



THE FOUNDATION
of LEEEA THERAPY

Waking Up to Your True Self







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Our intention is that everybody wake up, and stay awake. Wherever you are, you can be a True Friend for the world when you have a quiet mind and an open heart. This is what we have all wanted, what we have all been praying for: the possibility of a world of harmony and peace, a world that is in balance. This is our time now.





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PRESUPPOSITIONS

- Everyone is living in a waking trance we call ego. We do not see the world as it is, but rather our projection of it. The trance is based on the belief that: “I know who I am. I know what I am. I know where I am.” All belief is a trance state.
- This trance state involves the physical, emotional, and mental aspects of our brain giving our experience a sense of reality. We believe what we sense, feel and think to be real. We call this personal reality “I,” “myself” and it is clinically called the egoic sense of self. It is marked by suffering.
- Trance is consensual. The personal trance that “I am my name, my body, my thoughts and feelings” is reinforced by the shared belief of those around us, starting with our parents or earliest caregivers. The personal trance is nested inside the family trance, nested inside the community and the tribal trance, nested inside

the global trance. If, for example you stop believing that pieces of paper called money have value, the trance of money does not stop as long as everyone else still believes in it.

- All trance states require a narrative. The narrative gives meaning to objects and events that arise and creates a sense of causality, requiring a past and a future.
- Waking up from a consensual trance brings disillusionment. For example, to go from believing in a particular religion to seeing through it, leads to a sense of liberation from the trance and the despair of being disillusioned. To be disillusioned is to wake up from the illusion of the trance. This leads to both a momentary sense of freedom and a sense of alienation or separation which is an essential stage in waking up from the personal trance. Waking up from a particular consensual trance can be a prelude to waking up from the personal trance, as the first awakening leads to a sense of isolated separateness. Alienation is part of the individuation process that frees our attention enough so that it can be directed inwards.
- Waking up from the personal trance leads to self-realization. A self-realized person is free of illusion and filled with a sense of fulfillment and can lead a happy productive life without the constraints of self-doubt or a sense of un-lovability and despair that mark the ego state of personal trance. Waking up from the personal trance leads to what has been the elusive goal of lasting happiness based in fulfillment rather than external circumstances.



LEVELS *of* THERAPY

All therapy happens within the parameters of the physical, mental and emotional realms. This is characterized by the triangle of behavior, thoughts and feelings used in the CBT (Cognitive Behavioral Therapy) model. **Leela Therapy represents the next wave by coupling deep insight with skillful means.**

Therapy happens on one of three levels: symptom removal, ego strengthening, ego transcendence.

- **Symptom removal** is characterized by a change in behaviors, thoughts and feelings. A variety of therapies address this level. We use the NLP model as a fast and effective way of changing behaviors, thoughts and feelings. NLP presents us with a wide variety of insights and interventions in the client's map of reality, leading to cascading changes.
- **Ego strengthening** involves working on the egoic sense of lack of self-worth. There is an inherent sense of lack present in all egoic

states. For most of us it is sublimated enough to have what Freud characterized as normal suffering, which he saw as inescapable. When the person is handicapped by their sense of egoic insufficiency, this unbalanced state will be centered in the emotional and mental realms, leading to changes in behavior. Relaxation techniques and meditation practices, of what is called “the third wave” of therapy, may address this level of healing by calming the mind and developing the discipline of a meditation practice, thus breaking the neurotic patterns of ideation and feeling.


- Being a True Friend models the possibility for the client of being free of neurotic patterns. The simple act of sitting as a True Friend with a quiet mind and an open heart has a salubrious effect on the neurochemistry of the client.
- Leela Therapy also addresses this realm through the skill of the True Friend in helping to elicit a diagnosis of both the presenting state and the desired state. This diagnosis, and projected outcome, address the thoughts, emotions and behaviors of the presenting problem following the NLP model. The art of the True Friend, and any exceptional therapy, is the capacity to intervene at the critical junction point. Insight into the egoic wounding can lead to emotional healing and a more fulfilling, less stressful life.
- **Ego transcendence** happens when the personally identified consciousness reflects deeply on itself. There must be a willingness to turn away from everything that it considers real to find the illuminating consciousness that is shining from behind the realm of thoughts, feelings and behaviors. When this conscious reflection of consciousness upon itself without an object

is one-pointed and concentrated, the identity of self can shift from the personal to the transcendental. Instead of identifying oneself with the different forms of manifestation, one identifies as the timeless, spaceless, empty consciousness that is the root and substance of all manifestation.

This awakening to one's true nature reveals the answers to the essential questions of: Who am I? What am I? Where am I? Having only the cognitive information to these answers, even if correct, without the direct transcendent experience, leads to conceptualization. As a belief it imitates true realization but does not bring the full benefit of direct knowing that is beyond knowing.







