

A sunset over a body of water with a person's silhouette in the foreground. The sun is low on the horizon, creating a bright reflection on the water. The sky is filled with clouds, and the overall color palette is warm, dominated by oranges, yellows, and blues.

# The Eyes of the Golden Hall

~ A Newsletter of The Center for Human Awakening ~

**January 2017 Newsletter**

Volume 2, Number 1

## In this e-Newsletter...

1. MESSAGE FROM OUR FOUNDER:.....	2
2. Character Strategies: A Diagnostic Tool for Sacred Attention Therapy – Part 4 – Psychopathic Character Strategies, by Robert Meagher .....	4
3. Narcissism Is On The Rise, by Tuula Saarela .....	6
4. Meeting My Future Self, by Eileen Bild .....	10
5. What's New and Upcoming?.....	12
6. Other News .....	14
7. Links .....	16

# 1. MESSAGE FROM OUR FOUNDER:

## At the Border of Awakening:

### *On the launch of the Center for Human Awakening Website*

This month we launch the new website: The Center for Human Awakening! Based on a new vision that has been stored in my computer for some years now, our website at last is led with a very necessary, in all kinds of ways, mission statement.

#### **A mission novelette...**

The mission statement has been a focus of controversy and jest in the world of SAT for a very long time. Some years back I produced a full-length document – embarrassingly long as mission statements go, probably better called a mission novelette! It stood at about 40 pages and was entitled The Eyes of the Golden Hall. I think we offered the document with promises of its imminent release about two or three years ago. Someone in the SAT project expressed interest and thankfully I watched the ripples of agitation calm and sent the document back to the primeval chaos of my so-called filing system in the bowels of my computer.

Well, seasons come and seasons go and from time to time I would review this unwieldy piece of writing. Not only was it too long to be a mission statement, it was intimidating in its promise and intention. After all I have been in psychotherapy and psycho-spiritual endeavors most of my life, – even arguably the whole of my life. Whatever this mission statement expressed was a summation of me, my life, my vision. How do you ever finish something like this? How can you do justice to so much you have learned, felt, understood and experienced? How do you condense it all down into some words?

#### **How is it progressing?**

I remember receiving an email message from Robert Meagher asking how The Eyes of the Golden Hall was progressing and I replied evasively, took a look at it and plonked it back into the bowels yet again. Alongside this was the imminent idea, the soon-to-be-realized project of launching an entirely new website, one that would take the varied, diverse endeavors and bring them together under a single banner.

Titles were tossed around a bit and in the end we kind of settled on the one we had already: The Center for Human Awakening. Now, we asked what was this entity, what did it comprise, stand for and represent? Clearly it was more – far more! – than merely SAT therapy. Thus, I pulled up the file, The Eyes of the Golden Hall, dusted it off metaphorically and ploughed into the fields of its weighty domain. Previous attempts to systematize the material fell away and, at last, the various projects and enterprises organized themselves, I won't say effortlessly, but easily into three aggregates or neat piles that at last, and for the first time ever, made real sense!

#### **Inner wealth that exceeds our expectations**

If we are to be a part of the awakening of human life then our efforts, our practice and our vision must be sincere. We must be prepared to overcome a lot, overstep many obstacles, go further perhaps than we dreamed

and be prepared for the unexpected, the unmet and the unknown... in all its many forms. What we are capable of and more than we are capable of may be just what is required, if we are to be a part of human awakening.

Happily and practically for us all, human beings are far more incredible than we could ever imagine. There is sometimes a hint of it, of something unexpected, unrealized, unfulfilled and yet its presence may be felt nonetheless. This is a priceless treasure, an inner wealth that far exceeds our expectations. Humanity as a bridge between heaven and earth, the human and the Divine, the transcendent and the mundane represents a kind of fuse – a connective tissue that brings together into a single whole the gathering, the assembly, the mustering of magical forces, transcendent beings and numinous existence.

