



A Society of Souls®

The School for Nondual Healing and Awakening™

An Invitation to Join A Society of Souls Training from Jinen Brenda Carter Blessings

Over 18 years ago, Jason Shulman created 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 compassionate action.

Jason Shulman is a unique combination of modern healing master, Kabbalist and a recognized Buddhist teacher. He has seamlessly integrated theistic and non-theistic spiritual thought and practice, uniting work on the personal self – with all of its suffering and beauty – with learning how to reside in the spaciousness of the Absolute.

The work of A Society of Souls includes Nondual Kabbalistic Healing®, Impersonal Movement, the Work of Return and the Magi Process.

He is also the author of *Kabbalistic Healing: A Path to an Awakened Soul* (Inner Traditions), *The Instruction Manual for Receiving God* (Sounds True) and numerous monographs and articles. His three music cds, *The Great Transparency*, *Unlock My Heart* and *Buddha-Cloud*, communicate his teachings in a way that goes straight to the heart.

One of the hallmarks of Jason's work has been his ability to create a path for accessing nondual consciousness that has profound and practical consequences.

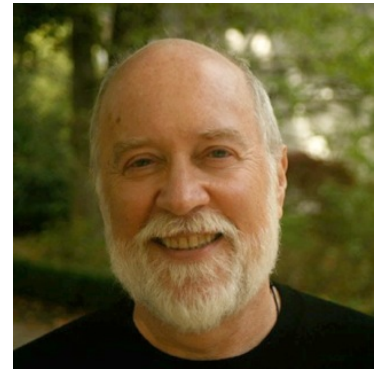


I am blessed to be Jason's student, friend and his dharma successor. I invite you to join our community of souls, who are engaged in this important work of awakening and healing.

It is my deep belief that Jason has created the healing path for our times. It is in this work that we learn how to embrace fully all that it means to be a human being, living a human life. And, in this find the most ordinary of miracles. Wholeness, God, Reality, is right here, where we are now. Duality and the Absolute are revealed as two faces of All That Is.

With love,

Brenda Carter Blessings





A Society of Souls:

Training in Nondual Healing and Awakening

A Society of Souls (ASOS) is both a meeting place of the heart and a training in healing and spiritual awakening. It is both a school and a community for seekers of the truth, explorers into the nature of reality and, most important, for those searching for a transformation of spirit that will lead to an opening into the true heart of life and compassionate action.

Spiritual and healing training in ASOS is based on the belief that the ultimate healing is the healing into the unitive, or nondual, state of consciousness. The training programs of ASOS, each in their own way, explore the essential nature of the unitive state, which integrates the healthy human ego into its proper relationship with the non-personal transcendent reality. It is from our awakening to this understanding that we become capable of living a truly human life and being of service to the world. A Society of Souls devotes itself to the mission that healing even one person is healing a universe.

WHAT IS NONDUAL KABBALISTIC HEALING?

Nondual Kabbalistic Healing (NKH)[®] training is a revolutionary new healing paradigm, based on the direct transmission of Jason Shulman's profound realization of the nondual nature of Reality.

NKH begins with deep acceptance and compassion for the human being — and the understanding that all of our difficulties have a single origin, the sense of being a separate ego self only and not in relationship to the Whole of Reality. NKH directly addresses this sense of alienation from ourselves, others and all of life — and in this, the body, mind and spirit heal and

awaken into an ongoing relationship with the Whole. True relationship is the fundamental condition of our work.

Throughout the curriculum, NKH weaves the wisdom of the Kabbalah, the tree of life and the four universes, psychological insight into the human condition, quantum physics, along with Buddhist and Advaitic understandings. It is the most in-depth training offered by A Society of Souls, encompassing four years of classes and a palette of 16 healings.

NKH training teaches a practical and comprehensive modality for healing the self, healing others, and healing the world. It also asks students to transform to the best of their ability by awakening to their true nature, which would be called God-realization. It is through this transformation that we become trustworthy and open-hearted NKH healers and have the ability to *be* compassionate action in the world.

