

# THE CRUCIBLE OF AWAKENING

## Issue 22 February 2007

Welcome to Issue 22, featuring essays on Love and Idiot Responsibility, plus a poem and the details of upcoming groups/trainings, which will be happening almost every weekend of 2007.

I am especially excited to be offering, along with Diane, a new group called ATTRACTING YOUR BELOVED. It's a workshop for singles, created in response to all those with whom we've worked who long for an intimate relationship in which they are deeply met – physically, emotionally, intellectually, spiritually, sexually, socially. Central to the group will be identifying (for each participant) what is in the way of having such a relationship, followed by working through whatever that may be, as much as possible. More than wishing and intending is needed – see the group description on the next page for more.

Diane is in the recording studio now. The CD of poetry of mine that she has set to music is nearing completion. I loved it – eight songs in all – when it was just her singing and accompanying herself on electric piano, but now, as more and more instrumental tracks are laid down (grand piano, guitars, percussion, string quartet, harp, etcetera), it sounds fantastic. We are fortunate to have an abundance of highly skilled musicians aboard. And the final product? It'll probably be ready by the end of March.

I continue to work at my new book on intimate relationships whenever I have time, which is not very often! My upcoming book of poetry (which will include Diane's CD as an insert) is hauling in a fair bit of my free attention, as is my blog, which I'm having a great time doing! I often don't know what I'm going to write about when I sit down to spin out a blog, but within a few lines it's usually quite obvious, easily pulling me along as the topic attracts more substance and the juices flow. If you ever have any topics you'd like to see addressed in my blog, let me know...

# ATTRACTING YOUR BELOVED

## *A Group For Singles*

with Robert & Diane

March 24th , 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. We'll only have our heart's deepest desire when we cease fighting the preparatory fire.

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 is in the way of us truly attracting our beloved, and then we'll work with it, directly and deeply, through an intuitive mix of

psychotherapy, bodywork, emotional release, Gestalt, 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, March 24th, 2007, from 10:00 am to approximately 6:00 pm.

Tuition is CDN\$295 plus GST (or US\$275). A deposit of \$100 is required, nonrefundable after February 15th, 2007, and payable to Robert Masters at the above address.

We are only taking **10** participants, so early registration is recommended.

**ROBERT** is a critically acclaimed author, teacher of spiritual deepening, and highly experienced psychotherapist with a doctorate in Psychology, innovatively integrating mind, body, emotion, and spirituality in his work for the past three decades. For more information on his work and writings (and to subscribe to his free newsletter), visit [www.RobertMasters.com](http://www.RobertMasters.com).

**DIANE**, Robert's wife and spiritual partner, is an intuitive healer and Reiki master, as well as a songwriter and professional singer, with a special talent for accessing and transmitting heartfelt spirituality through her music. See [www.DianeBardwell.com](http://www.DianeBardwell.com).

**RECOMMENDED READING:**

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

***To Register, or For More Information,  
Contact [info@robertmasters.com](mailto:info@robertmasters.com)***

## LOVE CALLS US

Love is a great wonder and mystery to which we are inexorably drawn; we may have our head aimed down in troughs – whether material, psychological, or spiritual – of promised satisfaction, and there we may feed and make do for a while, but eventually we look up, with dissatisfaction running down our chins and disappointment wringing out our spine, and once again reach out for love, reaching with less and less hesitation, slowly but surely becoming pure reaching, finally *being* that for which we are reaching.

Love calls us, at first by our given name, then by our true name, and finally through all that is. It's an invitation that will not disappear. Love calls us home, not caring how long we have wandered, nor how long we have forgotten, nor how long our list of flaws may be. Nothing satisfies like love. As it truly is, it has no end, no bounds; it is without limitation. And, miracle of miracles, it is also right here, less than a breath away, ever awaiting our undressed attention, inviting us through everything – *everything* – that we do to embody and live and *be* it.

