



BEING A TRUE FRIEND

In Service to Yourself and the World

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My 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.



Everyone wants to be happy. This is a universal component of the human condition and may seem so self-evident that it does not bear noting. Even those who intensely hate themselves or the world, can trace this drive back to the deepest unfulfilled desire for happiness.

Why is it that so few are truly happy? How is it that the universal quest for happiness has led to the full spectrum of suffering on this planet?

Only ignorance could create suffering in the pursuit of happiness. Out of ignorance arises fear and greed.

If you are reading this, most likely it is very obvious to you how fear and greed are impacting our world.

The question is: how do we stop it?

By being willing to face the ignorance, fear and greed that arises in each one of us. Each one of us individually must decide to be part of the solution. To be part of the solution is to be willing to end ignorance where you are. Not by fighting fear or greed, but by pulling out the root of ignorance that they both spring from.

The root of ignorance is the belief in an imaginary identity. Falling into a trance called “I.” When “I” arises in the mind, fear and greed arises in response. When the mind is silent and open, there is a possibility to discover the deeper

truth of who you are: empty awareness, silent intelligence, overflowing with love and bliss.

This booklet is meant to let you know that you can be part of the solution. As a by-product you will live a life of happiness and peace, regardless of your circumstances. Being part of the solution is being a True Friend for yourself and to Mother Earth. How that is possible for you is the beginning of this work.



What is a True Friend?

The basic foundation of this work is the position of a “True Friend.”

A True Friend has a quiet mind, an open heart, and doesn't take anything personally.

A True Friend is solid and unmoving; open and fluid; deep and subtle. This stance supports everything else.

A True Friend holds no position for or against; does not agree or disagree. A True Friend is not full of answers and is not ignorant. In having no position, a True Friend can be an ally and a truth teller.

A True Friend is the open space where the light of consciousness can be reflected back to itself.

To be open space is not to hold space, as there is no one holding anything. To be open space is the greatest gift that we can give one another.

No training is needed, no qualification or practice, merely the willingness to be a silent loving being with no agenda. To be quiet and see.



How Can I be a True Friend?

The surest way to be a True Friend is this:

First realize for yourself that there is a timeless, spaceless, formless, silent reality within you.

This is the first step. It is a glimpse. It is not the end of the tunnel but the light that is at the end of the tunnel. To catch a glimpse even for an instant behind the curtain of the illusory world is enough to know for certain that nothing is as it appears.

The realization of silence within is the first step.

The next step is to surrender, leaving personal identity behind as you plunge into the unknown to find yourself. When you realize the truth of yourself as that unknown empty space, your job is done.

With nothing left to do, there is no need for movement or judgment or commentary. The mind can be completely still as it has no work to do. There is nothing to think about, to wonder about, to question. Just be still and see.



What is the Role of a True Friend?

The wonderful mystery about being a True Friend is that in order to be a True Friend, you have to be out of the way; you have to be transparent. When you show up as a somebody with something to say, you take up too much room, and there is no space to fully receive the other. When we are taking something personally, we are suffering in some way and clouding the purity of insight. When we are not taking anything personally, we are open and free.

To be a True Friend is to be so empty that you can be present with whatever appears without having it impact you. You do not need to perform or prove or justify your existence.

You don't have to respond. You don't have to improve. You don't have to change. You don't have to fix.

This is the rarest gift that we can give one another! The role of a True Friend is to model the possibility of not reacting to what passes before us, but rather to reflect it.

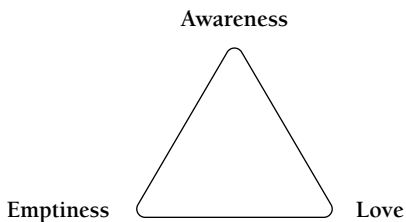
It is possible to experience this moment as an intimate embrace, when you do not have a personal agenda for how the moment should be. You will be more efficient and more productive, because you will not be engaged in internal dialog about what you should or should not be doing.

A silent mind is the end of the spiritual search, the end of the journey, and the beginning of an awakened life. Then you naturally are a True Friend to yourself and the world, regardless of the role that may appear. Once the inside commentator is seen through, you can directly experience life as it is. This is not disassociation and does not involve any practice or concept or memory. It cannot be forgotten or remembered.

