

# THE CRUCIBLE OF AWAKENING

Issue 14 June 2006

I lay my flesh upon this broken bed  
Letting a pillow of pure space have my head  
Letting these many-horized replays  
Ripple through this infinite of days  
Brushing back the edges of dreaming  
Erasing all these handholds of meaning

I lay my flesh upon this dying earth  
Sinking too deep to care about rebirth  
Blazing green wildlands too vivid to recall  
Hugely breathing, valley peak and shining all  
Forest lungs singing green, so green, soaked in green  
Enwrapping me in what cannot be seen

I lay my flesh upon this burning contingency  
Until I'm drawn into pure transparency  
Where one touch, one fingertip signature  
Lighter than even this dreamt breeze  
Ruptures a million tiny sacs of certainties  
Until only love's true shape remains

I stretch my flesh over this unbroken sky  
Until it is but holes, clearings in bare space  
Emptying me into a freedom beyond choice  
Silence undresses me, giving me its voice  
Making more than sense out of the abyss  
So that I'm awakened by all that exists  
There is no greater kindness than this

Welcome to the June 2006 issue of my newsletter! Through my window I see pale blotchy grey skies, drizzling rain, and a brilliant orange upsurging of poppies amidst the lushness of our garden. The rain both invites me to write and to go for a long sweaty run, not to mention finalizing some work details...

I've been very busy setting up new groups for this year. This has meant that the majority of weekends between now and year's end are occupied by various groups. When my energy is a bit low, the schedule can look daunting to me, but the truth is that I wouldn't have it any other way. Facilitating groupwork, especially deep groupwork (which provides opportunities that are not available in individual sessions [*see next page*]), is not work to me, but a wonderfully challenging joy, a natural unfolding in which I feel very much at home.

The new groups are:

## **Radical Opening: December 1st to 3rd**

### **Three Days Devoted to Deep Healing & Awakening**

This, the only longer nontraining group I'll be doing this year, is being held at a remarkably beautiful, secluded forest lodge near the skiing resort of Whistler, BC. The group, which is residential (featuring great accommodation and gourmet meals), will feature a dynamic mix of bodywork, psychotherapy, dreamwork, meditation, and music. See pages 8 & 9 for more.

## **Embodying the Deep Masculine: (various dates)**

### **A One-Day Group for Men**

I've been seeing more and more men in my private practice and groups, and continue to be deeply moved seeing them break through their armoring and chronic mentalizing to their core of being, reaching a place of both great vulnerability and power. A subtitle for this group might be: Reclaiming Your Balls Without Losing Touch With Your Heart. See page 10 for more.

“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.”

## WHY GROUPWORK?

Groupwork, as I practice it, includes not only the best of individual session work, but also abundant opportunities for healing and awakening made possible in a safe-to-go-really-deep interactive environment. And what are these opportunities? Consider a “typical” morning of groupwork...

After a greeting from me, participants (sitting in a circle on the floor) take turns introducing themselves, saying, among other things, a bit about what they’re having trouble dealing with and what they’re hoping to get from being in the group. Inevitably, several get quite emotional doing so. When everyone has had their turn, I begin working with one person (who usually steps forward with little or no invitation from me).

For anywhere from one to three or so minutes, I gather relevant information from that one, zeroing in on what’s troubling or challenging them, and then begin deepening the work, through whatever fits at the moment, be it Gestalt, psychodrama, conscious movement, guided meditation, or, more often than not, bodywork combined with psychotherapeutic direction. This usually brings about considerable energetic and emotional release, along with fitting insights. At the same time, I may ask group members to breathe more deeply. The work may finish with the person, considerably more open, returning to their place in the circle, or perhaps facing the group and deepening their contact with everyone, or mining their work for further insights into their life. I may then discuss what’s just happened, emphasizing that each person’s work is, in a very real sense, *everyone’s* work, encouraging everyone to let themselves fully feel each person’s work, and to not hold back their feelings while another is working.

Often the next person who comes forward to work has been deeply stirred by the first person’s work and opening. By the time I’ve worked with the second participant, the whole group has come together, providing an ever-deepening environment for deep healing and awakening. When a piece of work is particularly moving, obviously affecting most in the group, I’ll sometimes have them gather around the person who’s just worked (who may be lying down on a mat), close their eyes, and stay there for a while, during which time I may play some fitting music, or Diane may sing.

