

ENNEAGRAM MEDITATIONS

DEEPENING INTO PRESENCE



USER GUIDE

IAWAKE[®]
TECHNOLOGIES

LESLIE HERSHBERGER

DISCLAIMER

The user of *Enneagram Meditations* agrees that this audio program is designed solely for meditation, self-improvement, learning, relaxation, and experimentation. This application is not intended as a replacement for medical or psychological treatment. No medical claims are intended, expressed or implied.

Those meeting any of the following conditions, whether knowingly or not, should not use this application:

- Epileptics

Those who should consult a physician before the use of this product include:

- Individuals under the influence of medication or drugs
- Pregnant women
- Those wearing a pacemaker
- Those prone to or who have had seizures
- Individuals who have a history of severe mental illness
- Individuals who have a history of tinnitus

This application is not to be used while under the influence of alcohol or other mood-altering substances, whether they are legal or illegal.

Children under the age of 18 are to be examined by a physician for epilepsy or illnesses that may contribute to seizures prior to the use of *Enneagram Meditations*, as they are more susceptible to seizures.

Finally, DO NOT LISTEN TO ANY ENNEAGRAM MEDITATIONS AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.

The user of *Enneagram Meditations* assumes all risks, waiving any claims against iAwake® Technologies, LLC and its affiliates for any and all mental or physical injuries. The user also agrees to assume liabilities when allowing other persons access to *Enneagram Meditations*

In no case will iAwake® Technologies, Integral Recovery, or other distributors of *Enneagram Meditations* be liable for chance, accidental, special, direct, or indirect damages resulting from use, misuse, or defect of its program, instructions, or documentation.

The parties shall attempt to resolve all disputes arising out of this agreement in a spirit of cooperation without formal proceedings. Any dispute which cannot be so resolved (other than a request for injunctive relief) shall be subject to arbitration upon written demand of either party. Arbitration shall take place within forty-five days of the receipt of the written demand, in Provo, Utah, or at another location (or in whole or in part by phone or other means) if the parties so agree. The arbitration shall take place before an arbitrator chosen as follows: The parties shall each choose a representative, and the representatives shall choose an arbitrator. The arbitrator shall schedule an informal proceeding, hear the arguments, and decide the matter. Each party shall pay half the costs of the arbitration proceeding. The arbitrator shall not have the authority to award punitive damages or any other form of relief not contemplated in this Agreement. Regarding each issue submitted to arbitration, the decision shall be accompanied by a written explanation of the basis upon which it was arrived at. Judgment upon the award rendered by the arbitrators, if any, may be entered in any court having jurisdiction thereof.

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FILE INFORMATION FOR OPTIMAL ENTRAINMENT RESULTS

We strongly recommend not converting your downloaded files to a smaller MP3 format, because the increased MP3 compression will filter out a considerable amount of the entrainment power embedded in the high quality MP3 file.



HEADPHONES

For the fullest entrainment effect, it is recommended to use good quality headphones when listening to *Enneagram Meditations*.

COMPATIBLE PLAYERS

Compatible with all MP3 and WAV players.



IMPORTANT!

Be sure to drink at least one glass of water before your sessions and one glass of water afterward. Brainwave entrainment increases blood flow to the brain, and drinking plenty of water helps your brain rid itself of waste byproducts.

Welcome to “Enneagram Meditations”

Dear Listener,

Welcome to *Enneagram Meditations*! These meditations are powerful tools to aid us on our transformational journey, where we encounter and explore the mystery of self, the mystery of other, and the mystery of existence, beholding the challenge and beauty of it all.

We wish you courage and grace on your adventure, and please let us know what your experiences are with these guided meditations.

In Peace,

Pam, John, Leslie, & the iAwake® Team

A Letter from the Creator, Leslie Hershberger:

While typing tests are extremely helpful, ultimately, you must discover if it resonates with your experience.

One of the signs that you may have been typed correctly is whether it makes you uncomfortable. When I first read my type, I didn't like what I read but knew what I learned was true as it identified some of my most ongoing challenges. The Enneagram helps us see our blind spots, fears, core motivations, and our adaptive strategies. In other words, it gets "under the hood" rather than focusing only on behaviors.

