

THE CRUCIBLE OF AWAKENING

Issue 36 April 2008

Spring has sprung here. A wide-flung burst of fine white plum blossoms in the backyard, fast-rising poppy and tulip greenery in the front. But there's no time for us — that is, Diane — to do any serious gardening, for in a few days we're off to England for a heap of work. We are very much looking forward to being there and working with all those who have shown such a strong interest in our work.

We'll be in England until April 22nd, when we fly to Boulder for more work. April 23rd I will be appearing on a live television show (Elelevision) in Boulder, then the following night doing a men's group, and the night after that (the 25th) we'll be doing an evening talk/event. And after our April 26-27 group in Boulder, a women's group there on the 29th.

And May? Home all month, doing a couple of groups, taking some much needed time to simply enjoy being here. We'll be on the road again in June, going to Ashland and Boston; check our schedule on my website. And check out Diane's brand-new website: **www.dianebardwell.net**.

1. *Clouds acurl and sky a dimpling pearl
Plumtrees blossomed plumply all around
Robins tugging at the dewbright dawn
Yanking pink spaghetti from the ground*

*Emerald buds all tender and ashiver
Lips now opening moistly aquiver
Spring has burst, burst open Winter's seams
Greening myriad seedling dreams*

*Spring has undone the stiff damp
Breaking apart Winter's knotted clamp
Bringing forth its wild green art
Edibly visual music for awakening hearts*

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*So easy it is not to fully feel
So easy to stay asleep at the wheel
So easy to make a virtue out of recoil
Locked into a frozen or shallow soil*

*False Spring smiles from newsstand covers
Featuring the masks of fashionable lovers
Pushing potions and notions of rejuvenation
Selling distractions from unpleasant sensation*

*And it's a lonely grasping at a plastic embrace
And it's stuck giving Winter a Springtime face
And it's a broken run from all the pain
And it's keeping so many cosily insane*

*But a remedy for Winter Spring is not
Despite the popularity of contrary thought
wonder is honed by Winter's icy hands
Rising refreshed from Winter's dark innerlands*

*Spring requires only a letting go of the old
Asking only that new life be allowed to unfold
But Spring easily gets turned into a children's fable
Or something sporting a designer label*

*What madness to let anything divorce us
From Spring's wild green forces!
The pure longing blazing green so green
In even the most battered being*

*The green green longing beyond every high
Alive so alive behind even the hardest eye
The green green longing overflowing all about
Shining through even the most crippled shout*

*The longing speechless with pure green
The longing, the longing of forgotten Being
Shining so blazing bright, shining so green
Shining through both the seen and the unseen*

TURNING POINTS

Turning points can be very challenging. At such times, we tend to view our situation as a problem, especially when its degree of difficulty leaves us in emotional overwhelm in unfamiliar places at unaccustomed angles. Very edgy. Others may be reassuring us that it's just a phase or an opportunity or something similar, but their words, however well-meaning, usually have about as much impact on us as does spitting into a gale. Reading about being on shaky ground or being uprooted is very different than actually experiencing it, and very few of us are quick to find any comfort when confronted with with sudden, disruptive discomfort.

One of the problems with turning turning points into problems is that we then tend to overoccupy ourselves with looking for solutions, trying to think our way out of our apparent misfortune, desperately searching for some clarity, nonturbulence, and relief from our confusion. But not so often do we recognize that our confusion is simply an exaggeration of what usually is *already* occurring in our mind, a confusion that's largely manufactured by confining or trying to confine our turning point's energies — our distress, disorientation, anxiety, excitement — to our head.

Fleeing to our headquarters, however, only prolongs and feeds our difficulty. Trying to outthink our seeming problem keeps us ricocheting between warring or oppositional factions within us — should I go, should I stay, and so on — leaving us stranded in the duststorms of beckoning maps, blinded to what is *really* needed: Directly facing and going toward, into, and through the operational dynamics of our turning point, not just with our head, but with our entire being.

