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Breaking Through to

HEALTH

By Sandy Eckert;
photograph by Paul Emberger

Over a span of about 25 years, Robert “Haas” Tobey, 71, did math for a living. He was a math professor, insurance actuary, lead scientist working on computers for IBM and management consultant for Fortune 500 countries like Hallmark and Coca Cola. The list of his prestigious positions is long.

Today, he describes himself as a “coach who helps people through their own healing process.” And he says the jump from mathematician to coach is not so incongruent—pardon the pun—as it seems. Both professions stem from creativity.

“The creativity of math is understanding what’s going on and figuring out how to prove that,” Tobey explains. “You keep the inquiry open until you can prove it. Some math problems have taken 200 years to solve. Others are unsolvable! I’m accustomed to keeping the questions open, and the questions that most fascinate me are about the human psyche. A lot of what goes on in our minds is hidden in the subconscious. Creativity and the subconscious go together.”

The difficult part of Tobey’s career change was getting used to the idea that the subconscious couldn’t be deciphered by algorithm. No matter how much he studied the psyche, he still had to learn to trust his intuition. He has learned well and people seek him out. Individuals from corporate executives who want to excel to those carrying a burden of emotional or physical pain are more willing to modify behaviors and explore options with Tobey’s guidance.

“I can pick up where people are blocked,” says the Schaefferstown, Lebanon County resident. “And it happens pretty fast. That’s why I call my business Break-Throughs. I create an atmosphere that invites people to go into their subconscious, the nine-tenths of the psyche that, like [most of] an iceberg, is below the surface. I also trust the body’s wisdom. I’ve never met anyone who was hurting emotionally and couldn’t tell me where they felt that in their body.”

If you’re getting the idea that an appointment with Tobey is unlike coaching sessions wholly based on questions about your quests and how to achieve them, you’re right on the mark. First off, while you may have an appointment with Tobey for 2 o’clock, he does not set a time to end. The process that takes place in a safe, serene and secluded setting in the office portion of his home determines a session’s conclusion.

Clients do have some talk time with Tobey to go over health conditions, work descriptions and all the usual intake information. But this is a journey to the center of yourself, and there are no specific expectations.

Dragons at the Gates

As you lie comfortably on a massage table, Tobey coaches you to relax deeply and begin exploring within. “As I coach, your energy begins to focus and shifts into a state of mind that allows this exploration. Often, the client begins to speak and move because what I call the wisdom of the body allows them to tap unnamed sadness, anger, fear, tension or stress,” says Tobey.

A person’s life can be “stuck” because of any or all of these things, which usually exist because of “unfinished events from earlier in life, such as abandonment; traumatic accidents; physical pain; severe disappointment; or emotional, physical or sexual abuse. On the table, the client may even relive their emotionally loaded experience,” explains Tobey.

Tobey hears the intensity of the voice telling the story, sees the body movements and facial expressions and remains the trusted guide who supports you in releasing old emotions that diminish the ability to live to the fullest.

The stories Tobey hears are “the biographies of the dragons at the gates of the subconscious.” Or as poet Maria Rainer Rilke wrote, “Our deepest fears are like dragons guarding our deepest treasure.” The treasure is the real you, the real me.

“It is as though unexpressed emotions are still held inside,” Tobey says. “They distort our view of reality, our ability to think clearly and feel current emotions.” This work can transform lives, and the process is safe because “the body’s wisdom won’t go to anything you’re not ready to deal with.”

Deb Gdovin, a psychosomatic therapist in Camp Hill, says working with Tobey definitely transformed her life. Receiving Tobey’s coaching “is truly the most profound thing I’ve done for myself on my self-help journey,” she says. “It turns thoughts inside [out] and unlocks a lot of issues in a very safe, comforting atmosphere.”

The Coach’s Journey

To hear Tobey talk about his work is to know he loves it. “It’s incredible, exciting and fascinating. I feel blessed. Each person is unique, I never know what to expect. Once I lived as if life were

a problem to be solved. Now, I know life is a mystery to be lived,” he says, adding that his interest in the human psyche goes back years. He remained in mathematics careers until he finished paying alimony and putting his four children through college. “Then I did what I needed to do for myself.”

Tobey moved into an alternative community, then left that community and lived on income from doing home repairs. He found a house in the Pennsylvania countryside and “sat there as a hermit for about six years.” Then he became a coach.

As a professor, father and scientist, Tobey figured he’d been coaching all his life. He studied with Coach U to become certified, but found that the training hardly touched on the esoteric things that interested him. “I’ve asked questions all my life, and that brings into my coaching a broad perspective on what it means to be human,” he says. To work with that question and become gifted at moving blocked energy, or whatever blocks the psyche, Tobey has had many mentors, among them Ira Progoff, a leading authority on Jungian psychotherapy and depth psychology and the creator of *The Intensive Journal*, a program that helps one work through his or her issues.

Pop, Goes the Tension

Gary Smith, co-artistic director at the Theater of the Seventh Sister in Lancaster, says Tobey simply has a talent for helping people heal themselves.

Because their uncommon ideas and philosophies resonate, Smith and Tobey became friends and often talked about such things as meditation, healing and society and change. During one chat, Smith mentioned his frozen shoulder. “I’d lost range of motion years ago, and nothing seemed to help,” recalls Smith. “Haas asked if he could do a little work on it. I said, ‘Go ahead.’ Now I’m not opposed to healing, but I was wondering what was going on here.

“Haas did deep relaxation with me, relaxation that was different from other types I’ve tried,” Smith continues. “I felt an odd sensation in my body and had a little relief. I thought, ‘That’s nice.’”

A few days later, Smith felt a series of three releases almost like popping knuckles, and his shoulder relaxed more. Within another couple days the same thing happened.

“I have complete range of motion,” Smith says. The work Tobey did “was very simple. There was nothing ‘woo, woo, woo’ about it.”

For more information 866-252-6224 or go to break-throughs.com. **HBG**



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