

THE CRUCIBLE OF AWAKENING

Issue 60 April 2010

Don't Give Fear A Thought

When fearfulness infects you, neither avoid it nor let it recruit your mind. Don't give it a thought.

Approach the infected areas with care. No antibiotic heroics, no psychosurgical wizardry, just ordinary everyday caring.

Touch the infection with undivided attention, while letting the raw reality of it touch you, penetrate you, shake you more awake. Make contact, intimate contact, allowing it to breathe, allowing to it vibrate, sound off, even grieve. Stop treating it like an adversary or disease.

When approached with sufficient care, fearfulness helps fuel our entry into a quality of openness wherein we cannot be threatened.

Fearfulness is our personified sense of separateness having a bad day.

Being invested in making a self out of our apparent separateness guarantees fearfulness. Nevertheless, the arising of fearfulness, however compelling, does not mean that we are afraid, but rather only that fear is present, coexisting with varying degrees of awareness of it.

When fearfulness does manage to infiltrate your mind, read its contents once-through as though they belonged to a supermarket tabloid, taking careful note of which headlines most easily snare your attention. Then immediately shift your attention, and shift it completely, to the physical

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correlates of your fearfulness, resisting the temptation to scoot back into your thinking mind.

Tour the somatic nooks, crannies, and grottos of your fearfulness, paying close attention to its textures, tones, directionality, shapings, and other anatomical peculiarities. Note that it is not static, not a noun, not a something inhabiting you, but rather a verb, a process, always on the move, riddled with impermanence.

Then ask yourself *who* or *what* it is that's feeling fearful. Is it really you? Find out.

As you discover — and not just intellectually — that the awareness of fear is not itself at all afraid, then you can approach “your” fearfulness with a considerable degree of ease and spaciousness.

When we are sufficiently uprooted to be standing our true ground, we are positioned to be awakened by all things, including fearfulness

The teacher is everywhere. Every moment is a potential crucible for awakening. It's all a setup — set up by all — for realizing, totally realizing, what we actually are, asking only for undreaming eyes.

Fearfulness not only disturbs our sleep, but also can scare us scriptless. At that point — which may last for only a few seconds — we are so divested of our usual dramatics that we are the very openness for which we have yearned. All we have to do is not flee to the surface — like a dreamer desperately trying to exit a nightmare — but remain where we are. Then, into the openness that we are will flood all that is needed.

When we remain outside our fear, we remain trapped within it.

When we, however, consciously get inside our fear, it's as if it turns inside out. Getting inside our fear with wakeful attention and compassion actually expands (or everts) our fear beyond itself. Once

the contractedness that's at the center of fear ceases to be fueled, fear unravels, dissipates, terminates its occupancy of us.

In entering our fear, we end our fear of it.

Through attending closely, caringly, and carefully to the particulars of our fearfulness, we *decentralize it*, so that its intentions and viewpoint can no longer govern us.

When the light goes on in the grottos of dread, then fear is little more than Life-energy having a bad day. When we touch our fear with authentic caring, it de-tenses, de-compresses, usually quite quickly becoming something other than fear, something unburdened by fearful agendas or headlines. Fear met with an open heart does not usually take long to dissolve.

The key is to actively and decisively disidentify with our fear.

Don't give fearfulness a thought.

Instead, give it your full attention. Go to its core. Its dark heart is but the shell, the calcified chambering, of a love beyond imagination, a love that effortlessly dissolves all fear.

Now available for pre-order on Amazon!

**SPIRITUAL BYPASSING:
WHEN SPIRITUALITY DISCONNECTS US
FROM WHAT REALLY MATTERS**

This, my next (and now-being-edited) book, will be published by North Atlantic Books this Summer. Here are a few of its endorsements:

“This is a wonderfully significant and important book, and is highly recommended. Its contents are truly mandatory for this day and age.”

— Ken Wilber, author of *The Integral Vision*

“This timely and penetrating analysis of spirituality’s shadow provides a much needed counterpoint for those who tend to get blinded by its light.”

— Stephen Batchelor, author of *Buddhism without Beliefs*

“There is much wisdom and good information in this book. Robert joins a growing number of wise teachers who understand that the personal and the universal must be combined to bring true and genuine spiritual awakening.”

— Jack Kornfield, author of *A Path With Heart* and *After the Ecstasy, the Laundry*

“Traversing the muddy waters of contemporary spirituality requires a willingness to meet its seen and unseen challenges with ruthless self-honesty and keen discernment. Robert addresses “the many faces of spiritual bypassing” with intellectual rigor, hard-earned insight, and emotional intelligence. It is a lucid, well-written, and practical guide for both new and seasoned practitioners on the spiritual path.”

