



**A Society of Souls®**  
The School for Nondual Healing and Awakening™

## **FREE TELECLASS SERIES**

**Open to All!**

**Sunday mornings / Thursday evening**

**Please forward this email to your friends & family.**



*You are invited to join the Senior Teachers of A Society of Souls in open hearted lecture and dialogue as we continue our exploration of the relationship between the healing of the personal self and awakening. These teleclasses are based on the revolutionary work of Jinen Jason Shulman, founder of A Society of Souls—a school, a path of healing, and a community dedicated to the awakening of the human being, whose true nature is compassion in action.*

- All of the times listed are New York City time - Eastern Time Zone in the U.S.
- The majority of the teleclasses are on Sunday morning from 10:00 am to 11:30 am.
- In October we have one teleclass on a Thursday evening from 7:00 pm to 8:30 pm.

### **To Register:**

- Go to [www.brendacarterblessings.com](http://www.brendacarterblessings.com)
- Click on Events – then click on Register
- You may register for more than one teleclass.
- Upon registration, you will be sent the teleconference number(s) to call in for the class.

### **Schedule of Teleclasses:**

**February 12, 2012 with Brenda Carter Blessings**

Sunday morning 10 am – 11:30 am

#### **NOURISHING OUR HUMANITY**

In our search for happiness and fulfillment, we look in many places for knowledge and nourishment. What does it mean to nourish ourselves, our full humanity? How do we recognize true nourishment in our lives? How do we receive the manna that is continually being offered in the preciousness of our lives as they are now?



**February 19, 2012 with Brenda Carter Blessings**

Sunday morning 10:00 am – 11:30 am

#### **EMBRACING THE TRUE CONSTANT: CHANGE**

We can't approach having a unified or whole experience of life unless we can accept constant change and the unknown as included in being alive. Our inner and outer worlds are constantly changing—forms coming into being and dying. How do we learn to embrace change and find a new relationship with it, one that encourages healing and wholeness?



**April 29, 2012 with Jan Bresnick**

Sunday morning 10:00 am – 11:30 am

**PRACTICING FORGIVENESS**

In the divisive times we live in, rife with war and conflict, how can we practice forgiveness? The teachings of Nondual Kabbalistic Healing offer possibilities for embracing differences—without erasing them—and finding forgiveness even when it is difficult.



**May 6, 2012 with Eileen Marder-Mirman**

Sunday morning 10:00 am – 11:30 am

**THE JOY OF LIVING**

We usually think of joy as the result of success or happiness from achieving something or having had an ecstatic experience. In this scenario, joy is a state that we aspire to reach. We believe that where we are is not where we should be and that some other state of being is much better. But the real reward, the Joy of living, appears to us more and more as we engage with Reality as it is. We want to include Reality as best we can. And if we are avoiding, we want to know that with a kind heart toward ourselves. We will begin to cultivate Joy through the kindness of being inclusive without having to escape where we are.



**May 20, 2012 with Eileen Marder-Mirman**

Sunday morning 10:00 a.m. – 11:30 a.m.

**CREATIVITY**

Part of the reality of life is that we suffer on many levels and in different ways. As children we used a great deal of our creative ability to survive so that we could be in life in the best possible way. As a result, our lives were limited, causing us to feel dull at times or as if we are just going through the motions of life and not really living. Within our suffering is the womb of creativity. When we open to our suffering, we open our hearts, cultivating freedom and reclaiming our élan vital. Then we can be the creative force that we were born to be.

**September 9 & 23, 2012 with Jeff Elias-Frankel**

Sunday morning 10:00 am – 11:30 am

**AWAKENING HEART: A NONDUAL KABBALISTIC EXPLORATION OF RELATIONSHIP**

Join Jeff in an exploration of the qualities of belonging, conflict and separation. Through lecture, discussion, and exercises, we will meet some of the ways our human nature and experience both support and undermine our heart's desire for true relationship. (*While participation in both sessions is strongly suggested, it is not required.*)





**October 11, 2012 with Gary DePice**

Thursday evening 7:00 pm – 8:30 pm



**THE ART OF LISTENING**

In this call, we will explore our states of consciousness when we are listening. Are we listening from old patterns, which include our judgements and defensive tendencies, or from the space of new beginnings? How do we know the difference and how do we transform the one who is listening, so that we can listen from compassion?

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**November 11, 2012 with Brenda Carter Blessings**

Sunday morning 10:00 am – 11:30 am



**GOD SEEKING GOD: LOVE IN ACTION**

From the awakened point of view, our longing for healing and freedom is due to the ongoing action of God. This is God calling to God. The reply or action we need is love-in-action, the extending of kindness and acceptance to our limitations and imperfections. This means that instead of constantly battling our faults and the faults of others, we have an attitude of kindness and compassion.

**November 18, 2012 with Brenda Carter Blessings**

Sunday morning 10:00 am – 11:30 am

**WHO ARE YOU?**

**Who are you** is the question that awakens you to Emptiness, the Great No-thingness. **You** is the answer that returns your personal being to the world. Vast Emptiness creates a space for everything to appear. The specific particulars of manifest creation are born, live and die. God is the whole thing— the empty, changeless nothingness and all of the separate particulars. When we awaken to this truth, we realize that we are the delight of Emptiness. Or “we are the book that God reads and God is the story we tell.”



*A Society of Souls offers a four-year training in Nondual Kabbalistic Healing®, along with Work of Return, Impersonal Movement and the Magi Process. To learn more about A Society of Souls, visit our website at [www.societyofsouls.com](http://www.societyofsouls.com).*

*We are currently accepting applications for Nondual Kabbalistic Healing, which begins a new class in New Jersey in December 2012, and a new class in the Netherlands in May 2013.*