Love may include attraction, but is more than attraction; love may include appetite, but is more than appetite; love may include kindness, but is more than kindness; and so on. Eros, philo, agape; love of food, love of sports, love of ideas, love of erotic play, love of God, love beyond love; puppy-dog love, fanatic love, unrequited love, ecstatic love, sacrificial love, down-in-the-dirt love and love sublime; so many facets and faces of love, so many forms and ways of loving, experientially so palpably obvious and definitionally so hard to corral, let alone pin down.

Love outrocks all else. There is no real escape from it. Love is the deepest freedom, no matter how dense its chains. Love simultaneously binds and liberates. It is utterly intimate with paradox, even as it outbreathes, outdances, and makes unexplainable sense out of it.

Love is the state and practice of expansively felt, openly caring communion, whether with one or many or all that is. It is self-illuminating, life-affirming, supremely healing embrace, the heartbeat of real intimacy, the gratitude-suffused intuition and honoring of everywhere-present Divinity. I cannot say enough about love, but I will, of course, try.

Love is fundamentally just Absolute Mystery nakedly and knowingly embracing

Itself; the *personalizing* of this is the essence of relationship. We know ourselves through the other, ultimately recognizing right to our marrow that what's looking through our eyes at our partner is none other than what's looking through our partner's eyes at us. Through love we wake up, but it's quite a journey, asking that we face, deal with, and move through *everything* within us that is in the way of love.

Relationships easily get stuck and lost in the melodramatics of intimate intersubjectivity, but it is nonetheless possible for a relationship to reach sufficient transparency, spiritual and otherwise, so as to connect with what's beyond it, through full-blooded, deeply committed participation in that very relationship. Liberation through intimacy. And how? By getting so close that we get deeply attached, and simultaneously by loving so strongly, so intensely, so fully, especially when things are really difficult, that we cease turning away from that in us (and others) which we usually would shun, ostracize, or disown.

However fiercely love might have to deal with certain situations, it doesn't exclude. Ever dying into it are we, like broken waves in endless ocean. And dying into the deepest love of all, we live as never before.

When our heart breaks and we don't go to pieces, and don't get bitter and twisted, we are in love's neighborhood. When we give what we most want to be given, we are on love's doorstep. When we truly realize that what we do to another, we do to ourselves, we are in love's living room. When we include in the circle of our reach all that we are, we are in love's crucible. When we are in love's fire, and surrender to it, making good use of both the heat and the light therein, we are zeroing in on What-Really-Matters, deepening our capacity to literally *be* love. Home is where the heart forever is.

At a personal level, love is basically the openly felt state of embracing and compassionately resonating with another's being. When this is attempted through the abandoning of personal boundaries, however, love is all but gone, obscured by the resulting fusion (soon to be confusion) that commonly characterizes conventional romance. On the other hand, when our boundaries are not abandoned, but are instead expanded to include the other, we make possible an exceptionally deep love. When such love's bonding coexists with a naturally succulent, effortlessly mutual erotic chemistry, we can say that we're not just loving, but are in love, falling/rising/being in love. In the presence of such deep communion (shared heart, shared being, shared karma), there's no need to romanticize, fantasize, or otherwise restrict love.

## The Crucible of Awakening

When fantasy-centered sexual anticipation or excitation gets an emotionally compelling grip on us, and when we mistake fusion with communion, conventional romance occurs. It features swooning idealism, deliciously intoxicating sensation, and runaway hope, a hope hopelessly enthused about union, true love, and profoundly intimate possibilities (all of which do, of course, occur in mature relationships), a hope nourished and sustained by the dissolution of boundaries. A sweetly narcotic spell of dramatic delusion...

In conventional romance – the separative swoon of false oneness – boundaries are not expanded, so as to include the other, but are collapsed, abandoned, forgotten. Eventually, as the passion loses some intensity and doubts creep in and the dream's fabric thins, the lovers start wondering where they went wrong, not seeing that what isn't working in the relationship has been there all along, obscured by the heat of their embrace and the giddy intensity of their fusion. They were but getting it on under artificial light, blindly merging where sensation and idealism meet, abandoning their boundaries instead of stretching them.