After that’s done, I may work with a third participant, or maybe with two participants (perhaps a couple, or two others with a similar issue), or have

## The Crucible of Awakening

some group discussion. Things are wide open now. The group has become a sanctuary for very deep work, without trying to be so. There's plenty of rage, tears, passion, and laughter. There's tacit permission for everyone to be in as much pain as they actually are. I'm often amazed at this point to look at the clock and see that only an hour has gone by. More work follows: Someone exposes and works with a difficult relationship they've had or are in, and as they do so, others who've been in or are in a similar bind gain insight and inspiration for working with that bind; someone else works with a feeling of isolation they keep having, exploring its roots and cutting through their isolation, and as they do so, everyone else feels more connected; someone else who feels powerless does deep work regarding this, eventually contacting a place of such power in themselves that everyone cannot help but celebrate with them; and so on.

I encourage everyone to share their intuitions at various points during a participant's work. Toward the end of the morning session, I usually have participants sit in pairs, and lead them through improvised dyadic exercises (like completing incomplete sentences while maintaining eye contact with each other). We almost always finish with a group circle, during which I'll teach a little meditation, and then have everyone let their voices flow out as I put something suitable on the stereo. Ten or so minutes later, and the morning session is over...

In such groupwork, one person's work can catalyze others' work to a depth very difficult to otherwise access. The sharing of such work, level upon level, in an environment of intimate safety and trust is as liberating as it is practical, as heart-opening as it is empowering, as integration-promoting as it is clarifying. Initially, the opportunity to self-disclose is sometimes shyly or reluctantly approached, but after a short while, opening thus becomes not a burden, but an ease, a liberating exposure; opening up thus does not necessarily mean having no boundaries, but in fact often is about opening to the need for clearer, stronger boundaries. When we can be open about being closed, compassionately present with our resistance to our work, we are not so far from being what we are seeking; when one person in a group does this, all usually feel a deepening inner permission to do the same, shedding "shoulds" and tuning in to what really matters. This is not to uncritically praise groupwork (for it has its own pathological possibilities, such as the overriding of individual needs by group needs, which is a topic to be addressed some other time), but to highlight the very real benefits that it can abundantly supply.

## The Blows Are Not the Problem

Only in the dreamy flatlands of fairy-tale confections do the heavy blows of life not fall. But in actuality they fall to all, privileged and destitute alike. It may seem to us that some get off easy, but that is simply because another's suffering may not always look like suffering to us.

What are the blows? Are they fate, karma, destiny, or just crappy luck? We may never absolutely know, but we do know, sooner or later, that all we really can do is make the best possible use of them. What else is there to do? The blows are a given. Some may prove beneficial relatively quickly, especially if we take them as opportunities. But others, even when wholeheartedly related to as opportunities, may show little or no benefit for a long time, maybe even a lifetime. No guarantees.

The fact that more blows are coming, and will keep on coming, is not necessarily bad news, but rather just one of Life's givens, asking for a nonproblematic response — not so easy, but definitely possible. Our task is not to find some kind of immunity from blows, but rather is to learn to relate *to* each blow, to skillfully coexist and work — and ultimately flow — *with* it.

This is not about *submission* — which would mean being unresistingly enslaved and diminished by the pressures and impact of a blow — but rather is about *surrender*, a conscious, dynamic acceptance of the *essential* energies of a blow, which enables us to simultaneously ride and be swept along by it, in much the same spirit that we might successfully bodysurf a massive wave. We are out of control and yet simultaneously are not. Instead of just fighting the wave or letting it crush us — as in submitting to it — we *blend* with it, entering an intimacy with it that enriches and deepens us, an intimacy that ensures we will not lose touch with what really matters.

Blows can radically alter our life course. That's part of what we fear about them. We may think we're okay with being out on our edge, but when we are actually knocked way out of our comfort zones, we generally get very distressed. We finally find him or her, then he or she leaves, changes too much, dies. Just when we get cozy in our new home, a financial hassle threatens to take it all away. But it's all going to be taken away, anyway — and we might as

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well be prepared well beforehand. In his early 50s, the Dalai Lama was asked what he was going to do with the rest of his life, and he replied, “Prepare for my death.” He wasn’t being morbid. He was being practical, straightforward. Nothing heavy about it. Yes, we all know we are going to die, but he *really* knows it. If we really knew it, we wouldn’t be so unprepared for our death, which, of course, can arrive any time. And nor would we be so unprepared for the blows that are coming — yes, we might still be knocked flat, but we would not be so flattened, nor so down about being down.