— Mariana Caplan, PhD, author of *Eyes Wide Open: Cultivating Discernment on the Spiritual Path* and *Halfway Up the Mountain: the Error of Premature Claims to Enlightenment*

BREAKTHROUGH

April 17th-18th in BOULDER

A weekend of deep healing and awakening.

Cutting-edge psychotherapy, bodywork, and spiritual deepening all brought together to generate exceptionally effective work.

THIS GROUP IS LIMITED TO 12 PARTICIPANTS ONLY, so that everyone will have time to do in-depth work.

LOCATION & TIME: Boulder TBA. 10 to 6 both days.

TUITION: US\$550. Nonrefundable deposit of US\$200 is required.

BREAKTHROUGH

May 1st-2nd in ASHLAND, OREGON

A weekend of deep healing and awakening.

Cutting-edge psychotherapy, bodywork, and spiritual deepening all brought together to generate exceptionally effective work.

THIS GROUP IS LIMITED TO 12 PARTICIPANTS ONLY, so that everyone will have time to do in-depth work.

LOCATION & TIME: Ashland TBA. 10 to 6 both days.

TUITION: US\$500. Nonrefundable deposit of US\$200 is required.

BREAKTHROUGH

3 Full Days (May 7th-9th) in MEXICO

Three days of deep healing and awakening.

Cutting-edge psychotherapy, bodywork, and spiritual deepening all brought together to generate exceptionally effective work.

THIS GROUP IS LIMITED TO 14 PARTICIPANTS ONLY, so that everyone will have time to do in-depth work.

LOCATION & TIME: Cuernavaca, Mexico TBA. 10 to 6 each day.

TUITION: US\$700 plus translator's fee of \$90. Nonrefundable deposit of US\$300 is required.

BREAKTHROUGH

May 15th-16th in MEXICO

A weekend of deep healing and awakening.

Cutting-edge psychotherapy, bodywork, and spiritual deepening all brought together to generate exceptionally effective work.

THIS GROUP IS LIMITED TO 12 PARTICIPANTS ONLY, so that everyone will have time to do in-depth work.

LOCATION & TIME: Cuernavaca, Mexico TBA. 10 to 6 both days.

TUITION: US\$550 plus \$60 translator's fee. Nonrefundable deposit of US\$200 is required.

MASTERS INTEGRATIVE PSYCHOTHERAPY PRACTICUM

An opportunity to directly learn from a master psychotherapist and spiritual teacher (1) unique, exceptionally effective psychotherapeutic, spiritual, and bodywork/energywork skills; and (2) how to creatively and effectively integrate these in counseling and coaching work.

2010-11 Apprenticeship/Training Program

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, energetics, and spirit.

To this end, the training will blend exceptionally 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.

WE WILL ONLY BE TAKING TWELVE PARTICIPANTS.

NOTE: The Practicum is intended for those who want to learn and practice a deeply intuitive, integral, and bodywork-including approach to psychotherapy, and who at the same time also want to participate with kindred spirits in a year of exceptionally deep personal (and interpersonal and transpersonal) 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 counselor),

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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 counselor-to-be.

LOCATION & STRUCTURE:

The Practicum will take place over 5 four-day modules. The location has not yet been set. Each module will include individual and group work, plus facilitation by participants of each other's work (with fitting feedback and guidance from Robert and Diane).

After the training concludes, participants who have attended it in its entirety will receive a diploma indicating that they have completed a one-year training in Masters Integral Psychotherapy.

PREREQUISITE: Previous work with Robert and Diane.

TUITION: US\$7000. Nonrefundable deposit of \$1000 required. Lodging and meals will be extra. Contact info@robertmasters.com to arrange payment.

SCHEDULE:

July 22-25 , September 9-12, November 11-14, January 6-9, March 3-6.

For more information regarding groups and trainings with Robert and Diane, contact info@RobertMasters.com.

To join the Masters Center for Transformation (Robert and Diane's online work), go to: www.masterscenterfortransformation.com

All checks (deposit & otherwise) should be mailed to Robert Masters, 16133 9th Avenue, Surrey, BC V4A 1A5.

Payments for most groups and trainings (plus Robert's books and Diane's CD) can also be made online at our Store page. Simply go to www.RobertMasters.com and click on STORE.

For other payment arrangements, contact dianebardwell@gmail.com.

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.

To get Robert's daily posts on Twitter, go to www.twitter.com and join, and then go to twitter.com/RobertMasters to "follow" Robert.

2010 Schedule

April 7: Public Talk/Event, Boulder, CO

April 8-11: Practicum, Boulder, CO

April 15: Men's Evening, Boulder, CO

April 17-18: Breakthrough, Boulder, CO

May 1-2: Breakthrough, Ashland, OR

May 7-9: Breakthrough, Cuernavaca, Mexico

May 13: Group for Psychotherapists, Mexico City

May 15-16: Breakthrough, Cuernavaca, Mexico