

# THE CRUCIBLE OF AWAKENING

Issue 24 April 2007

## JEALOUSY UNMASKED

Jealousy is a painfully intense reaction to — *and* dramatization of — feeling rejected, whether the rejection is real or imagined. Even the slightest threat of rejection, however groundless, may be enough to trigger jealousy, especially if we *already* don't feel very secure or stable in our intimate relationship.

Given jealousy's power to erode and undermine (and, at worst, destroy) intimacy, it is extremely important to work with it skillfully, which begins with knowing it, and knowing it well. Jealousy can take many forms, ranging from a mildly gnawing sense of being unwanted to raging or even even murderous revengefulness. What follows concerns not the pathological extremes of jealousy, but rather the more common kinds of jealousy that arise when there's a perceived threat (real or not) to our closeness with our intimate other.

Jealousy can be exceedingly painful, as anyone who has writhed in its straitjacketed fires knows all too well. Most of us strive not to provide fertile conditions for jealousy, but it still manages to sprout up, with a green not of sun-embracing reach, but of dark and sometimes venomous force. However, jealousy is not some inherently evil or negative or always inappropriate feeling.

What matters is what we actually *do* with our jealousy. Do we get lost in it, thereby embodying (and enslaving ourselves to) its point of view? Do we try to rise above it, acting as if we are beyond it, thereby denying ourselves full access to our depths? Or do we condemn it, sentencing it to a padded cell, thus walling away the very vulnerability of which our jealousy is but a confession, however twisted or dark? Or do we abstract it, talking about it with relentlessly level, disembodied rationality and unnatural calm, even as we now and then wonder why our emotional life tends to be so flat and unexciting?

Do we believe in our jealousy so strongly that we do harm to one we love? Or do we run from it, avoiding any circumstances that resemble the ones that originally catalyzed our jealousy? Or do we deny that it is actually happening,

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while we slowly die inside, painting good cheer and non-possessive smiles all over our collapse of heart? Or do we make good use of our jealousy, giving its energies room to breathe and move through us, while not submitting to its viewpoint?

So how to work with jealousy? First of all, acknowledge its presence and *name* it — as blatantly obvious as jealousy can be, we may have trouble (probably shame-based) admitting that it is indeed present. Second, don't try to get rid of it; instead, explore it, dig deep, mine its depths for what lies at its core (if possible, work on this with a good psychotherapist). Third, get it in healthy perspective; allow it to be there, but don't let it run the show (psychotherapy and meditative practice are very useful here, especially when employed in conjunction). Seat your jealousy where you can keep an eye (a non-jealous eye!) on it, so that when it starts to act up, you quickly spot it and then take steps (like shifting perspective or doing some grounding) to keep it from overwhelming you. This is not easy, but gets easier with practice.

Without attachment, there would be no jealousy (and there would also be no compassion!) — but don't allow yourself to make a problem out of attachment, and be aware/beware of approaches (spiritual and otherwise) that view attachment as something to shed (except, of course, our attachment to such views!). It's *so* easy to get attached to not being attached. Yes, attachment does have its pathological possibilities — like addiction — but in of itself it is not necessarily a sign of neurosis or immaturity. Attachment comes with relational intimacy.

Jealousy is made possible through attachment; and a more mature, awakened love can come through jealousy, if we will but cut through its melodramatics and go right to its heart...

In its more neurotic forms, jealousy is but the outraged cry of thwarted possessiveness, sometimes being hard-fisted, cruel, and rabid with indignant logic, and sometimes being sunken, mushy, jammed with self-pity, crammed with boxed-in sorrow, submitting to an unnecessarily hellish tomorrow. But whatever form it may take, jealousy often features a compulsive drive to blame the offending — or apparently offending — other for what is happening to us, as if to somehow legitimize our extreme contraction of being.

The core of jealousy's message is: "You don't love me!" or something similar, implying colossal rejection, as of an infant by its mother; and accompanying this is another, implicitly held message: "If you *really* loved me, you wouldn't be doing what you're doing!" This is reinforced by the fact that sometimes

the other's jealousy-catalyzing actions *are* unloving, including to the point of actual betrayal.