### **You have the full curriculum**

I have been through the thorny bushes of self-indulgence and self-centeredness (may I encourage you to exhaust yourself there too); I have been in the delirium of quasi-spiritual experiences and supposed liberation (visit there as soon as you can); I have been on the heady steps of self-importance and self-aggrandizement (ascend those steps yourself) and I have been in the slough of self-pity, anxiety and self-opprobrium (it is yours for the taking!). The experiences, trials and ordeals of this human life are the very thing that will bring you through into awakening.

Yours is the full curriculum; it is at your disposal. You simply must bring your attention to it. This is what you can do with a SAT therapist. Your guide, your facilitator to wisdom refers you back constantly to yourself. It is not about anyone else! As each of us is born into the realm of awakening and presence so others follow, until we see it as a tide – not so much separate and divided human beings cast up onto the shore, but a single great body of water breaking out onto the land at the borderline between the conscious and the unconscious worlds,

### **Awakening ourselves/awakening others**

Join us there... at that border of awakening and presence – this is what we call The Center for Human Awakening. This is what it stands for and may our mission be blessed, as we return and progress onward to the numinous state of Truth and the only God which is Reality itself. The signs of our merging into the illumined state are joy, happiness and elation, great enthusiasm and application, compassion and kindness, bearing ourselves as in the Real state as parts, as facets, as a single consciousness. It is only by awakening all that we are awakened and it is only by awakening ourselves that all others are awakened too. Your liberation is the emancipation of the world, so *do not take this mission lightly*. As a human being living in awareness you have the obligation to awaken. Embrace these tools, these means, these ways and these methods... give what you can and take what you can... and further still, arise beyond methodologies of any kind and be in the blessed state of truth that is your birth-right and the birth-right of all living conscious life.



Enjoy reviewing, exploring and delving into our efforts on the new website. Join us and let us awaken the world!!

~ Richard Harvey, Founder of The Center for Human Awakening ~

## 2. Character Strategies: A Diagnostic Tool for Sacred Attention Therapy – Part 4 – Psychopathic Character Strategies, by Robert Meagher

*This is the fourth in an ongoing series of articles about the Sacred Attention Therapy (SAT) core element, Character Strategies.*

The psychopathic character strategy is rooted in the ages of one to two years of age and revolves around the ongoing relationship with the personal challenges of fulfilling one's vital and basic needs. In fulfilling these vital needs, the psychopathic character is all about confronting their power. This confrontation is about an inner sense of power in relation to people and events around them, and the people and events that confront them, form them, and have a significant influence on their inner growth and development.

This psychological stage of development centres around the influence of the mother. It is the mother who is in physical and emotional proximity to the infant as he or she begins to experience danger and as the infant familiarizes themselves with their environment.

Also part of the psychopathic stage of psychological development is a growing sense of autonomy. So at this stage in psychological development, the psychopath character is forming their relationship with their emotional world and external reality. How the mother or other primary caregivers respond to this exploration and formation will significantly influence the outcome of this stage of psychological development.

In summary, the psychopathic stage of development is all about mother, power, submission, respect, emotions, control, trust, and manipulation. These themes may play out in the psychopathic character through internal struggle with such introspective questions as:

- *Can I trust you with my real, vulnerable self?*
- *Will I be taken advantage of or treated as weak and insignificant?*
- *Will my vulnerability be used against me?*



You arrive at the psychopathic stage of development after progressing through the developmental stages of belonging (i.e., the schizoid stage) and dependency (i.e., the oral stage). The power issues of the psychopathic stage of development are both internal and external. At this stage the psychopathic character is forming a foundation or backdrop for their self-image, self-esteem, and sense of self-worth.

The psychopath manipulates in one of two ways. The first type of manipulation sees the psychopath play the tough, generous, and self-important role. This is how this type of psychopath assumes control of themselves and the situation around them. This first type deceives and charms to gain power. He or she wants to be taken seriously and treated with respect and admiration. This psychopath's reluctance to share openly and equally covers up his or her perception of superiority. This delusion is really a deep, concealed fear expressed through the following life statements: "They are trying to use me;" and "Don't let them get the upper hand." The first type of psychopath, the tough and generous type, is running from the themes of the oral stage of development (i.e., nourishment, feeding, and grounding).



