



I have a right to my own voice.
All of the voices within me
have the right to exist.
~ Brenda Carter Blessings

<http://brendacarterblessings.com>

Embracing Life As It Is/Encouraging Life—Affirming Change

Article 3: I Have A Right To My Own Voice

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Nonduality, as understood through the work of Jason Shulman, the founder of A Society of Souls®, takes as its starting point the fact that the world is a Vast Unity, a unity that is so whole that it includes difference and multitude. In other words, Reality is so one that it includes duality and multiplicity.

Reality is both full and empty. It is filled with movement, constant change, shapes and forms, this and that, life and death. It is empty, which means no-thing, without concept or no exception. Everything is allowed without exception.

All of the work of A Society of Souls, including Nondual Kabbalistic Healing®, begins with the individual as the starting point. This work understands deeply that

we cannot help another unless we ourselves are willing to walk into the territory of our own unhealed places. To be of true help, which is not the same as trying to rescue or save, is to know the beauty and preciousness of our incomplete and precious selves. We need to have a relationship with our limitations and our fundamental wholeness and to know that these two are fundamentally not in conflict with each other.

As Jason says, “The world is an infinite series of views and the view that we see is dependent upon the lenses or filters we are looking through. The ‘viewer’ and the ‘view’ are intimately connected. We could even say they create each other. “

Our preconceived ideas of ourselves and what is occurring affect the world that we see within us and all around us. We use these ideas to shape our inner and outer worlds and we are shaped by them, as well.

So many people engaged with their desires for change spend a lot of time trying to *improve*, to eliminate the things they don’t like or exclude the aspects they find challenging or problematic – such as the personal ego, their insecurities, their anxieties and so on – and strengthen the things they have decided are important such as being compassionate or being filled with love.

This can be important and even vital. It can increase our understanding of ourselves and our ability to persevere and work with contraction and expansion and failures and successes. It gives us insight into the patterns we keep on repeating and ways we keep defeating ourselves and are hurtful to ourselves and others.

However, this developmental work alone will never be enough to be a fully flowering authentic personal being, who is simultaneously able to trust and relax into the Greater Whole of Reality. We need something else in order to learn to trust in the nature of Reality.

What is the world made of? *Everything and no-thing*. It is engagement with this everything and nothing that brings about freedom, fulfillment and intimacy with ourselves, others and the world.

Our desires and longings are an intimate feature of the world. If we want to experience the Wholeness that is always present, we have to experience what it is like to let ourselves *be whole*, beyond our temporary likes and dislikes. This is a

process of inviting in all of who we are, confused and lost, wise and brave and being able to extend this same courtesy to others.

Wholeness is not arrived at by a process of analysis or intuition. Both of these can give us insights. However, to truly live into Wholeness, to find ourselves at home in the lives we are living now – we must practice increasing our ability to *include* until our self and the world are connected and together in relationship, an unbroken Unity.

Change typically led by rejection of something or someone usually involves a form of violence, including judgement and rejection of what we have decided is not okay or not allowed. We fantasize about states of perfection or transcending our difficulties and challenges in ways we cannot achieve – while simultaneously judging ourselves and others for these failures. Our individual and collective human histories are riddled with the actions we take from our rejections and the catastrophic consequences of them.

It is a challenge for us to say to ourselves I have a right to my own voice. This includes conflicting voices, those that are afraid or confused or wise and filled with kindness.

It is only in the act of including these voices and giving them room and space to speak, that we actually come into relationship with the built-in intelligence and wisdom that is present. This does not mean allowing any one voice to take up *all of the space* inside of your mind or heart. It also does not mean acting them out. It does mean acknowledging that they have something valuable to say to us and a right to exist, simply because they do exist already.

In allowing all of the voices in us to have their rightful place, we are actually *more* capable of discerning and taking actions that are fundamentally healing and life-affirming for us. This is true because we are aligned with the fundamental nature of Reality, which is always moving everything to increasing expressions of Wholeness and relationship.

Try this out by saying to yourself:

All of these voices within me have the right to exist. They do not need to justify their existence nor do they need to agree with each other. I don't need to act

them out or believe them completely, but here and now I acknowledge their right to exist, exactly as they are.

I have the right to exist and so does every other being, including the beings who are different from me, disagree with me or want something different than me. These other beings and their voices have a right to exist too.

Here and now, I acknowledge that all life has the right to exist, exactly as it is right now – incomplete, imperfect and filled with ambiguity and uncertainty. I don't have to understand things as they are in order for them to have a right to exist. It does not mean that things won't change.

Everything is continually in the midst of changing. However, right now, I am willing to give All That Is – the possibility of Wholeness and fulfillment and to be alive and free – by acknowledging the right to exist exactly as they are right now.

Each moment, we open our hearts-minds in this way, we are aligning ourselves with the built in intelligence of the Whole of Reality. We are allowing what is here now to teach us, inform us, nourish us and simultaneously we open ourselves up to change that is life-affirming and consciously in relationship to All That Is.

It is a paradox: Authentic Life-Affirming Change Begins with Allowing Things to Exist As They Are without rushing to fix them or change them. Change happens organically, unfolding out of the container of spacious Presence, where everything is included and nothing is excluded.

As a regular practice, I suggest working with the words above and the meditation that follows on the next page.



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THE INSTRUCTION MANUAL FOR RECEIVING GOD

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Meditation: Inviting Everything In – adapted with permission by Brenda Carter Blessings

Silently be with your breathing for a few minutes.

Your intention in this meditation is to invite everything in.

All the parts of yourself: the weak and the strong, the vulnerable and the brave.

Say to yourself, you, the one who longs to be herself fully but is afraid, come in. Be here.

You the one who is lost and confused, come in. Be Here.

You the one who is afraid to get it wrong, come in. Be Here.

You the one who is brave and courageous, who trusts her unfolding, come in. Be Here.

You the one who is wise, come in. Be Here.

You the one who makes mistakes, doesn't always get it right. Come in. Be Here.

You, the one who forgets to be kind to yourself, come in. Be here.

You, the one who remembers the Oneness of Reality, from time to time, please come in.

Whatever comes into your mind or heart, whether it is some form of suffering or some insight, it does not matter. Simply recognize it and invite it in. Just sit quietly, breath for a few minutes. Notice what appears.....