It is easy to get marooned in the wastelands of rejection, especially if our history has predisposed us to being readily hooked or triggered by any sign of rejection. And what an art it is to stay open, present, and loving — or at least connected to a loving context — in the midst of real rejection: There may be anger and tears and indignant disbelief, and all the symptoms of jealousy, but there will be no significant withdrawal of self, nor any indulgence in blaming; there may be force, but not violence; there is vulnerability, but not mushiness or sunkennes; there is real sadness, not reactive sorrow; and there is a clear willingness to go right through jealousy's dark realm, rather than just adopting a righteous positioning somewhere within it; and most of all, there is love, or at least the all-out commitment to making room for it, rather than an uptight, loveless waiting to see if the other, the one who has apparently rejected us, is being loving, or is going to become loving toward us.

If we will only love when we are *already* being loved by the other (as in me-centered relationships), then we are prime candidates for deep jealousy, for we are then chronically on the search for signs that we are not being loved, miserably sniffing around for evidence of abandonment or neglect or betrayal, reducing ourselves to neurotic sleuths, sinking into overamplified suspiciousness, again and again demanding, however indirectly, that the other consistently demonstrate or prove his or her trustworthiness. Such demonstration, however, is rarely enough for us, for we, in the gripping dramatics of our jealousy, won't trust anything except our mistrust and doubt regarding the other. In short, we then, however unwittingly, expect betrayal, and perhaps even in some sense crave it, so as to recreate (almost always unconsciously) infantile or childhood scenarios of unresolved rejection.

The lesson here, at essence, is to love, or to remain truly open to being loving, even when we are clearly being rejected. The form of such love is not meek or passive, nor necessarily all-accepting of rejection; rather, it is potent, dynamic, passionately alive, quite capable of fiery yet clean anger, more than willing to call bullshit bullshit (as when the other deliberately does things to catalyze our jealousy, so as to feel more powerful). Such love does not shrink in the face of rejection, and nor does it piously stand aside or put on the robes of idiot compassion. Instead, it radiates forth, generating an environment that simultaneously cradles reactivity and renders it transparent.

When we complain that we not being loved, we, in our very complaining,

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are not being loving, but are only barricading ourselves from *fully* feeling our woundedness; we are, in effect, actually rejecting what is most vulnerable in us, *doing to it what is being done to us* (or what we imagine is being done to us) by the one who is “making” us jealous. Real love does not reject the other, but it may reject something that the other is *doing*.

Jealousy is the open abscess of feeling cast aside, the endarkened sensation of betrayal-catalyzed separation. When untouched by awareness, jealousy is mostly a hysterical or mean-spirited temper tantrum, a coupling of twisted anger and exaggerated hurt up on a soapbox, righteously ranting about right and wrong, making too much noise to hear its own true song.

When held and penetrated by real love, however, jealousy eases its defences, becoming but an uninhibited, nonviolent expression of relational hurt, a heart-opening confession of possessiveness amplified by rejection, an honest sharing of deep feeling, leaving us sobered, unmasked, and more loving, more at ease with our possessiveness and our demand for integrity from our partner, no longer struggling for either ownership or detachment, no longer held hostage by the possibility of potential rejection, no longer afraid of jealousy, and no longer so bound to being in relationships that, through their unresolved neurotic patterns and lack of real grounding, provide excessively fertile conditions for the arising of jealousy.

None of this is to say that we should never be jealous! The closer we are to another, the more attached we tend to become to that one, and the more attached we are, the more likely it is that we’ll feel jealous, at least in me-centered relationships and we-centered codependent relationships. Those in we-centered codependent relationships will still get jealous, but not to the same degree, because they are less dependent on each other.

And those in being-centered relationship? Jealousy may still arise, but it does not have, or is not given, the power it has in earlier stages.

When jealousy arises, treat it neither as an enemy nor as a green light for blame, but rather as a difficult guest. Listen to it closely, separating what’s neurotic in it from what’s not. This means feeling it but not identifying with it. Stay with it, until its dramatics diminish and its raw vulnerability and hurt is clearly in the open. In the presence of your loving attention — and it may take a while to access such attention — your jealousy might rage briefly, but will quickly be but hurt. Don’t try to fix that hurt; instead, simply be with it, holding it as you would a hurt child; when it has settled, then whatever action may be called for can be sanely considered.