The second type of psychopath is the charming seducer. This is the only way this type of psychopath get his or her needs met. It is merely another form of control and manipulation. Unlike the tough and generous strategy of the first type of psychopath, the charming seducer draws on admiration and affection with overtones of sexuality and sweetness, rather than using power. This manipulation is indirect because the charming seducer has learned that he or she cannot get their needs met in a direct and straightforward way. The charming seducer is often an attractive person in appearance. However, their personality is often analogous to the ‘oily’ and ‘seductive’ sales person who is slow and deliberate in their approach. The charming seducer is drawn toward comfort and sensuality and may be covering up confusion over gender identification and issues. The primary life statement the charming seducer grapples with is “Will my needs and my vulnerability be used against me?”

The two different approaches of the psychopath—the tough and generous approach, and the charming seducer approach—are merely a slight of hand in style and appearance. Underneath, both forms of psychopathic characters are masters of deception and control.

The therapeutic process for the psychopathic character strategy is two-fold. First, encourage the psychopath to experience his or her weakness, as well as their anger. This anger may be present as slow-boiling, ever-present rumbling just underneath the surface, or as rage that is dramatically projected outwards toward people and events. Let the psychopath know it is safe to tell the truth. He or she must be allowed and encouraged to collapse. Second, gently, sensitively, yet firmly, contain the therapy process.

*The next article in this series will explore the ‘Masochistic’ character strategy.*



**Robert Meagher:** is Co-Founder of The Center for Human Awakening; Vice-Principal, Senior Tutor, and Registrar of the Sacred Attention Therapy (SAT) Online Training initiative; and Coordinating Editor for the SAT Project. Robert is a Certified SAT Therapist (Level 1). He has been an understudy of Richard Harvey since 2012.

### 3. Narcissism Is On The Rise, by Tuula Saarela

In my thesis for Professional of Logotherapy and Existential Analysis I studied corporate narcissism<sup>1</sup>. Next I plan to study this same phenomenon according to Sacred Attention Therapy.

Narcissistic Personality Disorder is presently considered to be on the rise. Over the past few weeks I have followed the transition of the Obama administration to the new Trump administration, in the United States, and it has confirmed my understanding of executive narcissism. The President-elect is an apt symbol for our time of narcissism. It is a personality trait that divides people: those in power and the nearest people in the inner circle are happy and the ones that are neglected by the narcissist are unhappy and feel unable to change the situation. It also seems that other persons suffer from the impact of this personality type more than the narcissistic person himself. But that is not true – there is terrible pain behind the mask and strong defenses of a narcissistic executive.



#### **What is the Highly Narcissistic Executive Like?**

A narcissist has a strong drive and he craves for power. He is often a hyperactive and anxious workaholic. He has devoted his life almost exclusively to work and career. He is obsessed with success and money.

A strongly narcissist leader is grandiose. He wishes to be visible and celebrated for his success in public. He creates an illusion of sovereignty which does not hold in reality. He charms superiors (or voters!) as he is able to make tough decisions quickly and increase enthusiasm in others.

He hires employees that are dependent on and obedient to him. He may use his charm and show interest in subordinates' ideas, but in reality he is not at all interested in the other person. The lack of empathy is clear. He has superficial relationships because of his inability to form real connections to people. He keeps favorites as long as they are useful to him. He also expects that others do the chores for him.

He is good at organization politics. He manipulates people to get what he wants. He is not trustworthy. A highly narcissistic leader sabotages and exploits the natural desire of people to trust others. He uses new allies to betray old ones.

There is no attachment to a set of consistent values and he makes rapid changes in course, neglecting the details in plans which causes confusion and poor follow-through. He is insecure or overly risk-taking in decision making: he may change his mind 180 degrees overnight. The result is that he diverts people's energies away from their real work.

For a narcissistic leader, the normal rules do not apply. He is restless to talk about 'I, me, my' and he interrupts others at any time due to self-importance. In general, he does not respect boundaries, e.g. subordinates' free time or vacation time, but expects others to respond immediately to his wishes. He delegates the lion's part of

his own work to others, and yet micromanages and controls and furthermore easily steals credit for the work of others. He keeps others as scapegoats when he fails as he cannot accept imperfectness in himself.

