



The Leela School Student Newsletter



While there are no requirements prior to your attendance at the first Module of Leela School training, there are some recommended books you may wish to read as you await the start of what we trust will be a most fulfilling personal and professional journey into the world of Clinical Hypnosis:

1. [A General Theory of Love](#)

by Thomas Lewis, Fari Amini and Richard Lannon

Drawing comparisons to the most eloquent science writing of our day, three eminent psychiatrists tackle the difficult task of reconciling what artists and thinkers have known for thousands of years about the human heart with what has only recently been

learned about the primitive functions of the human brain. The result is an original, lucid, at times moving account of the complexities of love and its essential role in human well-being.

A General Theory of Love draws on the latest scientific research to demonstrate that our nervous systems are not self-contained: from earliest childhood, our brains actually link with those of the people close to us, in a silent rhythm that alters the very structure of our brains, establishes life-long emotional patterns, and makes us, in large part, who we are. Explaining how relationships function, how parents shape their child's developing self, how psychotherapy really works, and how our society dangerously flouts essential emotional laws, this is a work of rare passion and eloquence that will forever change the way you think about human intimacy.

2. Trance-formations

by John Grinder and Richard Bandler

What is a trance state? How do you access a previous trance state? What is pattern interruption? Stacked realities? Generative change? Reframing? And how in the world do you use all this stuff to do anything productive? Better yet, how do you keep from using all this stuff to be unproductive? Well, this will give you a taste of what lies in store for you in this book. It's the best book to learn about real hypnosis, the structure of hypnosis. There are many books that can teach you to hypnotize people, but few that can teach you to break through the consensual trance that you are already in. This book can get you on the road to doing that. "Hypnosis is a word that usually gets strong responses from people" - positive or negative.

Often, people associate trance states with mysticism or magic, which has not helped the reputation of hypnosis. We encourage skeptics to suspend their beliefs or assumptions about hypnosis long enough to read this book. NLP cofounders Bandler and Grinder studied the famous therapist Milton Erickson to determine the structure of hypnosis. This book turns the "magic" into specific understandable procedures, some of which are useful in everyday conversation. In addition to the hows of hypnosis (basic and advanced), the authors describe numerous important uses for this science. A great introduction to the subject - and an important reference book for hypnosis practitioners.

3. My Voice Will Go With You by Sidney Rosen

"A chalice of wisdom for our time." ~ Ernest L. Rossi, Ph.D., C.J. Jung Institute of Los Angeles

Milton H. Erickson has been called the most influential hypnotherapist of our time. Part of his therapy was his use of teaching tales, which through shock, surprise, or confusion — with genius use of questions, puns, and playful humor — helped people to see their situations in a new way. In this book Sidney Rosen has collected over one hundred of the tales. Presented verbatim and accompanied by Dr. Rosen's commentary, they are grouped under such headings as Motivating Tales, Reframing, and Capturing the Innocent Eye.

4. The Enneagram of Liberation by Eli Jaxon-Bear

"Eli's profound teaching of the Enneagram is support for true self-investigation. His model of the ego is useful for all seekers after truth. He shows the traps of mind and the possibility of waking up from the trance of suffering." ~ Gangaji

Eli Jaxon-Bear presents a radically new model of the ego and the psyche. Bringing together his background in Buddhism with the Sufi work on essence, he presents a fresh approach to awakening using the Enneagram's nine fixated structures of ego to clearly describe who you are not. You will see how habits of egoic identification continuously appear to veil the pure, pristine consciousness that you truly are. When habits of mind are exposed, there is a clear choice to end the bondage of ego-based suffering and to realize the vast, inherent freedom of ones true nature.

In this book, Eli gives us the map of the prison of mind and the keys to freedom.

5. The Awakened Guide by Eli Jaxon-Bear

The manual you will be receiving at the beginning of Module 1.