Nevertheless, even though many of us recognize the folly of such romance, we still tend to support it, acting as if it's still a lovely thing, an essential part of love, when in fact it is not love at all, but only perfumed delusion, marketing and inhabiting a pleasurably consoling dream in which sentimentalized eroticism is mistaken for love, and undiscerning certainty for truth.

And, you may ask, how do we know when we're in the grip of conventional romance? We feel swoony, off balance, erotically stoned, marooned from our critical faculties, and unquestioningly immerse ourselves in our cult of two, our seemingly perfect little bubble of immunity, happily unaware of the rude pricks of reality that our very situation is attracting. It's a delicious dream, happily feverish and often laced with mystical elements (like boundary dissolution and blissfulness), and therefore not so easy to wake up from, but wake up from it we must, if we are to find and live in real love, the kind of love that makes possible a truly intimate connectedness with both Beloved and beloved.

Me-centered relationships mostly know only romantic love, conditioned love, self-serving love, constituting not much more than adulterated egoity trying to meet its needs through relationship. Chemistry may be strong, here, but not friendship. In we-centered codependent relationships, romantic love has less of a grip here, especially as friendship takes root – but the stronger the friendship, the weaker the chemistry. In we-centered codependent

relationships, romantic love has all but given up the ghost, friendship between the partners being more important than in earlier stages. And real love? It's becoming increasingly present, but not enough so to consistently inform the relationship.

In being-centered relationships, awakened love – raw, radiantly alive, passionate, mystery-embracing love – has replaced romantic love. And the stronger the friendship, the stronger the chemistry. Universal love and the love the partners have for each other intermix much of the time; their love is not just for them, and others near them can usually feel this, and benefit from it. Love for them is not so much something that they do or practice, as something that they *are*.

And how can you open yourself more deeply to love? Practice opening in circumstances that typically would shut you down; practice being grateful when you don't give a damn about being grateful; practice being caring toward yourself when you are beating yourself up for something; practice being caring in the midst of your anger, without, however, shutting it down; practice being compassionate toward yourself when your heart is shut; and don't forget to cut yourself some slack in all this, for it's far from a straightforward path, with an abundance of dips and twists and surprises.

When you notice that you are not loving your partner, immediately remind yourself – including in the midst of he-said-she-said melodramatics – that you *do* love them, letting this reminder play a guiding role in your communication with them. You may still feel angry, and may still need to express that anger, including heatedly, but such expression will now carry some heart – the very presence of which will likely help our partner to be more receptive to what we're saying. Remember that love can sometimes be fiery, even fierce, out of sheer compassion. Love is not necessarily just some quiet oasis of kindness – though at times it can be – but also the greatest of passions, knowing no limitation in its depth of feeling.

At first we reach for love; then we love, until we can do so even when we are not being loved; and last, we *are* love.

May we *be* love – and when we are not, may we remember to be love – under all conditions at all times, for the limitless benefit of one and all.

## I'LL MEET YOU THERE

*There's a love too real to die  
A love that's both ground and sky  
A love which no one can buy  
I'll meet you there  
Beloved let us shape this light  
Our twin flames blazing bright  
At home in even the darkest night*

*There's a bond too real to be designed  
A bond that leaves no one behind  
A bond which does not bind  
I'll meet you there  
Beloved let's bow and expand  
Here is where we take our stand  
Until every place is but heartland*

*There's a knowing too real to be just mine  
A knowing that can't be found by trying  
A knowing rooted in the raw divine  
I'll meet you there  
Beloved let's open the gates  
Let's sail these forgotten straits  
Let's embrace the beauty that awaits*

*There's a wonder shaping our stride  
A wonder waking us from the inside  
A wonder that's both groom and bride  
I'll meet you there  
Beloved take my hand  
Let's enter a deeper land  
Where there's no need to understand*

*There's a time when every joy is ours to feel  
A time when every wound is ours to heal  
A time not to explain but to reveal  
I'll meet you there  
Beloved let's take the leap  
Let's dive into what we can never keep  
Let's become lovers with the Holy Deep*