At these levels of creativity, both healer and the one being healed unite in a profound relationship in which the natural state of healing returns. Instead of purifying ourselves of all our difficult parts, we seek healing by learning how to be in profound and kind relationship with all that is. In this way dynamic change is given an abiding home in the totality of our being.

This transformation is at the heart of NKH training. Our goal is ultimately to become more human and to learn to share our humanity with others. While we will learn many techniques, our journey together will not be technique driven. Rather, our aim is to deepen our understanding of our true selves and enhance our ability to hold new states of consciousness that will allow us to help heal others.

The deep transformational work of NKH is learned in an atmosphere of safety, love, acceptance and integrity. The classes, while challenging, are filled with the spirit of joy, laughter and kindness.

WHAT YOU WILL LEARN DURING THIS LIFE-TRANSFORMING TRAINING

- A transformation of the self
- A healing modality which includes a palette of sixteen nondual healings
- A process of diagnosis that springs from the unitive state of consciousness
- Unique spiritual practices, exercises and meditations which heal the heart, open the mind and lead to ever-deepening states of consciousness
- A moving meditative practice which offers a living experience of the nondual state
- A place in a heart-centered community of people dedicated to personal healing and spiritual awakening and to compassionate action in the world

NONDUAL KABBALISTIC HEALING YEAR BY YEAR

YEAR ONE: 4 three-day weekends

Year One prepares the student in body, mind and spirit to be able to hold the states of consciousness that will be taught in the following years. To this end, we learn meditations and teachings that help deconstruct historical beliefs and patterns that no longer serve us and support new ones that will bring us into a larger view of ourselves and what healing truly is.

YEAR TWO: 4 four-day weekends

The second year of training is one of depth, insight and revelation as we begin to delve into the mystical vision of the creation of the universe and the process of manifestation. We now begin to enter into the world of the Nondual Kabbalistic Healings themselves.

On a personal level, in Year Two we continue to discover what it means to be in relationship with the parts of ourselves that we abandoned in order to survive our childhood wounds. We look deeply at healing and the ego. We learn to stop trying to get rid of the ego and discover the importance of having a healed ego. We learn, perhaps for the first time, that the ego, when healed or returned to its proper form and place, becomes an abode for the holy. We get a glimpse of what it means to be made in the image of God.

YEAR THREE: 4 four-day weekends

The third year of Nondual Kabbalistic Healing is deeply exciting as students begin to integrate various parts of the first two years' teachings into a new whole and are guided in using this foundational understanding to then explore the world of healing.

A main focus of this year is learning eight additional profound healings and the Diagnostic Process. The Nondual Kabbalistic Healings usher in profound shifts and changes in our personal lives and consciousness—changes we could not have imagined or perhaps even understood before. As we deepen into these healings, we gain confidence that we will be able to assist others in making similar shifts.

By the end of the third year we are very different than we were when we entered the room on the first day of training. Moreover, our understanding of the nature of reality has undergone a similarly alchemical shift.

YEAR FOUR : 2 three-day weekends of Impersonal Movement 2 three-day weekends of advanced healings

The work of Year Four unites in a fundamentally new way work on the personal self with the relationship to the Absolute or God Consciousness. In this year, we learn an original moving meditative practice called Impersonal Movement or IM and the advanced healings of NKH.

This year focuses on setting up the conditions for us to be able to live and work from the unitive or nondual state of consciousness and brings us a direct experience of our fundamental nature, which is the union of the personal and the impersonal. In Year Four, we make a radical shift into direct experience of the impersonal and then into three healings, which are seated at the interface between the personal and the transcendent. The practice of IM increases our understanding of the unitive state and sets up the relationship for us to be able to engage in the advanced healings.



WHO SHOULD TAKE NONDUAL KABBALISTIC HEALING TRAINING?

