

THE CRUCIBLE OF AWAKENING

Issue 25 May 2007

WORK NEWS:

We'll be doing groups in California, Arizona, and Alberta this Fall, as described later in the newsletter. A new Integral Psychotherapy Practicum will also begin this Fall, and another one, our first to be based outside of Canada, is tentatively scheduled to start early next year in California. We are also planning to do more couples groups, including a one-year intensive next year for couples who are deeply committed to healing and awakening through their relationship.

WRITING NEWS:

My new book on intimate relationship is well on its way, now awaiting a second-draft revisioning. I'm hoping to have it finished by the end of July.

MUSIC NEWS:

Our CD (entitled *O BREATHE US DEEP*) — which many of you have been asking about for some time — is almost done! The lyrics are mine, the music and voice Diane's, and the overall feel and delivery ours. In a week we'll be doing the final mix. We are *very* excited to put out the CD, probably no later than mid-June. The instrumentation is superb, backing up Diane's voice and infusing the meaning of the lyrics with added depth.

Following are the lyrics for all 8 songs, in the order that they will probably follow on the CD...

SACRED HYMN

O Father of my soul, O Breath of my breath
Taking me through death after death
O May I be a vessel for Your Light
As I sail through the night
In You I rise and fall
Pulsing with Your Call
Ever dying into You am I
Like clouds into endless sky
O Guide me, guide me on, guide me free
Guide me, guide me on, guide me into Thee

O Mother of my soul, O Cradle of my every birth
O Green, green heartbeat of my earth
O May I make room for Your Embrace
As I awaken to You in every place
In You I rise and fall
Pulsing with Your Call
Ever dying into You am I
Like clouds into endless sky
O Guide me, guide me on, guide me free
Guide me, guide me on, guide me into Thee

O Source of my soul, O Joy beyond desire
Your Welcome is all that I require
As I come alive in Your Spirit-Fire
O May I open to You, up and down
Until my heart finds sacred ground
In You I rise and fall
Pulsing with Your Call
Ever dying into You am I
Like clouds into endless sky
O Guide me, guide me on, guide me free
Guide me, guide me on, guide me into Thee

O Lover of my all, O Joy that cannot die
O Wonder beyond every goodbye
You are forever, forever here
This is how You must now appear
In You I rise and fall
Pulsing with Your Call
Ever dying into You am I
Like clouds into endless sky
O Guide me, guide me on, guide me free
Guide me, guide me on, guide me into Thee

O May all things awaken me
Until there is only Thee
O May all things awaken me
Until there is only Thee

THIS THE OPEN GROUND

This the open ground
This the pure eagle's sound
This, this the breathing Earth
This, this the timeless dream
This, this the crystalline stream
This, this the breakthrough supreme

Take the grief from your brow
Wash away the revenge from your now
Go, go where the river's dancing white
Go, go where you left your spirit-sight
Do you not feel the sacred feather in your hair?
Have you forgotten it's still there?

The Crucible of Awakening

Fly, fly the eagle's sky
Ride, ride the eagle's cry
Glory every cloud with your flight
Leave fiery trails in the darkest night
But do not let your mind paddle those ruined lakes
Do not drown in all the bloody heartbreaks
This, this is the time to let fly

This, this is the time to say goodbye
This, this is the time to take hold of the sky
Chant, chant your rivers sparkling wild
Chant, chant your rivers down to the sea
Chant for every bird and every tree
Chant, chant the Great Mystery

This the open ground
This the pure eagle's sound
This, this the breathing Earth
This, this the timeless dream
This, this the crystalline stream
This, this the breakthrough supreme

Take your hurt where the river's dancing white
Take your past to where the drums beat all night
Take your naked spirit into the firelight
Let the bare truth raise you tall
Until you can see above every wall
This, this your spirit's door
This, this your farewell to a dead shore

This, this the open ground
This, this the pure eagle's sound
This, this the breathing earth
This, this the Holy Day

This, this the Invitation that will not go away
This, this the Invitation that will not go away

LOOK FOR ME

Look for me
 where storms blow open the gates
Look for me
 where broken boats cross the straits
Look for me
 where the sea shines with shattered sky
Look for me
 where you can no longer lie
Look, look for me
 where joy and pain disappear into sun and rain

Look for me
 where broken hearts take wing
Look for me
 where hidden longings must sing
Look for me
 where your body bends with grief
Look for me
 where you feel the birth of each new leaf
Look, look for me
 where joy and pain disappear into sun and rain

Look for me
 where the first of us searched the sky
Look for me
 where the last of us is saying goodbye
Look for me
 where you're broken enough to be whole
Look for me
 where love's the ground and not the goal
Look, look for me
 where joy and pain disappear into sun and rain

