

## ***An Invitation to Study at A Society of Souls®***

***from Brenda Carter Blessings***



Thank you for your interest in A Society of Souls.

A Society of Souls is a school, a path of healing and a community dedicated to the awakening of the human being, whose true nature is compassion-in-action.

The work of A Society of Souls includes a four-year training program in Nondual Kabbalistic Healing (NKH) and Impersonal Movement. The concepts and perspective taught in the training can be used in a variety of ways: directly in sessions, for those who want to become NKH healers, in other healing modalities, whether mainstream or alternative; or as part of a spiritual path for those interested in exploring Reality as a path toward personal healing and freedom.

A Society of Souls was created 22 years ago by Jason Shulman. Jason 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 the impersonal or transcendent. Fundamentally, he has created a healing path which brings the human being into intimate relationship with the whole of Reality. 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.

We are now forming a new four-year training program in Nondual Kabbalistic Healing® which will begin in April 2016 in the greater Boston area in Massachusetts with Brenda Carter Blessings.

We invite you to join us on this path of healing and awakening.

The pages that follow highlight the four-year training program in Nondual Kabbalistic Healing, along with information about Brenda. An application to the four-year training is also enclosed.

Please feel free to write to us at [brenda@brendacarterblessings.com](mailto:brenda@brendacarterblessings.com)



## ***A Society of Souls:***

### ***Training in Nondual Kabbalistic 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®?***

NKH begins with our life as it is. We bring ourselves—just as we are, physically, emotionally and spiritually—to the training.

We begin to understand that much of our suffering on every level, arises because we see ourselves as separate, egoic beings, unconnected to the Whole of Reality or even to our true humanity.

Through the training, we begin to see what the connection to the totality of our being feels like when we are able to compassionately allow it to be. Instead of purifying ourselves of all our difficult parts, we seek to heal them 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 is the beginning of awakening. And through this awakening to our full self, we begin to heal and return to the joy that is possible for all human beings to attain.

Throughout the curriculum, NKH weaves together 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 place in a heart-centered community of people dedicated to personal healing, spiritual awakening and to compassionate action in the world.

NKH training teaches a practical and comprehensive modality for healing the self, healing others, and healing the world. It is not simply a series of techniques but teaches us to transform into the nature that was originally ours. 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.

It is through this transformation that we become trustworthy and open-hearted NKH healers and have the ability to act compassionately in the world. It is also through this awakening process that we become the best teachers, lawyers, doctors, nurses, parents and partners that we can be.

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.

This transformation—a combination of personal awakening along with technical expertise—is at the heart of NKH training.

The 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 16 nondual healings which, because of the nondual nature of this work, help heal both the client and the healer
- 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

## ***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** : 3 two-day weekends of Impersonal Movement®  
2 three-day weekends of advanced healings

The studies of Year Four unite in a new way work on the personal self and it's relationship to the Absolute or God Consciousness. In this year, we learn an original moving meditative practice called *Impersonal Movement* (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	doctors	bankers
business professionals	energy healers	teachers
clergy	nurses	artists
body-workers	psychotherapists	stay at home parents
chiropractors	lawyers	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 April 2016 in the U.S. in Massachusetts:***

The dates for the new Year One are:

April 15-17, 2016

June 3-5, 2016

September 23-25, 2016

December 2-4, 2016

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

A Society of Souls  
c/o Brenda Carter Blessings  
208 Upper Luther Road  
Red Lodge, MT 59068  
USA

You can also email your application to: [brenda@brendacarterblessings.com](mailto:brenda@brendacarterblessings.com)

If you wish to fax your application, please contact Brenda via email or phone 1-406-446-1732 to arrange it.

If you need an application form mailed to you, please contact us at [brenda@brendacarterblessings.com](mailto:brenda@brendacarterblessings.com) or call 1-406-446-1732.

## **WHAT GRADUATES & STUDENTS 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 Arnold, MSW, LSW*

When I contemplated starting NKH training, I spoke with current and former students of the school. One of them, when I asked about what they learned from the training, said "It gave me my life." This has been my experience too. I had studied before, but since starting NKH in 2006, I have found my way past the glass ceiling in my learning into a land of living in a more awakened way. The healing I have experienced enables me to be more of a healing presence in the world. I have found a peace within myself and in the way I encounter the world that I had never known before. More clarity and kindness has emerged about myself, about my work, and my relationships. I love that the wisdom of this remains so connected to daily life.  
*Daniel Sheff, MD*

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. *Elisabeth Almerini, RN, BSN, CHPN*

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 Bailey, CMT, JSJ*

Nondual Kabbalistic Healing is the most transformational, integrated healing practice I have experienced. Completely grounded in Reality, it allows you to connect both deeply within yourself, and intimately with the world around you. It has helped me broaden my capacity to be with the everyday paradoxes in my personal life and the infinite complexity of our shared humanity. I will be forever grateful for this transformational path. *Hanna Sherman MD*

## **WHO IS BRENDA CARTER BLESSINGS?**

### **About Brenda**

Brenda Carter Blessings is senior teacher, supervisor and Dean of Teachers of A Society of Souls. She began her studies with Jason in 1994 and has been teaching since 2001. In 2010, she received dharma transmission from Jason Shulman, founder of ASOS and was named his dharma heir. For more than 25 years, she has been integrating spirituality and alternative healing in her nondual healing/spiritual counseling practice as an interfaith minister. She has led numerous healing retreats in the U.S. and Europe.

