



A Society of Souls®

The School for Nondual Healing and Awakening™

FREE SERIES OF CONVERSATIONS

WITH

BRENDA CARTER BLESSINGS

September 27, 2015

November 22, 2015

January 31, 2016

February 28, 2016

April 3, 2016



*We take as
our starting
point the
fact that the
world, with
all of its
complexity
and mystery,
is a Single
Thing, a
unity that is
vast enough
to contain
multitude
and
difference.*

*This is the
heart of
compassion
in action.*

Sunday, September 27, 2015, 10:00 a.m. – 11:30 a.m. Eastern

Intimacy is our Natural State

<http://brendacarterblessings.com/events-list-and-registration/?ee=42>

Intimacy is not arrived at by a process of exclusion but rather inclusion. True intimacy is paradoxical. It is open and cautious. It is unconditional and has boundaries. It is not encased in the prison of only this or that. Intimacy is personal, transpersonal and transcendent. It is not centered around protecting the personal self from what we do not like or rejecting things that are not as we think they should be. Intimacy starts with being connected to everything; having the eyes of the body, mind and heart open, engaged in relationship with all of life as it is, imperfect and precious.

Sunday, November 22, 2015, 10:00 a.m. – 11:30 a.m. Eastern

To Awaken and Heal is our Destiny

<http://brendacarterblessings.com/events-list-and-registration/?ee=43>

What would it feel like if we realized that, from the very beginning, we were designed to look for, find and realize our true nature? How would it change us? Our greatest teacher is life itself. Of course, we don't always trust life. Life can be unpredictable, changing course when we least expect or desire it. Being human, it is inevitable that we lose our way. As we embrace more of who we are—flaws and all, greatness and all—our longings and desires become trustworthy. It is then that we hear the Real Self calling to us—and the wild beauty of our heart has the courage to answer. The wild heart is open to all that is, from laughter to tears, from insight to resistance.

Sunday, January 31, 2016, 10:00 a.m. – 11:30 a.m. Eastern

The Personal Ego: Betwixt and Between

<http://brendacarterblessings.com/events-list-and-registration/?ee=44>

The personal ego has two important and challenging jobs. The ego's first job is to maintain the integrity of the individual, the personal self. Its second job—which is simultaneously happening with the first job—is to seek out the larger view in which the personal self is only a part. Neither will give way to the other. Both are needed. From one point of view only, we can become

caught in continually striving to improve, to *become* ourselves, to get somewhere, to be more real and authentic and whole. From the other point of view, we can feel there is nothing for us to do. When we are in relationship to *both* of these points of view, we awaken to the revelation that who we already are, where we already are *is already holy*, already whole, and simultaneously we have a lot of work to do to heal and awaken.

Sunday, February 28, 2016, 10:00 a.m. – 11:30 a.m. Eastern

It Begins with an Open Heart

<http://brendacarterblessings.com/events-list-and-registration/?ee=45>

When we have an openhearted attitude towards ourselves, others and all of life, we work with everything that comes—from confusion to clarity, from excitement to boredom, from joy to sorrow. We are held by the compassionate nature of Reality itself. Reality, as it is, is a Single Thing—unbroken, whole and connected. Reality is so whole that it accepts all things and moves all things towards completion. Reality—Life as it is—is so One that it includes duality. In the beginning of our spiritual search, we think we have to *add* the quality of openheartedness to who we are. Open heartedness is the nature of Reality, inviting in everything. You and Reality are One. If we want to experience the wholeness of Reality, we have to experience what it is like to let ourselves *be* whole, whole beyond our limited likes and dislikes of who we are or what is now occurring.

Sunday, April 3, 2016, 10:00 a.m. – 11:30 a.m. Eastern

Embracing the Limited

<http://brendacarterblessings.com/events-list-and-registration/?ee=46>

The hard work of awakening and healing involves getting a clear idea of just how much of reality we cannot hold, of how much of life we cannot bear. We need to see how limited we really are, without trying to escape from it or beat ourselves up for it. Then we will have the chance to meet Life in reality and not in the fantasies of being saved from ourselves or punished for being imperfect. It takes healing and practice to let go of some limited idea of perfection or goodness. Imperfection is the place where Life enters into your heart and mind. Compassion in action is seeing our true limitations and imperfections and accepting them with kindness instead of war.

Brenda Carter Blessings is Dean of Teachers and Senior Teacher of A Society of Souls (ASOS), The School for Nondual Healing and Awakening, based in the U.S. and Netherlands, which teaches a four-year training in Nondual Kabbalistic Healing, as well as the MAGI Process, Impersonal Movement and Work of Return. A Society of Souls was founded by Jason Shulman, internationally-known modern Kabbalist and Buddhist teacher. To learn more about the work of ASOS, please visit www.societyofsouls.com

TO REGISTER FOR INDIVIDUAL CLASSES, please **click on the link just below the title of the talk** or go to www.brendacarterblessings.com Click on Events, then Teleclasses, then Register.

After registering, you will receive a letter of confirmation. After class, you will be sent a link to the class recording.

Brenda will be starting a new Nondual Kabbalistic Healing four-year training program near Boston, Massachusetts in April 2016. If you are interested in learning more about the NKH training, please contact brenda@brendacarterblessings.com