

A full-page background image showing a sunset over a calm body of water. The sun is low on the horizon, creating a bright, golden glow that reflects on the water's surface. A person, seen from behind, is walking away from the viewer towards the horizon. Their silhouette is dark against the bright light, and their reflection is visible in the still water. The sky is filled with soft, golden clouds.

# The Eyes of the Golden Hall

~ A Newsletter of The Center for Human Awakening ~

**March 2017 Newsletter**

Volume 2, Number 2

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# 1. MESSAGE FROM OUR FOUNDER:

## **The Two Vital Ingredients – Psychology and Spirituality**

The world of spirituality is a funny one. Somewhere around the higher teachings of this or any other era the great teachers are speaking to us now through their literature, anecdotes and YouTube. Similarly the average ones connect to people through their appeal to the body of desire and the ideal of self-improvement. Somewhere in the middle of the melee the more intelligent psychologists, psychotherapists and counselors speak with insight and revelation. Yet nobody seems to notice the murky soup of merging that is inherent in mixing the two vital ingredients of psychology and spirituality.

Through my long acquaintanceship with both I have noticed the seekers who struggle for spiritual insight and attainment leaping high over their psychological yearnings and suffering to appease their ego-selves in the imagined glory of spirituality. Spirituality in the real sense never truly aspires to growing a lotus on barren soil. But people in their self-created delusion have imagined they can make up the rules. Even those intelligent enough to realize the futility of exhorting a shrub, a rose-bush or a flower to grow and ignore the lack of nutrients in the soil beneath will nonetheless try to grow the spiritual lotus from the dust of unattended-to psychological dryness.

Conversely others have thrown themselves full steam into psychotherapy and counseling, therapy workshops and psychological study only to emerge a human being with immense knowledge of their personal foibles. A human being after all who gains merely psychological knowledge of himself is like prepared earth with no seeds sown in it.

Where does the earth end and the flower begin when, not to be truly dazzled by the beauty of the bloom, we remember that as everything that is born must die so the petals will fall, and the stem withers, as the whole flower returns to the soil to generate nutrients for new growth. Even the flower that grows alone in the forest and reaches full bloom without ever being seen and celebrated by a single eye dances in sympathetic vibration just the same as the bloom that is smelt, admired and celebrated by many.

And so it is with spirituality. To attain the crest jewel of wisdom that each of us is the totality, that the world we see is not the Real, that I Am is the sea of consciousness in which each of us is not merely, simply a drop, but a drop that includes the entire ocean, that suffering is the call of love to draw attention to the heart, that there is only one Eternal Moment, that nothing that is is not the Real, that all that is it appears as reality, that you and I and everything and all are the same in prior unity, that there is truly no separation or division and that the condition of I-lessness is the precondition to cooperation, unity and peace and, finally (take a big breath), that the self-identification that leads to the delusion of the separate self is the source of abandoning love for self-interest and violence to the soul, none of which is real since only Love is Eternal – to attain the crest jewel we must be sincere in our practice.

If we are serious about transcendence then we enter a new relationship and orientation to life. No longer do we live our life, but rather we surrender and allow life to live us. No longer do we enslave ourselves to the desire body, neither the fear body, but rather we act from great courage and exhibit an attitude of openness and fearlessness. No longer do we fall victim to life, but rather we relinquish our personal will in recognition of our innate power.

In order to rise to these mighty challenges seven deep commitments must be made and fulfilled.

First, we do what is needful to rise into the heart and make the heart itself, not the head or the body, the center of our consciousness. Second, we allow the heart to move us and direct us to the teacher, the teaching and the sangha or grouping of like-minded souls intent on self-realization that are crucial for our personal growth and spiritual development. Third, we apply ourselves and cultivate the will and the intention to grow beyond knowledge and understanding of conditions to incorporate and practice both sacredly and spiritually in our lives. Fourth, we approach every day as a willing sacrifice, ready to let go and release all holding, all clinging, all attachments and all delusion. Fifth, we practice according to our spiritual personality the way of devotion, of wisdom and of service in action. Sixth, we constantly, persistently and unceasingly return the fruits of our discipline, of our sadhana, to the Divine Source from which it as all and everything originated and from which nothing can ever be separate. Finally, we dwell in the relieving discovery of our teacher and teaching with their accompanying rituals, ceremony and celebration of spiritual life never forgetting the seven-fold blessing of having been given this tremendous opportunity for spiritual awakening and realization in our lifetime as we dwell blissfully and really in the eternal moment.

