



*MUTUAL  
AWAKENING*

OPENING INTO A NEW PARADIGM OF HUMAN RELATEDNESS

Patricia Albere and Jeff Carreira

*Photography by Laria Saunders*

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*Introduction*

*an*

**INVITATION**

*to*

**MUTUAL**

**AWAKENING**

This book is an introduction to a profound spiritual practice called Mutual Awakening. In truth it is better described as a variety of practices of similar form generally worked with in pairs or small groups. These practices, when guided masterfully, lead those engaged into a shared awakening of consciousness not only within the individuals themselves but more importantly in the space between them.

Our only hesitation in releasing this book is that describing this practice outside of the context of the overall spiritual work of the Evolutionary Collective of which it is a part gives a partial picture. Certainly the practices of Mutual Awakening are powerfully transformative. At the same time they are part of a larger design of spiritual work, and they bestow their greatest blessings only within that context.

Mutual Awakening practices open us to profound experiences of shared awakened consciousness. This unification of heart, mind, and soul, and the potential inherent in it, is the real point. That is the yonder shore that is calling us. In these brief introductory words we only want to remind

you that a practice is only a vehicle and encourage you to keep your attention on the destination.

Please read this book with openness and vulnerability. Allow yourself to be carried into a new world of possibility. And never forget that this is an invitation to a journey that can take you much further than any spiritual practice alone could ever do.

*Chapter 1*

*the* **BIRTH**  
*of* **MUTUAL**  
**AWAKENING**

*A Personal Narrative from Patricia Albere*



The practice of Mutual Awakening leads to the living realization of awakened mutuality. The discovery and true embodiment of that possibility is what this is all about.

I am not a practitioner by nature. Although I can operate inside of structure and discipline, I've found that everything that has had held real power and beauty in my life has arisen through risk, flow, and allowing myself the intensity of direct encounter with reality. Practices and techniques pale in comparison to the heart expanding experience of real contact with the divine. At the same time I know that spiritual practices, when embraced with real intention and a pure heart, have the power to bring us into direct contact with the miraculous.

It is strange for me to think of Mutual Awakening as a “practice” because that’s not how it appeared in my life. What actually happened is that I had the profound grace of entering into a relationship that opened into a mutually awakened way of being. That relationship soon ended tragically, and it was only in the years that followed that I pieced together a puzzle

that lead to the practice of Mutual Awakening.

By most standards I have lead an amazing life. I was a precocious child, and as my life unfolded I have always found myself drawn to the edge of everything. I think this maverick spirit is in my DNA. My ancestors came to this continent in the early 1600s and participated in the struggle to establish a living experiment of democratic ideals. I feel deeply connected to my revolutionary ancestry, and I can only imagine that there is some inheritance there that leads me to follow the urging of the edge. Somehow, at crucial times in my life, I always seem to show up at the beginning of something big.

I went to Woodstock when I was fifteen. I had heard something about a weekend concert. No one seemed to know much about what it was, but I knew I had to be there. When I told my mother of my plans, I wasn't really asking for permission. I knew I was going. My mother seemed to intuit early in my life that the best way to handle my precociousness was to trust me and be supportive. So I arrived at Woodstock with my mother's blessing.

I graduated from high school a few years later and felt compelled to move to California and be there for a year prior to attending college. It wasn't that I knew something special about California; it was an unquestioned intuition that I followed. Once again I found myself in an epicenter I hadn't known existed. I moved into a yellow Victorian house in a district called Haight-Ashbury with no idea that I had arrived at the apex of the counterculture.

Soon after moving into our house on Haight Street, a schoolmate from high school, living in San Francisco, came to visit. She told me about a seminar she had just done called Mind Dynamics with someone named Werner Erhard. I had no idea what she was talking about. She felt different in a way that was intriguing, and I knew I had to go to his next seminar. I told my mother about it, and she mailed me the \$300 for tuition, writing the check directly to Mind Dynamics so I wouldn't use it for the rent.

During that weekend seminar the world, my experience of myself, and what I saw as possible was irrevocably transformed. I had to be part of



what was happening. I went to Werner and asked him for a job. For some reason he said yes. So at eighteen years old I started working for Werner Erhard four months before he would initiate the personal transformation phenomenon known as EST and later Landmark Education.

All I wanted was to share the miracle that had opened up for me with others. Soon I was speaking seven nights a week. The audiences grew until I was addressing thousands of people in venues like New York City's Lincoln Center. Eventually I was responsible for training others to do what I was doing—awaken people to their true potential and inspire them to realize it. For the next thirteen years I played a prominent role in expanding EST's reach into the world, speaking to hundreds of thousands of people and training some of the organization's leaders.

My story was only just beginning. After I left EST I met a beautiful young German man, named Peter. He was a deeply meditative mystic, and we fell in love. As extraordinary as it was, my time at EST could not have prepared me for what I encountered with Peter. Our love was a wholehearted

expression of being fully “met” in all dimensions of love—from simple, sweet human tenderness to sacred union. We were an unambivalent “yes” to each other and to the reality of love itself. The force of our encounter undid me, and I surrendered again to being transformed.

The depth of spiritual connection in our love was palpable, and we each knew we had finally met a partner who was aligned with the deepest longings of our own heart. We began to experience spiritual openings that were continuous and intense. Each next awakening revealed more beauty, love, and authenticity than either of us had encountered alone. Any patterns or habits that created separation spontaneously revealed themselves, and we relentlessly passed through them into ever-deeper union.

Divine love, if surrendered to, is incessant and insatiable in its desire for more of itself. It dissolves, shatters, and transforms anything that blocks love’s path toward deeper love. The isolated sense of self that we could call the ego is a by-product of our experience of the lack of love. The ego is an endless chain of habitual activity and reactivity that we mistakenly

*REAL*  
*LOVE*  
*is* *BEINGNESS*  
*ITSELF.*

assume will lead to love. Real love is “beingness” itself. It is the essence of existence. As Peter and I surrendered to the force of what was happening to us, a relational field awakened between us. The Mutual Awakening practice was born out of our ever-deepening surrender to the love that had engulfed us.

During the time that we were together we made love physically at least once and often many times a day. The deep physical intimacy and passionate love that I shared with this truly meditative man generated an ongoing intensity of presence and depth of consciousness between us. Over time we began to continuously abide in a miraculously telepathic state of awareness.

We were not practicing tantra; in fact I didn't know anything about tantric practices and wouldn't hear about them until years later. Making love was not a practice for us. We never manipulated our lovemaking. We surrendered to it and followed whatever was unfolding between us until eventually we were consistently swept away by something much greater



than us whenever we made love. Like the masterful dancer who realizes the dance is dancing them, love was making love with itself through us with great delight and endless creativity.

The result of our openness, presence, engagement, interest, and commitment expanded beyond our physical intimacy into a living vortex of continuous transformation. There was an undeniable catalytic power awakening us together. It was purifying us and demanding that we continually open to something so much greater than ourselves. The way we were together seemed to unleash a power similar to what people often find with enlightened teachers.

During this time maintaining a continuous sense of connectedness was simply our way of being together. The thought of developing a “practice” out of it would never have occurred to me. The intensity of love and the desire to be as close as possible was the only thing moving us.

I remember once leaving our apartment on West Fifty-sixth Street in

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