Turning point are times of increased energy, surplus force, times of fertile chaos and uncommon chance, times when a leap into more fitting level of being is not only more than possible, but also necessary for our

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evolution. If we keep on trying to figure out what to do — wanting to know what will happen if we do take the jump — when we're in the midst of a turning point, then we risk losing or at least seriously dissipating the very energies that we need to actually take the leap. That is, if we wait too long, the edge will lose its edge; the forces that could have carried us toward a deeper level of being may not be there in sufficient supply or intensity, having been eroded and drained by our continued resistance to taking the jump when it was time to do so.

The more fully we enter the depths of our turning points, the better, so long as we keep our eyes open and our trust alive, a trust that's not just cognitively based or inculcated or otherwise superficial — a naive or unawakened trust is not really trust, but rather just a cocktail of foolhardiness and hope — but a trust that, to whatever degree, emerges from and resonates with our core of being.

Such trust allows us to blend with (but not disappear in) the currents of our turning point, to freely yet discerningly embrace, know, and embody the turbulent richness of it, the crosscurrents and whitewater, the frothing chaos and luminous forces of its waves, and, ultimately, its purpose-revealing depths.

If we thus trust, we will not, at least initially, necessarily know where we are being taken, but we won't need to know, because we'll inevitably be carried to a new shore, a truer shore, one more deeply aligned with what we really need. Right timing is essential. Too late doesn't work, because we'll have missed the necessary momentum for our leap, and too soon doesn't work either, because prematurely taking the leap only leaves us in over our heads.

In the latter case, we are not adequately prepared; we're just looking ahead, impaled upon our nostalgia for the future, doing little more than thrashing around in the waves, fighting just to surface, just to survive. Even if we are cast up on some shore, it will just be, regardless of its appearance, the same old shore, the same old life, featuring the same

old inclinations that first propelled us into our premature plunge.

It is not very difficult to turn a challenging turning point into a crisis, to get so worried and distressed about it that some sort of relief or release becomes exaggeratedly important to us. As various remedies are pursued — narcotic, erotic, and so on — the imperatives of our turning point recede, becoming but not much more than peripheral disturbance or muffled noise, an anemic halftone or faint knocking to which we turn a blind eye or deaf ear, thereby leaving ourselves stranded where we've already been long stranded, clinging to our compensatory doings, merely dreaming about a deeper or truer shore.

Finding ourselves thus marooned and at the same time not wanting to directly feel the sheer pain of what we're really up to, we may then turn our dreams of a truer life into fantasies of some kind of "higher" domain, a place of immunity from pain, typically starring a more evolved us. Eventually we may get disillusioned and slide into cynicism, or we may remain with our fantasies, making an informational idol out of possibility and promise, haranguing ourselves into making good resolutions, not realizing that another, counterbalancing aspect of us that doesn't give a damn about such resolutions will inevitably sabotage them.

Turning points ask not for a flight into thinking and fantasy, but rather for courage and an openness of eye and heart, along with a willingness to come fully alive. This is about letting our innate warriorhood emerge, a warriorhood in which love and power work together, and in which vulnerability is a source of strength.

A certain disintegration often is needed, if only of obsolete structures, whether external, internal, or both, so that a deeper integration can occur. Thus do turning points often ask for a falling apart that leads not to fragmentation, but to a deeper wholeness.

The navigational directives of a turning point spontaneously emerge when we choose to enter its waters, having recognized and openly

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acknowledged that we actually are at that significant transitional juncture known as a turning point.

To make a me-knot and distressing fuss out of a turning point is to unnecessarily resist Life, to deny Life its inherent flux, its built-in changeability and mystery. A turning point is a charged arising, loaded with fuel. It is an emotional, as well as a physical and psychospiritual, event/process. It tends to proceed optimally when it is given a fitting freedom of emotion. Without such freedom, such a raw undamming of feeling, its waters — waves, currents, storms, and all — won't exist for us except as a problem requiring an inordinate amount of control and shore-hugging.

There are big turning points, and there are much bigger ones, and there are small turning points, and very small ones. However miniscule or subtle it might be, every moment is a potential turning point. Each turning point intelligently entered into and made good use of prepares us for bigger or more demanding turning points. In its letting go and dissolution of old forms, every turning point is a kind of death.

