



**A Society of Souls**<sup>®</sup>  
The School for Nondual Healing and Awakening™

## **NONDUAL KABBALISTIC HEALING**<sup>®</sup>

### **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, 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.

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