation, in the 1600's, she had been a young woman in an African village in what is now Ghana. Her ex-husband was her betrothed in that incarnation, and she had a rival in the village who wanted to marry him. The rival arranged for slave catchers to kidnap her when she was out of the village, gathering edible plants.

Karen's previous incarnation died on the slave ship as it crossed the Atlantic to the British colonies in North America. Her village culture

had understood war and, in that incarnation, Karen had the fierceness and pride of someone raised to face violence and abuse with courage. It was not the trauma of the time on the slave ship that impacted her during negotiations with her ex-husband in this lifetime.

As I was explaining all this to Karen I made a statement that she said with me verbatim. I said, “The issue was, WHY DIDN’T HE RESCUE YOU from the slave ship...” And she said those five words changing the “you” to “me”, saying, “Why didn’t he rescue me?” at exactly the same time as I spoke those words. This showed me how deeply the ideas of the previous incarnation remained in her mind in this incarnation, even though she had no conscious memory of being an African villager a few hundred years ago.

I guided her through some meditations during which she was able to release her ideas about who she was, and who her ex-husband was. In their previous lifetimes, after all, they were not at all the same exact people they are now, and the ideas they had about each other then would no longer be appropriate.

IT WORKED !!!

Karen phoned me three days later to tell me that the reading was successful. She had a negotiation about money with her ex-husband and she found it easy to speak out for herself. Her mind was clear, and the discussion went very well.

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There are many ways to explain energy work.

When I do sessions on people I work with energies I call “Guides of the Light.” I personally believe in all religions; I believe God has

helpers that put on the costumes people expect to see. I think Christians with second sight would see my guides as angels and Buddhists would see my guides as bodhisattvas. It doesn't matter to me what you believe; it only matters that you are ethical and you are willing to work on yourself.

I know my own beliefs have changed a lot in this single lifetime, and maybe they will change again sometime. Atheists can believe that all this is metaphorical, and that works, too. If you belong to a particular religion, and if it is important to you that I use the words of that religion, to honor you, I will do so.

***THE PARTICIPATION OF CLIENTS IN SESSIONS IS
IMPORTANT IN MAKING SESSIONS EFFECTIVE.***

You can see that the sessions I do with clients are interactive. Your energy field carries your thoughts and emotions. Ultimately, only you can change your own thoughts and your own feelings.

I can help a lot because the guides know so much more than I know, and I can see where your energy field is blocked. I have access to information about your energy that you might not have, and there are holy beings who are willing to help us who can communicate with me to support you.

In Rick's session I saw the damage from wounded beings in his astral body, and the limiting beliefs that got him into trouble in his chakras. The astral body is our dream body. When we dream we astral travel to the realms of thought forms where we can meet energies that are not physical, including the astral bodies of other people, the energy bodies of people who have died, and the thought form bodies of damaged beings and of holy healthy astral beings, like angels.

Past lifetime energy is stored all over the human energy field. There are Essence channels that connect us to our past lives. In Karen's session the story of her previous incarnation was in these channels, and the beliefs she still carried from that incarnation was in her chakras.

I can do a session and focus on the issues, and if a client wants to learn something about the human energy field I am happy to include that information; to tell a person where I see things, where I am clearing, and to explain the energy anatomy of that part of the field.

During initial consultations, I suggest you put all questions about the human energy field aside, and focus on the issues that are being cleared. That way you will get the most out of a short session.

A GIFT FOR YOU!

20 MINUTE COMPLIMENTARY PHONE SESSION!

(SLOTS ARE LIMITED, BUT I HAVE DONE THIS FOR OVER A DECADE AS TIME PERMITS!)

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There is nothing I enjoy more than sharing the power of these teachings with my students and clients. I'd love to work with you, and wish you the very best on this path of consciousness. *Come by and introduce yourself!*