Now, how many of us in the present era of spiritual darkness are prepared to meet these challenges and thus progress spiritually may be hard to gauge. In this present time spiritual teachers and sacred methods seemingly abound and spring up and are dissipated daily (literally, see <http://www.watchman.org/index-of-cults-and-religions/>). I offer a radical call to the serious-minded seeker. Begin with the psychological foundations, develop in your humanness to the full, then consider spiritual preparation for the spiritual life and in time if your potential, your capacity and your destiny truly warrant it enter into lifelong spiritual discipline (sadhana). Don't put the cart before the horse. Don't try to get the tail to wag the dog! Even if you have a background in personal growth and psychotherapy or counseling and you feel you have done a great deal of personal work toward personal liberation, don't be fooled. As Jean de la Croix said, if you are tied down with a hundred ropes and you release 99 of them, you are still tied down. Muster the courage for the last effort to free yourself of merely psychological restraints, discover the strength that persistence and application and earnestness demand, and cross the Threshold of Transformation (see my book *Human Awakening* for more on this topic). Spiritual endeavor is not and never has been for the faint-hearted. To cheapen, commercialize, repackage and present spirituality as personal concern or personal psychology, sexuality, self-improvement or fulfilling your character and personality is a misnomer... no more than that! As I have repeatedly said the price of spiritual life is your deluded self.

The self-sense has a long and complex history. It can also be understood as having layers. The childhood ego-self is essentially defensive and desperate. The resourceful survival strategies that ensured survival in a complex, aggressive, psychic jungle are so firmly put in place that you may have a hard time arguing anyone out of them. Happily it is not a route we need to go or a method we need employ. The human being who is prepared, ready and capable of embracing life without limiting strategies finds their way naturally to therapists, counselors and healers. With strong motivation and an innate instinct for the truth the seeker after his or her self eventually faces the chasm of surrender through which life rises above mere survival, making flourishing, enriching and vibrant life possible.

Over and above the childhood self-sense is our developed social and philosophical sense of ourself. The defensive character fabricates patterns of behavior that are designed to manipulate oneself, the other and the world to believe that we are other than ourself. This happens all the time and might be particularly highlighted in those in the public eye who require image, message or slogan and reputation to sustain their position in, say, politics, entertainment or public activism. Today more than ever image is all important, though the popular celebrity is only a concentrated example of what we all do all the time. Even with oneself there is a tendency to

reinforce the positive or the negative, depending on the self-image we have attached to and which we imagine serves our continuing survival in a hostile world and so seek to project.

In adolescence – and adulthood may be understood to be a continuance of adolescence in these unevolved times – we refine a philosophical viewpoint via opinions, fixed views and partisan harangue, both internal and external. The result is a personal definition; after all, who *is* Bill if he doesn't have *something* to say about politics, a world view and an opinion on gender, race and current economics?

All of these layers of ego-self are abandoned in the process of self-discovery, which in the Way of Sacred Attention we call the first stage of awakening. Even in the second stage of awakening the ego-self is very present. Throughout the lessons of authenticity, of compassion and living life exclusively centered in the heart, the ego persists in its subtle holding. The self-sense may remain as a virtuous image of charity or transcendence, but ego is progressively undermined through psycho-spiritual practice in the later, second-stage period of spiritual preparation.

I have discussed the ego question in “The Four Stages of Ego” in *Your Essential Self*.

The deepest question for us all in the therapy and spirituality fields of personal growth is this: Since therapy never leads to ultimate happiness when it is divorced from the spiritual, what can therapy hope to achieve? And what are the ultimate aims of spirituality in the world today? In a sense these questions may be rendered thus: What is therapy and what is spiritual enlightenment?

At the Center for Human Awakening (CHA) we address these kinds of enquiries mentally, emotionally, physically, energetically and spiritually. We are not content with seeking the bloom of spirituality without the stem and earth of psychological wholeness, neither are we interested in merely achieving psychological wholeness for its own sake. Human beings are both human and divine and there is the key point, the central hub, the cutting edge. The CHA is growing in energy and attracting increasing interest from lay people and professionals, from organizations and other centers. Our reach is growing and with it our ability to extend outward and share our message and our mission to more and more people. The offerings are growing weekly, the affiliate programme is drawing attention from all over the world and the reason is surely that the Way of Sacred Attention and the CHA's mission while undiluted and refusing to be compromised is starting to be heard.

These are exciting times, important times, crucial times. Many, or most, are aware of the woeful state of the world. No one seems to have located the source of our unrest, our apparently inherent violence, our struggle to resist the great tide of terminal ignorance that seems to be destined to engulf humanity in forgetful numbness.