The more that we we turn away from taking good care of our small turning points, the more that we deny them their full existence and fruition, the more that we try to drink, think, eroticize, drug, or fantasize them away, the more likely it is that crisis will show up, catalyzed into being by our not handling our turning points more skillfully. Crisis as such is but the endarkened offspring of aborted turning points, offering us no offramps from its demands.

If we don't heed a crisis, a bigger, more hard-hitting crisis almost inevitably appears, gatecrashing our slumber, really clobbering us; we may complain about this, perhaps playing victim to it or taking merely intellectual responsibility for it, repetitiously wishing that things were different or fairer, not noticing that each moment carries the same fundamental opportunity, the same basic invitation, an invitation that, when fully embraced, becomes but a sacred demand that we do whatever

it takes to journey toward what matters most of all.

A turning point may really hurt, but it's basically a good hurt, a purifying hurt, a hurt that deepens and hones our receptivity to what we must do. Our choice is not so much to enter or not to enter our turning point, as it is to make or not to make good use of it. We can't truly escape our turning points — we can fend them off and anaesthetize ourselves to them, but we can't actually flee them (even when we homestead on the surface), for they are part of us, revealing and reflecting our evolutionary state, as well as potentially serving to transport us into a deeper life.

Big turning points are often potential quickenings of the Awakening process, shocks of marvelous/hellish magnitude, veined with an intensity needing only the spark of our full participation to become but grace in action.

We often tend to look for clarity within a turning point, not realizing that its opaque turbulence, its churning crosscurrents and unpredictable tides, are inherent to it, offering not clarity, but— if we dive in — a passage into a deepening clarity.

Despite their chaos, turning points house at their center a deep organic stillness, a vibrantly silent pulsation of unbound Being. This stillpoint, this clearing of transverbal lucidity, cannot be found, but rather only embodied and expressed, for it exists at our own core, already present no matter what we do. This is not the stillpoint of dispassionate inwardness, nor of any strategy to bypass or transcend desire and vitality, but rather is the very heart of feeling, the breath of Being, the dimensionless abode of what we truly are.

The hubbub around the center of a turning point, all the wildness and color and chaos and uprooting, is simply the fertile outreaching of that turning point, its flowering, its song, its marvelously opportunistic circumference, its interface with our resistance. If its turbulence is entered into without restraint and with sufficient awareness, we're

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not then just spun around on the surface, forced to go in circle after exhausting circle, but instead are spiralled toward the core (which may feel as though we're going down the drain when we let fear *occupy* us). And sometimes not even spiralled, but simply propelled from one fluid orbit to another closer to the nucleus, a deeper concentric circle of the unrehearsable flow of What-Really-Matters.

This is the opportunity of a turning point. It is present in every moment, but some moments possess more of a timely buildup of available energy. Our work, our labor of love, is not to waste this energy, but rather to ride it, to yield to its momentum, to use it as well as possible.

Do not look for clarity in a turning point. Do not look for security or guarantees. Simply trust, not out of submission, but rather out of awakened surrender, realizing that what is asked of you through your turning point has always been asked of you.

Furthermore, the riper that you are for the needed change, the more compellingly you will be asked, until one day you won't be asked or invited, but will be absolutely required to participate, and participate *fully*. You then will have no choice but to take the leap, but it won't matter because there will be nothing else for you to do. Such is the freedom of not needing to have a choice.

Turning points are but signs of our readiness for a certain leap, a passage into a more fitting level of Being. Use them as such.

Instead of looking ahead, look inside your looking. Look as you leap. You won't regret it.

2. *Still moist but already shedding its cool
The ground plunges up
To meet my bare feet
Rosemary and lemon balm rushing
From my fingertip's tiny stain
To the center of my brain
Bunches of basil exploding above my palate
While caresses of rain softly flicker
The soil a raggedly burnt shade of dark
Plumped with neon indigo flowerbeds
In greener than green reality-unlocking scenes
Bloom-sagging vines squeezing me tight
Dark rosy jasmine scent blitzing my head with light*

*The soil sings backup
For what stretches below it
Tubes of sunlight stripe the garden
And it all begins silently ecstatically screaming
The sap, the nectar, all the reaching green
Green, green, so green, soaked in green
My blood rushing without brakes
Through my roots, branches and trunk
Fleshing out the pale yellow flower atop my spine
Fast expanding orange-gold petals opening
The once-soft place atop my head
While the earth plunges up through my feet
The breeze stained with lavender and traces of sea
And through my waking eyes the gardener gazes
Silently crying for this, no more than this
Quietly working in even quieter bliss*

GETTING INTIMATE WITH THE EDGE

I remember a group I led last year, in which *every* participant not only did very deep work, but took — however unwillingly at first! — such work even further, right to the edge of their edge, not some easy-to-cross boundary of self (as is commonly traversed in meditative practice), but a territory that, when fully entered, shakes us right to our core.

