



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

**February 19, 2012 with Jinen Brenda Carter Blessings, Executive Director & Lead Teacher**

**EMBRACING THE TRUE CONSTANT: CHANGE©**

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Unless we can accept change, we cannot hope to experience a relationship to all of life. Constant change, which includes the unknown, is included in being alive. How do we learn to embrace change and find a new relationship with it, one that encourages healing and wholeness?

The nature of Reality is continual being and becoming, ongoing flux, forms arising and dissolving, movement and change.

This is important for us to take in. Reality, or Life As It Is, is continually being and becoming.

We only need look around us at the sky and the movement of the clouds or at the weather or look within, at the movement of our thoughts and emotions to realize the truth of this. Everything is continually changing, becoming.

Having said that, built into this plane of existence is also resistance to change.

Fundamentally, this resistance is not personal to you or to me. It is built into the nature of Reality and co-arises with continual change. Without it, we wouldn't have this beautiful, precious earth that holds so much life, trees and rocks, mountains and sky, oceans and land, birds and animals, you and me. Resistance is what allows a particular shape and form to be maintained for a period of time, then change and maintain another form and structure, then change again.

It is also built in to our personal relationship to time. To paraphrase Einstein, linear time, which can be seen as a form of resistance, keeps everything from happening all at once.

In other words, resistance allows for there to be form and structure—and even memory, which allows us to have a continual sense of self, including awareness of life as it unfolds from one stage to another.

We are born, we are a day old, then a few days old, then weeks, then months, then a year old, then two years old and on and on it goes. When we're one, we're not simultaneously two, so resistance helps us to maintain the consistency of staying one. At the same time, we don't stay one. We become

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a two year old and then a five year old and so on. We go through emotional and mental developmental stages, as well. The way we process information changes, the understanding we have about ourselves, the world, and our relationship to the world changes. And on it goes.

And, this continues throughout our whole life, of course.

We are sad one moment, then happy the next. We feel confident and successful one minute, then a failure the next.

What also happens, inevitably, is that as human beings we begin to develop other types of resistances to change, which I will call Personal Self Only Resistance. These resistances have other names such as “I won’t change” or “change terrifies me” or “I want change *only* if I can control it, know exactly what will happen” or “if it is something I like or want” or “if nothing bad happens” or “if I don’t suffer or I’m not unhappy”.

You can make up your own list—and I’m sure you have, actually.

These Personal Self Only resistances are based on what we could call the persistent deeply held idea that the self exists as a personal being only, independent or separate from the constant change and movement of Reality. From the personal self only point of view, this is not an idea, of course. We see it as a permanent fact.

In other words, I was born on such and such day, to such and such parents. I am of a particular age, race, gender and so forth.

There is merit and beauty to this point of view. We are individual beings who are born, grow, become, and die. This is the beauty of being. And I have deep gratitude for all of these precious beings, like you, and all of the beings that go by many different names.

However, built into this point of view is the idea that we—what we call ourselves—is separate or independent from the rest of Reality and, therefore, that change *happens to us*. We believe we are an independent separate pebble in the ocean of life, continually tossed about by forces that are separate from us.

We cling to what we believe to be “good” about life, such as fun and pleasure or resist what we believe to be “bad” such as conflict or dissonance.

Other ideas or questions arise from this deeply held belief in our personal self only such as, “Am I loveable?” “Am I good enough?” “Am I trustworthy?” “Can I trust others, who are not me?”

These ideas and concepts of the nature of ourselves as a personal being only, a particular separate form only, keep us *bound and limited*, resisting change or trying to control what will happen next.

As I stated in the beginning, resistance is also built into Reality. This resistance or memory allows us to maintain the sense of continuity, the sense of being a separate being, moment to moment.

However—and this is a big however—this sense of continuity does not negate the truth that everything is continually changing and on its ways to someplace else.

We are not separate from Life. Life *is* change. Since we are life, we are continually changing.

Trying to stop or control change, we end up creating more pain and suffering in our lives and the lives of all beings.

We push against each other, we get upset with our partners, our friends and our colleagues because we believe they are “doing something to us”, because things are changing and we don’t know what is going to happen and we’re not in control. And, if we’re not in control, what will happen?

Many people don’t realize just how painful this is. The refrains include “This is how life is” or “I need to do this,” or “I have to try and control change or something awful will happen.”

And we all hear this louder and louder every day. You cannot turn on a television set or listen to the news and not hear the cries of the “sky is falling” or “our world as we know it is dying”. The panic and rage is quite intense sometimes. I am not denying the pain and suffering in this world. Actually, this is quite the opposite. I hear and feel the pain and the suffering within me and all around me. What I want is to have an authentic compassionate response to suffering. And, I know I can only do this by being willing to meet the fundamental truth of constant change and of life and death. I cannot do it by pushing away change or denying death.

And, now we come to the crux of it.

Life includes the opposites of life and death. This is what it means for Life to be change. Life and death are constantly occurring, moment to moment. Relationships begin and end; what worked for us in one moment ceases to work and begins to die so something new can be born. Every created thing—which is to say everything within us and around us—lives and dies. Thoughts, ideas, emotions, jobs, relationships—everything has a beginning and an end, a life and a death.

And this is, at once, beautiful and sad, precious and wonderful. All created things—not just some of them but *all* created things—die. All forms are constantly being and becoming. In other words, all forms are on their way to someplace else.

