



The Leela School for Advanced Psychotherapy

Waking Up from the Trance of Suffering



The Leela School is a Not-For-Profit Education Institution based in
Ashland, Oregon | Sydney, Australia | Amsterdam, The Netherlands

2017 EDITION

Table of Contents

MISSION STATEMENT. 3

WELCOME TO THE LEELA SCHOOL. 4

ABOUT OUR SCHOOL DIRECTORS. 8

 Yigal Joseph, Ph.D., Administrative Director. 8

 Stevie Leppard MD, Executive Director, Australia. 8

ABOUT OUR TEACHERS AND MENTORS. 10

 Eli Jaxon-Bear, Executive Director. 10

 Lisa Schumacher. 10

 Jared Franks, Administrative Director, Australia. 11

 Grace Pretre. 11

 Padma Wolff. 12

 Terry Shultz. 12

 Avram Sacks. 13

CERTIFICATION IN ADVANCED PSYCHOTHERAPY. 14

CERTIFICATION AS AN ENNEAGRAM COACH. 15

LEELA MENTOR AND TEACHER PROGRAM. 16

ENROLL NOW. 17

Mission Statement

The Leela School is an educational non-profit organisation based in Ashland, Oregon. It is the mission of the Leela School to serve world peace and freedom through universal selfrealisation.

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 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 realisation 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 your clients. 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 behaviours; with ego strengthening in gaining self-confidence or dealing with fear; and uniquely to our training, ego transcendence.

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 as a helping professional.

Welcome to the Leela School

We are committed to the whole world waking up from the personal trance of suffering. That is our overview and our purpose. We can make a difference one heart and one mind at a time.

Our training is heart based, so whether you are interested in certification or not, you may find immense personal value in the insights into your true nature and the nature of suffering that these courses reveal.

We are not the fastest, nor the cheapest training available. We do not believe that our program is for everyone. Our approach is unique, and as such we are looking for uniquely qualified individuals.

Being a True Friend

Our model for a therapist is called a True Friend: someone with a quiet mind, an open heart, and the skilful means for therapeutic intervention. Through exercises and practice you will be able to be a true friend in both your personal and professional life.

The Two Skills of Hypnotherapy

The skills of hypnotherapy can be broken into two parts. First is the ability to induce a trance. Second is the ability to know what to do once trance has been induced.

TRANCE INDUCTION

Inducing a trance is both simple and easy. We will teach you various trance inductions both classical and Ericksonian. You will have both a wide variety of techniques and the ability to create trance states as situations require.

EFFECTIVE USE OF TRANCE

The second part, knowing what to do after trance has been induced, requires skilful means. We will teach you interventions for a variety of physical, emotional, behavioural and mental problems.

Skilful means requires insight into your client's presenting conditions. You will have the means to know which intervention is appropriate and the flexibility to generate your own unique interventions.

The Three Levels of Therapeutic Intervention

You will be prepared to work at the level of **symptom cure** and habit control as the first level of therapeutic intervention.

The next level of intervention is **ego strengthening**. This level deals with deeper layers of the client's psyche and may address fundamental issues of the person's life. Healing childhood wounding, trauma, and deep-seated fears are just a few examples. Shamanic soul connection is an example of

a technique you will learn that serves the healing of old wounds.

As the structures of mind are re-wired, self-confidence, true love and deeper clarity emerge.

Proficiency within these two levels are the first attributes of being a successful therapist. If this is all you receive you can have a successful career as a helping professional.

In addition to these foundational skills, you will get to experience the interventions as both client and therapist. In this way you gain both familiarity with the process and insight into your own deep psychological structures. As a means of insuring your success with both techniques and process of insight, we include one-on-one mentoring beyond our group meetings and practices.

Enrolling in all three levels of our certification you will receive 20 hours of personal mentoring, with the ability to select from a range of Leela Mentors from around the world. They have the depth and the capacity to support you in both your own deepening and your skill as a therapist.

The second part of our training works on the level of **ego-transcendence**. We use Eli's unique insight into what he named the Enneagram of

Character Fixation, (very different from the more commonly used Enneagram of Personality.) Seeing the fixated structure of ego in ourselves, our relationships and our clients will cast the world in a completely new light.

Insight into the structure of our own character fixation assists in the discovery of our true character and the difference between ego and essential self.

This knowledge will give you enormous insight into your client's presenting condition and their true nature. The therapeutic interventions that grow out of marrying the structure of ego and fixation with the techniques of hypnotherapy are unique to this work.