If it's easy, it's not our edge. If it's not one hell of a challenge, it's not our edge. If it doesn't shake, quake, or break us, it's not our edge. If it's easily witnessed, it's not our edge. If it doesn't bring up huge resistance in us, resistance that tosses aside therapeutic and spiritual interventions like toothpicks in a hurricane, it's not our edge. If we think we're doing shadow-work while we sit relatively intact, it's not our edge.

When each participant in this group went to their edge — and this was not planned! — it was usually shortly after they'd seemingly completed some deep work. It was as if the resulting openness and ease made room for, or allowed, the surfacing of even more relevant material. More often than not, it came as a surprise, frequently (and sometimes humorously) following an apparently innocuous or offhand comment from someone else in the group.

This was supposed to be a special training intensive for a group that had completed a one-year practicum in Intuitive Integral Psychotherapy with me a half year earlier. But the personal, right at-the-edge work that emerged took clear precedence, so that we only did a bit of training in the last third or so of the group.

And it wasn't only the openness of the just-done work that brought forth the at-the-edge work. It was also the dynamically present and abiding love which the participants had for each other, a love honed and deepened through a shared year of unusually rich work and personal connections. In the presence of such well-seasoned love, there was far more challenge than happens in regular groupwork.

Sometime the challenge was quite fierce, but nonetheless had none of the pushy, ambitiously aggressive characteristics of encounter groups from three or four decades ago. There was plenty of anger, but it was more often than not a caring anger, regardless of its fierceness. Even in the heat of tense exchanges, agreement and disagreement were kept peripheral to feeling, really feeling, what was being communicated. Resistance was not made wrong, but was allowed to energetically cut loose, without, however, there being any bowing down to or facile acceptance of its viewpoint.

The edge is where growth happens. It's also where contexts suddenly shift, personal universes disintegrate, and evolutionary imperatives suddenly seize the foreground. And, perhaps most of all, it's the frontier of the known.

Most avoid the edge, some flirt with it, and some, whether foolhardy or spiritually ambitious, step off it too soon (thereby not having enough grounding to truly digest and integrate their experience), but few develop any intimacy with it.

But intimacy with the edge is essential if we are to be our true size; we must find some real footing on and in (and through) it, some sense of ground, if we are to truly take flight from it. Why slip off it, when we can use it as a springboard? This is metaphor, and it is also much more.

What lies beyond the edge is never other than right here, whenever we peel back our fear. Some say to look before you leap, and others say to look after you leap, but why not look as you leap?

Upcoming Groups with Robert & Diane

AN OVERVIEW

The Situation:

You've done some work on yourself and have opened and benefited (and want to maintain that openness), but find certain issues surfacing again and again — relationship difficulties, 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 highly skilled, cutting-edge guidance and the company of others who are 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 have 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.

About the Work:

Our groups are small and intimate, being limited from 8 to 14 participants only (depending on the length of the group), so that there is enough time for everyone to receive in-depth high quality attention.

The groups involve psychotherapy (in their focus on personal history), and also involve much more than psychotherapy, given their integral nature. Deep catharsis, psychodrama, and spiritual breakthroughs flow in and out of each other during the groups, in spontaneously apt ways.

All kinds of issues and concerns — from the deepest trauma to the seemingly trivial — are dealt with, through a dynamic, creative mix of psychotherapy, bodywork, spiritual disciplines, dreamwork, and group

practices (improvised and otherwise). The structuring of the groups is not preset, but instead arises in fitting accord with both group and individual needs.