A narcissistic leader is insensitive, and has strong depressive reactions to setbacks. He may be paranoid to the external world as he takes all criticism as personal threat. He loses temper and shouts and enrages towards any employee that has insulted his self-esteem. He has a tendency to “assassinate” the character of anyone who he perceives is against him.

A narcissistic leader does not lead a balanced life, but often feels stuck and bored, and may even suffer from depression. He finds excitement from external changes like mergers and acquisitions - or a new wife.

### **Healthy and Destructive Narcissism**

To be more precise, instead of labeling one as “a narcissistic” and thus somehow bad, we should see narcissism as a continuum from healthy to destructive.

Roy Lubit<sup>2</sup> presents that the foundation of healthy narcissism is in healthy childhood with support for self-esteem and appropriate limits on behavior towards others. On the other hand, destructive narcissism is based on traumatic childhood that undercuts true sense of self-esteem and/or learning that one doesn't need to be considerate of others.

Lubit describes that while a healthily narcissistic manager has high outward self-confidence that is in line with reality, the destructively narcissistic person is not realistic but grandiose. Respectively one may enjoy power while the other pursues power at all costs and lacks normal inhibitions in its pursuit. When a healthy manager has a real concern for others and their ideas, the destructive manager has limited concern and only expresses socially appropriate responses when convenient and devalues and exploits others without remorse. Again, one has values and follows through on plans but the other lacks values, gets easily bored and often changes course.

### **Thick-skinned and Thin-skinned Narcissists**

Childhood has a big role in the development of narcissistic (and many other) personality disorder. The wound on the self-esteem may develop into thick – or thin-skinned narcissism. Riitta Hyrck<sup>3</sup> has defined the differences as follows:

A “thick-skinned” narcissist was not appropriately loved by his mother who did not meet the needs of the child, nor was able to acknowledge child’s weakness and helplessness. This neglect led to a severe disappointment, rage and envy but the child denies it. Instead he develops omnipotent fantasies that he will not be dependent on anyone under any circumstances. As an adult, a thick-skinned narcissist aims to be on top of all relationships. He manipulates others to get what he needs as he does not trust anyone wanting to give him anything voluntarily. He perceives himself above others and thus beyond criticism. This is the most familiar type of narcissist in the corporate environment.

A “thin-skinned” narcissist has had a trauma of humiliation and shame during their childhood. They feel inferior and outsiders in social life. Their self-esteem is fragile. Occasionally when they succeed, they may show off and be proud of their achievements but mostly they display a low profile and humbleness. They wish to maintain good relationships with their closest ones, even to the extent that they adapt to mistreatment. Some thin-skinned persons are stuck on unfairness and wish that someone else would stand for them.

Thick-skinned narcissists may also have thin-skinned traits, but the difference is that the thick-skinned has more defense strategies than the thin-skinned who feels inferior.

### **Narcissistic Personality Disorder Diagnosis Criteria**

Sandy Hotschkiss<sup>4</sup> has described the characteristics of a highly narcissistic personality by the "seven deadly sins of narcissism" that are: shamelessness, magical thinking, arrogance, envy, entitlement, exploitation and bad boundaries. These are found in the DSM-5 too. A person may have strong narcissistic traits but could not be diagnosed with personality disorder unless he had at least 5 out of 12 of these characteristics:

- Having an exaggerated sense of self-importance
- Expecting to be recognized as superior even without achievements that warrant it
- Exaggerating their own achievements and talents
- Being preoccupied with fantasies about success, power, brilliance, beauty or the perfect mate
- Believing they are superior and can only be understood by or associated with equally special people
- Requiring constant admiration
- Having a sense of entitlement
- Expecting special favors and compliance with their expectations
- Taking advantage of others to get what one wants
- Having an inability or unwillingness to recognize the needs and feelings of others
- Being envious of others and believing others envy them
- Behaving in an arrogant or haughty manner

### **Sacred Attention Therapy on Narcissism**

In the SAT level 1 online course there is a brief chapter about narcissism. A narcissist is described as having only himself in his world. All else serves him or acts as a reflection of himself. He is unable to relate in the sense of share as an equal, discuss needs, other than his own, exchange, negotiate, or reciprocate.