*There's a pain that cracks open the heart  
A pain that won't allow us to stay apart  
A pain that's but the surface of longing's art  
I'll meet you there  
Beloved take all that I am  
Let's go beyond the final exam  
Until there's nothing left to praise or damn*

*There's a place forever wild  
A place that cannot be defiled  
A place ever-ripe with child  
I'll meet you there  
Beloved here we are again  
Let's travel to the core of love's domain  
Until there's nothing left to contain*

*There's a love in perpetual bloom  
A love at home in every room  
A love that is Eternity's womb  
I'll meet you there  
Beloved this is our shared being  
This our homeland's endless ravine  
This the love outshining every scene*

## **SELF-REFLECTION & IDIOT RESPONSIBILITY**

Self-reflection is not always what it purports to be. First of all, so much depends on who or what is actually doing the reflecting or introspecting – for example, if our egoic conditioning is running the show, there won't be much clarity or depth, given the density of the lens. Our conditioning – whether gross or subtle, superficial or deep, mundane or metaphysical – will then tend to make the picks; if we identify with it, then we'll think that we are making the picks, all but oblivious to our case of mistaken identity.

Secondly, even if we are getting a relatively clear read on what's happening, we may nonetheless frame it in a way that simply reinforces habits in which we are still entrapped – for example, if we are dependent on others' approval or are prone to being overly self-critical, this will likely turn our apparent self-reflection into not much more than an exercise in self-deception, laced with self-flagellation.

We may think that we're genuinely taking an honest look at our part in what has happened – wanting to see what the situation “says” about us – but in fact are only assigning too much responsibility (and causal agency) to that part, and too little to others. In letting them off the hook too easily, we simply impale ourselves on our good intentions, perhaps acting as if the resulting pain is an inevitable and even justified consequence of our having fallen short.

And, at the same time, we may feel a certain pride in our apparent willingness to take such a unguarded and probably unflattering look at ourselves, when we are in fact doing something very different – namely, submitting to our conditioning while acting as if we are not. Such is the essence of idiot responsibility, namely the irresponsible practice of assuming and behaving as if we are being responsible when we're really just taking on –and assuming ownership of – more responsibility than is actually ours; and such “responsibility” is not necessarily just something which we have taken on ourselves, but can also be inculcated in us by esteemed others.

Just as it's easy to make our relational difficulties mostly about our partner, it's just as easy to make them mostly about us. It all depends on which way our accusatory finger is pointing. If it's aimed at us, the odds are that we are female; if it's not, the odds are that we are male. Why this is so can be partially answered by considering the emotion that's most often overlooked in psychotherapy and spiritual practice: shame. Shame usually feels so unpleasant, so painfully

exposing, so mortifying, that we understandably want to get away from it as quickly as possible. A particularly common way of doing so is to convert our shame into aggression – just think of how often those who have been shamed in a film redirect their energies into getting even or getting revenge.

But aggression is not always other-directed; it can also be self-directed. Many (mostly men) turn their shame-based aggression onto their partner, finding fault with, for example, her delivery of what she has to say, thereby conveniently framing her as the messed-up one; and many (mostly women) turn their shame-based aggression back onto themselves, casting an overly critical eye on their shortcomings, or on how they might have better put across their position or needs, thereby cutting their partner too much slack.

This tendency to take too much of the responsibility (which frequently gets degraded into blame) for our relational difficulties is rooted in a crushed, deflated, or otherwise disempowered sense of self, in which love-deserving me is largely supplanted by “bad” or “not-good-enough” me. Seeing how messed up we supposedly are reinforces this diminished sense of self, even as we try to make up for it by being “good” – admitting our screw-ups, holding ourselves accountable for them, and so on, but taking this too far. Yes, what bothers us about our partner may say plenty about us as well – as when what we don’t like about them is simply a projection of what we don’t like about ourselves – but to assume that whatever bothers us about our partner is no more than a reflection of something less than loving in us simply cuts us off from taking needed stands with our partner, leaving us floundering in the excuse-polluted, confrontation-phobic riptides of idiot compassion.

