

THE CRUCIBLE OF AWAKENING

Issue 65 September 2010

ONLINE OASIS FOR DEEP HEALING/AWAKENING

By now you'll have received an invitation to become part of our online home/community (the *Masters Center for Transformation*).

It was a real labor of love getting it ready, abundant with challenges large and small — and we are very pleased with it! We hope you'll join us, either as a Free member, a Basic member, or a Premium member.

One of the many bonuses of becoming a Premium member is that once a year you get a FREE half hour phone session with me (unless you are able to do it in-person) — *if* you register before September 15th.

You can begin by checking out the site at:

<http://www.masterscenter.net>

FACEBOOK FAN PAGE NOW UP!

I now have a Facebook Fan page, on which I not only will be posting most days, but also responding to your posts.

To join, go to: **<http://bit.ly/aICf9v>**

SPIRITUAL BYPASSING

This, my recently published book, is available in bookstores and on Amazon, where it still can be purchased at a 33% discount:

<http://tinyurl.com/24vaqfz>

“The escape act and forms of denial and self-delusion that Robert Masters diagnoses as ‘spiritual bypassing’ have been with us for millennia — perhaps since our early ancestors first discovered psycho-spiritual experiences that seemed to relieve the pressures of living and dying. But the syndrome has become endemic in our frothy age of virtual everything — so we are all blessed by the appearance of this diamond of a book.

Here a priest of our true wellness has distilled the blood, sweat, and tears of his decades of fervent triage work in the trenches of the bypassing into essences of truly healing wisdom. Every spiritual practitioner would do well to study *Spiritual Bypassing* again and again. So would every one of us who presume to teach any spirituality at all. Thankfully, it's as much compassionate antidote as prophetic critique. May it be put to grateful use as long as the illness it treats continues to ravage human bodies, souls, and lives.”

— Saniei Bonder, founder, Waking Down in Mutuality, and author of *Healing the Spirit/Matter Split* and *Waking Down*

“Robert Masters has given us a great gift — a tremendously useful guide to examining our tendencies to spiritual bypassing, clearly the most comprehensive and accessible treatment available of this crucial topic. His work is a great contribution to the ongoing integration of psychotherapy and spiritual practice, and to our understanding of the meaning of spiritual maturity.”

— Donald Rothberg, Ph.D., author of *The Engaged Spiritual Life*

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

— Ken Wilber, author of *The Integral Vision*

(NOTE: September 3rd Ken and I had an in-depth dialogue about my book, the recording of which will be available in the next month or so.)

Finding Security In Insecurity

Once Life's inherent insecurity becomes inescapably obvious to us, regardless of the various ways we have of securing and comforting ourselves, we find ourselves at a precipice of understanding, with one hand on our fear and the other on our longing to be truly free.

That edge, that psychospiritual dropzone, asks not for negotiation, recoil, or premature leaps, but for steps leading — however haltingly — to a radical reevaluation and eventual embracing of insecurity.

Such an embrace is basically a matter of existential acceptance. This means, among other things, learning to adopt a nonproblematic orientation to insecurity and not-knowing, so that we are affirming rather than trying to explain the unfathomable Mystery in and through which we — and everything else — are making an appearance.

Do not turn the potential for such embrace into a spiritual should. And do not just stay with the concept of insecurity, but dive deeper and face, illuminate, and explore its constituent elements, including its preconceptual roots (an undertaking ideally including a dynamic coalition of integrative psychotherapy and spiritual practice).

Take, for example, the characteristic sensations and feelings of your insecurity. If there's some fear — and there very likely will be — name it (saying “fear” to yourself) and turn toward it and enter it, however slightly, with consciously focused, well-embodied attentiveness (a process described in my book *Meeting the Dragon: Ending Our Suffering By Entering Our Pain*). Don't worry about embracing your insecurity at this point; it's enough to simply be present with it.

There's a certain groundlessness in insecurity. Instead of trying to counter this, anchor yourself as much as possible in Being (which means, in part, ceasing to identify with your ego), and then notice what has become of what you were calling “insecurity.”