In this article I described the narcissistic executive behavior. Various theories were presented as the foundation for further study of how narcissism and the SAT core elements, especially character strategies, are linked together.



## References

- 1) Saarela, Tuula. 2016. How Can We Help Highly Narcissistic Executives in Corporations by Logotherapy? Viktor Frankl Institute Finland.
- 2) Lubit, Roy. 2002. The Long-Term Organizational Impact of Destructively Narcissistic Managers. Academy of Management Executive, 16 (1): 127 - 138.
- 3) Hyrck, Riitta. 2006. Ohut- ja paksunahkainen narsisti. Psykoterapia 25 (1): 3-32. (Thin and thick-skinned narcissist.)
- 4) Hotschkiss, Sandy. 2005. Miksi aina sinä? Narsismin seitsemän syntiä. Basam Books, Helsinki. (Finnish edition of Why is it Always About you? The Seven Deadly Sins of Narcissism. 2002.)



**Tuula Saarela** is an experienced Human Resources professional, consultant and coach. She has a Master of Social Sciences, Professional Academic of Logotherapy and Existential Analysis, and is studying to become a Solution Focused Brief Therapist. She is also currently enrolled in Sacred Attention Therapy Online Training, Level 1. Tuula is in private practice in Helsinki, Finland.

## 4. Meeting My Future Self, by Eileen Bild

As the years go by, I like to believe that my life experiences have made me wiser, and I often look back on where I have been, where I am and where I am going. An empowering exercise where I meet my future self, gives me access to a source of wisdom that leads me to clarity and making informed decisions. My confidence and sense of faith in the process of life improves in the comfort of being in the presence of my future self. I first discovered this exercise when I was coming out of a health challenge creating a better future for myself.

Meeting my future self is a powerful visualization I have done from time to time where I fast forward to my future self. It is always the same place; I am in my late 80's or early 90's with long beautiful grey hair blowing in the light breeze, sitting on a light blue outdoor rocking chair you would find on a resort beach house porch. She is feeling and looking very healthy for her age, almost ageless, like a wise medicine woman who has lived connected to nature, and has the deep wisdom and knowledge of life itself.



I can hear and smell the ocean in the distance, there are cattails bending in the wind around the cottage, and I see small sand dunes surrounding the area. I do not see other houses or cottages nearby, this one is solitary with great distance from the town. A clear blue sky expands beyond where the eye can see, not a cloud in sight, only a few seagulls in the distance.

As I gently rock back and forth in the chair, there is an overwhelming sense of peace and calm. She gives off an air of certainty and stillness while looking towards the sound of the ocean. There is always someone in the background, moving around in the house. So, she is not alone, yet seems to be commanding her space in a state of complete serenity.

When I settle into the visualization and I ask her questions, I can feel the wisdom of her years come through her words. My mind searches in the now to align with her, in the future. Capturing the essence of who she is in the future, as well as, who I am now, helps me to realize that no matter my life's trials and tribulations, it seems all will be okay.

Sometimes she will not answer a question and instead waits for me to look deeper within. Always with a small grin on her face when I get the "ah, ha." Nodding her head in approval and gently rocking as I continue my quest to find out more about us.

There is a knowing kindness and gentleness in her presence and compassion towards me at all times.

As I write this and I am seeing her in my mind's eye, again I am compelled to ask her questions. Each time I connect with my future self, my sense of security and comfort is enhanced. I gain courage and inner strength to keep moving forward in life with purpose and passion.

Today's questions and answers:

**Me:** With the time, I have left in physical form, can you share with me what more do I have to learn?

**My future self:** Ahhhh, you wish to know what lessons are left. My child, there will always be lessons. If you knew ahead of time what they were, then you could not grow and expand. Time will tell what you are missing and what you have gained. Do not rush the process. Yours is one of stepping stones, each one to be deliberately examined and explored before moving on.

