



# The Enneagram of Liberation: From Fixation to Freedom

*Eli Jaxon-Bear*

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## **The Enneagram of Liberation: From Fixation to Freedom** Eli Jaxon-Bear

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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Playing with family in a park, coming to see the water world or hanging out with good friends is thing that usually you have done when you have spare time, in that case why you don't try thing that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love The Enneagram of Liberation: From Fixation to Freedom, you can enjoy both. It is good combination right, you still desire to miss it? What kind of hang type is it? Oh seriously its mind hangout guys. What? Still don't have it, oh come on its referred to as reading friends.

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