

# “My Journey” by Robert Kirby

I learned at a very young age to **never give up**.

I was 8 and I had been cut from the baseball team. The same thing happened again when I was a year older.

It felt worse than death.

“Never give up,” said my brother Jim.

So, I didn't.

Thanks to Jim's coaching and inspiration (and partly because of my own determination), I not only made the cut but also became the best pitcher in the league, had the most home runs, and led the team to the championship. I was 10.

Two years later, I was an All-Star.

Besides learning to never give up, this part of my journey taught me the importance of what I call “performance intelligence”—**I had to learn to leapfrog over doubts and fears before I could become worthy of success. I also learned that mistakes can be great teachers.**

In high school (a private school which my family had made many sacrifices to send me to), I endured bullying on the baseball team and struggled to make the basketball team. Also, the academic expectations were very high and the rules tough.

I was lost again. I wanted to quit and transfer to an “easier” school.

But Bill Reger, one of the school's coaches and teachers, apparently saw something in me and became my academic and sports mentor.

In my final year of high school, I excelled at both baseball and basketball, and was declared that year's outstanding athlete. I also did very well academically. **I succeeded because I was committed to being successful.** Equally important, I had the support of Bill and other well-wishers, including my family.

The resulting self-confidence helped me to be successful at university—not only in sports but also in obtaining a degree in business.

My first job was at Perkin-Elmer, a Fortune 500 corporation.

My boss hated me.

He said I was lagging behind. He was right.

I was lost and clueless.

Arthur Cummings, a 30-year Perkin-Elmer veteran, graciously took me under his wing and became my mentor. Seven years and four promotions later, I was the manager of an entire department and earned five times what I had been making earlier.

Miracle of miracles, the boss who hated me now reported to me!

After relocating to Los Angeles from New York, I experienced similar dynamics.

In the beginning, I had a tough time living up to the performance standards of my new employer, Hughes.

I realised I liked neither the company nor Los Angeles. My morale and health hit rock bottom.

Mike Allegeier, a senior manager I admired very much, offered me a great position, mentored me, became my best friend, and even introduced me to several very attractive, very unattached women in the company!

Five years later, not only was I not feeling powerless and insignificant in a company of 77,000 employees, I had also been promoted not once but 3 times and had even bagged an award from the president.

My time at Hughes taught me one very important lesson: **Don't be too proud to ask for help—asking for help takes guts and ironically it can be an empowering experience.**

But my Hughes days had left me so psycho-spiritually and physically bankrupt, I believed only a miracle could save me.

About this time, I met Cathy Martino, a woman with incredible Native-American powers of healing and spiritual perception. Cathy revealed some simple truths/laws that govern life.

For one thing, she taught me that all the answers to my life's challenges were already a part of me—they were locked up inside my life energy, my soul, and my muscles and cells.

She taught me that all the negative attitudes (conditioning), and negative beliefs/intentions (trauma) literally become a part of us.

Though uncomfortable and painful, the methods Cathy used to purge my conditioning and trauma proved cathartic . . . renewed me physically, psychologically, emotionally, and spiritually . . . and rekindled my passion for life.

Cathy's intervention left me feeling that I could take on Mt. Everest one day, and K2 the next.

Living in truth can be such a freeing and rejuvenating experience!

Thanks to Cathy, I also realised that my truth and values are different from those of others and that that's OK.

A strong religious background notwithstanding, it took several sessions with Cathy, sheer hard work, disciplined eating, study, and years of hard work for me to finally be as free as a child in a spiritual kindergarten.

Cathy, along with her chiropractic mentor Robert Sharp, D.C., also introduced me to the work of Austrian psychoanalyst, Wilhelm Reich. I was especially fascinated by Reich's observation that character is a part of the body's muscles and energy system.

I was no stranger to feelings of unworthiness, self-doubt and shame, and at times I thought Cathy was an exorcist casting out the demons of self-destruction that possessed me.

Cathy not only taught me a great deal about myself and the truth in general, she also unselfishly encouraged me to seek out other teachers. She had me attend workshops of Barbara De Angeles, John Bradshaw, John Pierrakos, and the like. (One influence at that time included Saint John of the Cross' *The Dark Night of the Soul*, which became my best friend.)

These luminaries introduced me to the amazing power of healing in the context of *group energy*. This mind-blowing concept provided a new vision for my life from 1988. I realized that it is within our power to heal anything together, and lasting **change must literally become a part of us before it can take effect around us.**

Soon thereafter I realised that I wanted my life to be an incredible journey . . . minus the hedonistic lifestyle of late nights, happy hours and partying.

My life's aspirations had become loftier. I wanted to share with the world what I had learned.

## **Robert Kirby 2.0**

It was 1989. I was 35.

I asked for an early retirement package that was usually reserved for those 55 years or over.

Mike made sure I received it. **It sure does pay to know and ask the right people.** Hughes gave me \$10,000 to spend on personal development of my choice.

I signed up for a number of courses, and found myself attracted to the subject of healing.

On December 7, 1989, I conducted my first workshop. It was called Kinesiology & Healing. Fifteen people attended the workshop. All became my clients—such was my passion for the subject.

Incidentally, around this time California suffered its first major real estate slump. Because I was also a realtor at that time, the bust was a real setback. Nobody wanted to buy.

A higher power was once again at work.