Clients attest to its power because it doesn't just identify:

The WHAT (our behaviors), but also identifies: The WHY (core motivations and fears), and The HOW (pause practices which allow us to CHOOSE between autopilot reaction or conscious response).

The way you discover how your type plays out in your life is to practice SELF-OBSERVATION. Start paying attention to your habits of thinking, feeling, and behaving .

PAUSE. Consciously choose something different.

In 2021, my friends at iAwake Technologies approached me with a novel idea: an infusion of the Enneagram with powerful brainwave entrainment. After three years of development, we have finally arrived with a guided meditation program that allows us to explore the transcendent aspects of the Enneagram - a tool that liberates us from the traps of the ego.

ABOUT

36 Tracks (for a total of 9 hours 57 minutes)

Type 1 (The Perfectionist) - 1hr 8mins 17secs

The Perfectionist is an honest, responsible, improvement-oriented personality with a strong belief that perfect/good people are worthy.

Type 2 (The Giver) - 1hr 5mins 42secs

The Giver is a helpful, caring, relationship-oriented personality with a strong belief that being connected with others depends on giving.

Type 3 (The Performer) - 1hr 5mins 19secs

The Performer is energetic, adaptable, and an achievement-oriented personality with a strong belief that connection and recognition are only for winners.

Type 4 (The Romantic) - 1hr 5mins 14secs

The Romantic is a creative, empathic, idealistic personality with a strong belief that others enjoy the happiness that they have been denied.

Type 5 (The Observer) - 1hr 7mins 25secs

The Observer is a knowledgeable, analytical, self-reliant personality with a strong belief that respect is gained by practicing self-sufficiency.

Type 6 (The Loyal Skeptic) - 1hr 9mins 2secs

The Loyal Skeptic is a perceptive, loyal, attentive personality with a strong belief that certainty and protection are gained by vigilance and endurance.

Type 7 (The Epicure) - 1hr 6mins 50secs

The Epicure is an optimistic, fun-loving, and positive visioning personality with a strong belief that frustration and pain can be avoided by reframing and shifting attention to imagining positive options and plans.

Type 8 (The Protector) - 1hr 5mins 35secs

The Challenger is self-confident, decisive, assertive, and confrontational, with a strong belief that vulnerability can be avoided by being strong and powerful.

Type 9 (The Mediator) - 1hr 3mins 47secs

The Mediator is an accepting, calming, and steady personality with a strong belief that love and belonging are earned by blending in with other people's agendas.

Available on the iAwake® App, digital download (MP3, WAV, FLAC, and ALAC formats)

HOW TO USE

IF YOU ARE NEW TO THE ENNEAGRAM

If you are new to the Enneagram and are not sure what your type is: read through pages 1-7 of the Enneagram Guide - then read through each of the 9 descriptions of each of the types to see where you most recognize yourself. There are online tests but they are not super accurate. Your best bet is to study the 9 types until you find the one you are MOST like - we contain aspects of all the points but there is one type, typically, that best describes us, though not always perfectly. More in-depth aspects of the Enneagram (wings, integrating/disintegrating movements, sub-types, etc.) can dial down to a closer fit, but all that is for later. When you are beginning to learn the Enneagram, it is best to focus on which of the three centers best describes you and from there which point.

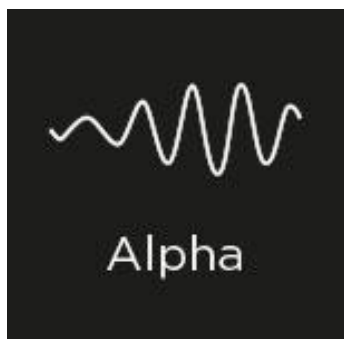
While Leslie Hershberger no longer does typing sessions (helping people identify their type), she has colleagues who do and who can be very helpful if this interests you in exploring more deeply. Please see her resources for more information.