METHODS *of* THERAPY

- **CHANGE THE MAP:** Changing the Narrative. All meaning of self and other is derived from the narrative. By changing the narrative, projected reality based on the personal map changes. Narrative is a blend of images, sounds, sensations, and vocalized thoughts.
 - NLP use of sub-modalities and reframing to change the map, which changes the narrative.
 - Hypnotic altered state stops the narrative and can alter the map.
 - Self-reflection can change the map and the narrative. It illuminates what had been subconscious patterns.
- **ALTERED STATES:** Hypnosis. Environmentally-produced altered states such as shock or terror can produce long-lasting or permanent changes in the neurology of the brain, as in the creation of PTSD. Positive environmental agents like psychedelics in

turn can cause deep and lasting positive change. Clinical hypnosis is a safe and easily controlled method for producing an altered state and entering the deep symbolic layers of the psyche. MRIs have conclusively shown that decision making takes place below the conscious level, with the decision being made before the conscious mind thinks that it is making the decision. This is the level where lasting therapeutic change takes place and which may be accessed through the altered state of hypnosis.

- **LIMBIC BONDING:** True Friend. Simply the ability of the therapist to enter rapport with the client causes changes in the client's physiology. This has been seen in the work of non-directive therapy. When the internal state of the therapist mirrors what we are calling a True Friend—having a quiet mind, an open heart and being fully available to pacing the client's presenting reality—profound change can occur. When the True Friend also has the skillful means of inducing altered states through trance as well as insights into the leverage points of the narrative, deep and lasting changes can be affected in the client's presenting problem and sense of self.
- **EGO TRANSCENDENCE** arises from intense self-examination and the willingness to not fall back into the habitual movements of mind. When the structure and vocabulary of ego are clearly recognized in what one calls "me," there is the possibility to not identify with the egoic impulses. In fully meeting whatever arises and not moving with the habitual patterns of ego, the impulse to move is experienced as a fire, burning the old conditioned pattern. This burning opens the possibility of falling deeper into oneself. Falling beyond the realm of thoughts, emotions and sensations. Ultimately, falling into the timeless, silent realm of your true self.





*It is the mission of the Leela School to
serve world peace and freedom through
universal self-realization.*

*“To light candles is one thing. But to light a candle
that lights other candles. This is something else.”*

—PAPAJI

OUR GOAL

Our goal is to serve everyone who is interested in attaining true self-knowledge, freedom and peace, and to inspire unconditional respect for human dignity and diversity.

OUR VISION

Our vision is to see the teachings of being a True Friend—having a silent mind and an open heart—spread throughout the world, from heart to heart, allowing for deeper discoveries of what it means to live a life of true freedom and service to yourself and the world. We combine awakening from egoic trance with the skillful means of living in the world in a functional and supportive way.

OUR CORE VALUES

Our core values include supporting the right to control our choices in life; avoiding actions that cause harm or servility; treating all


individuals justly, fairly and with empathy and grace; fulfilling our responsibility of trust in professional, mentoring and personal relationships; fostering the well-being of both individual and society by facilitating the realization of our true nature.

OUR COMMITMENT

The Leela School's commitment to you is that you will be trained in a compassionate and heart-based manner with the most advanced skill set for serving yourself and your community. You will learn how to address and work with the three levels of therapeutic intervention. You will be able to help your clients on the symptom level such as dealing with phobias and negative behaviors; with ego strengthening in gaining self-confidence or dealing with fear; and, uniquely to our training, ego transcendence. You will be supported in waking up from your own egoic identification, and discovering endlessly deeper depths of your Self.

OUR TEACHERS

Our teachers exhibit the depth and the skills that they will offer to you. Our unique combination of skills and insights into the structure of ego and suffering will support you in fulfilling your highest potential.



ABOUT ELI JAXON-BEAR

Eli is the author of the spiritual classic *Wake Up and Roar: Satsang with Papaji*, *Fixation to Freedom: The Enneagram of Liberation*, *Sudden Awakening: Stop Your Mind, Open Your Heart and Discover Your True Nature*, his latest memoir *An Outlaw Makes it Home: The Awakening of a Spiritual Revolutionary*, and his latest book, *The Awakened Guide: A Manual for Leaders, Teachers, Coaches, Healers and Helpers*.

Eli Jaxon-Bear started training therapists at Esalen Institute in 1983. He integrated Ericksonian and Clinical Hypnosis with his unique view of the psyche in developing a new method of psychotherapy.

At the *First International Enneagram Conference* at Stanford University in 1992, Eli presented a radically new model of the structure of the psyche based on *The Enneagram of Liberation*. By joining self-inquiry with his map of ego fixation, he has presented a model for universal self-realization.

He founded the *Leela Foundation* in 1995, and in 2005 he founded the *Leela School of Awakening* operating in Sydney, Amsterdam, and Ashland, Oregon in the US.

He has been living with Gangaji, his partner and wife since 1976. They currently reside in Ashland, Oregon.

Eli meets people and teaches through the Leela Foundation, www.leela.org, and The Leela School of Awakening, www.leelaschool.org



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