



## ***A Society of Souls: Training in Integrated Kabbalistic Healing***

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.

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 INTEGRATED KABBALISTIC HEALING?***

IKH is a training in a healing modality that integrates thirteenth-century Kabbalistic wisdom, Buddhist thought, the latest theories in quantum physics, twentieth-century psychological insight and teachings of nonduality into a deeply transformative healing modality .

IKH training is the most in depth training offered by ASOS. It based on a new healing paradigm that descends to the essential levels of creation. It does not include work with chakras, energy levels, characterologies or any of the secondary manifestations associated with being alive.

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. True relationship is the fundamental condition of our work. Instead of purifying ourselves of all our difficult parts, we seek healing 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 transformation is at the heart of IKH training. 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.

The deep transformational work of IKH is learned in an atmosphere of safety, love, acceptance and integrity. The weekends, 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 unique healing modality which includes a palette of sixteen nondual healings based on the Tree of Life
- 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
- A place in a heart-centered community of people dedicated to personal healing and spiritual awakening

## ***YEAR-BY-YEAR DESCRIPTION OF IKH***

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 Kabbalah itself, with its mystical vision of the creation of the universe, the process of manifestation and its depiction of the Etz Chayyim, or Tree of Life. We now begin to enter into the world of the IKH 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 IKH 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 that relate to the Etz Chayyim, or Tree of Life and the diagnostic process. The IKH 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

Year Four combines the advanced IKH work called Briatic healings with an original moving meditation called *Impersonal Movement*<sup>1</sup>.

This year focuses on setting up the conditions for us to be able to live and work from the unitive state of consciousness which we call briatic consciousness. This year of study brings us a direct experience of our fundamental nature, which includes both our personal self and our larger, Impersonal Self. We enter a new paradigm of healing that is seated at the interface between the personal and the transcendent. The practice of IM enhances our ability to do the advanced healings and increases our understanding of the unitive state. Now having prepared the body, mind and spirit for further inquiry, the healing student is prepared to explore the deepest levels of creation through the briatic healings.

## **WHO SHOULD TAKE IKH TRAINING?**

The profound insights and self-transformation of IKH are equally valuable to those in the healing arts specifically and those involved in other professions and life choices.

Our students include:

spiritual seekers

business professionals

clergy

body-workers

chiropractors

doctors

energy healers

nurses

psychotherapists

lawyers

bankers

teachers

artists

stay at home parents

technical professionals

*No prior knowledge of healing, Buddhism or Kabbalah is required to enroll in the training*

## **HOW TO APPLY TO IKH**

### **• A New Class Begins in the States in 2010.**

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

ASOS

P.O. Box 626

Lebanon, NJ 08833

You can also fax your application to: 1(908)349-3211

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

If you need an application form mailed to you, please contact us at 1(908)236-0543 or by email at [asosadmin@societyofsouls.com](mailto:asosadmin@societyofsouls.com).

If you would like to talk to a current IKH student, please let the office know.

## **Who is Jason Shulman?**

Jason is the founder of A Society of Souls, The School for Nondual Healing and Awakening, based in the United States and Europe. There he teaches the distinctive body of nondual work he has developed to awaken the human spirit: Integrated Kabbalistic Healing, Impersonal Movement, the Work of Return and the Magi Process.

Jason Shulman is a unique combination of modern Kabbalah master and a recognized Buddhist teacher who has received Dharma transmission. In his work as a spiritual teacher, healer and musician, he seamlessly integrates theistic and non-theistic spiritual thought and practice,

uniting work on the personal self—with all its suffering and beauty—with learning how to reside in the spaciousness of the absolute.

Jason is author of *Kabbalistic Healing: A Path to an Awakened Soul* (Inner Traditions), *The Instruction Manual for Receiving God* (Sounds True) and numerous monographs and articles. His three music CDs, *The Great Transparency*, *Unlock My Heart* and *Buddha-Cloud*, communicate his teachings in a way that goes straight to the heart.