So the blows can be taken as a kind of training. If we react, and continue reacting, badly to them, acting as if we are no more than victims, then we get to stay stuck, small, childish, centered by blame. However, if we choose to take the blows as training opportunities — to whatever degree — we increase our odds of awakening to what we truly are.

Without awakening thus, Life is little more than a nightmare, sometimes an airbrushed, ultracozy, or anesthetized nightmare, but nonetheless still a nightmare, a knotted ball of self-enclosed melodrama bouncing around in artificially lit darkness.

Without awakening from the entrapping dreams we keep on animating — and is there any dream that is not ultimately entrapping? — there is no real freedom. If we were utterly satisfied with our life, never disappointed or disillusioned, we would then have no impetus to wake up; we could just keep on dreaming, so absorbed and lost in mind-realms that we would have no inkling that we were thus lost. So let’s be grateful that Life has such power to disappoint and disillusion us.

When small blows do not do the job, larger blows often make an appearance, attracted by our need — our often insufficiently recognized need — to be liberated from our delusions and their trappings. Large blows may seem unfair, especially when we’ve been good for a long time — but maybe then we’re just all the more ready to make wise use of such blows.

Do we get more pain than we can handle? Sometimes. But sooner or later we are able to work with it, if we keep cultivating a willingness to do so. Just because we cannot handle a blow when it arrives, or even for some time after, does not necessarily mean that we will never be able to handle it.

Blows anger us, flatten us, shame us, inconvenience and injure us. When they

arrive, we may feel shock, rage, shame, fear, in no particular order and all in a short time. Our mind may whip through a bunch of scenarios, mostly disastrous to us, until we shift our attention to the bare reality of our feelings. Then we start to settle, eventually finding that we have more room than we thought for our upsetting situation and its possible consequences. We're not necessarily happy about it, but we start to feel more peace. Perhaps we may be in danger of losing much of what we have, but now can recognize that if we have to lose it or let it go, then we might as well be prepared. This is not negative thinking, but simply readiness. So we practice opening to and relaxing into this readiness. Not knowing the outcome of our upsetting circumstance can be an occasion for worry and anxiety, or it can be an occasion for settling more deeply into Being. It's up to us.

Being sued, being left, being lied to, being betrayed, being humiliated, being treated like a non-entity — the list goes on and on — all need to be divested of their dramatics so that they can be seen as the raw ride that they are. But what if we cannot ride them? Then do what it takes to be their pasture, their wilderness, their sky.

Practice with the little blows, the inevitable pain-in-the-ass moments that punctuate most days for just about all of us. Then, when the big blows come, they still blow us away, but not for so long — when we gather our breath, and find some ground, we will find the situation workable, at least spiritually.

Blows may deposit us where we would rather not be, but how are we to truly know what the most conducive conditions are for our awakening? Getting all tied up in a mind-knot about how much a divorce may cost us only strands us from our being. Freedom does not mind blows. Freedom does not mind its chains.

Freedom is to misfortune as the sky is to its clouds; it holds misfortune with great care and tenderness, but without framing it as a tragedy or a raw deal. Freedom may weep for misfortune's pain, but it is not diminished or weakened by its weeping. In fact, the grief that signals surrender to a blow carries us, sooner or later, into a spaciousness that is none other than undressed Freedom.

Blows can catalyze compassion — now we can *really* feel what it is like for others in a similar position to us. And we're all fundamentally in the same position, regardless of where we are stationed on the boat. The captain may

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be more protected from the storm than the deckhand, but not for long. When we realize with our whole being that we are all on the Titanic, then what could be more appropriate than compassion and mutual support in embodying that depth of Being that outlives (and paradoxically *is*) us?

Don't let blows embitter you. Don't let them dishearten you. Be ready for them the way you are ready for your next inhalation.

Worry and anxiety are not readiness, but only tempests in a me-knot.

Cultivating a relaxed alertness and openness is readiness. Practice this, on whatever scale, whenever you can, so that when you are knocked off your feet — as you inevitably will be, from time to time — you don't take long to recall and reenter such practice, even as you shake with rage or fear or shock. Soften without losing your spine or dignity. Love as though death could arrive at any time. Die into a truer Life. Go beyond all your maps — you know the way by heart.

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# **RADICAL OPENING**

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

**with Robert Augustus Masters  
(assisted by Diane Bardwell)**

***December 1st - 3rd, 2006, Whistler, 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. It is especially suited for those whose longing to be truly free is stronger than their longing to continue distracting themselves from their suffering.

