

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



***with  
Eileen Marder-Mirman and  
Jeff Elias-Frankel***

A Society of Souls® is a school, a path of healing and a community dedicated to the awakening of the human being.

The work of A Society of Souls® includes a four-year training program in Nondual Kabbalistic Healing® (NKH) and Impersonal Movement. The concepts and perspectives taught in the training can be used in many ways. Most students find that their experiences in class support their exploration of Reality as a path towards personal realization and freedom. Other students have used the training to become or to enhance their work as agents of healing in the world.

A Society of Souls® was created 25 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.

Our class follows a healing path that has the potential to bring each person into intimate relationship with the whole of Reality.

***For the first time, we are forming a largely online four-year training program in Nondual Kabbalistic Healing® which will begin in February 2021 with senior teachers Eileen Marder-Mirman and Jeff Elias-Frankel.***

The pages that follow highlight the four-year training program in Nondual Kabbalistic Healing®, along with information about the senior teachers of this class.



## ***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, for 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®?***

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 only 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.

Throughout the curriculum, NKH weaves together the wisdom of the Kabbalah, 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,<sup>®</sup> 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 healers and have the ability to act in a way that contributes to healing 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 15 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:** 6 two-day online classes

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:** 6 two-day online classes and 1 four-day in person retreat (if the world permits)

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 healing ego. We learn, perhaps for the first time, that the ego, when healing or returning 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:** 6 two-day online classes and 1 four-day in person retreat (if the world permits)

The third year of Nondual Kabbalistic Healing<sup>®</sup> 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 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:** 4 two-day online classes and 1 four-day in person retreat (if the world permits)

The studies of Year Four unite in a new way work on the personal self and its relationship to the Absolute or God Consciousness. In this year, we learn an original moving meditative practice called *Impersonal Movement*<sup>®</sup> (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

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 or any spiritual path is required to enroll in the training\**

## **HOW TO APPLY FOR NONDUAL KABBALISTIC HEALING® TRAINING**

### ***A New Class Begins ONLINE in February 2021.***

The dates for the *new* Year One are:

Session 1: February 27 and 28, 2021

Session 2: April 24 and 25, 2021

Session 3: June 5 and 6, 2021

Session 4: September 25 and 26, 2021

Session 5: November 13 and 14, 2021

Session 6: January 8 and 9, 2022

[Click here](#) to download an editable form that you can fill out, save to your computer and email to us at [eileenmm@optonline.net](mailto:eileenmm@optonline.net).

Or print and complete the application form attached to this brochure and mail to:

Eileen Marder-Mirman  
13 The Loch  
Rockville Centre, NY 11570 USA

Or fax your completed application to: +1 (732) 780-0343.

Or scan your completed application and email to: [eileenmm@optonline.net](mailto:eileenmm@optonline.net).

Please feel free to write to us at [eileenmm@optonline.net](mailto:eileenmm@optonline.net) if you have any questions.

## **WHO ARE EILEEN MARDER-MIRMAN & JEFF ELLIAS-FRANKEL?**

### **About Eileen**

Eileen Marder-Mirman is a senior teacher and supervisor with ASOS. She began her studies with Jason in 1996. Over the years, she has worked with her own physical, emotional, mental and spiritual challenges so deeply that her ability to be present and compassionate with others is an intrinsic part of who she is and how she guides others. For more than 40 years, she has specialized in integrating spirituality, meditation and other forms of alternative healing in her psychotherapy/healing practice on Long Island, Manhattan and long distance. She is a licensed Mental Health Counselor in New York State and has led numerous healing retreats in the U.S. and Europe. **“Helping people to be free is not just my passion, it’s who I am. It is the place from which I teach and live.”**

### **Eileen's Spiritual Philosophy**

Within each of us is the longing to be free, to heal, and to awaken to Reality. Healing is a natural and sacred process, creating a fertile ground for the blossoming of creativity, kindness and compassion. The ultimate healing is to become aligned with who we truly are, to express our passion in relationship with others and the world.

### **About Jeff**

Jeff Ellias-Frankel, PhD, is a senior teacher and supervisor with ASOS. He began his studies with Jason in 1998. He has been practicing as a clinical/community psychologist for more than 40 years. Currently he directs a group practice in New Jersey. He is particularly interested in the integration of psychological and spiritual perspectives. He has designed and led a variety of workshops and retreats both nationally and internationally.

### **Jeff's Spiritual Philosophy**

'To be blessed' is to be reminded of the unbreakable connection to one's Source. The well of gratitude which such blessings bring is the place from which I teach. The often difficult journey of being human is enriched beyond words by our deep and wide understanding of who we are. The instrument of this understanding is the union of the heart and mind. When this opens, our view broadens so that nothing changes and nothing is the same.

