



# Transformation through **INTIMACY**

**REVISED EDITION**

The Journey toward  
Awakened Monogamy

*Relational intimacy as a sanctuary and crucible  
for a deeper, more authentic life*

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# Some Guidelines for Deepening Relational Intimacy

- Make your connection the priority.
- Cultivate intimacy with all that you are.
- Allow everything to serve your healing, awakening, and relational deepening.
- Do not allow your conditioning to make your choices.
- Don't confuse accepting your partner with accepting what he or she does.
- Don't let what is working in your relationship obscure what isn't.
- Share what is most difficult to communicate.
- Do not call the whole relationship into question when you are fighting or upset with your partner.
- Remember that there is no such thing as a negative emotion.
- Trust your partner with your mistrust.
- Do not confuse fusion with intimacy.
- Do whatever it takes to de-numb.
- Choose to see from where in yourself a particular choice is emerging.
- Gaze at your partner with fresh eyes.