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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 (15 minutes south of Whistler, BC), a magnificent, secluded resort featuring rustic luxury set amidst lush forest. Gourmet lunches and dinners (3 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: \$775 plus GST. Lodging & All Meals: \$250. A deposit (non-refundable after October 15, 2006) of \$200.00 is required

**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. Her website is [www.DianeBardwell.com](http://www.DianeBardwell.com).

To Register, or for more information, contact [info@robertmasters.com](mailto:info@robertmasters.com). Early registration is advised, as the group may fill quickly.

# Embodying the Deep Masculine

## A ONE-DAY GROUP FOR MEN

July 1st, 2006

with Robert Augustus Masters

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\$250 or CDN\$275 plus GST. A \$100 deposit is required. Limited to 8 men only. Early registration is highly recommended!

**UPCOMING DATES:** July 1st, July 29th, October 7th, November 25th.

**For more information, or to register,  
contact [info@RobertMasters.com](mailto:info@RobertMasters.com)**

# Reclaiming Your True Voice

## *A ONE-DAY GROUP FOR WOMEN*

**July 8th, 2006 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 & LOGISTICS:** US\$250 or CDN\$275 plus GST. A \$100 deposit is required. Limited to 8 women. Early registration is highly recommended!

**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. See [www.dianebardwell.com](http://www.dianebardwell.com).

**UPCOMING DATES:** July 8th, Sept. 23rd, October 28th, December 9th.

**For more information, or to register,  
contact [info@robertmasters.com](mailto:info@robertmasters.com)**

# FREEDOM THROUGH INTIMACY

## A Weekend Intensive For Couples

July 15th & 16th, 2006, in White Rock, BC

**with Robert Masters, assisted by Diane Bardwell**

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:** May 20th & 21st, 2006, 10am to 6pm. Limited to 5 couples. \$1250 plus GST per couple. \$300 deposit required.

**UPCOMING DATES:** July 15th-16th, Sept. 30th-Oct. 1st, Nov. 18th-19th.

***For more information or to register, contact  
info@RobertMasters.com***

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

## **Integral Counselling Practicum**

### **2007 APPRENTICESHIP 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, 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 February 2nd, 2007. Tuition is \$5400 plus GST. A deposit of \$750 is required. The training is limited to 10 participants.

The training is a prerequisite for further trainings, including the **Bodywork** Apprenticeship module planned for 2007.

**Applications for the 2007 Practicum are now being taken.**

#### **Practicum Schedule**

Feb. 2-4, April 6-8, June 1-3, July 27-29, Oct. 5-7, and Dec. 7-9, 2007.

**To view previous newsletters, go to the links below:**

<http://www.RobertMasters.com/newsletter/May05.pdf>

<http://www.RobertMasters.com/newsletter/June2005.pdf>

<http://www.RobertMasters.com/newsletter/July2005.pdf>

<http://www.RobertMasters.com/newsletter/August2005.pdf>

<http://www.RobertMasters.com/newsletter/September2005.pdf>

<http://www.RobertMasters.com/newsletter/October2005.pdf>

<http://www.RobertMasters.com/newsletter/November2005.pdf>

<http://www.RobertMasters.com/newsletter/December2005.pdf>

<http://www.RobertMasters.com/newsletter/January2006.pdf>

<http://www.RobertMasters.com/newsletter/Feb2006.pdf>

<http://www.RobertMasters.com/newsletter/March2006.pdf>

<http://www.RobertMasters.com/newsletter/April2006.pdf>

<http://www.RobertMasters.com/newsletter/May2006.pdf>

## Contents of Previous Newsletters

### **April 2005: Issue #00 (Introductory Issue)**

**Poetry:** The One Moment That Is All Moments

**Essays:** Introduction to Body, Mind, Emotion, & Spirituality  
Suffering Versus Pain

### **May 2005: Issue #01**

**Poetry:** Don't Lose It In The Translation

Seeing What Is Out Of Sight

One Fine Morning

**Essays:** Working With Fear

Choices Without A Chooser

A Cartography of Scentuality: Rose and Jasmine

What Is Truth?

