



Lynn Roulo: The Embodied Enneagram: Meditations for Each of the Nine Enneagram Types



Lynn Roulo is a Kundalini Yoga & Enneagram Instructor, author, & facilitator. This interactive workshop weaves together the Enneagram System of Personality with Kundalini Yoga meditations. Enneagram is a system of human personality that helps to explain why people behave the way that they do.

TOP EMBODIMENT TIP: Do the work to self type, and use the practices like a steering wheel for your thoughts - to direct them and find balance in your type.

Context To Enneagram System:

- Lynn was a student of Enneagram from the mid-90s and trying hard to progress but discovered Kundalini yoga beneficial to **linking the physical practice with the personality systems, providing a map (Enneagram) as well as supplies (Kundalini) for the journey.**
- The habit of attention goes to nine places, recognising the variances with life history and other inputs. **The aim is not to change the type, but relax the habit of attention to bring more balance, to become more expansive.** Self typing is important- you find yourself rather than having your 'type' allocated to you by someone else. It is a very complex system as there are nine types, with six different levels and other factors to progress to.
- **Three meditations a day, for forty days. Think of the breath as a steering wheel for your thoughts.**

Overview Of Nine Types With Practices Provided:

- **Type 1 Perfectionist/Reformer** - what needs improving? Black/white, right/wrong, perfect/imperfect. In the body centre - sensitive issue around anger, can lead to somatic tension. Keep the world moving forward.
- **Type 2 The Helper/Giver/Lover** - attention goes to the needs and desires of others. Uniquely able to connect with the most shut down people. Speak from their heart. In the heart centre - sensitive issue around shame - can't accept certain parts of their personality (their own needs/self-care).
- **Type 3 Achiever/Motivator** - goal oriented, wants recognition for achievements, highly competitive, wants to be the best in whatever environment they are in. May struggle with self-typing as their personality aligns around a role.
- **Type 4 Individualist/Romantic/Artist** - attention to what is missing. They feel a lot of emotional intensity.
- **Type 5 Investigator/Thinker/Observer** - bounded approach to life. Tend to think a lot and speak little. Attention to scarcity. Very focused, often experts in their field.
- **Type 6 Loyalist/Skeptic** - scanning for danger/threats to their experience, and this is experienced acutely. Tend to experience anxiety, but grace under pressure, and trust carefully. Strong sense of duty.
- **Type 7 Positive/What Could Go Right** - blessings in disguise. Benefit from sitting with negative emotions.
- **Type 8 Leader/Boss/Challenger/Protector** - power dynamics, what you see is what you get.
- **Type 9 Peacemaker/Mediator** - often the most powerful when they realise how powerful they are. Can get lost supporting others. Procrastinator, resistant to change.

Resources

- ❖ **Books:** *Headstart for Happiness: A Guide Book Using Kundalini Yoga and the Enneagram*
- ❖ **Website:** <https://www.lynnroulo.com>
- ❖ **Social:** [YouTube - Lynn Roulo](#)



Lynn Roulo





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[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.



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