## LAST SIGH OF A VAGABOND WAVE

*My face is unveiled sky and timeless dream  
Dewbrightened dawn and shadow-dappled stream  
Gnarled coastline and jagged-blossomed storm  
Ever bursting through the roof of what's unborn  
Gone, gone am I  
Birthing me am I  
Struggling deepsea drop am I*

*My body's spun from gravity and boundless light  
Dreaming of gypsy joys and knotted night  
Soaring over cobblestone oceans of cloud  
Ever sailing through the walls of what's allowed  
Gone, gone am I  
Birthing me am I  
Green fire of wild places am I*

*My life sings and bleeds in colors bare and bright  
Riding waves of shattered moon through the night  
Nothing is moving yet everything's in motion  
Only broken waves will ever know the ocean  
Gone, gone am I  
Birthing me am I  
Last sigh of a vagabond wave am I*

*And this too am I  
Where mystery is all that's known  
Where love is what is being grown  
Where silence tells the ultimate story  
Where life blazes in all its pain and glory  
Gone, gone am I  
Birthing me am I  
Last sigh of a vagabond wave am I  
Where there's so much I'm dying to see  
Dying, dying, dying to see*

## WORKING WITH CONFLICT

The good news about conflict in an intimate relationship is that more often than not it brings out the worst in us (other circumstances can also bring out the worst in us, but they generally lack the unusually close, no-exit quarters that intimate relationship provides), exposing it to such a degree that it can be worked with in ways that benefit all involved. The bad news is that most couples don't use conflict this way, either indulging in its dramatics or bypassing it, thereby leaving it unresolved (except perhaps superficially).

For me-centered couples, conflict mostly just erodes the relationship. Integrity usually goes out the proverbial window when conflict arises, along with respect for each other. Anger not only heats up, but loses its heart and vulnerability, mutating into aggression and its attack-other operational hardness. At the same time, taking responsibility slides into the righteous dishing out of blame, as accusatory forefingers, stiff with indignation, busy themselves fencing, generating through their stabbing certainties a no-one's-land where being right is far more important than being happy or actually caring about one's partner.

Conflict in me-centered relationship is not much more than reactivity on a rampage. And conflict resolution? It usually means that one partner resolves to give in to the other. One ego gets on top, the other goes under, and the relationship does its time upon stagnant waters, buoyed up by pleasurable distraction, plus the fact that so many others are in the same boat — if they are all doing it, then maybe we're on the right track, doing the best we can, etcetera, or so the thinking might go. (This folly of this type of logic is perhaps best seen through taking it to an extreme, as in the following declaration: Eat shit — ten billion flies can't be wrong.)

We-centered codependent couples do a bit better, having a deeper understanding of conflict. Unfortunately, their understanding does not usually translate into working through conflict in more than just superficial ways. Conflict is seen as a threat to the relationship, with the result that its energies are not allowed their full aliveness, but are instead diluted, suppressed, caged, or shipped to the outskirts of the relationship.

In we-centered codependent couples, things are much the same. The understanding of conflict is more sophisticated, but there is an unhealthy detachment from it, a mutual removal, so that the intersubjective space of

the relationship remains relatively skirmish-free, but anemic. Conflict is still viewed as a threat, but not so substantially. And it may even be viewed as an opportunity for growth, but this remains mostly just an intellectual notion.

Being-centred couples don't really mind conflict, and even welcome it, for they know, right to their core, that its presence is a harbinger of further growth and intimacy. Conflict gives them the opportunity to test and use and further refine their relational skills, as well as the sobering satisfaction and, yes, even exhilaration, of staying present and open-eyed in the midst of stormy situations. Theirs is the art of being together no matter what the weather. Though they may momentarily make a fuss about being right, it usually don't take long to get to the heart of the matter. They also recognize and make good use of the fact that each time they work through a conflict, they are brought closer; their relationship has been honed just a little more deeply.

Conflict brings out our longtime strategies for dealing with stress. Ways of taking care of ourselves during rough times when we were children — ways that helped us survive — very often readily surface during times of conflict, and, regardless of how dysfunctional they may be now, are frequently still employed as if they will actually help. If dissociating or shutting down was our default as a child (perhaps giving us some needed psychoemotional distance from an abusive parent), then in times of conflict we are probably still going to resort to it as an adult, while rationalizing its usage.

Conflict gives our neuroses center stage, where we, often with little or no awareness, act them out, perhaps even allowing them to refer to themselves as us. But as we start to awaken to what we are actually doing, we begin to suspect the presence of a script or program somewhere, if only behind our forehead, that has up to now reduced us to puppets. Intimate relationship can, to varying degrees, hold this drama, this mutually enmeshed arena of suffering and suffering-reinforcing solutions, providing not only mirrors for it, but also enough caring and safety to reach and pass through the pain at the heart of the conflict.