We who are involved with the CHA are spreading a fine rain, a needle-like rain. We seek to prick people into awareness, inspire people to think, involve them in enlightening practices and offer them the tools to clarify their dilemma. For, in truth, there is only one – just a single dilemma. And that dilemma is the very source of the ego-processes. And the ego-processes are at the root of violence in this and any other world. For the mind/ego/self-sense assumes, through self-identification the separation of itself from all others. It then builds division into experience and this leads to isolation, conflict, competitiveness, irreverence and hate.

There is only one way to fully understand self-identification and dismantle the illusion that early life fears create with the tools of clarity and reality. That way is self-examination, self-discovery and personal transformation. This leads into the heart-land of truly living from the flowering of authenticity, love and compassion. This is real and this should be the realized hope of all genuinely healing psychotherapies. Human

beings can transform because they are inherently loving and selfless, wise and at peace, expansive and endlessly resourceful. We know this; we intuit it; we sense it in ourself and in others.

We urge the call to self-discovery and its subsequent evolution for all who can hear it. We have now a concise, clear and comprehensive vision of how this may be done in the recently launched course, *The Sacred Attention Vision*. Let us become free and rather than urge others to take their own steps to freedom, model it for them in our lives. We have learnt much from negative role models; how much more might we learn from positive ones.

At the heart of the vision of the CHA is a most important, radical founding conviction. Deep in the heart of humanity, the most spiritually evolved organisms in our present time space continuum is Love, expressed and felt as non-separation, compassion and peace. In order to transform the outward projection of our apparent world our inner transformation must be authentic, fully realized and profound. This means that the spiritual-sacred life must be led by some of us for its own sake with no ulterior motive, contingent desires or need for associated strategic outcomes whatsoever. Love of the Divine is for its own self. Change may come in its own time but within the corpus-loci of change is the Changeless, the Sourceless, the deathless Eternal.

Humanity has been searching for this since before recorded time. Human beings have intuited that something “other” or the numinous is somehow intangibly present in this world of materiality and experience. And so it is. Let us reach now in these troubled times toward the changeless Divine and for those of us who are able, birth Divine Love in our hearts. In this way let us banish the darkness and embrace the light, bear the burning of untruth and heal in the waters of equanimity and sublime peace. The way of the ego is dilemma. The way of the spirit is surrender.

Unpack your personal psychology; prepare the earth for new growth. Invite the life of the spirit and watch the growth of the dawning buds of Self-Realization in all and everyone. We can start this simply and humbly by seeking understanding, by seeing the good in all things, by relinquishing our judgment, our assumptions and prejudice. The wise way is through forgiveness, awareness, acceptance and surrender to the impersonal force of spiritual enlightenment which is founded on human awakening.



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

## **2. Our Mission Statement and Core Activities**

### **OUR MISSION STATEMENT**

The Center for Human Awakening is dedicated to personal growth and spiritual development, alleviating individual and collective suffering, education in spiritual wisdom, raising awareness, and the promotion of transformation, understanding, cooperation, tolerance, and peace in the global community through personal liberation.

Our mission is to awaken individual human consciousness, further global healing and the collective awakening of humanity, in order to establish the spiritual-sacred foundation for a new era of consciousness, compassion and peace.

### **THE WAY OF SACRED ATTENTION**

The Center for Human Awakening is the home of Sacred Attention Therapy which aims to inspire and enable individuals to awaken by raising awareness and consciousness through personal discovery, living in authenticity and compassion, practicing the psycho-spiritual rituals of ceremony, initiation and rites of passage, and establishing the sacred-spiritual practices of devotion and spiritual life-discipline in order to align humanity with ultimate truth, absolute reality, and real divinity by overcoming the challenge of self-contraction, the powerful dilemma of the 21st century, when ego-processes have accelerated and intensified ignorance and self-delusion.

It is also the home of The Way of Sacred Attention, a full and comprehensive psycho-spiritual approach to the development of the individual in the present stage of human evolution; The Creation of a Divine Meta-Psychology and The Art of Conscious Living.

### **OUR CORE ACTIVITIES**

- The provision of psycho-spiritual psychotherapy for individuals, couples, groups, and communities
- Education and research
- Collaboration and partnership with individuals, colleges, communities and healing centers practicing personal growth and spiritual development
- Creating local and global networks for disseminating information and education about personal and collective transformation
- Humanitarian philanthropic work to provide healing and support for people in need



### 3. Character Strategies: A Diagnostic Tool for Sacred Attention Therapy – Part 5 – Masochistic Character Strategy, by Robert Meagher

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

The masochistic character strategy is rooted in the age of two years old. This stage of character development revolves around the emerging sense of self. This ‘self-sense’ enables us to progress through the subsequent stages of character development and adaptation. It is at this point in our psych-spiritual development we begin to ask ourselves ‘Who am I?’, ‘What am I like?’, and ‘How am I different from others?’