The atmosphere is one of deep trust. The groups are safe places to let go of playing it safe, providing a crucible not only for personal healing, but also for awakening from all of our entrapping dreams. Participants learn, at the optimal pace, to become more intimate with *all* that they are — dark and light, high and low, shallow and deep, neurotic and transcendent, dying and undying.

In every group (except for the Men's groups), my wife and spiritual partner, Diane, works alongside and in deep harmony with me; her presence, insight, and deep heart add immeasurably to each group.

“Robert is hands-down the best therapist I've ever worked with — in fact, I had given up on the “therapy game” until I read his fascinating book *Darkness Shining Wild* and was inspired to go to him for a session. Since then I've done much work with him, as have an increasing number of my friends — all of whom also give him rave reviews. In a few sessions I'd already done more substantial work on myself than in all my previous therapy combined (this is a comment I've often heard from others as well).

“Robert meets people where they are, and with a compassionate and insightful gaze finds what they need to take the next step in their development. His work is deeply embodied and highly integral, working with all aspects of a client's being. While extremely practical and grounded in his approach, he is deeply aware of (and embodies) deeper spiritual aspects of life, and can guide people to those places in their own being if and when they are ready to do so.

“As effective and inspiring as he is in individual sessions, Robert truly shines in groupwork settings — reaching such deeply universal issues that the work of anyone in the group feels personally relevant to everyone present. The openness and love of a group of people who have just done a workshop with Robert is a joy to behold.”

— Arthur Gillard

A DEEPER LIFE

A ONE-WEEK GROUP IN THAILAND

January 16th to 23rd, 2009

Deep, efficient, highly effective breakthrough work for those who want to make wise use of their difficulties, and who are ready to work through whatever is obstructing their liberation, in a setting of exceptional beauty.

Everything can serve our healing and awakening. Especially the difficult stuff. Going toward, into, and through whatever is troubling us, rather than just rising above or otherwise avoiding it, is a profoundly liberating journey. Along the way we learn, firsthand, to be intimate with all that we are: high and low, dark and light, dying and undying.

This group will be both a catalyst and sanctuary for such deeply transformative work, providing a safe place to let go of playing it safe. The work will be not be prestructured, but rather structured in fitting accord with group and individual needs and energies.

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.

We will have plenty of time — seven days — for very deep work, plus time for spiritual deepening, and activities like staying in a treehouse one evening or night, while below us wild elephants roam.

And the group will be small, being limited to 18 participants only, so that there will be enough time for everyone to receive in-depth attention.

LOCATION: Phuiyara Resort in Western Thailand. For pictures and more information, see **www.phuiyararesort.com**. An exceptionally beautiful wilderness setting, adjacent to a national reserve forest. Nearby are hot springs, bat caves, wild elephants, waterfalls, and much more.

TUITION, ACCOMMODATION, AND MEALS: CAD\$2600. A deposit of CAD\$500 is required, nonrefundable after September 1, 2008. The fee of \$2600 also includes transportation from Bangkok to Phuiyara Resort, plus an evening in a wild elephant elevated watching house.

We will be eating very well.

PAYMENT: In Canadian funds either by bank draft (payable to Robert Masters at 16133 9th Avenue, Surrey, BC V4A 1A5) or by credit card online through the STORE page at <http://www.robertmasters.com>. Full payment is due November 1, 2008.

RECOMMENDED READING: Robert's latest books, DIVINE DYNAMITE (revised edition) and TRANSFORMATION THROUGH INTIMACY.

We're only taking 18 participants, so early registration is recommended.

Breakthrough

A WEEKEND GROUP in BOULDER, COLORADO

April 26th-27th

Tuition: A special reduced rate of CAD\$495. A nonrefundable deposit of \$250 is required. Full tuition due one month before group begins.

Location: The Solstice Center, 302 Pearl Street, Boulder, Colorado.

Maximum number of participants: **12**.

NOTE: There will be an evening event with Robert & Diane April 25th, at the Boulder Center for Integral Living, from 7:00pm until approx. 9:30pm. The key theme will be *Transformation Through Intimacy* — intimacy with others, and also with all that we are. The format will be mostly Q&A, with plenty of in-depth considerations, finishing with a musical presentation by Diane and a booksigning. We'll also be doing a **men's group** in Boulder April 24th starting at 7pm; contact Casey (casey@fallingfruit.tv) for more info. And we'll be doing a **women's group** April 29th at 7pm; contact Deborah (deborahknox1@yahoo.com) for more info.

