

Choosing a Spiritual Crisis Guide: 6 Essential Indicators

It's hard enough to find the right kind of support when you're in physical, emotional, mental, or spiritual pain. But if awakening—and learning to live awake—matters to you, the search can be even more difficult.

That's because most people, including many well-meaning professionals, simply aren't awake. They may address your symptoms without recognizing or respecting your awakening process—not out of neglect, but because they just don't know what they don't know.

You might expect this from traditional doctors or therapists, but it can happen even with those who identify as being spiritual, awake, or practice alternative healing methods.

More surprisingly, it can even happen with spiritual teachers—wise, loving, and awake in many ways—who have no firsthand experience with a spiritual or health crisis. Being awake does not make someone all-knowing. Even if they're respected worldwide with a devoted following, neither they—nor I—know everything.

So please don't give away your own inner *knowing* just because of who you believe someone is.

The 3 Red Flags

- 1. Ignorance:** They don't understand your situation well enough to meet you in it or offer any useful support. *You don't have to settle for wasting your precious time here.*
- 2. Arrogance:** Your experience is dismissed as not being possible—or worse, made to be your fault.
- 3. Spiritual Bypassing:** They offer a love-and-light answer like “all is perfect” or “you just need to accept what's happening.” These are half-truths—unhelpful because they leave out the other half.

If you're facing a spiritual crisis, it's not just about finding someone who's awake—it's about finding someone who knows how to meet you in the depths and help you through. Look for these six qualities.

The 6 Key Qualities

- 1. Awakened Perspective:** They are deeply awake to the difference between reality and their thoughts and beliefs about reality—and they don't put whatever beliefs they do have onto you.
- 2. Dark Sage:** They have experienced their own dark night of the soul with pain and suffering—and have integrated the lessons in a grounded, constructive way.
- 3. Humility and Compassion:** They have the humility and compassion that tends to arise only *from extended dances with significant adversity.*
- 4. Teaching Skills:** They're skilled enough as a guide to transmit their experience in a way that produces *real results* for you—not just inspiration.

5. Practical Aptitude: They have enough practical aptitude for functioning skillfully in today's world—and can *support you in doing so as well*.

6. You Feel Safe with Them: *This is more important than feeling impressed by them.*

Gratitude from Past Students

*“Working with Robear has helped both calmed my system and furthered the opening [of spiritual awakening] I wanted more of, in a more sustainable way. He **has an excellent skills for helping to create, stabilize and deepen awakening** and is very clear and pragmatic in teaching those skills. More interesting than the skills themselves is **his ability to transmit them through his presence and embodiment, which makes working with him very potent**. He also radiates an incredible amount of heart.”*

B.M.

Lawyer and mother

*“The gift Robear gave me was his ability to see through my ego, which was acting out terror and fear like a frantic dog chasing his own tail. **His simple word ‘stop’ pierced me with his loving heart, and my mind stopped. His own life experiences of the dark night of the soul make him a perfect facilitator and guide** in knowing exactly how you feel with your struggle of recognizing and living the truth of who you are.”*

Ray Viggiano

Massage therapist, actor,
and Rolf Institute coordinator

*“I was in crisis mode in my awakening experience, and **Robear was just what the universe ordered**. He gave me foundational tools that were immensely helpful that I use to this day. The greatest value that I received from Robear was his huge heart. **I could feel his love and desire to help me at all cost—like it was more than just a job** for him, but a passion.”*

Cajardo L.

Lawyer, actor, and family man

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