The Enneagram of Liberation

Being or Ego is the question facing all of us as we reflect on ourselves and awaken to our true nature. Are we acting out our egoic patterns of fixation or are we living a life of love and freedom?

The Enneagram of Liberation is a wisdom mirror, holding up a light to our deepest egoic movements and patterns. When subconscious patterns of behavior, emotions and thinking are brought into the light of consciousness, they lose their hold on us; we discover the capacity to be still, and can stop taking the world personally.

Our Founder, Eli Jaxon-Bear, discovered this powerful teaching in the 1980's in Berkeley California, where he reset it from the context of personality to one of character fixation and then incorporated it into the Leela therapeutic model. Using it to bring insight and clarity to a client's presenting issues and the deeper fixated subconscious drives, it allows the therapist to see beyond the surface effects, and go straight to the cause.

The multidisciplinary approach of The Leela School includes an Enneagram year, where students will discover their own fixation, leading to deeper personal insight, clarity and integrity, and in this way being

more available as a true friend to clients and to the world. You will also become proficient at recognizing your client's fixation, as well as learning how to work with the different fixations, using this insight therapeutically as leverage for profound seeing and understanding, and an appropriate intervention.

Preparing You to Work

You will be prepared for working with clients who want to stop smoking as well as with clients who want to be more conscious in their lives. You will find your own area of specialisation and a way to creatively serve your clients.

The Leela School supports world peace and freedom through universal self-realisation. If your heart calls you, you are welcome here.

About our School Directors

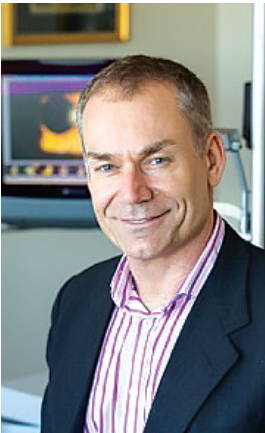
Yigal Joseph, Ph.D. | ADMINISTRATIVE DIRECTOR



Yigal has a Doctor of Philosophy, a Masters of Arts, is a New York State Licensed Psychologist and has New York State Permanent Certification as a School District Administrator. He is the recently retired Principal of Columbus Elementary School, where he implemented a discovery-oriented, inquiry-based curriculum that led to NY State recognition. He has served as Chief Psychologist of the Corsello Centers for Complementary Medicine; and as Director of the NYC Psychologist - In - Training Program,

where he coordinated the recruitment, training and supervision of psychology interns in collaboration with ten area colleges and universities. As senior administrator in the Office of Schools' Chancellor he enabled school leadership teams to incorporate exemplary teaching and learning standards.

Stevie Leppard, MD | EXECUTIVE DIRECTOR, AUSTRALIA



Meeting Eli Jaxon-Bear in 2009 was a life-changing event for Stevie. Experiencing firsthand the powerful transformation that Eli is able to catalyse through hypnosis, NLP, and the Enneagram, Stevie discovered his true nature beyond mind. Since that time he has increasingly devoted his life to assisting in the awakening of others. Stevie completed the Leela School 3-year program and Leela Therapy Training in 2011, and since then has been a Leela School mentor for students on the spiritual path under Eli's

masterful guidance. He is excited and honoured to be appointed the executive director, as well as teacher and mentor, for the newly formed Leela School Australia. Stevie's background includes 25 years working in the medical field; he worked for 20 years as an ophthalmologist where he was frequently involved in training up-and-coming eye surgeons. He became drawn to the spiritual search in 2003 after an existential crisis caused him to reevaluate the meaning, and direction, of his life.

About our Teachers and Mentors

Eli Jaxon-Bear | EXECUTIVE DIRECTOR



Through the 1980's Eli led the Clinical Hypnosis Certification Program at Esalen Institute and at the Institute Dr. Schmida in Vienna, Austria. This month-long training was a synthesis of the Enneagram of Character Fixation with Neurolinguistics and Ericksonian Hypnosis. At the time, Eli was certified as a Master Trainer in Neurolinguistics and was on the Board of Examiners of the American Council of Hypnotist Examiners. Many people who went through this program are now successful therapists and teachers.

After being invited to a Trance and Healing Conference in Morocco, Eli was faced with a series of tests and initiated into a Sufi clan in Marrakesh. He was appointed head of the first Tibetan Buddhist Meditation Centre in Marin County by Kalu Rinpoche in 1978. In Japan, he was presented with a Zen Teaching Fan, passing on the authority to transmit the dharma from the oldest living Zen master in 1983.