Adopting a nonproblematic orientation to conflict doesn't necessarily mean that it will go away, but that it will serve rather than erode the relationship. And how do we do this?

Acknowledge it. Name it.

Deepen your perspective. If there's reactivity going on, you won't be able to do much about it if you insist on continuing to look through its eyes. Step

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back not from the energetics of what's going, but from the *drama* of it. There are many ways of deepening your perspective — meditative practice being but one — and all that's needed is that you start practising whichever ones work for you, and continue practising.

Listen.

Get *intimate* with your anger. Get to know it so well that you can express it, however intensely, without getting righteous or aggressive. Without easy access to your anger — your *clean* anger — you will not have properly functioning boundaries. You don't have to stop fighting, but simply learn not to let your fighting get the best of you. Anger can demolish relational intimacy, and it can also serve, protect, clarify and deepen it; it all depends on how we use our anger.

Practice receiving your partner's anger — assuming, of course, that it's not abusive — and keep practising until you can let it in without shrinking, disappearing, or putting up a wall.

Be vulnerable. Let your vulnerability be a source of strength.

Deepen your capacity for empathy and compassion.

Get *intimate* with your fear. If confrontation remains overly scary for you, go to a good psychotherapist and explore the roots of your fear of confrontation. The chances are that you learned early that confrontation meant danger or the loss of love or something of similar import; facing this, and seeing how it has played out in your life, and then working through your fear of confrontation (this being a more than just cognitive undertaking!) is a profoundly healing and empowering journey.

Such are some of the ingredients of a nonproblematic orientation toward conflict. The mixing bowl — your relationship — is supplied. All you need add is your attention and energy.

In the presence of awakened intimacy, conflict is just shit auditioning to be compost. The me-centered don't see the shovel; the we-centered codependent see it but don't pick it up; the we-centered cointerdependent pick it up but don't use it, except to scratch the surface; the being-centered use it, digging deep and vigorously.

Thus do we prepare the ground for further growth.

## SEEDS GROW IN THE DARK

*When the darkest hour lasts too long  
When we lose track of where we belong  
When our faith is impaled upon stony facts  
When we trade in our pen for an ax  
When we trample our heart  
In trying to depart this dark  
We are closer than close  
To what we seem so far from  
Seeds grow in the dark  
Just like us  
So let's bring darkness  
Out of the shadows  
Let's move closer to it  
Let's touch it  
Until we know  
That what we are touching  
Is none other than us  
This is the shockwave we have ignored  
The door in our dreams we fear  
The nightmare eating us alive  
While we put on our latest face  
Seeds grow in the dark  
And so do we  
So let's not be blinded by light  
Let's undress the night  
Building a faith too real to be spoken  
A faith that cannot be broken  
Until even darkness  
Awakens us*

# A Deeper Life

## A FIVE DAY RETREAT

### DEVOTED TO DEEP HEALING & AWAKENING

**January 25th-29th, 2008, in Hawaii**

#### **The Situation:**

You've done work on yourself and have opened and benefited (and want to maintain that openness), but find certain issues surfacing again and again — relationship hassles, insecurities, emotional inhibitions, and so on. Now, more than ever, these are in your face (perhaps because you're now ready to fully face them), asking for your undivided attention. And, quite possibly, also for a suitable setting, featuring both cutting-edge guidance and the company of others as committed as you to healing and awakening.

#### **The Context:**

You might think that these issues are blocking your path, but in reality they are part of your path, and need to be treated as such. All you have to do is stop turning away from them, stop trying to rise above them, and make the journey into them, with awareness, compassion, and curiosity. This is not necessarily easy — for if it was, you probably would've already done it — but it can be done, leaving you more whole, more alive and present, more functional in every aspect of your life, allowing you to live a life that is as practical as it is liberating. This healing is what this group is all about.

#### **Who It's For:**

This group is for those who want to make wise use of their difficulties and who are ready to work through whatever is obstructing their liberation. It is especially suited for those whose longing to be truly free is stronger than their longing to continue distracting themselves from their suffering.