It is at the masochistic stage of character development that the child faces a decision: Do I stay loyal to my inner essence of being itself or do I side with a strong calling for association with my physical and emotional well-being. The movement toward association with one's physical and emotional well-being is one's association with personality. The decision to associate with a personality—our personality—ushers us into a stage of character development based on innate tendencies established up to that point in our lives and how they are met or resisted in the outward world. We begin to face the challenges of acceptance (or not) and conformity (or not). It is here that authority figures, however they are perceived and experienced, play the greatest influence on our development.



The masochistic character is caught between the mirrored themes of freedom and submission. The masochistic person will often embrace resistance and ‘bear with’ or try to outlast the situation. Major life questions may include “How well can I do things without making a mess of it?” and “How can I stop hurting people?” Personality types for masochists include: stuck; incompetent; unattractive; stubborn under stress; resistant to people and situations; prone to delays (i.e., procrastinator); and admires outgoing, adventurous, and confident people. The masochists uncertainty about their self-sense and perceived limitations may express themselves through the following life statements:

- *I can never be free*
- *My feelings hurt people*
- *I can only be close to you if I am not free*
- *I am bad*

Healing with the masochistic character is encouraged through slowly taking over their resistance, giving unconditional acceptance, and dispelling inner demons. The masochistic character should be encouraged to connect with the body through dance, play, or some other form of body movement. As a therapist emphasize the person is good and reinforce the client's need to feel and experience emotions freely, in particular to affirm that it is okay to be angry.

Some believe that the masochistic character is the hardest to heal in the therapeutic setting because the masochistic character has trained themselves to endure and outlast almost anything. In order for the therapeutic process to heal, the client must be brought to awareness and acceptance to facilitate insight, breakthrough, and change. The masochistic character is difficult to dislodge from their stubbornness. Once they ‘dig’ in, they are hard to budge. Deep understanding, sensitivity, and compassion are required by the therapist to release the masochist from their strategy.

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



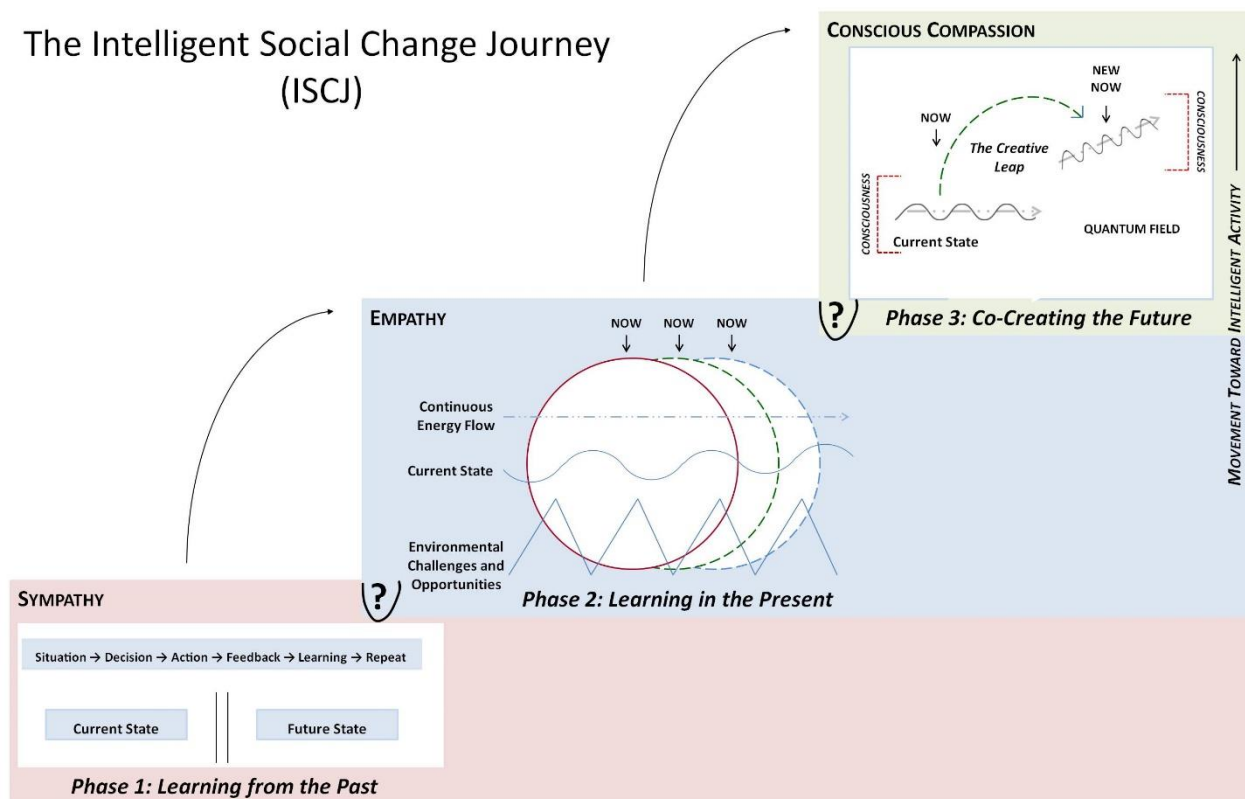
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## 4. Introduction to The Intelligent Social Change Journey – Part 1: The ISCJ Model, by Alex Bennet

