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Meditation for World Peace and Global Unity

According to numerous experiments, conducted during the last 30 years, by recognized authorities in different parts of the world, intentions such as in prayer and meditation have a measurable effect in reality.

Keeping this in mind, we are encouraging everybody to participate in WED by joining us in a simple meditation, with the intention of achieving World Peace and Global Unity.

This meditation can be done alone or in a group. When you practice alone, it is recommended to make a recording of the meditation in your own voice and then meditate listening to the recording. If you do the meditation in a group, you can either have the group follow the recorded indications, or you can have somebody read the indications.

You can sit comfortably on a chair or on a zafu, making sure the spine is straight and your body is relaxed and grounded.

The breathing should be slow and deep into the belly, but without strain. The eyes are closed. The meditation will take approximately 10 - 15 minutes, depending on the length of each breath and how many breaths are used for each step of the meditation.

- 1) Om Salutation (together) (place palms together in front of body as you inhale, on exhale intone a short, explosive "O" and long "MMMMM" as you bend forward slightly from the waist, touching the center of your forehead with middle fingers.)
- 2) Internally set the intention that this meditation will benefit the goal of World Peace and Global Unity (pause for a moment, before continuing with the indications)
- 3) Focus on your dantien, your body's center of equilibrium, a point 3 inches below your belly button.
- 4) Inhale slowly into the dantien to the internal count of 6, hold your breath to the count of 1, exhale slowly without strain to the count of 6, pause to the count of 1. Repeat the breathing sequence 6-9 times.
- 5) Continuing to breathe slowly into your dantien, become aware of your heart.
- 6) Inhaling and exhaling slowly 3 times, remember a situation in your life when your heart was filled with love and compassion and feel now how your heart felt at that time.

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7) Inhaling and exhaling slowly 3 times, send the love and compassion that you are feeling in your heart to your family (parents, children, siblings)

8) Inhaling and exhaling slowly 3 times, send the love and compassion that you are feeling in your heart to the people in your community.

9) Inhaling and exhaling slowly 3 times, send the love and compassion that you are feeling in your heart to the people in your country.

10) Inhaling and exhaling slowly 3 times, send the love and compassion that you are feeling in your heart to the people in the entire world.

11) Inhaling and exhaling slowly 6-9 times, imagine a world that is at peace and people are in unity with each other.

12) Om salutation (together)