#### **About the Work:**

This group will be small and intimate, being limited to **14** participants only, so that there is enough time for everyone to receive in-depth attention. The group will involve therapy (in its focus on personal history), and will also

involve much more than therapy, given its integral nature. Deep catharsis, psychodrama, and spiritual breakthroughs will flow in and out of each other during the group, in spontaneously apt ways.

All kinds of issues and concerns — from the deepest trauma to the seemingly trivial — will be dealt with, through a dynamic, creative mix of psychotherapy, bodywork, spiritual disciplines, dreamwork, and group practices. The atmosphere will be one of deep trust; the group will be a safe place to let go of being safe, providing a crucible not only for personal healing, but also for awakening from all of our entrapping dreams.

Participants will learn to become more intimate with all that they are — dark and light, high and low, shallow and deep, neurotic and transcendent, dying and undying.

The structuring of the group will not be preset, but instead will arise in accordance with group and individual needs. Each participant will have an opportunity to work, in relevant detail and in sufficient depth, with his or her particular issues, and not necessarily just once in the group.

## **LOCATION:**

Yoga Oasis, a beautiful, secluded retreat center on the eastern tip of the Big Island of Hawaii, 5 miles from the village of Pahoa and 2 miles from the ocean. Located on 26 acres in lush rainforest, Yoga Oasis is a short drive to surfing, geo-thermal warm springs, tide pools, snorkeling, kayaking, natural underground saunas, and a black sand beach. For more information, visit **[www.YogaOasis.org](http://www.YogaOasis.org)** (check out the video showing the retreat). The Big Island itself, which you'll likely want to spend some time on after the group, is a marvelous place to explore and relax, with its otherworldly volcanic park and astonishingly varied terrain.

## **LOGISTICS:**

**Tuition, Lodging, & Meals:** US\$1895, or CDN\$2195 (includes GST).

Rooms will be assigned according to the date of registration; the earlier you register, the more room choices you'll have. Remember that we are only taking **14** participants. A deposit (nonrefundable after September 1st, 2007) of \$400 is required. Full payment is required by November 1, 2007.

**Recommended Reading:** Robert's latest book, *DIVINE DYNAMITE* (revised edition), available in bookstores and from [www.amazon.com](http://www.amazon.com).

# ATTRACTING YOUR BELOVED

## *A Group For Singles*

**May 25th , 2007, in White Rock, BC**

So many are yearning to be in a truly intimate relationship — a relationship that consistently enlivens, deepens, and awakens us — and wonder why they continue to find themselves either without a relationship or in relationships that don't really work for them (but that they keep *hoping* will work for them). Many are having a relationship not with the other, but with the other's *potential*.

Some think that all that they have to do to attract their beloved is to wish and intend for that one to somehow show up, but wishing and intending is not enough, no matter how ardently we may believe in our power to manifest what we want.

Something more is needed, namely to face, really face, and work through whatever it is in us that's in the way of attracting our beloved. This means not only facing our doubts and self-defeating beliefs, but also facing and working through the *originating* forces that underlie such doubts and beliefs.

That is, to attract our beloved, we cannot just sit back and think positively or do some affirmations — rather, we have to do some real work on ourselves, deep work, in order to be sufficiently *ready* for our beloved. Full alignment with what we long for — a relationship that actually works on every level — is necessary, and this requires that we not only clearly see our conditioning, but that we also cease letting it run us. And we don't do this by somehow getting rid of our conditioning (such eradication being but a New Age fantasy), but by relating to it instead of from it.

In this group, we'll look at what's stopping us from attracting our beloved, and then we'll work with it directly and deeply, through an intuitive mix of psychotherapy, bodywork, emotional release, and spiritual deepening practices.

All you need to do is bring your longing for deep relational intimacy to the group. That longing, that primal need, is your truest guide to attracting your beloved. This group will teach you how to make wise use of such longing, so that you can get on track for meeting the one with whom you can be truly intimate.

**LOGISTICS:**

The group will be held at 16133 9th Avenue, Surrey, BC V4A 1A5, May 25th, 2007, from 10:00 am to approximately 6:00 pm.

Tuition is CDN\$295 plus GST (or US\$275).

We are only taking **8** participants, and the last two groups filled very quickly, so early registration is recommended.

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# **Reclaiming Your True Voice**

## ***A ONE-DAY GROUP FOR WOMEN***

**April 14 & June 16, 2007, in White Rock, BC**

**with Robert & Diane**

Many women do not have full access to their true voice, and as a result have not sufficiently represented themselves, attracting situations and relationships that have only reinforced their inability to truly speak for themselves.