The Intelligent Social Change Journey (ISCJ) is a developmental journey of the body, mind and heart, moving from the heaviness of cause-and-effect linear extrapolations, to the fluidity of co-evolving with our environment, to the lightness of breathing our thought and feelings into reality. Grounded in development of our mental faculties, these are phase changes, each building on and expanding previous learning in our movement toward intelligent activity.

We are on this journey together. This is very much a *social* journey. Change does not occur in isolation. The deeper our understanding in relationship to others, the easier it is to move into the future. The quality of sympathy is needed as we navigate the linear, cause-and-effect characteristics of Phase 1. The quality of empathy is needed to navigate the co-evolving liquidity of Phase 2. The quality of compassion is needed to navigate the connected breath of the Phase 3 creative leap. See the figure below.



**Figure Intro-1. The Baseline Model.**

In the progression of learning to navigate change represented by the three phases of the ISCJ, we empower our selves, individuating and expanding. In the process, we become immersed in the human experience, a neuronal dance with the Universe, with each of us in the driver's seat selecting our partners and directing our dance steps. Let's explore that journey a bit deeper.

In Phase 1 of the Journey, *Learning from the Past*, we act on the physical and the physical changes; we “see” the changes with our sense of form, and therefore they are real. Causes have effects. Actions have consequences, both directly and indirectly, and sometimes delayed. Phase 1 reinforces the characteristics of how we interact with the simplest aspects of our world. The elements are predictable and repeatable and make us feel comfortable because we know what to expect and how to prepare for them. While these parts of the world do exist, our brain tends to automate the thinking around them and we do them with little conscious effort. The challenge with this is that they only remain predictable if all the causing influences remain constant ... and that just doesn't happen in the world of today! The linear cause-and-effect phase of the ISCJ (Phase 1) calls for sympathy. Supporting and caring for the people involved in the change helps to mitigate the force of resistance, improving the opportunity for successful outcomes.

As we expand toward Phase 2, we begin to recognize patterns; they emerge from experiences that repeat over and over. Recognition of patterns enables us to “see” (in our mind’s eye) the relationship of events in terms of time and space, moving us out of an action and reaction mode into a position of co-evolving with our environment, and enabling us to better navigate a world full of diverse challenges and opportunities. It is at this stage that we move from understanding based on past cause-and-effect reactions to how things come together, to produce new things both in the moment at hand and at a future point in time.

Phase 2, *Learning in the Present*, takes us to the next level of thinking and feeling about how we interact with our world, including the interesting area of human social interactions. Although complex, the somewhat recognizable patterns enable us to explore and progress through uncertainty and the unknown, making life more interesting and enjoyable. In Phase 2 patterns grow into concepts, higher mental thought, and we begin the search for a higher level of truth. Sustainability in the co-evolving state of Phase 2 requires empathy, which provides a direct understanding of another individual, and a heightened awareness of the context of their lives and their desires and needs in the moment at hand. While not yet achieving the creative leap of the intuitional (represented in Phase 3), we are clearly developing higher mental faculties and instinctive knowledge of the workings of the Universe, which helps cultivate intuition and develop insights in service to our self and society.

The creative leap of Phase 3, *Co-Creating the Future*, requires the ability to tap into the larger intuitional field that energetically connects all people. This can only be accomplished when energy is focused outward in service to the larger whole, requiring a deeper connection to others. Compassion deepens that connection. Thus, each phase of the Intelligent Social Change Journey calls for an increasing depth of connection to others, moving from sympathy to empathy to compassion.