## **FOUNDER'S TESTIMONIAL**

*It is a precious and wonderful thing when who we are and what we do exactly coincide. In the case of a teacher of spiritual work, this means that the work and the person are the same; that the walk and the talk are equal; there is no falseness or fabrication, just love intact. This may seem quite ordinary, but in actuality is as rare as rain on the moon. And yet, here we have two teachers, Eileen Marder-Mirman and Jeff Ellias-Frankel whose kindness and determination have brought them to this moment of teaching the most advanced spirituality with a simple and human heart. If you can manage it, don't let this the opportunity to study with both these masterful teachers slip away: life moves at a quick pace, but let it bring you to their teachings: you won't regret it.*

Jason Shulman

## **STUDENT AND GRADUATE TESTIMONIALS**

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. *Beth, New Jersey*

For twenty-five years I have been on a particular quest, and it has been mostly a struggle. Twenty-five years of trying various approaches to help myself, and none of them ever worked. Then Nondual Kabbalistic Healing and I found each other. And because of this remarkable course, I'm navigating my way through a place of darkness and helplessness, seeing and experiencing light and healing for the first time in a quarter century. Jeff Ellias-Frankel and Eileen Marder-Mirman are a teaching match made in heaven. Different from each other, yet utterly complementary, these two teachers lovingly nurture, guide, inspire, instruct, and impart wisdom to their students. I'm not someone who easily signs up for classes of any sort. Making such a commitment triggers dread in me. And all along my journey through this amazing course of study, Eileen and Jeff have allowed me to approach and receive the teaching at my own pace. Nothing is forced. All unfolds very naturally, which astounds me. My class, just about to finish year three, has covered an immense amount of material. Yet, there is always time for everyone to receive and process it in their own way. I seriously cannot recommend this course—and these consummately equipped teachers—highly enough. It/they may well have saved my life, and my gratitude is boundless.

*Maria T., MM New England Conservatory, Musician, Writer*

My experience with NKH has transformed me in such a way that it reveals another facet of life, reality and beauty of relationships every day. Eileen and Jeff, together, lead us in this experience compassionately and in the most supportive way. It is one of the most meaningful journeys in my lifetime.

*Deniz S., PhD, Chemistry*

The training in NKH enters deep, spiritual territory which allows me to heal parts that have been wounded for decades. As a psychologist, I've been through so many trainings beyond my PhD. At first, I refused to do one more training! Now, it feels like I wish I had done this 25 years ago. The students form a community because the teachings and the teachers are rooted in the understanding that relationships are a fundamental aspect of reality. Sharing this journey with 23 other people helps battle the sense of aloneness that so many of us carry within. I have always doubted the existence of God, and for the first time in my life, NKH has helped me find divinity and its existence in our shared struggles. I know I'm getting to more profound levels with patients and maybe more importantly, with myself.

*Daniel G., PhD Psychologist, Psychoanalyst*

It is a deeply moving, life changing experience.

*Cary S., MSW*

This is an experience like no other. To open yourself up and reveal your true self while being held with love, acceptance and guidance. Jeff and Eileen are a gift.

*Nicole L., LMT*

NKH has profoundly catalyzed my life through experiential awakening. Under the blessed guidance of Eileen and Jeff, I've learned a foundational approach to my Self, life, and reality. Through the meditations, practices and healings, I've experienced real Knowing.

In the spiritual journey, we hear the truth in many ways. Words encourage us on our path. Various teachers point towards facets of truth. Yet until the Truth is experienced, the truth isn't really known. Instead, we merely carry a reverberant thought or transient belief.

This school is a measured, deliberate process towards experiencing and understanding truth of Being. The school helped me find spirituality, rather than just seek it.

And with all my Being, I can't speak highly enough of Eileen and Jeff. They teach merely by their presence. They teach with relentless compassion and kindness, firmness and inspiration. Their care, joy, and love shine through.

I am deeply grateful for NKH, for Jason Shulman for founding and leading the school, for Eileen and Jeff, for my classmates, and for all those who inspired me on this path.

*Mark G., BS Applied Mathematics, MS Engineering Physics*

Eileen and Jeff are the most phenomenal teachers of this sacred work. If you are looking for more happiness and fulfillment then NKH has the tools and concepts that you need.

I have done lots of other trainings and none compare to the depth and wisdom that I can practically integrate into my life. I have been able to accept my reality as it is and do better at holding the conflicting aspects of life which dragged me down. I have more peace.

*Alyse P., MSW*



# A Society of Souls®

The School for Nondual Healing and Awakening™

## Application for Nondual Kabbalistic Healing® Training

Please note: Applications will be considered in the order in which they are received. If you have not received an acknowledgment within fifteen days, please call us at: +1 (516) 763-1841.

### Contact Information:

Name

Street Address

City, State Zip/Postal Code

Phone

E-Mail

### Other Information:

Profession

Degrees/Training

How long have you been in your profession?

**Other Information (continued)**

How might you use the work you learn in this training in your life?

What are some of the ways you gain self-knowledge?

Have you taken workshops with Eileen Marder-Mirman, Jeff Elias-Frankel, Jason Shulman, Brenda Blessings or other A Society of Souls teachers? *(If so, please list.)*

Why do you want to attend the training?

## To apply for the February 2021 ONLINE Nondual Healing NYC TRAINING:

Print and complete the application form attached to this brochure and mail to:

Eileen Marder-Mirman  
13 The Loch  
Rockville Centre, NY 11570 USA

Or fax your completed application to: +1 (732) 780-0343.

Or scan your completed application and email to: [eileenmm@optonline.net](mailto:eileenmm@optonline.net).

You can also [click here](#) to download an application form that you can complete, save to your computer and email to us at [eileenmm@optonline.net](mailto:eileenmm@optonline.net).

Please don't hesitate to contact us if you have any questions: [eileenmm@optonline.net](mailto:eileenmm@optonline.net)