After an eighteen year spiritual search, when Eli met his final teacher, in January 1990, everything changed. Papaji asked Eli to return to the world of therapy so that “both client and therapist can wake up!”

Jared Franks | ADMINISTRATIVE DIRECTOR, AUSTRALIA



In 2009, Jared met Eli Jaxon-Bear at a retreat in Sydney, Australia. This profound meeting led to a deeper commitment to lasting happiness and freedom. After an Enneagram retreat in 2010, Jared enrolled into the Leela Foundation's 3- year program, leading to certification as a Leela Therapist. This training included Clinical Hypnosis, Neurolinguistics (NLP) and the Enneagram of Character Fixation, and finally work as a Leela Mentor and Teacher.

Jared has been the Regional Coordinator for the Leela Foundation in Australia, organising the Australian tours for Eli and Gangaji since 2010. Jared offers Leela Therapy sessions from his private practice in Sydney, as well as teaching the Enneagram and holding retreats around Australia and New Zealand.

Lisa Schumacher



Lisa met Eli Jaxon-Bear In 1999 and in 2002, she enrolled in the Leela Foundation's 3- year program. She then completed training in the Leela School, earning her certification as a Leela Therapist, Mentor and Teacher. She has been trained in Clinical Hypnotherapy, Neurolinguistics, and the Enneagram of Character Fixation in the numerous and ongoing courses she has attended with Eli. She has co-taught the Enneagram with Eli and is a teacher in the Leela Foundation Professional Retreats and Advanced Enneagram courses in the US and Europe. Lisa operates a private practice as a Leela therapist and clinical hypnotherapist out of Ashland Oregon. She offers spiritual retreats in the US, Canada, Australia, New Zealand and Europe in support of staying true and discovering for yourself the source of true fulfilment, as was shown to her by her teachers, Gangaji and Eli.

Grace Pretre



Grace met her teacher Eli Jaxon-Bear in 1999 and attended her first Enneagram Retreat in 2000. She joined the Leela Foundation's 3-year program in 2001 and then continued her training in the Leela School. Upon completion she received her certification as Leela Therapist, Mentor and Teacher. Her training included Clinical Hypnotherapy, Neurolinguistics and the Enneagram of Character Fixation.

Grace has a private practice as a Leela Therapist and Clinical Hypnotherapist in Maui Hawaii. She coordinates the Leela Foundation's

yearly Maui events and assists as organiser, teacher & mentor in Eli's various retreats, both in Europe and the US.

Her life is dedicated to supporting the discovery of inner Peace & Happiness in everyone – which is the gift she received from her teacher Eli.

Padma Wolff



Padma attended the first two 3-year groups in the US, and has functioned as interpreter for Eli and Gangaji in Germany. In this capacity, she has attended all their trainings there and also participated in all 3-year groups in Europe. Throughout the different stages and forms of the Leela School over the course of the years, Padma has been involved in various functions and benefited immensely from all of them. She has studied psychology with a Masters degree and thesis on “Satsang and Psychotherapy” (published by Verlag Dr. Müller in 2007 / Akademiker Verlag in 2014), was certified as a Leela Therapist by Eli in 1999, and has built a successful private practice since. The main foundation of this practice is putting insights and methods of Hypnotherapy, NLP and the Enneagram on the ground and in service of self-discovery and liberation. Since 2007 it has taken the form of an office, the “practice for meditation and selfinquiry” in Hamburg, and since 2010 of the “Bodhisattva School”, both together with her partner Torsten, in which they pass on these precious gifts.

Terry Shultz



I have been associated with Eli, Gangaji and all incarnations of the Leela Foundation for the last 28 years. I met Eli and then Toni Varner at a month long hypnosis training at the Esalen Institute in 1989. I was fortunate to have been at ground zero, attending intensive trainings on Maui in the spring of 1990 and 1991, immediately after Eli and then Gangaji's initial contacts with Papaji. I attended some of Ganagaji's first satsangs

during these years, and received certification as an Enneagram trainer, NLP trainer, Clinical Hypnotherapist and Leela therapist as I trained with Eli and Gangaji.