Anyone who has a longing to awaken and heal, to know their true nature and bring compassionate action and healing into their life, the lives of others and the world. Our students include:

spiritual seekers

business professionals

clergy

body-workers

chiropractors

doctors

energy healers

nurses

psychotherapists

lawyers

bankers

teachers

artists

stay at home parents

technical professionals

No prior knowledge of healing or any spiritual path is required to enroll in the training

HOW TO APPLY FOR NONDUAL KABBALISTIC HEALING TRAINING

A New Class Begins in the U.S. December 2012. A New Class Begins in the Netherlands May 2013. Both classes will be led by Jinen Brenda Carter Blessings.

Please download and print out the application form (www.societyofsouls.com) and return to:

ASOS
P.O. Box 626
Lebanon, NJ 08833
USA

You can also fax your application to: 1.908.349.3211

You can also email your application to: asosadmin@societyofsouls.com

If you need an application form mailed to you, please contact us at 1.908.236.0543 or by email at asosadmin@societyofsouls.com.

WHAT GRADUATES SAY ABOUT THE WORK OF A SOCIETY OF SOULS:

Who wouldn't want to be more real, more present in their life? I love this work because I've learned to invite in ALL parts of me, ranging from the neurotic and crazy to the tender, wise and loving. The way I now show up in the world and how I am received by others is a testament to the impact of this work. I am at home, located in myself and meeting the world from that place. This school also created an instant community and circle of loving, supportive and lasting friendships. It is rare to find that anywhere else! *Kerry, Pennsylvania*

This healing work has both depth and delight. It embodies a profound map of the workings of the universe, the core of relationship itself. It calls change forward from the inside out so that the students are becoming all of who they are. What this means for the individual is a rare opportunity for depth, transformation and understanding that is beyond technique and still completely relishes the human. This work is alive, shining and glorious. *Lisa, Colorado*

Nothing I have ever done has influenced me as profoundly as taking the four year training with ASOS. Every aspect of my life has been touched, transformed and healed in ways big and small. The classes provided a kind and compassionate space for me to wrestle with the kinds of questions we too seldom allow ourselves to face; and, thanks to a community of kindred souls, I didn't have to do it alone. *Beth, New Jersey*



WHO IS JINEN BRENDA CARTER BLESSINGS?

Brenda Carter Blessings is senior teacher, supervisor and Executive Director of A Society of Souls. She began her studies at ASOS in 1995 and has been teaching since 2001. In 2010, Brenda received transmission from Jason Shulman and is his Dharma Heir.

Brenda has a highly developed awareness of human nature, paired with kindness, compassion and great humor. Her deep interest and love is the healing of the human being: the one who has suffered and struggled, and wrestles with the nature of Reality As It Is.

She is currently at work on a book based on the wisdom teachings of A Society of Souls and the healing of the human heart, the return to the place of our deepest wisdom.

WHAT GRADUATES SAY ABOUT BRENDA CARTER BLESSINGS:

Brenda Blessings is an extraordinary master healer and teacher of healers, a bringer of light, life and wisdom. With great heart, clarity and humor, she weaves together the subtlety and depth of psychodynamic thinking with her profound understanding of the nature of Reality and the human struggle for healing and wholeness. I come away from each class enriched as a healer and transformed as a human being. *Sharadha, Scotland*

It is a rare occurrence to meet a fully realized individual, such as Brenda, who has so completely committed their life to the ongoing path of healing and awakening and who can transmit the power of truth so patiently and directly. I am truly grateful to Brenda, who has taught me what it means to have an Open and Wise Heart. *Susan, New York*

Brenda Carter Blessings embodies the work, lighting the way as each of us is invited to learn and to take the next step on our journey, to follow the whispers of our hearts, and to be exactly who we are, as we are. Her wisdom, warmth, compassion, heart, humor and ability to transmit the teachings are powerful and make her a masterful teacher and guide. I feel incredibly blessed to be her student. *Leah, New York*

Brenda's teachings are a trapeze---grasp the bar and you learn to fly, fall, rise and land. Brenda opens up worlds. Even more than what she does and who she is, ask her a question and you arouse an unfolding of unexpected, sometimes uncertain, untold realms. I have found her to be the embodiment of her name-- blessings abounding. *Ann, Switzerland*