This group is about taking back power that originally was given away in order to survive difficult conditions, and taking it back not just cognitively, but physically, emotionally, and spiritually. Doing so involves expressing, *fully* expressing, what has been held back in the name of fear, insecurity, and social pressures.

Part of what is needed is a reclamation of anger (plus a clear differentiation between anger and aggression), so that it becomes a resource, a guardian of boundaries, a potent catalyst for needed change.

## The Crucible of Awakening

This group'll involve deep letting go, through a creative mix of psychotherapy, bodywork, and spiritual deepening practices (led by Robert), and it will also involve toning, chanting, singing, and healing through sound (led by Diane). The release-work facilitated by Robert will let loose *your* voice, and the sound-work guided by Diane will wing, fill out, and celebrate *your* voice.

**TUITION:** US\$275 or CDN\$295 plus GST.

**LOGISTICS:** 10am to 6pm. Limited to **8** women only.

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# *Letting Go*

## **A DAY OF DEEP HEALING**

**May 12th, 2007, in White Rock, BC**

Real happiness takes root when our longing to be truly free is stronger — or permitted to be more central — than our longing to be distracted from our pain. In entering our pain, we lessen our suffering.

In this group we'll face, move toward, and learn to make wise use of our pain and difficulties. The group will involve therapy (in its focus on personal history), and it will also involve much more than therapy, given its integral nature and intention. Deep catharsis, psychodrama, and spiritual breakthroughs will flow in and out of each other during the group, in spontaneously apt ways.

All kinds of issues and concerns — from the deepest trauma to the seeming trivial — will be dealt with, through a dynamic, creative mix of psychotherapy, bodywork, spiritual disciplines, dreamwork, and group practices. Each participant will have an opportunity to work, in relevant detail and in sufficient depth, with his or her concerns, and not necessarily just once in the group.

**TUITION & LOGISTICS:** US\$275 or CDN\$295 plus GST. 10am to 6pm. Limited to 8 participants only.

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# Embodying the Deep Masculine

## A TWO-DAY GROUP FOR MEN

**May 19th -20th, 2007, in White Rock, BC**

**Embodying the Deep Masculine** is about doing what's necessary to reclaim our balls without armoring or numbing ourselves, becoming warriors who, finding a source of strength in their vulnerability, can take needed stands with both heart and full-blooded power.

To enter our true manhood, we need to stop turning away from the wounded boy in us, both protecting him and giving him what he needs to heal. We also need to become more emotionally literate, not turning our anger into aggression, nor our shame into guilt, nor our hurt into an excuse to shut down or get heady.

As we assume our real power, we must at the same time step more fully into our heart; otherwise, we won't be capable of real intimacy. No more hiding out in cognitive strongholds, no more avoidance of our raw strength, no more bypassing of our wounds, no more avoidance of the Deep Feminine. In short, birthing the man.

This group is about working through whatever's in the way of entering and living our full manhood, through a dynamic, spontaneously structured mix of psychotherapy, bodywork, dyadic encounters, dream exploration, and spiritual deepening practices.

**If you are looking for a powerfully transformative, exceptionally deep group experience with other men who are as committed as you to deep work, this group is for you.**

**TUITION & LOGISTICS:** US\$550 or CDN\$595 plus GST. Limited to **10** men only. 10am to 6pm both days.

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# FREEDOM THROUGH INTIMACY

## A Weekend Intensive For Couples

April 28th-29th, and June 30th-July 1st, 2007,

in White Rock, BC

with **Robert & Diane**

Intimate relationship has immense transformational possibility, especially when we approach its difficulties as opportunities instead of as problems. Opportunities for what? To know ourselves more deeply, to love and live more fully, to become intimate with *all* that we are — in short, to be freed from our suffering.

In the liberating bondage of committed intimacy, we enter the One through the two, finding the Beloved in both depth and surface, so that the very details of daily life become a potent awakening path. Freedom through intimacy.

**This group is for couples who want a more conscious, loving, and liberating relationship with each other, and are ready to cut through whatever's in the way.**

**Even if you already have a good relationship, consider coming, and taking your relationship from good to great to what it *really* can be.**

Individual work will be given as much emphasis as couples work, using a spontaneously structured approach that creatively mixes psychotherapy, bodywork, dream exploration, spiritual practices, and dyadic deepenings.