With regard to its characteristic sensations, your insecurity then will probably not have gone — but as a conceptual entity, it may be close to giving up the ghost, simply because you are no longer buying into its viewpoint, and therefore are no longer significantly showing up as the “I” that is busy being insecure. The context has changed, and not just intellectually. The feeling of insecurity may still be there to varying degrees, but insecurity itself cannot be said to be there.

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Don't confuse the feelings associated with insecurity with insecurity itself.

Let me further clarify this: We can cease being angry, and yet still feel the very same feelings that a moment ago we identified as anger. For example, I am angry at you, really angry, for breaking something precious of mine, and suddenly I find out from someone whom I totally respect that you are completely innocent of such breakage, and I am now no longer angry at you. My evaluation of the situation has radically and almost instantaneously changed, yet the feelings I was experiencing just a moment ago are still significantly present. Can I now call these angry feelings? No, because their evaluative framework has changed.

Life is inherently insecure. But this doesn't have to be a problem if we will face and, at the right pace and time, go into our insecurity, exploring it from the inside, not letting the feeling of it run the show or sidetrack us.

Do this deeply enough, and you will eventually be embracing/holding your insecurity as if nothing could be more natural, without in any way avoiding the securing of what needs to be secured. (If intentionally embracing insecurity makes you feel insecure, however, then you are probably not really embracing it, but rather only trying to embrace it.)

In the meantime, do whatever you can to examine, investigate, and spelunk your insecurity, without expecting that doing so will somehow erase the feelings which you associate with insecurity. Sooner or later you will start experiencing the security of embracing your insecurity, of being okay with not being okay, of being comfortable with your discomfort, of letting the omnipresence of impermanence and death enliven, deepen, and further awaken you.

PRIVATE SESSIONS/CONSULTATIONS

Boulder, Colorado: September 6th-20th

Mexico City: October 9th-18th

Individual and couple in-person sessions with us (Diane and I almost always work together as a team in every session) are opportunities to very efficiently and very effectively get to the heart of – and to work through – whatever issues or concerns you may have.

Sessions combine in-depth conversation with an intuitive blend of cutting-edge psychotherapy, Gestalt, bodywork, emotional release, spiritual deepening practices, and coaching, in an atmosphere of care and safety.

Depth is invited, but not forced. Breakthroughs, however common, are worked with in a manner that allows proper digestion and assimilation of whatever energies and insights have arisen. Also, post-session practices/homework are usually given, to help support and ground the work done.

What is needed usually becomes clear in the first session. The work that follows catalyzes and makes room for deep healing and integration. Though this is not always easy, it remains a powerfully illuminating and fulfilling process, making more than possible the living of a deeper life, a life of wholeness and integrity.

Boulder: contact Laura at laura@pioneeringwisdom.com

Mexico City: contact Cathy at ccalderonterapia@hotmail.com

Starting November 11th!

MASTERS INTEGRATIVE PSYCHOTHERAPY PRACTICUM

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

2010-11 Apprenticeship/Training Program

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

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

WE WILL ONLY BE TAKING TWELVE PARTICIPANTS.

NOTE: The Practicum is intended for those who want to learn and practice a deeply intuitive, integral, and bodywork-including approach to psychotherapy, and who at the same time also want to participate with kindred spirits in a year of exceptionally deep personal (and interpersonal and transpersonal) work, during which they will learn skills that will serve them in every area of their life.

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

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

LOCATION & STRUCTURE:

The Practicum will take place over 5 four-day modules in Boulder and Ashland, OR. Each module will include individual and group work, plus facilitation by participants of each other's work (with fitting feedback and guidance from Robert and Diane).

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

PREREQUISITE: Previous work with Robert and Diane.

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

SCHEDULE:

November 11-14, January 6-9, March 3-6, May 5-8, July 7-11

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

To join Robert's Facebook fan page, go to: <http://bit.ly/alCf9v>

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

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

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

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

2010 Schedule

September 6-20: Private sessions, Boulder, CO

September 26-Oct. 2: Bodywork Practicum, Gabriola Island, BC

October 9-18: Private sessions, Mexico City

November 11-14: Practicum, Boulder, CO