**Movie Review:** Fight Club

### **June 2005: Issue #02**

**Poetry:** All This In A Moment  
Back, Back Goes He  
Your Flaws No Longer In The Way

**Essays:** A Cartography of Scentuality: Sage and Frankincense  
Patience: To Wait Without Waiting  
Heat, Madness, & Sacred Fire: The Psycholinguistics of Anger  
Taking Charge of Our Charge

## **July 2005: Issue #03 (Special Issue on Terrorism)**

**Essays:** Revisioning Terrorism  
No More Turning Away  
Getting Intimate With Anger

## **August 2005: Issue #04**

**Poetry:** There Was A Long And Unbreathing Time  
When We Stop Trying To Make It Make Sense  
Sacred Hymn

**Essays:** Sometimes What's In The Way Is The Way  
Freedom Through Limitation  
Prayer: A Divine Personal  
What Do We Know?

## **September 2005: Issue #05**

**Poetry:** What Seems Real When We're Doing Time  
And Again  
When I'm My True Size  
Airport Blues II

**Essays:** Komodo  
A Cartography of Scentuality: Cinnamon Bark and Angelica Root  
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## **October 2005: Issue #06**

**Poetry:** Don't Stop Short  
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**Essays:** Tarzan Must Weep: Toward A Deeper Manhood  
Behold Your Hope

**Movie Review:** A History of Violence

## **November 2005: Issue #07 (Special Issue: Intimacy)**

**Poetry:** Your Face A Landscape  
It's Not Our Heart That Cracks  
Wallflowers Suddenly In Bloom  
Undressing Me From the Inside  
I'll Meet You There  
Long The Wait Has Been

**Essays:** What's Right About What's Wrong In Relationships  
Keeping In Touch When We're Out of Touch  
The Importance of Safety In Intimate Relationship

## **December 2005: Issue #08**

**Poetry:** And This Too Am I  
O Breathe Us  
To See This As It Is

**Essays:** Anger-In Versus Anger-Out

## **January 2006: Issue #09 (Special Issue on Sex)**

**Poetry:** Blues For Sex  
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What Then Shall I Call You?

**Essays:** An Inside Look At Eroticism  
Pornography Undressed

## **February 2006: Issue #10**

**Poetry:** Bow To It Until There Is Only Bowing  
When Cracks Appear In Reality  
Forever's Gypsies

**Essays:** Being Messed-Up Doesn't Have To Mess Us Up  
Spiritual Shortcuts

## **March 2006: Issue #11 (Special Issue: Shame & Guilt)**

**Poetry:** Crystal Cove  
Husband of Your Heart

**Essays:** Shame: The Exposure That Shrinks  
Guilt: One Hand on the Candy, The Other on the Whip

## April 2006: Issue #12 (Special Issue: Greed & Desire)

**Poetry:** Gone, gone beyond gone

**Essays:** Greed Revisited

The Anatomy of Desire

## May 2006: Issue #13

**Poetry:** Take Me to the Bottom of Your Pain

This Is Love's Doing

When the Night Pulled Back the Bedcovers

Airport Blues I

**Essays:** When Spiritual Life Really Begins

No More Turning Away

A Cartography of Scentuality: Mugwort and Myrrh

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## Robert's Remaining 2006 Work Schedule

June 10	Integral Naked Group: White Rock, BC
June 17 & 18	Embodying the Deep Masculine: White Rock, BC
June 23, 24, 25	2006/2007 Practicum: White Rock, BC
July 1	Embodying the Deep Masculine: White Rock, BC
July 8	Reclaiming Your True Voice: White Rock, BC
July 15	Freedom Through Intimacy: White Rock, BC
July 22, 23, 24	2005/2006 Practicum: White Rock, BC
July 29	Embodying the Deep Masculine: White Rock, BC
August 26	Letting Go: White Rock, BC
Sept. 8, 9, 10	2005/2006 Practicum: White Rock, BC
Sept. 15, 16, 17	2006/2007 Practicum: White Rock, BC
Sept. 23	Reclaiming Your True Voice: White Rock, BC
Sept. 30-Oct. 1	Freedom Through Intimacy: White Rock, BC
Oct. 7	Embodying the Deep Masculine: White Rock, BC
Oct. 21	Letting Go: White Rock, BC
Oct. 28	Reclaiming Your True Voice: White Rock, BC
Nov. 3, 4, 5	2006/2007 Practicum: White Rock, BC
Nov. 18 & 19	Freedom Through Intimacy: White Rock, BC
Nov. 25	Embodying the Deep Masculine: White Rock, BC
December 1-3	Radical Opening: Whistler, BC
December 9	Reclaiming Your True Voice: White Rock, BC