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**INSIGHT: Each phase of the Intelligent Social Change Journey calls for an increasing depth of connection to others, moving from sympathy to empathy to compassion.**

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The ISCJ Baseline Model accents the phase changes as each phase builds on/expands from the previous phase. As the journeyer moves from Phase 1 to Phase 2 and prepares for the creative leap of Phase 3, the mental faculties are developing, the senses are coming into balance, and there are deepening connections to others. This

will feel familiar to many travelers, for this is the place where we began. The model shows our journey is a significant change of mind, body and spirit as we operate on different cognitive and emotional planes as we progress through the developmental phases. Some people are aware of the changes they are undergoing and seek to accelerate the learning, while others resist the development, hoping (perhaps somewhat naively) to simplify the way they interact with the world.

Babies are born connected, to their mothers and families, and to the larger energies surrounding them and within them. This represents Phase 3. As one author exclaimed when exploring this reversal of the Phase 1, 2 and 3 models, “This really brings it all together for me. There is something that we admire in babies that we would like to become, and this framework makes sense of that feeling.” If, and when, we return to Phase 3 in the round-trip journey of life, it will be with experience in our backpack and development of the mental faculties under our cap.

Sometime around the fourth grade, as most grade school teachers will attest, the ego pokes its head out, and, through social interactions, the process of individuation has begun, with a focus on, and experiencing in, the NOW. This represents Phase 2 of our change model, a state of co-evolving. In the pre-adolescent child, intuitional connections are subsumed by a physical focus accompanied by emotional flare-ups as the child is immersed in learning experiences, interacting and learning from and with their environment.

By the time the mid-teens come around, the world has imposed a level of order and limits, with a focus on cause-and-effect. In some families and cultures this may take the form of physical, mental or emotional manipulation and control, always related to cause-and-effect. If you do that, this will happen. For others, cultural or religious aspects of expectations and punishment may lead to the cause-and-effect focus. For the mid-teen perceived as overactive and unruly in the schoolroom, the limiting forces may be imposed through Ritalin or other drugs, which may have even started at a much earlier age. Regardless of how it is achieved, learning from the past—the Phase 1 model—becomes the starting point of our lives as we move into adulthood. From this starting point, we begin to develop our mental faculties.

In the next newsletter, Part 2 will dig deeper into the phases of the ISCJ model. This Introduction to the Intelligent Social Change Journey is excerpted from the first book (Part I) of Dr. Alex Bennet, Dr. David Bennet, Dr. Arthur Shelley, Dr. Theresa Bullard and Dr. John Lewis (2017). *The Profundity and Bifurcation of Change*. Frost, WV: MQIPress. The full book (in five Parts) is available on Amazon (in Kindle format) and from [www.MQIPress.net](http://www.MQIPress.net) (in PDF format).



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## 5. The Ascension – What is it really?, by Darren Peters

*Ascension* is a real buzzword in the New Age community. But how can we truly know what it is, until it has been deemed we are ready? Also, how can we be sure those that teach about the ascension are actually walking their talk? We can never be sure of another's experience, only our own and this is why I wanted to write this article.

There are many stages to the Ascension, and yet it is a process of us accessing our non-linear selves whilst still in a linear reality and here lies the great paradox. Some of us are working with higher vibrational frequencies and energies, grounding these energies into the Earth so that the collective can process them more easily. Others are healers, utilizing the new energies when working with clients. Both would be on the path to Ascension, but there is more to grasp.

As someone who has studied the Transpersonal approach of psychotherapy for 5 years, I am not as experienced as some. But in the realm of spirit, I'm not a beginner either. This is a short piece as words are limited, and therefore I would not be able to go into great detail. However, I would like to offer my perspective and my interpretation of the term 'Ascension' and the practicalities of walking this path.



The fact of the matter is, whether we like it or not, the great spiritual awakening is before us. It will only ever be in the *eternal now* where an individual can achieve their ascension into higher realms. I've learnt that there are 4 core principles or areas of life, which will require attention, patience and honest integrity.

1. Are you being your true authentic self? If not, then this ideally is the aim.
2. The conscious building and nurturing of your prana body or energy body (light body).
3. Are you in service for *self* or service for *others*? Which one do you think is required for Ascension?
4. Showing reverence and gratitude to the sacred elements, which together make our home planet Earth (Gia).

Each of these core principles and areas of an individual's life require equal attention and work to keep the ascension spiral balanced. If you neglect just one the Ascension process will be harder to sustain.