Woman Unbound

A WEEKEND GROUP FOR WOMEN

MAY 17th-18th in WHITE ROCK, BC

with Diane & Robert

An increase in power does *not* have to mean a decrease in femininity.

Being fully alive — passionately and deeply embodied — is every woman's birthright. Such aliveness requires embodying real power, so that what needs to be done and said gets done with maximum effectiveness.

But many women, however loving they may be, don't have full access to their true power and voice, and as a result have not sufficiently represented themselves, attracting situations and relationships that have only reinforced their inability to truly speak up and stand up for themselves.

This group is about taking back the power that originally was given away in order to survive difficult conditions, and taking it back not just mentally, but also physically, emotionally, socially, and spiritually.

Doing so involves expressing, fully expressing, what's been held back because of fear, insecurity, and social pressures. Sometimes this is gentle and flowing, and other times it is necessarily fierce — whatever helps the passion flow.

Part of what is needed is a reclaiming 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.

This group will involve deep letting go and opening, through a creative mix of psychotherapy, bodywork, sound-healing, group exercises, and spiritual deepening practices. The maximum number of participants will be 10.

Tuition: CDN\$595 plus GST. Nonrefundable deposit of \$200 required.

Man Unbound

A WEEKEND GROUP FOR MEN

MAY 24th-25th, in WHITE ROCK, BC

Man Unbound 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 our depths.

Tuition: \$595 CAD plus GST. Nonrefundable deposit of \$200 required.

Maximum number of participants: **10**

“I have facilitated hundreds of groups for men, for professionals, for youth, for parents, and for couples over the last dozen years. I have attended dozens of workshops, learning about working with anger and many other aspects of counselling/therapy. I have practiced yoga and many types of meditation over the years, but have never attended anything that moved me in the manner that Robert's groups have. Each and every man in the three groups that I attended gained profound insights into their lives. Men from all over the U.S. and B.C. and Alberta attended. We all deeply gained from each other and Robert's skillful facilitation. For those who want to face their fear and gain from their experience, this is the way to go.”

— Alistair Moes

FREEDOM THROUGH INTIMACY

A Transformational Intensive For Couples

JUNE 7th-8th, in ASHLAND, OREGON

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.

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.

LOCATION: Dolphin House, 9820 Wagner Creek Road, Ashland.

TUITION & LOGISTICS: 10am to 6pm both days. Limited to **6** couples only. A special reduced rate of \$475 per person (or \$950 per couple). A nonrefundable deposit of \$300 is required from each couple.

For more info, contact Eric Grace at 541-292-3895.

BREAKTHROUGH

DEEP HEALING & AWAKENING

JUNE 13th-15th, in ASHLAND, OREGON

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Deep, efficient, highly effective breakthrough work for those who want to make wise use of their difficulties, and who are ready to work through whatever is obstructing their liberation.

LOCATION: Dolphin House, 9820 Wagner Creek Road, Ashland.

TUITION & LOGISTICS: A special reduced rate of \$475. A nonrefundable deposit of \$200 is required. The group goes from 4pm to 7:30pm Friday, 10am to 6pm Saturday & Sunday. Limited to **14 participants only**.

For more info, contact Eric Grace at 541-292-3895.

NOTE: We will be doing a Friday June 6th evening event (including a talk, some Q & A, maybe some work, plus music by Diane and a booksigning by me), and also a women's evening group and a men's evening group while we are in Ashland. For more information, contact Eric at 541-292-3895.

BREAKTHROUGH

DEEP HEALING & AWAKENING

JUNE 21st-22nd, in BOSTON

Deep, efficient, highly effective breakthrough work for those who want to make wise use of their difficulties, and who are ready to work through whatever is obstructing their liberation.

LOCATION: Lighten-Up Wellness, 129 North Main Street, Mansfield, MA (30 minutes south of Boston). The group will begin Saturday, June 21st at 10am and end Sunday, June 22nd at approximately 5:30pm.