**TUITION & LOGISTICS:** 10am to 6pm both days. Limited to **5** couples only. US\$1200 or CDN\$1250 plus GST per couple. \$300 deposit required. Full payment required one month before group begins.

(There is room for one more couple in each weekend.)

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# Integral Psychotherapy Practicum

## 2007/2008 APPRENTICESHIP PROGRAM

### in White Rock, BC

**An opportunity to learn (1) unique and exceptionally effective psychotherapeutic, spiritual, and bodywork skills; and (2) how to combine these in counselling work.**

The purpose of this training is to deepen the capacity of participants to effectively counsel others through a dynamic, intuitively structured approach that integrates body, mind, emotion, and spirit.

To this end, the training will blend deep work on oneself and equally deep work with others, in personal, social, and spiritual contexts. Healing will be the primary intention and activity. Approaches that are taught and practised will be held, as much as possible, in a perspective that transcends them.

You'll learn to not rely upon nor necessarily impose structure, but rather to let it naturally arise from your relationship and interaction with those you're counselling. Working this way weans us from the security — the eventually deadening security — of operating from behind a preset structure or methodology, leaving us in a position that requires an appropriately creative response from us. Such creativity keeps us fresh, open, and alert.

Throughout the training we will be working with body, mind, emotion, and spirit. Love, integrity, and presence will be the cornerstones of our practice.

The training will take place over 6 three-day weekends, beginning November 2nd, 2007. Tuition is CDN\$5900 plus GST. A deposit of \$750 is required. The training is limited to **10** participants. Previous work with Robert required.

The training is a prerequisite for further trainings with Robert, including the **Bodywork/Energy-work** and **Groupwork Practicum modules**.

### **Practicum Schedule**

Nov. 2-4, 2007; Jan. 4-6, Mar. 7-9, May 2-4, July 11-13, and Sept. 5-7, 2008

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***For more information re groups and trainings, or to register for them, contact [info@RobertMasters.com](mailto:info@RobertMasters.com).***

***All cheques, deposit and otherwise, should be mailed to Robert Masters, 16133 9th Avenue, Surrey, BC V4A 1A5.***

***To view previous newsletters, click on the Newsletter button at [www.RobertMasters.com](http://www.RobertMasters.com).***

***To visit Robert's blog, click on the Blog button at [www.RobertMasters.com](http://www.RobertMasters.com). Comments on the blogs are welcome; send them to [info@RobertMasters.com](mailto:info@RobertMasters.com).***

## **Robert's 2007 Work Schedule**

April 6-8	2007 Practicum: White Rock, BC
April 14	Reclaiming Your True Voice: White Rock, BC
April 28-29	Freedom Through Intimacy: White Rock, BC
May 4-6	2006/2007 Practicum: White Rock, BC
May 12	Letting Go: White Rock, BC
May 19-20	Embodying the Deep Masculine (two days): White Rock
May 25	Attracting Your Beloved: White Rock, BC
May 31-June 3	Bodywork-in-Psychotherapy Practicum: Whistler, BC
June 8-10	2007 Practicum: White Rock, BC
June 16	Reclaiming Your True Voice: White Rock, BC
June 30-July 1	Freedom Through Intimacy: White Rock, BC
July 7	Letting Go: White Rock, BC
July 14	Embodying the Deep Masculine: White Rock, BC
July 27-29	2007 Practicum: White Rock, BC

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- August 18 Reclaiming Your True Voice: White Rock, BC  
August 25 Letting Go: White Rock, BC  
September 8-9 Freedom Through Intimacy: White Rock, BC  
September 15 Embodying the Deep Masculine: White Rock, BC  
September 29 Reclaiming Your True Voice: White Rock, BC  
October 5-7 2007 Practicum: White Rock, BC  
October 11-14 Bodywork-in-Psychotherapy Practicum: Whistler, BC  
October 20 Letting Go: White Rock, BC  
October 27 Embodying the Deep Masculine: White Rock, BC  
November 3 2007/2008 Practicum: White Rock, BC  
November 10 Reclaiming Your True Voice: White Rock, BC  
November 17-18 Freedom Through Intimacy: White Rock, BC  
Nov. 30-Dec. 2 Radical Opening: Whistler, BC  
December 7-9 2007 Practicum: White Rock, BC

**For additional information,  
visit [www.RobertMasters.com](http://www.RobertMasters.com)**