In the current Ascension terminology the term I AM presence is an important aspect of the process. Each person's I AM presence is that part of them that is connected to the eternal source of all. The I AM presence is the multi-dimensional aspect of the self, also termed *over soul* or *higher self*. Ascension is ultimately a process, merging the divine aspect of the higher self with the physical body *elemental* self. If a person chooses to only focus on their I AM presence or, like most, focus mainly on their physical body, then there will be an imbalance.

An individual's I AM presence guides them but it also tests them, making sure they have learnt the lessons they were supposed to learn in this physical reality. This is so that karmic debt is cleared, allowing for a lighter vibration for Ascension.

The Hermetic Laws of Vibration and Correspondence are useful to help us understand what is happening in a metaphysical sense. Having pure intentions mean you have a pure heart, and this should not be underestimated. In the higher realms it is all about the heart and how much love you can share, not what your mind can comprehend or analyse.

Our consciousness, which includes our heart, is the key. Therefore any psychotherapeutic work to clear emotional blocks, bringing the person more aligned with their *authentic self* is imperative for a smooth transition. So to conclude, the Ascension is just another term for the great spiritual awakening that is taking place right now. We are at the precipice of this spiritual awakening or the Ascension. The next question may be – will everyone ascend?



**Darren Peters:** is a trainee in Transpersonal Psychotherapy. He had been on a spiritual path, consciously, from the age of 16, being drawn to people, places, and things of a higher vibrational frequency. After studying Psychology and Philosophy in university, spirit guided Darren to work with the ‘poor and the marginalised.’ He decided to work with those who had acute mental health disorders. Shortly after this time his own emotional suppression became apparent and rose to the surface of his consciousness. This helped him to realize that he was using his spirituality to ignore and escape his own pain, creating a ‘Spiritual Bypass.’ The integration of the processing of this pain led Darren to his current training to be an Integrative Transpersonal Psychotherapist. Darren is a contributor to the Sacred Attention Therapy (SAT) Project. Darren can be reached via email at [Darren.peters@live.co.uk](mailto:Darren.peters@live.co.uk) or through his website at [www.Transpersonalhealingtherapy.co.uk](http://www.Transpersonalhealingtherapy.co.uk).

## 6. What's New and Upcoming at the Center?

*Human Awakening, 2<sup>nd</sup> Edition, was released in January 2017.* *Human Awakening*, in its original form, became *Your Essential Self*. The publisher asked Richard to do some significant culling of his manuscript to make it more accessible for general consumption. Years after the release of *Your Essential Self*, Richard is re-releasing *Human Awakening* in its original, resplendent form. *Human Awakening*—the predecessor to *Your Essential Self*, and the follow-on work from *The Book of Being*, *The Flight of Consciousness*, and *Tao's Gift*—is a mature work of great significance for the seeker of truth through journeying into self-discovery; transforming into authenticity; and realizing spiritual enlightenment. *Human Awakening* also beautifully reflects all of Richard's subsequent lectures contained in his e-books *Dharma Sky*, *Moksha Dawn*, and *Bodhi Ocean*. *Human Awakening* carefully, compassionately, and lovingly guides the reader through Richard Harvey's 3-stage model of human awakening, a revolutionary, unique and radical new approach to the challenges facing humankind at this time in our existence. Each major section in *Human Awakening* brings clarity to the mechanics of human awakening. *Human Awakening* unlocks the mystery of therapy in general, the therapeutic process specifically, and the ultimate experience of healing—to arriving at the truth of our divinity in the presence of our God self. The richness of this unfolding—more often perceived as an experience or discovery—is chronicled in a step-by-step process through lucid and intelligent commentary, wisely augmented with example after example of personal and clinical experiences. The 'notes to the text' and the supporting appendices demonstrate Richard's scholarly approach to this major work. His scholarly effort is balanced and imbued with ancient wisdom that is a ubiquitous reminder of the role, the essence, of spirit in our lives. *Human Awakening* is far more than a self-help book, or even a book about spirituality. *Human Awakening* is a radical and innovative approach to psychological, spiritual, and sacred life in the 21<sup>st</sup> century. It serves as a roadmap for psychological and spiritual understanding and renewal for the modern era. <http://www.therapyandspirituality.com/books/human-awakening-book.html>

We are excited about the response to our new ***Affiliate Program***. Affiliates are 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. Affiliates demonstrate their support for The Center for Human Awakening through referring people to Sacred Attention Therapy (SAT) Online Training. The Affiliate Program costs nothing to participate in, gives you exposure through the Center website, and makes it possible for you to earn money for each person you refer to SAT Online Training and who enrolls in the training. For more details about our Affiliate Program, go to... <http://www.centerforhumanawakening.com/Affiliates.html>