She stops talking and I can sense she is not going to say any more related to this question. A feeling from deep within wells up to the surface. I have the desire to cry, not from sadness, but from truth. I can feel it in my chest, burning with a powerful tug. I take a few deep, slow breaths before I ask the next question.

**Me:** Can you tell me something I may not know yet that will benefit me for personal and spiritual comfort?

**My future self:** There is a lot you do not know, yet you know all there is. (Is she trying to confuse me? I find myself grinning a little, almost as if I understand what she is saying, even as my conscious mind is saying, “what?”). She continues....the world/universe is vast, more than the human mind can grasp. You are not meant to “know it all,” only to experience what will guide your spirit to find peace and serenity on earth. Through your desire to learn and be as one with all that is, you strive to find this balance. It is not an easy path, to be awakened among those who are still asleep; but you can withstand the challenges that cross your path. This is not for you to judge or try to achieve; rather it just is. By being you, naturally and effortlessly, you can achieve your life goals and desires.

Again, she stops talking and continues to rock in the chair, staring calmly towards the ocean as she closes her eye to soak in the energy of the day and the sun’s warmth on her face. I decided to ask her one more question and I can feel her connect with me as if she already has the answer, even though I have no idea the question I am going to ask.

**Me:** What do I do now to become you in the future?

**My future self:** With a large grin on her face, she rocks for a few minutes as I anxiously await her answer. She takes her time and with a softness in her voice she simply says, “BE.”

My conscious self is not quite satisfied with this answer, but as often is the case, I must determine for myself the choices I make and the thinking I have that will lead me towards my future self. I learned from this meditation that no matter where I am now, in the end there will be peace and serenity. Ultimately, I must just “BE,” allowing my path to guide me without trying to make things happen.



**Eileen Bild** has been on a personal and spiritual journey throughout her life, having an explosive awakening at age 40. After years of struggling with a debilitating condition known as Fibromyalgia, she made a declaration that changed her life and put her on a path of health and healing. She became a Reiki Master, received her Masters in Transpersonal Psychology, followed by becoming a Licensed Massage Therapist, and is a Certified Life Coach assisting entrepreneurs, thought leaders, CEOs and managers to reach their highest potential. Eileen is a columnist with Women's Voices Magazine and BizCatalyst 360, as well a Guest Blogger with Life Coaching Magazine. Eileen is also a contributing member of the Sacred Attention Therapy (SAT) Project Team.

## 5. What's New and Upcoming?

In case you have not already heard the big news, the next generation of the Sacred Attention Therapy website has manifested in the *launch of The Center for Human Awakening* ([www.centerforhumanawakening.com](http://www.centerforhumanawakening.com)). The Center for Human Awakening is an exponential expansion of the previous Sacred Attention Therapy offerings.

The mission of The Center for Human Awakening is to awaken individual consciousness, further global healing and the collective awakening of humanity, in order to establish the spiritual-sacred foundation for a new era of awareness, compassion and peace. The work of the Center is collected under three separate, yet connected, spheres of endeavors, each with their own enterprises. Here is a summary of the endeavors and enterprises that combine in our intention to fulfill our mission:

### THE CENTER FOR HUMAN AWAKENING

The Way of Sacred Attention  
Sacred Attention Therapy  
Sacred Attention Spiritual Training

The Creation of a Divine Meta-Psychology  
Sacred Attention Psychology  
The Sacred Attention Project

The Art of Conscious Living  
Human Awakening Groups  
The Arhat Project  
Lay Counselor Support and Training

Course offerings are significantly expanded. Sacred Attention Therapy Online Training remains the foundation of the Center's teachings but new 'short' courses have been developed and are in development. These 'short' courses cover a wide range of psycho-spiritual topics and typically consist of three video lectures along with supporting documents. Total lecture time, across all video lectures for a given 'short' course, ranges from 90 – 180 minutes. New short courses are in continuous development.

The new CHA website offers a plethora of ways to become involved in the CHA community. Visitors can become a 'Friend of CHA,' enjoy video meditations, volunteer with CHA, go on a retreat, participate in our Study Group, or sponsor a traveling satsang with the CHA Founder.