WHEN YOU HAVE IDENTIFIED YOUR TYPE

- Read through pages 1-7 of the Enneagram Guide - then jump to the page that focuses on your type.
- Listen to the Introduction to Enneagram Meditations, then the introduction to your type, and then your type's guided meditation.
- Use the guided meditation as often as is useful, but we recommend initially to listen to it daily for 1 week, then weekly or as needed going forward.
- For deeper dives, you can read through the remainder of the Enneagram Guide which goes into detail about the Centers, Pause Practice, and conflict styles.
- If you know your wings (for example a 9's wings are 1 and 8) you can read about them in the guide and listen to those guided meditations as well.
- If you know your integrating and disintegrating points, you can also read about them and use those meditations.

TECHNOLOGY

Brainwave Patterns Targeted



Alpha waves can amplify your clarity and imagination and boost your performance and creativity. They are said to be the “artist’s brain waves,” where new ideas and solutions are sparked and you connect to your inner playful state of clarity and wisdom. Alpha helps you become fully present in a state of multidimensional awareness, which increases problem-solving capacity, and you may even experience a sense of deep connection, belonging, and flow. Alpha is also fundamental to our spiritual growth, since we need a strong alpha in order to establish connections during states of trance, deep meditation, and dream sleep.



Theta brain waves are naturally occurring during the hypnagogic state (pre-sleep), REM sleep, and often predominate during deep meditation and healing states of visualization, hypnosis, trance, and psychonautic exploration. This brainwave bandwidth is typical when awareness of the information coming in through our physical senses decreases, as we turn our attention inwards and our body rhythms (heart and breathing rates) slow down. It’s the gate to our buried memories, unresolved issues, and emotional trauma, and reviewing this material can sometimes be unpleasant as we might access and feel our raw emotion (previously suppressed). Even though REM sleep already serves that purpose, it is important to include deep relaxation exercises in our routines, so healing and restoration of mind can occur. Theta brain waves are related to insight, visualization, and deep states of meditation, although they can also make you drowsy and be responsible for distractibility, moodiness, and lack of focus.

Soundtrack Details from the Creator of the Music, Leigh Spusta

We primarily employed the use of a psycho-acoustic compositional method in order to evoke imagery and readiness to experience a range of emotion. This is done by the interplay of tension and resolution between musical intervals, and the specific use of textures and timbres that provoke certain reactions in people.

These tracks were composed with a 432 Hz tuning so as to be in better alignment with sacred geometry, nature, and spiritual energies.

Although there are plenty of naturally occurring binaural beats in these tracks, we did not employ the use of any hard line target frequencies, no binaural beats, and no isochronic tones. We have relied on the composition itself to have all the necessary cues and evocative sensibility to move the listener into the ideal space to experience the imaginal realm.



As you use *Enneagram Meditations*, we encourage you to share your stories with our community of practitioners on Facebook:

<https://www.facebook.com/groups/profoundmeditation>

ABOUT THE CREATOR



Leslie Hershberger has been working with the 3 centered Enneagram for over 20 years as a consultant, master teacher, coach, spiritual guide, facilitator, and mentor. She's certified in the Narrative Tradition, certified in the Enneagram in Business, has served as a mentor for students and teachers in training, keynoted at conferences, has served on the board of the International Enneagram Association, and was an editor of Nine Points Magazine.

Her expertise has come from over 20 years of boots-on-the-ground work with real people in countless settings: universities, businesses, schools, churches, non-profits, recovery communities, and hospitals.

She learned the Enneagram in 1998 and after her first workshop, she decided to make it the primary focus of her life's work. Leslie went on to get a Master's in Theology and focused primarily on the Christian contemplative traditions and Buddhism.

She started Enneagram programming in Cincinnati, Ohio, and continues to teach and facilitate Enneagram and personal/spiritual growth groups.

In 2004, she discovered the work of Ken Wilber and trained in Integral Theory, and eventually developed two online courses for Integral Life. She became the Enneagram expert for Integral Recovery with John Dupuy, CEO of iAwake Technologies and author of Integral Recovery. Leslie believes the best teachers are those who continue their own inner work in communities of practitioners.

Leslie lives on five quiet acres in Loveland, Ohio with her husband Dave who is in the travel business. They have three wonderful children and three grandchildren.

