



The Leela School  
of Awakening

SERVING  
THE  
WORLD  
AS A **TRUE**  
**FRIEND**



The Leela School is an educational non-profit organization based in Ashland, Oregon; Sydney, Australia; and Amsterdam, the Netherlands.

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# Welcome to the Leela School



We are committed to the whole world waking up from the personal trance of suffering. We are committed to being a True Friend in the service of Love. 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 do not believe that our program is for everyone. Our approach is unique, and as such we are looking for uniquely qualified individuals.



IT IS THE MISSION OF THE  
LEELA SCHOOL TO SERVE  
**WORLD PEACE AND FREEDOM**  
THROUGH UNIVERSAL  
**SELF-REALIZATION.**



## **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 behaviours; 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 in whatever you do in the world, and as a helping professional.

# Being a True Friend

Our model for healing relationships we call being a True Friend: someone with a quiet mind, an open heart, and the skillful means for therapeutic intervention. Through exercises and practice you will be able to be a True Friend in both your personal and professional life.





## Skillful Means for Working as a Coach, Guide, Healer, Therapist and True Friend

The skills we offer are broad, and cover several different modalities, which together form a coherent, effective and powerful medium for therapeutic intervention. Based on over thirty years of a life's work, we pass on these skills to spread the possibility for true happiness.

Skillful 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.

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 yourself.

## 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 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.

The third level of our training focuses on ego-transcendence. As we work with ego and essence both in internal investigation and in working with others, we explore the deep structures of the psyche. Deep insights and realizations naturally arise in the sacred space of silence and love that is our ground.



# The Courses

## Preparing You to Work

The skills we offer at The Leela School are for your own awakening and skillful living in the world, while also offering the possibility to be certified as a therapist to work with clients on a range of presenting issues. You will be prepared for working with clients who want to stop smoking or other addictions, as well as with clients who want to be more conscious in their lives. You will find your own area of specialization, and a way to creatively serve. The Leela School of Awakening supports world peace and freedom through universal self-realization. If your heart calls you, you are welcome here.

Professional and Clinical Certifications are available upon application.







# 01

## True Friend Immersion

**This is a one year part-time course**, offered in 3 modules. The foundation of this course is to be a True Friend, for yourself and the world. Discovering a silent mind and an open heart, you will be supported in waking up out of the trance of egoic identification.

Distilling over thirty years of working with people down to a pure essence of transmission and skilful means, the True Friend Immersion consists of two twelve-day retreats, a series of one-on-one mentoring sessions, and an online video course.

Based in non-dual insights and the clinical hypnosis certification program Eli ran for many decades, you will absorb and learn different skills for being an awakened guide in the lives of those around you, whether it is family, friends, or clients. Discovering what it means to be a True Friend for yourself and others, you will experience what this means in a practical way, living in the world in skillful harmony.

As part of this immersion course, we will use Eli's unique insight into what he calls 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.

Enrolling in the True Friend Immersion, you will receive ten 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 True Friend. We have discovered, however, that to fully integrate the skills learned in this True Friend Immersion course usually takes at least two years, so we encourage everyone to be open to attending this course for two consecutive years.

Professional Certification available.



## 02

### **Ego or True Self: The Enneagram for Awakening**

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 illuminate 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. Using the Enneagram 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.

## 03

### **Advanced Certification**

In addition to the True Friends Immersion and Enneagram for Awakening programs, the Leela School also offers several advanced trainings each year that provide the opportunity for further education, and the possibility to deepen and hone the skills learned in the basic training modules. These trainings include Advanced Clinical Hypnosis, Advanced Enneagram, and several weekends devoted to advanced therapeutic techniques and interventions. Advanced Certification is available once a student has attended a required number of these trainings.

## 04

## Leela Mentor Program

This program 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.

The minimum requirement is 2 full years of True Friend Immersion, however only those who have already been practicing with their own clients for a period of time, and satisfy Leela School Teachers in terms of stability, maturity, skill and depth, will be accepted to enter the program.

This program involves assisting students in 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 skillful means with your fellow classmates. This year is more personally structured to assist you in maximizing your potential, whether as a mentor or teacher.



### Personal Mentoring Sessions

The Leela School offers **personal mentoring packages** for anyone interested in deeper self discovery, freedom and happiness. With all levels of support, you can focus on the Enneagram, discover the benefits of hypnotherapy for effecting change in your life, wake up from egoic identification, or get supervision for your therapy practice.



# About our Senior Staff



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## **ELI JAXON-BEAR**

Founder

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Through the 1980s 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 have been trained by Eli are now successful therapists and teachers around the world.

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!"



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## **YIGAL JOSEPH, Ph.D**

Clinical Advisor

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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 Complimentary Medicine, and as Director of the NYC Psychologist-In-Training Program 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.

# Our Teachers




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## JARED FRANKS

Administrative Director, Teacher

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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 finally led to Jared's 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, and has co-taught the Enneagram with Eli. Jared offers Leela Therapy sessions from his private practice in Sydney, as well as teaching the Enneagram and holding retreats around Australia, New Zealand, the U.S and Europe.




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## LISA SCHUMACHER

Teacher

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Lisa met Eli Jaxon-Bear in 1999, and in 2002 she enrolled in the Leela Foundation's 3-year program which led to her training in The Leela School and certification as a Leela Therapist and Mentor. Her work with Eli and the Leela School has been personally transformative, inspiring her in her life's work for peace and awakening for all. She has co-taught the Enneagram with Eli, is a teacher in the Leela School and she offers spiritual retreats in North America, Australia, New Zealand and Europe. Lisa has a private practice in Ashland, Oregon.

# Our Mentors



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**STEVIE LEPPARD**  
Executive Director,  
Senior Mentor,  
Sydney, Australia

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**SUKHITA DEROVA**  
Mentor, Auckland,  
New Zealand

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**HEIDI POLZIN**  
Mentor, Hamburg,  
Germany

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**CAROLINE WIEDEMANN**  
Mentor,  
Bad Schwalbach,  
Germany

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**JOHANNES VON GWINNER**  
Mentor, Berlin,  
Germany

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**MONIQUE ENGELENBURG-SMITS**  
Mentor, Amsterdam,  
the Netherlands

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**MARGOT GEDERT**  
Mentor, Chama,  
NM, US

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**CASEY FRIEDER**  
Mentor, Ashland, OR,  
US

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**HENK ENGELENBURG**  
Mentor, Amsterdam,  
the Netherlands

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**SYLVIA HIEMSTRA**  
Mentor, Berlin,  
Germany

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There are more Skills Mentors who are highly trained in Leela Skills offering their support to new students. You can find their profiles on our website. We would love to introduce you to them all.





**Leela True Friends and Therapists all over the world available to support those who are ready**

## Contact Us for an Enrollment Form

### **AUSTRALIA/NEW ZEALAND:**

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