Research is a significant part of the CHA mission. As such, the CHA website features information about the CHA research initiative called the Sacred Attention Therapy Project. This rare, unique and exciting project will produce a body of writing that explores the psycho-spiritual psychotherapy of Richard Harvey through his 3-stage model of human awakening.

Through the CHA offerings and webshop the visitor can explore a cornucopia of resources, including: articles; books; CHA bundles; lectures; our newsletter; videos; a BLOG; and our video blog (VLOG).

Richard Harvey is preparing a *second edition of Human Awakening*. The revised edition of this source book for the Three Stages of Awakening will feature a new Foreword, many improvements and updates to the text itself, and, most importantly, a comprehensive index.

Development of *Sacred Attention Therapy (SAT) Online Training, Level 2*, continues. Richard Harvey continues work on writing the lectures and supporting documents. We intend to start production soon, with launch later in 2017. For a preview of this offering, please visit <http://www.centerforhumanawakening.com/SAT-Online-Training-Level-2.html>.

*Your Sacred Calling*, Richard Harvey's follow up to 'Your Essential Self,' will be published by Austin Macauley Publishers Ltd. (London) later in 2017. This will be Richard's eighth book and a compelling adjunct to support aspirants through the second stage of human awakening, as part of Richard's 3-stage model of human awakening. *Your Sacred Calling* is an innovative and original book on preserving the sacred truths, rituals, and practices that connect us to our divine selves and empower us to grow through our personality to spiritual realization. The central theme of the book is that the sacred is fast disappearing from our world, not only due to the materialistic, non-spiritual culture, but through the influence of the spokespeople and teachers who purport to be speaking out for it. We have become immersed in spiritual half-truths, superficiality, and self-serving compassion. However, the book points the way through this mire of confusion and shows how to turn the adverse circumstances in which humanity presently finds itself into a precious opportunity for awakening. Enquiries about the date of release and pre-orders for *Your Sacred Calling* may be sent to <http://www.austinmacauley.com/contact-us>.



## 6. Other News

*Volunteer opportunities* abound with The Center for Human Awakening. If you would like to volunteer for one of the opportunities below, or if you think of other ways you would like to share your gifts and talents with the Center, please email us at [info@centerforhumanawakening.com](mailto:info@centerforhumanawakening.com).

- Hosts for European tour
- Social media promoters
- Transcribers
- Writers
- Editors
- Mock therapy clients

For more information about the above volunteer opportunities, please visit <http://www.centerforhumanawakening.com/Volunteer.html>.

*Sacred Attention Therapy (SAT) Practitioners* can work with you through the three stages of human awakening. See the list of SAT Therapists that are available to work with you on your journey of self-discovery, transformation into authenticity, and union with the source of consciousness. Visit <http://www.centerforhumanawakening.com/SAT-Therapists.html> for all the details.

Richard Harvey's *BLOGs and VLOGs* are posted weekly. Both the BLOG and VIDEO BLOG are spontaneous, short pieces. The material is written or recorded in response to questions, remarks, and responses on spiritual matters that Richard has received or read during the week, interactions in the Sacred Attention Therapy Study Group, or simple inspiration with a feeling for the moment's revelation.

Read the BLOG at <http://www.centerforhumanawakening.com/BLOG.html>.

View the VLOG at <http://www.centerforhumanawakening.com/Video-BLOG.html>.

The *Sacred Attention Therapy (SAT) Study Group* brings together psychotherapists, psychiatrists, psychologists, complementary and alternative medical practitioners and therapists, counselors, coaches, healers, spiritual guides, spiritual teachers, students of spiritual and psychological growth and development, and more. We gather on our Facebook Group to build a community of SAT students and practitioners; provide a forum for raising awareness of SAT and for studying and practicing SAT; and facilitate the journey of self-discovery, transformation into authenticity, and union with the source of consciousness. The Study Group moderator posts questions and readings (as 'pinned' posts on our Facebook Group page) on Monday, Wednesday and Friday each week. For more information about the SAT Study Group, and to sign up, visit <http://www.centerforhumanawakening.com/Study-Group.html>.