This is the still point at the center of the universe. I call it Home.



Model of a True Friend



In order to be a True Friend, the only requirements are that you are:

Awareness: Being aware of what is going on with whomever you are with.

Emptiness: Internally quiet, no internal dialogue, no knowing.

Love: Naturally arises in Awareness and Emptiness.

Instead of awareness and emptiness there is usually thinking, knowing, or relating by taking it personally. When someone speaks, the immediate thought might be, "Yes, I know what you are talking about." "That must mean you fit in this category." Or "I know what you mean, that happened to me."

There are different ways of reacting to what is presented: comparing, judging, personalizing, relating to, fixing. All of these are strategies of the ego to try and control, and as such are the noise that clouds clear awareness.

If you fully receive this model of inquiry: of having a quiet mind, not knowing, being aware and in love – then miracles will happen. All of our conditioning, all of our training is to know the answer, to know what to do. From the time you were just a little baby you were rewarded for knowing and doing the right thing; for being good. All of our training has been to know. This has been, and is, a very useful survival strategy. Knowing is not wrong, but it is limited in the context of serving another.

What I am challenging you to do is to not know; to give up all theoretical and conceptual knowing.

You will find that if you are not comparing or understanding, or fixing, then you are not talking to yourself. Then what you hear and see in front of you has a chance to sink in to someplace deeper. To sink in and touch a place of empty wisdom.

If you live as awareness, emptiness and love you will naturally be a True Friend to everyone you meet.

The challenge is to be a True Friend for the world. Often it is easier to be empty, aware and love while in the role of the therapist or True Friend. When the session is over and the role changes, there is often the tendency to get involved with the suffering of “my life.”

You can play the role of a therapist, a father, a housewife, a doctor a waitress, a secretary, or a gardener. Wherever you are, you can be a True Friend for the world when you are empty, quiet, aware and in love.



About The Leela School of Awakening

The Leela School is an educational non-profit organization based in Ashland OR, USA, Byron Bay, Australia and Amsterdam in the Netherlands.

It is the mission of the Leela School to serve the world as a True Friend, by offering courses and personal mentoring for Awakening, and the skills to guide others.

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 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 wellbeing of both individual and society by facilitating the realization of our true nature.

Through the Leela School, Eli and his teachers and trainers, distill the essence of Eli's work over 40 years, held in the context of silence and awakening. It is still taught in the format of training therapists to work with clients. However,

now the skills of observant insight and skillful means are in service of silence. In this way, the role of therapist has evolved into the role of a True Friend. In this, it is possible to be a True Friend for the world. Regardless of your life circumstances these skillful means will give you the possibility of true service in all of your relationships.

Whether you want to be trained and certified to be a therapist, mentor, coach, trainer or guide; or you are looking to wake up from your own personal trance of suffering, the Leela School invites you and welcomes you to discover your true Self.



About Eli Jaxon-Bear

Through the 1980's Eli led the Clinical Hypnosis Certification Program at Esalen Institute, in Big Sur, California and at the Institut Dr. Schimda in Vienna, Austria. This month-long training was a synthesis of the Enneagram 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, teachers, coaches and spiritual leaders.

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

Eli founded and currently teaches through The Leela Foundation, a non-profit organization dedicated to world peace and freedom through universal self-realization, as well as The Leela School.

The Leela School for Awakening is now located in Ashland, Oregon, Byron Bay, Australia and Amsterdam in the Netherlands.

Eli is the author of the spiritual classic *Wake Up and Roar: Satsang with Papaji* (New Morning Books,) *Fixation to Freedom: The Enneagram of Liberation*, (New Morning Books,) *Sudden Awakening: Stop Your Mind, Open Your Heart and Discover Your True Nature*, (Hampton Roads,) and his latest memoir *An Outlaw Makes It Home: The Awakening of a Spiritual Revolutionary*, (New Morning Books.)

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

Papaji

\$5.00

For further information

www.Leela.org

www.Leelaschool.org



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