

## 6 Essential Indicators for Choosing an Effective Spiritual and Health Crisis Guide

It's difficult enough to find the right support when you're experiencing physical, mental, emotional, and/or spiritual pain and suffering. If awakening and living awake are important to you, in some ways, it can be even more difficult. This is because most people are not awake and will address your symptoms and situation without honoring or including your awakening process—not because they don't care, but because they are simply not aware. You might expect this while working with traditional doctors and therapists, but it can also happen with those who identify as being spiritual and practice alternative healing methods.

What you might not expect is that it's also possible to encounter spiritual teachers who, while being very wise, loving, and awake in some respects, have no actual firsthand experience with a spiritual or health crisis. It's important to know that being awake does not make one all-knowing. Even if they're very well-known and respected all over the world with a huge following, they—nor I—know everything. So be aware that you don't give over your own inner knowing to someone just because of who you believe they are.

Depending largely on the teacher, you could encounter a wide variety of responses to your needs ranging from incredibly supportive to just the opposite. Based on experiences I and those I've worked with have encountered, here are three behaviors to definitely steer away from.

- 1. Ignorance:** They don't understand your situation enough to meet you in it and/or provide 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 is made to be your fault.
- 3. Spiritual Bypassing:** They give you some love-and-light answer that “all is perfect” and “you just need to accept what's happening.” This is one of those half-truths that isn't useful due to the half that's missing.

If even spiritual teachers who appear to be awake can't provide breakthrough solutions, where can you go to get what you need?

Based on the same experience mentioned above, I recommend you look for someone who has the following six qualities:

- 1. Awakened Perspective:** They are very awake to the difference between reality and their thoughts and beliefs about reality, and they don't put their beliefs onto you.

- 2. Dark Sage:** They have experienced their own dark night of the soul with pain and suffering and integrated the lessons in a constructive way.
- 3. Humility and Compassion:** They have the humility and compassion that seems to only come from extended dances with extreme adversity
- 4. Teaching Skills:** They're skilled enough as a guide to transmit their experience in a way that produces significant results for you.
- 5. Practical Aptitude:** They have enough practical aptitude for functioning skillfully in today's world that they can support you in doing so as well.
- 6. You Feel Safe with Them:** This is more important than you feeling impressed by them.

## Gratitude from Past Students

***"Working with Robear has helped both calm my system and further the opening 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."***

**Barine Duman-Majewski**  
lawyer and mother

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***"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

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***"Thank you from the bottom of my heart for your time, deep listening, and for laughing at the dark with me. I so appreciate how you listen from a place of deep self-knowledge and***

open-heartedness. ***Your skill at weaving insights from your own experience with powerful reflections of my journey has brought a new clarity and sense of possibility to some of my most challenging issues. I'm so grateful for your support in the profound work of learning to truly care for myself.***

**Tanya A.**

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***"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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