*Please tell others about The Center for Human Awakening*; please tell your friends, your therapists, your relatives, and any forward, progressive thinking people who could benefit from this work. In Richard Harvey's forthcoming book<sup>1</sup> he states the case for us being "custodians of the future" in a world that is being debased as it loses touch with the genuine sacred-spiritual truths and ceremonies. If we do not act in all the ways that our true nature dictates we will become complicit in the destruction of the human consciousness of the inner worlds, responsible in whatever way for the degradation of the outer world, and ignorant and helpless in the insight that there is truly no separation between the inner and the outer, between us and them, and between the human and the divine. Thank you for being with us!

---

<sup>1</sup> *Your Sacred Calling: Awakening the Soul to A Spiritual Life in the 21st Century*, to be published by Austin Macauley Publishers Ltd later this year.

## 7. Links

### WEBSITES

<http://www.centerforhumanawakening.com/>  
<http://www.therapyandspirituality.com/>

### SOCIAL MEDIA

#### FACEBOOK

<https://www.facebook.com/CenterforHumanAwakening/>

#### LINKEDIN

<https://www.linkedin.com/in/human-awakening-228506131>

#### TWITTER

<https://twitter.com/CenterforAwaken>

#### YOUTUBE CHANNEL

[http://www.youtube.com/channel/UCD\\_pJVba\\_LktmEzfuc51kfQ](http://www.youtube.com/channel/UCD_pJVba_LktmEzfuc51kfQ)

### BOOKS

<http://www.centerforhumanawakening.com/Books.html>  
<http://www.therapyandspirituality.com/books/>  
<http://www.amazon.com/-/e/B004WC4YQI>  
<http://www.barnesandnoble.com/w/the-flight-of-consciousness-richard-harvey/1004783095?ean=9781853981418>

### ARTICLES

<http://www.centerforhumanawakening.com/Articles.html>  
<http://www.therapyandspirituality.com/articles/>  
[http://ezinearticles.com/?expert=Richard\\_G\\_Harvey](http://ezinearticles.com/?expert=Richard_G_Harvey)  
<http://www.buzzle.com/authors.asp?author=51337>  
<http://www.articlesbase.com/authors/richard-harvey/835688>

### LECTURES

<http://www.centerforhumanawakening.com/Lectures.html>

### VIDEO TALKS

<http://www.centerforhumanawakening.com/Videos.html>  
<http://www.therapyandspirituality.com/video-talks.html>

## STUDY GROUP

<http://www.centerforhumanawakening.com/Study-Group.html>

## BLOG

<http://www.centerforhumanawakening.com/BLOG.html>

## VIDEO BLOG (VLOG)

<http://www.centerforhumanawakening.com/Video-BLOG.html>

## RETREATS

<http://www.therapyandspirituality.com/retreats.php>

## INDIVIDUAL AND COUPLES THERAPY

<http://www.centerforhumanawakening.com/About-Us.html>

<http://www.Centerforhumanawakening.com/SAT-Therapists.html>

<http://www.therapyandspirituality.com/individual-therapy.html>

<http://www.therapyandspirituality.com/couples-counseling.html>

## PRACTITIONERS' SUPERVISION

<http://www.therapyandspirituality.com/practitioner-supervision.html>

## MUSIC

<http://www.therapyandspirituality.com/richard-harvey-music.html>

## DONATIONS

<http://www.therapyandspirituality.com/offer-support.html>

## **The Center for Human Awakening**

[info@centerforhumanawakening.com](mailto:info@centerforhumanawakening.com)

<http://www.centerforhumanawakening.com>

Facebook: <https://www.facebook.com/CenterforHumanAwakening/>

LinkedIn: <https://www.linkedin.com/in/human-awakening-228506131>

Twitter: <https://twitter.com/CenterforAwaken>

YouTube: [http://www.youtube.com/channel/UCD\\_pJVba\\_LktmEzfuc51kfQ](http://www.youtube.com/channel/UCD_pJVba_LktmEzfuc51kfQ)