TUITION & LOGISTICS: A special reduced rate of \$495 CAD. A nonrefundable deposit of \$250 CAD is required. Limited to **12 participants only**.

UPCOMING TRAININGS

Integral Psychotherapy Practicum 2008/2009 APPRENTICESHIP PROGRAM in the USA (LOCATION TBA)

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. Tuition TBA. A deposit of \$1000 is required. The training is limited to **10** participants. Previous work with Robert required.

Note: The Practicum is not just for therapists who want to learn a more intuitive, integral, and bodywork-including approach to their practice, nor just for those who are wanting to work in the

counselling/psychotherapy field, but also for those who want to participate with kindred spirits in a year of exceptionally deep personal work, during which they will learn skills that will serve them in every area of their life.

Graduates of previous practicums have not only found themselves at home with new skills (sufficient enough to begin working as an integral counsellor), but have also done work of such depth — and not just a few times, but many times — during the practicum that they invariably emerge more grounded, open, intuitive, and confident about both themselves and their ability to effectively guide others.

Much of the depth and quality of the work done has to do with being with a group of individuals who are all deeply committed to their own healing and awakening. In such a setting, there's not only more than enough safety and trust, but also a rare intimacy, generated by sharing such deep work both as a participant and as a counsellor-to-be.

Practicum Schedule

To be determined once 10 participants have registered.

O BREATHE US DEEP

Composer and recording artist Diane Bardwell, along with Robert (her husband), has created *O BREATHE US DEEP*, featuring genre-transcending music that reveals, explores, and celebrates our deepest dimensions with passion and grace. Diane brings her remarkably rich voice to each song, singing with a full-blooded, heartfelt fluidity unburdened by sentimentality. Complementing her voice are the eloquent lyrics, based on poetry written by Robert. Some songs are devotional, some are raw; some soar, some sing and bleed; but all are presented in the spirit of awakening to who and what we truly are.

O BREATHE US DEEP is an eclectic mix of deeply spiritual (but not New Age nor conventionally religious) music that is as evocative as it is original. What connects its eight songs is not a particular style (a wide range of styles is used — from ballads to Celtic to Native American to hard-driving), but

rather the poetically-articulated embracing and living of a deeper life, a life in which body, mind, emotions, and spirituality function as a natural integrated whole.

“The music in each of these beautiful songs takes my breath away. The soul and emotional depth expressed through both the lyrics and Diane’s magical voice moves me to tears. I relate to every feeling in every song. Thank you for this amazing and heartfelt gift.”

— Pamala Oslie, author of LOVE COLORS

(To hear sound clips, go to MUSIC at www.RobertMasters.com)

O Breathe Us Deep is for sale at www.RobertMasters.com, www.amazon.com, CD Baby, and iTunes.

For more information regarding groups and trainings, or to register for them, contact info@RobertMasters.com.

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

Payments for groups (and my books and Diane’s new CD) can also be made by credit card online at our new Store; simply go to www.RobertMasters.com and click on STORE.

To view previous newsletters, click on the NEWSLETTER button at www.RobertMasters.com.

To view Robert’s blog, go to www.RobertMasters.com and click on the BLOG button.

2008 WORK SCHEDULE

April 4-6	Breakthrough: England (near London)
April 8, 9, 10	Evening events in Brighton and London
April 12-13	Individual sessions in London
April 24	Men's Evening event in Boulder, Colorado
April 25	Evening event in Boulder, Colorado
April 26-27	Breakthrough: Boulder, Colorado
April 28	Women's Evening event in Boulder, Colorado
May 17-18	Woman Unbound: White Rock, BC
May 24-25	Man Unbound: White Rock, BC
June 6	Evening event in Ashland, Oregon
June 7-8	Freedom Through Intimacy: Ashland, Oregon
June TBA	Men's Evening Event, Ashland, Oregon
June TBA	Women's Evening Event, Ashland, Oregon
June 13-15	Breakthrough: Ashland, Oregon
June 20	Evening Event in Boston
June 21-22	Breakthrough: Boston
July 11	Evening event in Sacramento
July 12-13	Breakthrough: Sacramento