

# THE CRUCIBLE OF AWAKENING

## Issue 56 December 2009

Welcome to the December 2009 issue of my newsletter! In it you'll find an essay, *Trying To Be Someone Special*, plus news about the launch of our online work at The Masters Center for Transformation — it is now up and running (and getting its glitches ironed out!), with various levels of subscription. Feel free to drop in and check it out at:

**<http://www.masterscenterfortransformation.com>.**

If you've been wanting to work with us, but could not do so in person, there are plenty of ways of doing so online with us. And if you would simply like to read material of mine (Q&A sessions, interviews, and so on) that is not in my books or newsletters, there is plenty already available at the Masters Center.

We're offering a free telecall Sat. December 12th at 12:00pm PST/3:00 EST, with a special focus on RELATIONSHIPS (this will include plenty of Q&A). No computer is required for this; all you need is a telephone. Seats are limited, so click here to reserve your spot now.

**<http://myaccount.maestroconference.com/conference/register/NS8J14EC8HCHMRX>**

And here are some video clips of me discussing anger and how to work with it, plus a clip with us on relational intimacy and its stages:

Anger (Pt 1): **<http://www.youtube.com/watch?v=DatAPCblQuo>**

Anger (Pt 2): **<http://www.youtube.com/watch?v=jcE5ONpziHU>**

Relationship: **<http://www.youtube.com/watch?v=GGN5zcoN1Jk>**

Finally, here I am (after the first few minutes) on Sedona Talk Radio discussing spiritual narcissism, the right use of power, and the Sedona sweat lodge tragedy:

**<http://bit.ly/1GGHLu>**

## Trying To Be Someone Special

Who among us has not been seduced, to whatever degree, by the promises of being someone special?

There's nothing special about trying to be someone special. It comes with incarnation. However, if we put too much into it, we simply strand ourselves from our innate uniqueness.

If we work hard enough at being someone special, we become a legend in our own mind. Then, whether we stand out or shy away from the limelight, we invite potshots from our inner critics and backbenchers, thereby keeping ourselves conflicted and, ironically, driven to seek more of the “freedom” that being someone special promises.

Trying to be someone special may seem to be all about individuality, standing out from the crowd, and so on, but it's actually no more than flat-out conformity, mechanically acted out in the I-gotta-be-me malls of diseased desire.

The outer, or presenting layers, of our preoccupation with being-someone-special typically conform to the appearance of nonconformity, disguising the underlying pain which fuels our very craving to be someone special. [LookingGoodIfItKillsMe.com](http://LookingGoodIfItKillsMe.com).

In the conformity to false individuality — designer selfhood — that runs rampant through contemporary culture, much of our true individuality gets suppressed, ignored, misrepresented, or romanticized, its uprisings trampled beneath the well-meaning herdprints of our overfed craving to be someone special, someone *really* worthy of attention. The suffering driving this would, if openly felt, break our heart.

False individuality's personalized traits are differences that don't really make much of a difference. However much they might dominate self-

characterization, they amount to little more than the presentation of superficial variations as evidence of individuality — different paint jobs, different set of wheels, different detailing, but still the same old deal, the same production-line vehicle, with the same mind-ridden phantom stuck behind the wheel, cloned from coast to style-driven coast, camouflaging its soul-numbing conformity with assembly-line nonconformity. TrulyOuch.com.

Disrobing our manufactured individuality does not leave us in a lookalike, thinkalike, be-alike mob, neither robbing us of idiosyncratic flair nor of the ability to take real stands, but rather carries us into and through the very hurt and alienation that has for so long characterized our lives and driven us to seek the designer traits of socially desirable somebody-ness.

This passage, this arduous and immeasurably rewarding undertaking, transports us both into our common Unity of Being and into the fleshing-out and ripening of our own innate uniqueness.

This is not about trying to be nobody special (there's not a much more advanced case of spiritual conceit than that of making a holy grail out of nobody-ness). The key is not to negate selfhood, nor to worship or indulge it, but to permit it such rich transparency relative to Being, that it cannot help but colorfully represent and reveal us. Doing so is an uncopyable art, rather than just another self-improvement program, asking that we see through and let go of our trying to be somebody, nobody, anybody special.

To this end, we need to pay more attention to our craving for attention. Looking to be made visible by attention — both ours and others — is, among other things, an effort to prove not only that we matter, but that we exist.

When we are truly being ourselves, our attention — and also that of others — cannot significantly corrupt, divert, or sedate us. At such

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times, our attention becomes wider, deeper, more awakened, sometimes becoming conscious of itself and its source, so that the noticing of particulars coexists with — and even becomes functionally secondary — to the bare awareness of Being.

Those who are caught up in false individuality — trying to be *somebody* special — do not know how to surrender, being mired in neurotic independence. Those caught up in false togetherness — trying to be *nobody* special — do not know how to take a real stand, being mired in neurotic dependence. Neither knows intimacy. Both are scrambling for position/status in a no-one's-land, all wrapped up in their own flags, growing weapons in each other's shadow.

Our essential somebody-ness is *our* unique piece to play and honor and flesh out, already perfectly fit for a necessarily sacrificial process within which innumerable self-conscious appearances flirt with eternal anonymity, trying to know themselves without knowing the others, in a Cosmos pervaded by both multisensory deception and a sublime knowingness that the mind cannot tap nor imagine.

To offset its inevitable separation-anxiety, false individuality is chronically on the hunt for ways to feel better, not recognizing that what it is really seeking release from is itself.

Die into a deeper individuality, an individuality expressive of your innate uniqueness, providing no seats for your increasingly vestigial audience, no tickets, no solidity, no promise of spiritual kudos. Make the necessary effort, so that you might become more intimate with the necessary non-effort. Fully develop and flesh out your uniqueness, keeping it mindful of its mortality, letting it be an offering to That which birthed it.

To do is the essence of being human. Freedom in the flesh.

# FREEDOM THROUGH INTIMACY

## A Transformational Intensive For Couples

**JANUARY 16th-17th in ASHLAND, OREGON**

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.

**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.

**LOCATION:** ASHLAND: TBA

**TUITION & LOGISTICS:** 10am to 6pm both days. Limited to **6** couples only. A special reduced rate of \$475 per person (or \$950 per couple). A nonrefundable deposit of \$300 is required from each couple.

# **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 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, 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 Ashland, Oregon.

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](mailto:info@robertmasters.com) to arrange payment.

**SCHEDULE:**

2010: March 4-7, May 6-9, July 8-11, September 9-12, November 11-14

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For more information regarding groups and trainings with Robert and Diane, contact [info@RobertMasters.com](mailto:info@RobertMasters.com).

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

Payments for 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](http://www.RobertMasters.com) and click on STORE.

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

To view Robert's blog, go to [www.RobertMasters.com](http://www.RobertMasters.com) and click on the BLOG button.

To get Robert's daily posts on Twitter, go to [www.twitter.com](http://www.twitter.com) and join, and then go to [twitter.com/RobertMasters](http://twitter.com/RobertMasters) to "follow" Robert.

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## **2010 Schedule**

January 16-17: Couples Intensive in Ashland, OR

February TBA: 4 or 5 day group in Maui