My destiny was not to spend the rest of my life as a realtor, but to help people as a workshop facilitator and energy healer.

It was tough going.

Yes, I conducted a number of well-attended introductory events in Los Angeles and San Diego, but I was terrified of asking people for their money. This was partly because of my feelings of unworthiness and partly because the Irish Catholic in me was appalled at the idea of healing people in exchange for a monetary compensation.

Still, people continued to attend my events in growing numbers. Eventually, they began packing conference rooms just to hear me, referrals began to pour in, and an increasing number of Santa Monica and La Jolla residents began seeking me out for private consultation.

It was exciting mainly because my passion had finally begun to flow out and touch lives.

More thrilling was the fact that some of the workshop attendees told me I had restored hope in their lives, and they were dusting off their dreams!

What an inspiration to keep going!

## **Back to the future**

In 1993, I met John Pierrakos, M.D.

John had by then achieved world renown for his seminal scientific and clinical research in human character, the energy of life and the dynamics of body-mind & spirit; and was counted among the likes of Reich and physician and psychotherapist, Alexander Lowen.

Although a septuagenarian, John was still larger than life, and passionate in more ways than one!

One of a dying breed, he was as much a spiritual master as he was a bighearted tyrant who relentlessly confronted his students.

He took an instant dislike to me. I learned later that it was only my imagination.

After Year 1 of what was a 5-year training, I felt I had learned nothing, and found myself overwhelmed by the complexity of the subject and the subjective nature of the process.

I could not keep up with the reading requirements.

I wanted to quit.

Given a choice between death and the destruction of my defenses at John's hands, my plight would have compelled me to choose the former recourse.

But thanks to my new friend, Donna Hamilton, I soon realised that the real reason for my predicament was my own unresolved parent issues, which I had transferred onto John.

Now I knew I could not quit.

To help me resolve the transference that was the root of my problems, I had several sessions with John in New York and California.

By the end of Year 5 of the training, I had become the class topper.

At the graduation ceremony, John told the gathering that I was an atomic bomb of dynamic energy . . . I would inspire the masses . . . and carry out his work with great spiritual powers.

Truly humbling words, and similar in many ways to the feedback I received from Dr. Valerie Hunt, a scientist and researcher in human energy fields at the University of California, Los Angeles.

While still a student of John's, I independently created the largest community of Body Psychotherapy in the world. Thousands of people in America and Australia counted on me to guide them through the world of Core Energetics.

San Diego, Perth, the Central Coast and Sydney hosted my standing-room-only discussion evenings. People came forward out of the blue to promote my events. I even had John singing my praises!

In fact, his heartfelt vocal support for me and my mission during his visits to Australia in 1999 and 2000 resulted in even greater momentum and growth for Core Energetics Australia.

John passed away a few months following his 2000 visit. His death was an irreplaceable personal loss. I also felt overwhelmed at the prospect of steering the Core Energetics movement in Australia all by myself because I was the only leader, teacher and therapist of my kind in the country—not to mention, the only person experienced enough to conduct Core Energetics trainings, workshops, lectures and live-in retreats.

But people were counting on me, and soon Core Energetics trainings were being conducted even more successfully than before. Core Energetics Australia subsequently became a government-accredited institution, and in 2010 more than 100 therapists graduated from the school.

Besides the trainings, the programs I conduct have been attended by more than 15,000 participants since 1989.

## The way forward

To paraphrase Carl Jung, the successes and failures and the ups and downs must be embraced with equal dignity and weight.

So I did and I continue to do so, despite several health issues and setbacks.

I am not perfect. I am willing to learn from my mistakes. I am not too proud to ask for help. The guidance of my mentors and my faith in God have enabled me to accomplish much.

I am grateful.

**My failures have been better teachers than my successes. I embrace the highs and lows of life while courageously and passionately pursuing my dreams, instead of playing it safe and not setting foot outside my comfort zone.**

I am determined to make a difference in the world by helping people transform—first of all—the relationship they have with themselves.

My mission is to bring the wisdom and passion that I have been blessed with to those individuals and organisations that are ready to embrace both life and greatness.

## My contribution

Robert Kirby International ([www.robertkirby.com](http://www.robertkirby.com)), the company I founded in early 2010, offers several transformational training and coaching programs:

### TRAINING

- > Leadership Excellence, 5 months
- > Mind Mastery, 3 days
- > Wealth Through Inner Wisdom, 2 days
- > The Four Pillars of Intelligence, 4 days
- > The Retreat, 3 days

### COACHING

- > Ultimate Coaching, 12 months

In 2013, I launched Core Energetics International, my second business. CEI is at the leading edge of an emerging movement that brings together business and

spirituality. CEI is also a platform for therapists, healers and leaders to launch themselves with my support.

CEI currently offers the following programs:

- > The Retreat, 3 days (more than 107 conducted around the world)
- > Spiritual Evolution, 8 months
- > Whole Person Transformation—a series of short courses

With the help of a new, dynamic team, I will be subsequently launching several trainings online for people all over the world who want to transform their personal and professional lives.

I am also immensely proud of the graduates of Core Energetics Australia and my other trainings, and to have had a hand in creating skilled therapists. The powerful healing associated with the trainings has created many solid relationships, marriages, new families and children. This is what makes the world go around. This has made it all worthwhile for me. And this is what I am most proud of.

I hope you believe as much as I do that together we can really change the world.

I also hope our paths cross soon.