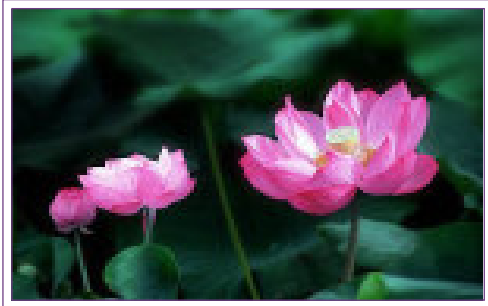


*peace and fulfilment
are your true nature*

Satsang & Leela Therapy



with Padma

Private sessions with Padma by phone or in person can be arranged through phone or e-mail. The regular fee for a Leela Session is 70 Euros. Individual arrangements on a sliding scale are possible.

Public Satsang is offered regularly in Hamburg, Germany. When invited, Padma also travels to other cities & countries. Currently scheduled in English is:

a weekend of Satsang in **London** on June 28&29, contact Carrie: ++44-16-34242383, carrich@blueyonder.co.uk or Ralf_ttm@yahoo.com

Retreats offer the possibility to spend a period of time in an intensive atmosphere of Satsang.

Of course, English speaking participants are also welcome to any of our public events and Retreats. Please let us know, if you need translation

Padma is also available for **"net-answers"**: individual video-satsang through www.here-now-tv.com, videos of an English interview and Satsang will follow soon

for more information or to schedule a session, please contact Padma at

++49 (0) 40-55775577 or **padma@sevaa.de**

For the **current schedule** of public meetings and Retreats, you can also look up the website:

w w w . s e v a a . d e

*"When you realize yourself as completely empty and devoid of all form... this is wisdom;
when you realize yourself as the fullness of love overflowing itself without an object... this is bliss;
and when you are aware of yourself incarnate in the appearance of form... this is Leela."* ~ Eli

Leela is a word from the ancient language of Sanskrit. It means „the divine play of consciousness“. As such we experience life, when we have recognized our true nature. This true nature is the most original, natural being that remains the same before, during and after the many roles we play every day. It is untouched, pure and fulfilled in itself. Through this realization the identification with all these roles dissolves. In this, consciousness can be realized as "Sat-chit-ananda" – being-consciousness-love, the "true Self". At the same time we are totally free to fully experience and engage in all the roles which appear in this play of life without getting caught up in the suffering of identifying with them.

Satsang is an invitation to direct self-inquiry. In that lies the possibility to the direct realization of this true nature of being. That is the liberation to Leela.

Leela Therapy was developed by **Eli Jaxon-Bear** specifically to support and deepen this realization and to enable us to live it in every part of our life. For this purpose some effective psychological insights and methods from NLP and Ericksonian hypnotherapy and the Enneagram* can flow into Satsang, when appropriate.

In this context, psychotherapy is understood according to its etymological extraction: As accompanying one's soul back to its origin.

Leela Therapy is a helpful support for those who already have experienced deep spiritual insights and wish to have more clarification and integration of their experiences in all parts of their life, as well as for those who aren't that interested in spiritual aspects but are looking for the relief of suffering. Suffering can be seen through and relieved on all levels.

* **The Enneagram** describes nine character fixations and graphically represents their interrelations. Through its exact and detailed observations it makes deep insights into the structures of ego possible. These insights support the process to see through the habitual identification with the character fixation in order to free yourself from its grip.

Padma got to know Satsang and Sri Poonjaji through Isaac Shapiro in 1995. Since 1997 she has been translating for Eli Jaxon-Bear and Gangaji, two of the main representatives of this lineage in the West. Padma is a psychologist who was instructed in Leela Therapy by Eli Jaxon Bear.

"For me, Satsang is an energy field where we can explore what it means to be human and who we really are when identification with personality falls away. I have often experienced in Padma's satsangs a very strong and palpable sense of stillness and peace. A very skilled, intuitive and compassionate therapist and being deeply rooted in stillness she creates a wonderful and healing atmosphere in her meetings."

~ Ralf, psychologist and bodyworker

spring & summer 2008