### **Brenda's Spiritual Philosophy**

I am committed to the healing and awakening of the human heart, mind, body and spirit into intimate relationship with all of life. We are designed to heal and to come into alignment with all of who we are as creative expressions of kindness, wholeness and compassion-in-action. As we learn to invite in life—imperfect, limited, beautiful and precious—we come to recognize the inherent blessings of everything exactly as it is. The more we are able to embody this in all of our relationships with ourselves and others, the more of a healing presence we can be in the world.

## **TESTIMONIALS**

Brenda possesses a rare combination of brilliance, compassion and integrity. Her depth of knowledge along with her passion for the work is palpable and mesmerizing. Studying under her has been truly transformational on multiple levels of awareness/consciousness and consequently daily living. *Nava Friedman Duek, M.A. Director of Leadership Development*

Brenda is a master teacher and guide. The wisdom of NKH is so deeply integrated in her that she communicates it clearly, born of a deep love. She does this in relationship, so the learning is carefully crafted, kind and compassionate. Brenda is also a powerful and a gifted healer. She has a unique ability to see what is present, and an equal ability to articulate it in ways that invite us into more wholeness, and continued healing. *Daniel Sheff, MD*

Brenda Blessings is an extraordinary healer, supervisor and teacher. Her mastery of the nondual healing path has such depth and creativity that it nourishes her students and her clients with exquisite precision and artful presence. She is able to communicate the material with her authentic understanding in a meaningful, experiential way. She brings a powerful sense of humor that lifts the Spirit. As a compassionate teacher, Brenda, encourages her students to follow their hearts and minds and open to the divine. This means allowing them to be more of who they are, encouraging them to take their place in the world that they are a part of, whether that is in education, healing, banking or photography. It is both deeply personal work and also the work of healing the world. Each of us brings our spark and Brenda sees them illuminated and helps each one meet Reality with increasing confidence and



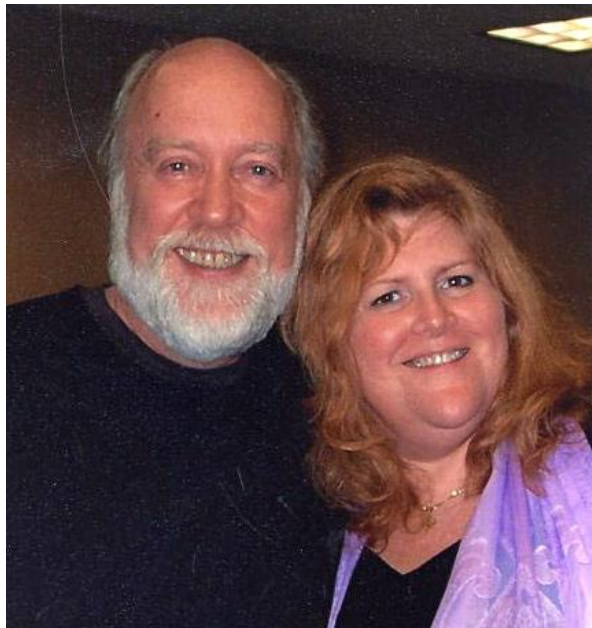
## TESTIMONIALS CONTINUED

tenderness. Some say jokingly that Brenda is a force of nature. I believe she shows all of us how to be that in our own way and reminds us all of the preciousness of our time here.

*Stephanie Ross, LICSW*

I have known Brenda as an NKH teacher for over 14 years. Brenda's teaching brings forth fresh new life for her students and the NKH work. She is creative, passionate and insightful. She meets her students with great compassion and wisdom. Her presence with herself, others and the work is what continually inspires me. I feel truly blessed to have Brenda as my teacher. *Kathy Bernstein, Healer & Numerologist*

Brenda Carter Blessings is an exceptional healer and teacher. She creates a learning environment where people experience the freedom and safety of being in truth together. Her understanding of kindness as the natural way of Reality manifests as an inherent compassion that allows everything to exist, and everyone to heal. With this complete welcome, I am learning how to come into relationship with all parts of myself – those aspects that bring me joy and those that hold my suffering. From this more awake place, I am able to bring more clarity and honesty to my leadership. I can better help others be with what is present and to learn from the intelligence and wisdom it holds, whether that is in the midst of conflict or easy co-creation. Over and over, I am bearing witness to the healing, growth, and well-being that arises from being in all of Reality, without setting anything or anyone apart. *Hanna Sherman, MD*



Jason Shulman and Brenda Carter Blessings