We may think if we work hard enough, try hard enough, resist enough, that we can make a permanent island out of only what we like about ourselves, others or the world, or that we can make a permanent place for ourselves that excludes change and death.

The nature of Reality, as it is, with life and death as two faces of a greater whole is not the problem. Death is not the problem.

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However, our attempts to stop death or control change—or make Reality over in our image of separateness—ARE the problem.

We limit the world and ourselves through our attempts at a form of safety without death, safety that does not include change, does not include life AND death. Wanting to have only life or only the forms of life that we like and not the ones we don't like leads to more and more suffering.

Resisting the process of *continually becoming* which is our nature and the nature of All That Is, is like raging at the wind for following its nature, which is to blow.

We are not so much like a pebble in the ocean, separate from the rest of Reality. We are more like a wave in the ocean. The nature of the ocean and our nature as a wave is the same nature. Raging or resisting or fearing change, we fear our very own nature and the nature of the world around us. Everything becomes reduced and made smaller and more painful.

Attempting to control change or Reality As It Is only alienates us from our lives as we are living them.

Trying to save ourselves from change, we cut ourselves off from the beauty of all that life is. And, ultimately, we create more pain and suffering for ourselves and other beings.

(Pause)

I'd like to read this quote from Jason Shulman, founder of A Society of Souls, from his book, *Kabbalistic Healing: The Path To An Awakened Soul*, "This is the way the world is, we are dying, dying in the way a wave sinks back into the ocean, tired of its momentary existence, exultant at its moment of height, and accepting of the loss of the kinetic energy that kept it aloft. It sinks downward into the ground of its being, hanging together by gravity for a little while, and then shift upon shift spreads out until it is not a wave but an outline of what a wave could be and then even less, as some of its substance is raised up as part of another wave, with another purpose, another life and death, another timing and another rhythm. It is picked up, momentarily put down and picked up once again."

As many of you know, from a Nondual Kabbalistic Healing perspective, we are interested in healing the personal wave beings that we are, returning to ourselves. We do not seek to annihilate or dismiss this individual being. We want to heal this one who is singular, precious and unique and who is simultaneously one with all Life. Transcendence or awakening without healing is only another attempt to escape from the world, as it is, with its constant flowing movement and only leads to deeper and deeper splits from Reality. If we wish to ease our own suffering and the suffering of the world, we must engage with Life, descend to Life, not separate ourselves from it in any form.

It is only the healing personal being, this wave, who can safely awaken to Life As It Is. It is this unique personal one who can learn to trust who they are, engage with all of Life and learn to move with Life,

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instead of defending against it. This one can learn to trust what is now appearing, AND trust that this, too, will change.

Change is not the enemy. We do not need to fight against ourselves, divide ourselves into only this or only that, creating islands to ward against the flow of life. Seeking to be only this or that, we become *less* than who we are.

As we let go of our ideas of how life should be, something dies and something else is born: the originality of this moment, the creativity inherent in here and now, a wholeness that we could not have predicted or controlled or made happen—but that nonetheless is here.

We may try to return to our old imaginary life, but, if we're lucky, we find it doesn't hold our attention as it did before.

For, we realize that there is something that is more whole than we could have previously imagined, something more whole about life and death than we can control.

As Jason went on to say, "Death is the pain of the world and also the recipe for its illumination. It makes the slight, glinting beauty that consumes us. It makes every moment precious and sad. Then living and free, we don't hesitate. We stop and look."

This, dear ones, is what is calling to us in every moment. Embrace your life and embrace your death. You are more precious than any illusory idea of control. You are a whole being, living and dying, coming into being and constantly changing.

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Now, I'd like to do a meditation, also from Jason's book, *Kabbalistic Healing*.

Sit silently and breath for a few minutes.

Now, try this:

Whatever you think you are, allow it to die.

Your name does not exist.

Your family does not exist.

Who you think yourself to be is gone.

You have no job or career, or even religion.

What is left? Can you feel the *hum* of Something within you?

Keep still.

Now you are breathing, but one day you will not. Does this *hum* disappear?

'Ask the *hum* what it is. Listen to the answer.

Now, let's come back and share for a few minutes.

(Share)

I want to leave you with this final piece:

When we are able to vividly hold the opposites of Reality, which include life and death, something else emerges. In this meditation, that something else is the hum.

As a lived experience, it is the freedom and joy of being ourselves in every moment, moving with life as it is.

Freedom emerges when we are not resisting our nature and the nature of this world. Freedom emerges when we can embrace life as it is—without demanding that it be different, without demanding that we be different—and still go on being and becoming. Freedom emerges—and in this we discover a new relationship with All That Is—one that doesn't require that we control life or know precisely what will happen or how it will happen—but one in which we learn to trust that there is a

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deeper intelligence, a deeper wisdom, that is at once mysterious and life-giving, life-enhancing, and healing.

It is a counter-intuitive move. Instead of using our life force to keep ourselves separate from the flow of life, we enter into relationship with Life, which includes death and constant change. Instead of waiting for Life to reveal itself as trustworthy, we become trustworthy vessels by being who we are, as we're made, continually in flux.

We learn to trust ourselves, our own hearts, minds and bodies, our own being, which is both personal and transcendent. And, we find increasingly the freedom to be exactly who we are, present here and now and continually unfolding and becoming.