ABOUT THE CREATOR OF THE MUSIC



Leigh Spusta, creator of *Alpha Arising*, *Forgetting Not to Remember*, *Gamma 40*, *Deep Delta*, *Deeply Theta*, *iAwake® Mini Meditations*, *Solar Infusion*, and the sound/entrainment tracks for *Enneagram Meditations*, *The Gift of Gratitude – Recovery Edition*, *The Gift of Gratitude*, *Morning Ritual*, *Call of the Heart*; *In, Out & Through Vol. I*; *Kundalini (In, Out & Through Vol. II)*; and *Deep Recovery*, is a composer, hypnotherapist, and Certified Therapeutic Imagery Facilitator, specializing in the use of sound frequencies to produce deep, relaxing trance states.

His work has become internationally recognized and is enjoyed by thousands around the world. Leigh has worked with several therapists in Los Angeles, producing a variety of therapeutic audio CDs, and has been hired as a consultant and producer working with companies in the United Kingdom. He also works with the HMI College of Hypnotherapy and the American Hypnosis Association as Director of Media Production.

Leigh combines his talents as a musician and his knowledge of hypnosis and related states, in an effort to pioneer new approaches to creating rich, resonant soundscapes for greater efficacy in healing and meditative products. Leigh is the developer of the proprietary PsimatiX™ therapeutic approaches and technologies.

SUPPORT



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<https://www.facebook.com/iAwakeTech>



iAwake® Technologies on Twitter:

<https://twitter.com/iAwakeTeam>



iAwake® Technologies Practitioners Forum:

<https://www.facebook.com/groups/profoundmeditation/>



Coaching Call Archives:

<https://www.iAwaketechologies.com/support/teleseminars/>



FAQ:

<https://www.iAwaketechologies.com/frequently-asked-questions/>



Blog:

<https://www.iAwaketechologies.com/blog/>



Customer Support:

support@iAwaketechologies.com

LISTEN ON

The iAwake Technologies App



PROFOUND 3.0

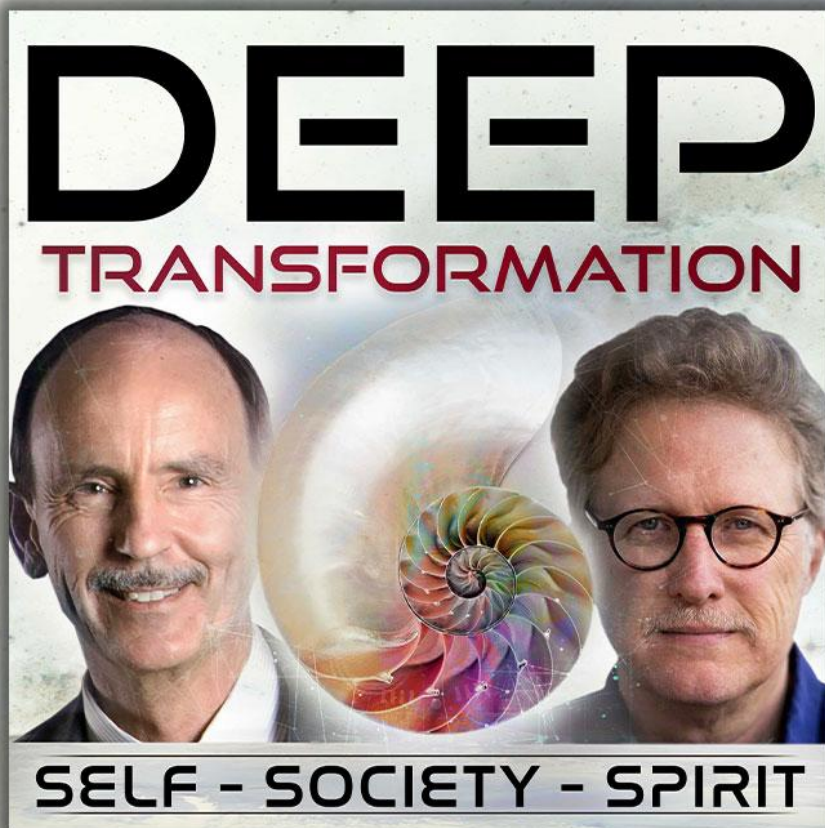
MEDITATION PROGRAM

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Join the conversation.
Wrestle with the questions.
Become the answers.

with Roger Walsh & John Dupuy

<https://deeptransformation.io/>

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