



The Leela School Student Newsletter



We thought you might want to get started with some reading:

Here is the forward to “The Awakened Guide,” the manual you will be receiving at the beginning of Module 1. It was written by noted clinical psychologist, Dr. Murray Korngold:

In the West, those who are troubled by inner torment or are searching for fulfillment have long been conditioned and burdened, in their search for relief, by psychological concepts dating from Freud, Jung, and Adler. I find Eli Jaxon-Bear’s work particularly relevant because I was personally involved in the psychological revolution starting in the late nineteen forties after World War II, when the psychology departments of colleges from coast to coast were flooded by returning GIs, like myself, who mostly rejected drive-directed or habit-directed personality theories in search of a deeper humanism.

While speaking the language of Freud, we were largely drawn and excited by what we thought of at that time as the third force, a new approach. In their pioneering work, the non-directivists became the "True Friends" of their therapy clients. This is the first clinical use of this relationship, which Eli develops into a high art.

In **The Awakened Guide**, Eli Jaxon-Bear is uniquely qualified to teach strategy and tactics for clearing the decks to facilitate direct contact with spirit. Jaxon-Bear uses therapeutic trance work to help his students wake up from their personal trance of suffering in order to realize their true nature.

Possibly the best kept secret in modern times and certainly in the Western world is the fact that most humans spend almost all their waking lives beyond early childhood in a state of trance. It is a trance that equates language with reality and imagines a personal "I" in charge of life. Paradoxically this trance is the ultimate stance for survival, while guaranteeing we miss the essential qualities of what makes life worth living.

I am truly amazed at the way that the spiraling history of the craft of counseling and psychotherapy has evolved in presenting the teacher and guide as the true friend. In the use of trance to achieve this goal, Jaxon-Bear is transforming clinical therapeutic practice by bypassing the endless stories of the egoic mind.

In this handbook for teachers and therapists, it is possible to directly experience the premise that Eli proposes: the mystic vision is purely and simply the acceptance of reality without any filters or maps. By mapping the client's reality and then altering it, Jaxon-Bear shows us how to then take away the map and reveal reality. This is a revolutionary use of therapeutic techniques. We can at last transcend the ego, the holy grail of therapy since Jung.

Jaxon-Bear's training and life history span the mystics of the three monotheisms, as well as their Buddhist and Hindu counterparts. His experience infuses his teaching with a deep spiritual flavor. From trance-dancing with Sufis in Morocco, to practicing visualizations with Tibetan Buddhists in California, to dharma combat in a Zen Monastery in Japan, he has directly experienced the variety of paths to the truth. But it is his ability to bring his revolutionary political sensibility to bear on ending suffering in the world that marries the material with the eternal. It is from this platform that his proposal of universal self-realization is to be reckoned with.

In the end, the author discovered lasting fulfillment, which required him to transcend all barriers to realization. As an experienced Zen practitioner and a student of Western psychology, he learned very early on that the realization of freedom and peace could only be achieved by bypassing the personal identity, acquired not only genetically but also by cultural conditioning (traditionally referred to as the ego).

Meister Eckhart, a true mystic of the fourteenth century was the first churchman to preach to his parishioners in the people's language, German, instead of the traditional Latin.

Anyone can read Eckhart's twenty-fourth sermon entitled "Blessed Are the Poor," which concludes with the ego-transcending message: "I have nothing, I know nothing, I am nothing." This is the fruit of realization that Eli's work evokes.

The egoic identity finds this terrifying. Most therapies are aimed at producing clients who are empowered to be someone special (while fulfilling desires), and to be someone inflated, self-important, and confident that the world is there for the taking. We have found over the decades that this does not lead to true happiness or fulfillment. The great mystery is that by being no one, the overflowing love of the cosmos is revealed to be one's true self. Sufi mystics, Chassidic mystics, and a variety of Christian saints all tell us the same message.

There are no exclusion clauses in student admissions to Eli's study of the way of realization. Atheists, agnostics, Christians, Jews, Moslems, and even Vedantists—believers and non-believers alike—may now, with the help of a True Friend, attain true self-knowledge, freedom, and peace.

— Dr. Murray Korngold
San Francisco, CA, 2014

Dr. Murray Korngold is a Founder of the Los Angeles Society of Clinical Psychologists, having studied with Bruno Kopfler, an associate of Karl Jung. (Kopfler developed the Rorschach protocol and brought it to the US.) Murray also studied with Helmut Kaiser, Wilhelm Reich's associate, in Los Angeles from 1956-1958. He then shared a practice with R.D. Laing in Kingsley Hall from 1964 to 1969. An author and teacher, Dr. Korngold founded the L.A. Free Clinic, and is currently in private practice in psychotherapy in San Francisco.