Some may go so far as to assume, in allegiance to the New Age belief that we literally create our reality, that they – and they alone – have literally “created” whatever ills or misfortunes come their way, including in relationship. Such a narcissistic view – me-centered to the extreme, however humbly, and infused with more than a trace of omnipotent fantasy – not only bypasses the fact that what others around us are doing inevitably impacts and is impacted by what we are doing, but also is shame-inducing, in that it blames us for things over which we may have either no control or less than full control.

If a girl is raped, and we assume that she has “created” it and is therefore responsible for it (thereby saddling her with the dogma of a particularly pernicious variety of idiot responsibility), we are then, however inadvertently, okaying the rape, perhaps even asking (in spiritually sloppy New Age thinking

## The Crucible of Awakening

that's marooned from common sense and real compassion) what lessons she is trying to give herself by having chosen to be thus raped. (In the pantheon of dumb questions, this is a top contender, all wrapped up in its distorted, insensitive, emotionally vacant, and disembodied metaphysics.) If our partner is abusing us, and we choose to view this as having been created by us, then we are just doing time in a me-centered hell, cut off from any intimacy with the intersubjective space co-created by our partner and us, turned away from the no-bullshit forcefulness and consequence-delivering fierce compassion that our partner may actually need.

Just as there is idiot compassion (acting as if being unrelentingly nice and avoiding taking needed stands is somehow an act of genuine caring), idiot humility (making a virtue out of playing small and avoiding excelling), idiot tolerance (politically correct acceptance and force-fed egalitarianism), and idiot understanding (the disembodied assumption that knowledge is synonymous with wisdom), there is idiot responsibility – holding ourselves (or letting ourselves be held) overly accountable, as if doing so is an act of integrity, when in fact all we're really doing is setting ourselves up for guilt (after all, if we've "created" our cancer, and we just can't get rid of it, we *are* failing, are we not?).

However, we don't so much create our reality, as we create our experience of our reality. Yes, we can have a tremendous impact in certain areas, hugely effecting and altering our reality, but that does not mean that we brought it into being. This is a tricky area, because sometimes we can have such an effect on our world that it seems as if we have actually formed or created it, as when a deadly disease miraculously disappears from us. How we are, and how we think, feel, and act, has a definite effect on our reality – as both quantum physics and genuine spiritual practice demonstrate – but there are so many factors at play, so many causes and causes of causes and so on ad infinitum, that we cannot conclusively really say – let alone prove – that we, and we alone, create our reality. To assume otherwise is to ignore the contingent nature of our existence. We not only exist in relationship, but through relationship – which means, in part, that creativity is not a solitary but an inherently collaborative process.

If we say to those who have cancer that they have created it, and ask them why they would choose to do so, and what lessons they are trying to give themselves through making themselves so ill, we have, among other things, vastly oversimplified how things actually happen – there are so many factors involved in their having cancer that there's no way we can view and take

into account all of them – as well as trying to implant in such people the notion that they must have really screwed up somewhere (beyond obvious inner and outer factors, such as their emotional state and diet) to get so sick, forgetting that many great saints have had cancer, regardless of their degree of illumination.

None of this is to say that we ought not to take full responsibility for what we do with our lives, but that we would do best to only take responsibility for what is our part (which, of course, also takes into account its impact on others). To do more may seem noble or generous, but is really just deflated egoity having its time in the sun, no matter how dark the day. Genuine responsibility does not shame or blame, but simply is the capacity or ability to fittingly respond to what is happening, rather than just reacting to it.

Such responsibility does not fall prey to the inappropriate assuming of agency, but rather stabilizes us, grounding us in real integrity and compassion, preparing us for a deeper life, a life of fully embodied, ever accountable awakening to what we truly are. As we thus awaken, we go beyond belief into self-illuminating experience, no longer seducible by hope (nostalgia for the future) and knowledge, entering a domain where self-reflection is no longer self-deflection and where being responsible is not something we do, but naturally *are*.