The Crucible of Awakening

Look for me
 where darkness sheds its shadow
Look for me
 where buried dreams still glow
Look for me
 where you forget and you fall
Look for me
 where silence says it all
Look, look for me
 where joy and pain disappear into sun and rain

Look for me
 where the land is wild with naked wonder
Look for me
 where jagged shores moan with white thunder
Look for me
 where the sea is ablaze with dawn
Look for me
 where everything's already gone
Look, look for me
 where joy and pain disappear into sun and rain

Look for me
 where we must dance and die
Look for me
 where forehead is an infinity of sky
Look for me
 where you awaken in the night
Look for me
 where there's nothing but unbroken light
Look, look for me
 where joy and pain disappear into sun and rain

TAKE ME TO THE BOTTOM OF YOUR PAIN

Take me to the bottom of your pain
Take me to the weave of your true name
Take me, take me to what you require

Take me to the heart of the fire
Let's stretch to make the leap
Let's go to where love must also weep

Take me to the bottom of your pain
Take me to the weave of your true name
Take me, take me over the rise
Take me through all your goodbyes
Let's shine through our every disguise
Let's go to where love has open eyes

Take me to the bottom of your pain
Take me to the weave of your true name
Take me, take me right to your core
Take me through your hidden door
Let's throw away our every alibi
Let's go to where love no longer lies

Take me to the bottom of your pain
Take me to the weave of your true name
Take me, take me past your past
Take me where only the sacred will last
Let's live where insights lose their mind
Let's live where nobody gets left behind
Let's go to where love is no longer blind

I COME TO YOU

I come to you through it all
I am the one who hears your spirit call
I am the one who is sky for your dawning light
Do not turn from me, even in your darkest night

I come to you through the high and the low
I am the one you cannot name but always know

The Crucible of Awakening

I am the one who is earth for your deepest dance
Do not turn from me, even in your darkest trance

Love me now, love me full
Love me bright, love me day and night
I cannot be found because I cannot be lost
Love me whatever the cost

I come to you through the heart of now
I am the one who bows only to Eternal Thou
I am the one who is ocean for your streams
Do not turn from me, even in your darkest dreams

I come to you in every shape
I am the one beyond all escape
I am the one who is fire for what's dead in you
Do not turn from me, even in your darkest view

Love me now, love me full
Love me bright, love me day and night
I cannot be found because I cannot be lost
Love me whatever the cost

I come to you when love is sailing free
I am the one you always feel but don't always see
I am the one who is space for what you cannot face
Do not turn from me, even in your hardest place

I come to you when love is burning bright
I am the one aflame in every sacred site
I am the one rising from the ruins
Burning, burning through to you
Until joy is the ground and love is all around
Until our flesh speaks Truth's tongue
Until our song is fully sung

Love me now, love me full
Love me bright, love me day and night
I cannot be found because I cannot be lost
Love me whatever the cost

AND AGAIN

Again I break, my need dissolving my pride
Again I spill, my hurt streaming, streaming wide
Again I die, letting all the goodbyes tear open my sky
Again I whisper and again I roar
Swimming through the dreamy door
And again I join what's above with what's below
And again I recognize the One behind the show
Again I fall, chained to my lies

Again I rise, filled with blazing night and newborn cries
Again I pump up my will, gunning for the holy thrill
Again I wake, not needing any words for my prayer
No longer seeking something better to wear
And again I join what's above with what's below
And again I recognize the One appearing as the show

Again I reach through the darkness shining wild
Again I rock in the cradle of Eternity's child
Again I die, releasing all that I took to be mine
Again I howl, prowling through forests of palm and pine
One hand on a spear, the other on my fear
And again I join what's above with what's below
And again I recognize the One behind the show

Again I gaze from one eye, my broken body aglow
Again I drop my sword, watching my blood cut rivers
in the snow

The Crucible of Awakening

Again I beat a sweating drum, urging you to leave your mind
Again I disappear without leaving anything behind
And again I join what's above with what's below
And again I recognize the One appearing as the show

Again I smile, touching what's always touched me
Again I dance in the fire, burning free
Again I cleanse myself in sacred lagoons
Again I rebuild the temple, rising from my ruins
And again I join what's above with what's below
And again I recognize the One behind the show

Again I break and taste the final goodbye
Again I ride a wave of everlasting sky
Again I fall and forget the Sacred Call
And again I remember and again I include it all
And again here we are, in the flesh yet unborn
Lovers with both the calm and the storm
And again I join what's above with what's below
And again I recognize the One beyond the show

