



The Enneagram of Liberation: From Fixation to Freedom

Eli Jaxon-Bear

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Eli Jaxon-Bear presents a radically new model of the ego and the psyche. Bringing together his background in Buddhism with his Sufi work on essence, he presents a fresh approach to awakening by using the Enneagram's nine fixated structure of ego to clearly describe who you are not.

You will see how habits of egoic identification continuously appear to veil the pristine consciousness that you truly are. When these habits of mind are exposed, there is a clear choice to end the bondage of ego-based suffering and to realize the vast, inherent freedom of one's true nature. In this book Eli gives us the map of the prison of mind and the keys to freedom.



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