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# **RADICAL OPENING**

## **THREE DAYS OF GROUPWORK DEVOTED TO DEEP HEALING & AWAKENING**

**March 30 - April 1, 2007, at Brew Creek Lodge, BC**

This 3-day residential intensive is for those who want to make wise use of their difficulties and who are ready to work through whatever is obstructing their liberation.

## The Crucible of Awakening

It is especially suited for those whose longing to be truly free is stronger than their longing to continue distracting themselves from their suffering.

The 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 emotions are welcome.

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, conscious movement, 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:** Brew Creek Lodge (about 15 minutes south of Whistler, BC), a magnificent, secluded resort featuring rustic luxury set amidst lush forest. Buffet breakfasts start the day; gourmet lunches and dinners (three courses) follow group sessions. A river flows directly below the group meeting room; previous participants have especially enjoyed braving the river's cool depths after spending some time in the hot tub right beside the river.

**FEE:** Tuition: \$795 plus GST (or US\$760). Lodging & all meals: \$250 (includes all taxes). A deposit of \$200.00 is required, payable to Robert Masters at 16133 9th Avenue, Surrey, BC V4A 1A5.

# Reclaiming Your True Voice

## *A ONE-DAY GROUP FOR WOMEN*

### April 14th, 2007, in White Rock, BC

### with Robert Masters and Diane Bardwell

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.

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. A \$100 deposit is required, payable to Robert Masters, at 16133 9th Avenue, Surrey, BC V4A 1A5.

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

**Diane** (Robert's wife), is an intuitive energy healer and Reiki master, using sound to deepen healing and well-being. She is a songwriter and professional singer, with a gift for accessing the Sacred through sound and song. Her website is: [www.dianebardwell.com](http://www.dianebardwell.com).

# *Letting Go*

## **A DAY OF DEEP HEALING**

**March 10th, 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:** US\$275 or CDN\$295 plus GST. \$100 deposit required, payable to Robert Masters, at 16133 9th Avenue, Surrey, BC V4A 1A5.

**LOGISTICS:** 10am to 6pm. Limited to 8 participants only. 3 spaces left.

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# **Embodying the Deep Masculine**

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

**March 17th, 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.

**TUITION & LOGISTICS:** US\$275 or CDN\$295 plus GST. A \$100 deposit is required, payable to Robert Masters, at 16133 9th Avenue, Surrey, BC V4A 1A5. Limited to 8 men only.

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## **FREEDOM THROUGH INTIMACY**

### **A Weekend Intensive For Couples**

**April 28th & 29th, 2007, in White Rock, BC**

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.

## Freedom Doesn't Mind Its Chains

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, payable to Robert Masters, at 16133 9th Avenue, Surrey, BC V4A 1A5.

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# Integral Psychotherapy Practicum

## 2007/2008 APPRENTICESHIP PROGRAM

**with Robert Augustus Masters, Ph.D.**

**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 annual **Bodywork-in-Psychotherapy 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).***

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

***To go to 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

January 5-7	2006/2007 Practicum: Whistler, BC
January 13	Letting Go: White Rock, BC
January 20-21	Freedom Through Intimacy: White Rock, BC
January 27	Embodying the Deep Masculine: White Rock, BC
February 2-4	2007 Practicum: White Rock, BC
February 10	Reclaiming Your True Voice: White Rock, BC
February 17-18	Radical Opening, Edmonton, Alberta
February 22-25	Advanced Integral Psychotherapy Practicum: Whistler, BC
March 2-4	2006/2007 Practicum: White Rock, BC
March 10	Letting Go: White Rock, BC
March 17	Embodying the Deep Masculine: White Rock, BC
March 24	Attracting Your Beloved: White Rock, BC
Mar. 30-Apr. 1	Radical Opening: Whistler, BC
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): Location TBA
May 25-27	2007 Practicum: White Rock, BC
May 31-June 3	Bodywork-in-Psychotherapy Practicum: Whistler, BC
June 8-11	TBA
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
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

ROBERT AUGUSTUS MASTERS

- 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)**