I am an owner and the clinical director of a counseling organization that started out with 5 therapists, offering 24 hour in-home crisis services to at risk families in Central Pennsylvania as our initial function. The naturally arising principles of True Friendship have enlivened and preserved a service organization that has grown to 60 therapists and 20 paid support staff, offering a range of permanency planning programs and resources for families. In a field where turnover is the norm, approximately a third of our therapists have been together for 20 years and another third have been here for at least 12 years. Four of the original six therapists are still together. Our staff thrives in an atmosphere of Empowerment and Self Realization, where stress is consistently seen as opportunity.

Avram Sacks



I met Gangaji on Maui in 1995, and was stopped in my tracks. Then, in 1999 at my first Enneagram Retreat with Eli, I saw with horror the tremendous suffering my 7 fixation was causing myself and others. I vowed to do whatever it takes to end the suffering. I spent 7 years in the Three Year Program with Eli and trained to be a Leela Practitioner. With Eli's love and support, I discovered that this was truly my life's work.

I have been joyfully working with clients since 2001, supporting them to deepen in the Silence and to inquire into the patterns and conditioning that are still causing suffering. I am so grateful to Eli and Gangaji for bringing the teachings of Ramana and Papaji into my consciousness and for teaching me how to use my skills as a therapist to support others in their Awakening.

Certificate in Advanced Psychotherapy

This is a one year part-time course, offered in 3 parts leading to a Certificate in Advanced Psychotherapy. Besides teaching you how to be a successful therapist, this course is also ideal for anyone seeking a deeper insight into their own psychological movements and patterns. It is an assistance to those who are already practicing as a health professional, offering fundamental insights as well as skilful means to add to your existing practice. By the end of the first year you will be able to set up a successful private practice.

PART 1 is a 10 day in-person retreat with Leela Teachers and Mentors Jared Franks and Stevie Leppard, covering the syllabus in an environment of openness and heart-based learning, experiencing, practicing, and deep support.

PART 2 takes place online. You will watch Eli work with different clients using a variety of hypnotic inductions and clinical interventions. In addition to watching the sessions, each one will be broken down into workable parts for you to practice at home. In addition you will have 10 hours of private one on one mentor sessions, usually on Skype.

PART 3 is a 10 day in-person retreat with Eli and Leela School Teachers and Mentors. The final elements of the syllabus will be covered, with an ultimate aim of preparing you for a private practice.

Certification as an Enneagram Coach

This is the second level of certification. The second year is also offered in 3 parts. This course is ideal for those called to deeper insight into the structure of their own character fixation, which assists in the discovery of true character and the difference between ego and essential self. This knowledge will give you enormous insight into your client's presenting condition and their true nature. The therapeutic interventions that grow out of marrying the structure of ego and fixation with the techniques of hypnotherapy are unique to this work.

This second level offers a unique insight into the structure of ego and the possibility of ego transcendence, using Eli's thirty years of working with the Enneagram. We will use Eli's book, *From Fixation to Freedom, The Enneagram of Liberation* as the core text for this course.

PART 1 is a 5 day in-person retreat with Eli and Leela School Teachers and Mentors, covering the Enneagram of Character Fixation from beginning to end. It is an opportunity to immerse yourself in the recognition of your own fixation and discovering freedom from identification with the fixation.

PART 2 happens online, consisting of two full Enneagram Retreats at Esalen Institute as well as a complete section of Enneagram exemplars, from each fixation and sub-type, explaining and demonstrating their fixation, with recorded insights from Eli and Staff.

PART 3 is a 5 day in-person retreat with Eli, alongside Leela Teachers and Mentors. A more advanced retreat showing the deeper levels of the structure of ego and the use of insights from the enneagram in a therapeutic context.

Leela Mentor and Teacher Program

Year Three may result in certification as a Leela Mentor or Teacher. Offering deeper insights into the nature of the deep structures of the egoic mind and emotions and the experiential exploration of the qualities of essence, you will be preparing for your next step.

This year offers the jumping off point where skills become art and you discover your inner capacity to be creative in the moment of serving. Waking up from the trance of suffering is now a living possibility.

This year involves assisting students of the school, while discovering what is required to be an effective Mentor and Teacher. You will be an active participant in the classes of the school, mentoring new students and teaching the lessons that you are ready to share.

There will be ongoing one on one sessions with your teachers and guides as well as a study group for the sharing of cases and skilful means with your fellow classmates.

Unlike the two previous years, this year is more personally structured to assist you in maximizing your potential whether as a teacher or mentor.

Enroll Now

Contact Us for an Enrolment Form

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