O BREATHE US

The waves arrive one by one
Sparkling with remembered sun
Ancient songs seizing our tongue
The temple rising out of the blue
Broken pillars now solid and true
O Breathe us deep, breathe us strong
Breathe us full, O breathe us home

The waves arise with shining grace
Stained with dawn's burning face
We won't leave this broken place

Until we release our golden chains
Bursting through the slumber and pain
O Breathe us deep, breathe us strong
Breathe us full, O breathe us home

It is time to turn from the old
It's time to come in from the cold
Frozen pain will bind our soul
Until we're freed from our tomorrows
No longer chained to old sorrows
O Breathe us deep, breathe us strong
Breathe us full, O breathe us home

And once again here we are
Gathered together from afar
Each a spark from a dying star
Our awakening heart is the clearing
For the Holy Deep we are nearing
O Breathe us deep, breathe us strong
Breathe us full, O breathe us home

LAST SIGH OF A VAGABOND WAVE

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

My body's spun from gravity and boundless light
Dreaming of gypsy joys and knotted night
Soaring over cobblestone oceans of cloud

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Ever sailing through the walls of what's allowed
Gone, gone am I
Birthing me am I
Green fire of wild places am I

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

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

A Deeper Life

A FIVE DAY RETREAT

DEVOTED TO DEEP HEALING & AWAKENING

January 25th-29th, 2008, in Hawaii

The Situation:

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

The Context:

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

Who It's For:

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

About the Work:

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

The Crucible of Awakening

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

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

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

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

LOCATION:

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

LOGISTICS:

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

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

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

BREAKTHROUGH

THREE DAYS OF GROUPWORK DEVOTED TO DEEP HEALING & AWAKENING

September 7th-9th, 2007, in Edmonton

September 28th-30th, 2007, in Ojai, California

October 26th-28th, 2007, in the Phoenix area

For a description of what will happen in these groups, please check out the previous two pages (about the Hawaii group). Same context, same work, same depth — just 3 days instead of 5, and a maximum not of 14 participants, but of 12. For more information, contact info@RobertMasters.com.

Tuition: US\$795 (or CDN\$875, plus GST). A nonrefundable deposit of \$250.00 is required.

ATTRACTING YOUR BELOVED

A Group For Singles

May 26th , 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*.

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

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

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

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

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

LOGISTICS:

The group will be held at 16133 9th Avenue, Surrey, BC V4A 1A5, May 26th, 2007, from 10:00 am to approximately 6:00 pm.

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

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

Reclaiming Your True Voice

A ONE-DAY GROUP FOR WOMEN

June 16, 2007, in White Rock, BC

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.

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

Embodying the Deep Masculine

A TWO-DAY GROUP FOR MEN

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

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

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

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

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

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

TUITION & LOGISTICS: US\$550 or CDN\$595 plus GST. Limited to **10** men only. 10am to 6pm both days. There are 3 spaces left.

FREEDOM THROUGH INTIMACY

A Weekend Intensive For Couples

**September 15th-16th, 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.

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

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

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

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

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

(The June 30th-July 1st Couples Group is full, but we're considering doing another couples group June 16-17 if there's enough interest.)

Integral Psychotherapy Practicum

2007/2008 APPRENTICESHIP PROGRAM

in White Rock, BC

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

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

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

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

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

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

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

Practicum Schedule

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

For more information re 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.

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

To visit Robert's blog, click on the Blog button at www.RobertMasters.com. Comments on the blogs are welcome; send them to info@RobertMasters.com.

Robert's 2007 Work Schedule

May 4-6	2006/2007 Practicum: White Rock, BC
May 12	Letting Go: White Rock, BC
May 19-20	Embodying the Deep Masculine (two days): White Rock
May 26	Attracting Your Beloved: White Rock, BC
May 31-June 3	Bodywork-in-Psychotherapy Practicum: Whistler, BC
June 8-10	2007 Practicum: White Rock, BC
June 16	Reclaiming Your True Voice: White Rock, BC
June 30-July 1	Freedom Through Intimacy: White Rock, BC
July 7	Letting Go: White Rock, BC
July 14	Embodying the Deep Masculine: White Rock, BC
July 27-29	2007 Practicum: Bowen Island, BC
August 18	Reclaiming Your True Voice: White Rock, BC

Freedom Doesn't Mind Its Chains

- August 25 Letting Go: White Rock, BC
September 7-9 Breakthrough: Edmonton
September 15-16 Freedom Through Intimacy: White Rock, BC
September 22 Embodiment of the Deep Masculine: White Rock, BC
September 28-30 Breakthrough: Ojai, California
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 26-28 Breakthrough: Phoenix
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**