The Center for Human Awakening has opened a ***Donation Center*** to support its philanthropic work. Your donation will make it possible for either: (a) those people who cannot afford therapy and counseling, but who sincerely need the support, to receive it; or (b) those who cannot afford the tuition fees to enroll in the Center's revolutionary and transformative psycho-spiritual training program called Sacred Attention Therapy Online Training. For more details, and to offer your donation, go to... <http://www.centerforhumanawakening.com/Donations.html>



The Center's newest online course has been launched. It is called ***The Sacred Attention Vision: An Interactive Overview of the Way of Sacred Attention – A Radical, Innovative Approach to the Psycho-Spiritual Development of Humanity in the 21st Century***. This online course can be taken on its own or as a preparatory course for SAT Online Training. For more details, go to...

<http://www.centerforhumanawakening.com/Sacred-Attention-Vision.html>

The next online course to be launched is ***Realizing the Divine***. Realizing the Divine is a spontaneous, channeled work. This short course offers an introspective journey through our spiritual experience to reveal the truth of our existence. Along the way, Richard Harvey explores personality cults of religious and spiritual endeavor and shares how to obtain liberation and live in a way that fully embraces spirituality and spiritual life. Further courses that are either in preparation or the planning stages include:

- Sacred Attention Therapy Online Training, Level 2
- Understanding Emotions
- Dreams and Dreamwork
- Borderline Personality Disorder
- Narcissism
- The Psycho-Spiritual Approach
- Feminist Consciousness and Psychotherapy

***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>.

## 7. Other Center News and Offerings

The *Arhat Project* is a residential spiritual community for people seeking personal authenticity and Self-realization where the processes of personal inner enquiry and transformation are accelerated through a neo-sacred, engaged schedule and life-style of spiritual discipline and focus and psychological exploration and awakening. Based on the psycho-spiritual approach described in Richard Harvey's book *Human Awakening*, particularly *The Three Stages of Awakening*, Arhat is a neo-spiritual living project where personal and spiritual development are intensified and potentized through communal life, group work, lectures and study, meditation, spiritual and sacred practices, and spiritual direction. If you are seriously interested in being a part of a residential community based on Richard Harvey's *Three- Stage Model of Human Awakening* (see <http://www.therapyandspirituality.com/interview-stages-awakening.html> and <http://www.therapyandspirituality.com/human-awakening.html>) and you find yourself in the first, or possibly the second, stage of this model and you would be inspired and enthusiastic about establishing a core group for a spiritual community where personal and spiritual development is accelerated, intensified and potentized in a semi-monastic, secular structure of scheduled tasks and spiritual discipline, then please write via our 'contact us' page (<http://www.centerforhumanawakening.com/Contact-Us.html>).

*Retreats* for personal and spiritual growth are offered through the Founder's spiritual center, Cortijo Llano de Manzano. Whether you are looking at a specific issue or exploring your life's purpose, a personal retreat allows you the time and space for personal exploration, clarity and relaxation, personal growth, deepening insights and replenishment. A retreat gives you the opportunity to withdraw and turn inward, away from the world of ordinary everyday demands, pressures and responsibilities. On retreat you make time for issues that are calling to you from your inner world, to relax, recuperate and refresh yourself spiritually, physically, energetically, mentally and emotionally. Your retreat can be self-directed, or themed with guidance, skillful reflection and encouragement from our Founder. Retreats are available to individuals and couples. For more information about the retreats, please visit <http://www.therapyandspirituality.com/retreats.php>.

Have you considered becoming a *Friend of The Center*? Friends of The Center for Human Awakening come from all walks of life. Some friends are 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. What all these Friends have in common is a heart-and-soul-felt support and interest in the teachings and practice of The Center for Human Awakening. See the benefits of becoming a Friend at <http://www.centerforhumanawakening.com/Friends.html>.

The *Sacred Attention Therapy (SAT) Project* is a 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. The resultant published works will endeavor to guide readers through Richard Harvey's model with practical exercises, examples and theory. The work will almost certainly be illustrated by personal material that arises in the process of experientially learning about Richard's Sacred Attention Therapy through this collaborative venture. For more information about the SAT project, please visit <http://www.centerforhumanawakening.com/About-Research.html>.

There is a plethora of **Resources** available to you on the Center website, many of them free. You can enjoy articles, books, integrated bundles of teaching aids, videos, and more. Begin your exploration of these resources at <http://www.centerforhumanawakening.com/Offerings.html>.

**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 **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 Linked In and Facebook Groups 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 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!

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<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.

## 8. 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.centerforhumanawakening.com/Donations.html>

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



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