

# The Eyes of the Golden Hall

~ A Newsletter of The Center for Human Awakening ~

**July 2017 Newsletter**

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# 1. MESSAGE FROM OUR FOUNDER:

## Suffering and Attachment

This relative world of time and space is the location of sadness, loss, and death. We may strive to be happy here but it never lasts. We may assume a transcendent pose but that only confirms the fact that being above or beyond rather than engaged constitutes a form of escape from the present conditioning of suffering. In the Buddhist tradition this human condition of suffering is a condition to be transcended or overcome. In the Christian tradition suffering is not a state to be avoided but rather to be embraced as spiritual means. These are two very different attitudes to the human predicament that is characterized by sadness and loss. Among the other spiritual-religious methods within the Great Tradition there are many others.



So, how then should we respond to suffering? How should we meet the human condition? Those therapists and counselors among us recognize the trauma and sometimes the damage of early life. Childhood is resplendent with the experiences that characterize our closing down, our limiting reactivity, our resorting to the death of authenticity and inner essence in order to survive. It may then be said that life itself is inevitably toxic, an endurance test perhaps to ensure the survival of the fittest.

In a sense this is true. All of us are the survivors of childhood. Those of us who choose to revisit the painful conditions of early years are either courageous or foolish, depending on your point of view. In therapy the prevailing notion of “working through” our childhood conditioning may be proffered as the way to be free in our supposed lifetime. Yet if it is true that this realm is the location of suffering – sadness, loss and death – what possibility and what scope for freedom can there be even when we have released ourselves from the constraints of childhood conditioning?

For some the way may be spiritual practice. Meditation, contemplation, chanting, and so forth offer the promise of transcendence or indeed limitation from human conditions. You may sit or consider, sing holy words, or live in an ashram in order to reach a state of tranquility, peace, even profound relaxation. Here the danger so often realized is that in withdrawing into an ethereal state through spiritual means may be hard or impossible to sustain when you relinquish the rarified conditions of ashram life or regular disciplined spiritual practice like meditation. When this happens you are liable to consider your spiritual discipline as a fresh covering, a second conditioning, merely an escape from the worldly state of suffering, a reaction that simply avoids the very conditions you were seeking to transcend.

You don’t transcend conditions through avoiding them. You transcend them through dealing thoroughly with them, by confronting them square on, through clearing up your unfinished business about them and releasing yourself of attachments. Attachments unreleased are naturally still present.

The methods we are drawn to, whether inner to outer or outer to inner, like meditation or therapy, curiously are inclined to maintain the status quo. They cannot in and of themselves change anything very much. You are after all in a hole. The hole represents your supposed separateness and your supposed method for extraction from the hole is almost certain to be designed to covertly keep you safely in your hole.

People will complain then endlessly about their therapy or their meditation at various times. Eighteen years of sitting meditation and I have never reached Nirvana; ten years in therapy and I am still not past my childhood conditioning. The therapist, the spiritual teacher, therapy itself, or the spiritual method becomes the object of criticism and disgust. Time has been wasted. Money has been wasted, Life has been wasted. The promise in the method, the charismatic person, the belief system, or healing paradigm has let you down.

But what has really happened is you have got exactly what you wanted. If you entered therapy in order to get rid of something or improve some aspect of yourself, you will inevitably be frustrated. Not that relatively superficial changes may not take place, but simply that they are unlikely to sustain, and they are certain not to sustain when you are attached. For when you want to get rid of something or change some aspect of your life without understanding the feelings you have against it you are attached.



Attachment exists out of attraction or aversion. Just like couples who have inverted their love and transformed it into hate, positive or negative the passion welds the two together in a swoon of ecstasy or an orgy of verbal violence, humiliation, and argument. Violence breeds violence just as peace breeds peace. If you have a goal in therapy or meditation make sure that it is one that embraces who you are, accepts the need to understand yourself in the deeper sense of that word, and that you have committed to a viable method for bringing about your healing and liberation.



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

## 2. Character Strategies: A Diagnostic Tool for Sacred Attention Therapy – Part 7 – Hysteric Character Strategy, by Robert Meagher

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

Like its phallic counterpart, the hysteric character strategy is given birth between the ages three to five. The hysteric is expressive, clinging, rigid, and emotionally fixed. He or she fears rejection, avoids separation, and is uncertain about being loved and appreciated.

The hysteric character is often loud and emotional, but can also be motherly, childish, and flamboyantly seductive. Hysteric characters are attention getting, perhaps girlish, and will present as innocent. Whatever the presentation or approach, the hysteric is trying to delay separation and completion, which is unbearable to their psyche.

Hysteric characters are highly vulnerable and desperately need to develop an awareness of their feelings and to deepen with their emotional side. The hysteric is the stereotypical actress or prima donna, where everything is a skin-deep façade.

In therapy, we help the hysteric tolerate their feelings by being witness to them. This means we sit, with sensitivity, as the hysteric learns to be at ease with their emotions and to understand them. Being patient and sensitive will pave the way to facilitating a heart opening with the hysteric character strategy.

*The next, and final, installment in this series will explore how character strategies can be used in the therapeutic setting.*



**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. Introduction to The Intelligent Social Change Journey – Part 3: Cognitive-Based Ordering of Change, by Alex Bennet

Recall that 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.

As a cognitive-based ordering of change, we forward the concept of logical levels of learning consistent with levels of change developed by anthropologist Gregory Bateson (1972) based on the work in logic and mathematics of Bertrand Russell. This logical typing was both a mathematical theory and a law of nature, recognizing long before neuroscience research findings confirmed the relationship of the mind/brain which show that we literally create our reality, with thought affecting the physical structure of the brain, and the physical structure of the brain affecting thought.

Bateson's levels of change range from simplistic habit formation (which he calls Learning I) to large-scale change in the evolutionary process of the human (which he calls Learning IV), with each higher level synthesizing and organizing the levels below it, and thus creating a greater impact on people and organizations. This is a hierarchy of logical levels, ordered groupings within a system, with the implication that as the levels reach toward the source or beginning **there is a sacredness or power or importance informing this hierarchy of values** (Dilts, 2003). This structure is consistent with the phase changes of the Intelligent Social Change Journey.

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**INSIGHT: Similar to Bateson's levels of change, each higher phase of the Intelligent Social Change Journey synthesizes and organizes the levels below it, thus creating a greater impact in interacting with the world.**

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With Learning 0 representing the status quo, a particular behavioral response to a specific situation, Learning I (first-order change) is stimulus-response conditioning (cause-and-effect change), which includes learning simple skills such as walking, eating, driving, and working. These basic skills are pattern forming, becoming habits, which occur through repetitiveness without conceptualizing the content. For example, we don't have to understand concepts of motion and movement in order to learn to walk. Animals engage in Learning I. Because it is not necessary to understand the concepts, or underlying theories, no questions of reality are raised. Learning I occurs in Phase 1 of the ISCJ.

Learning II (second-order change) is deuteron learning and includes creation, or a change of context inclusive of new images or concepts, or shifts the understanding of, and connections among, existing concepts such that meaning may be interpreted. These changes are based on mental constructs that *depend on a sense of reality* (McWhinney, 1997). While these concepts may represent real things, relations or qualities, they also may be symbolic, specifically created for the situation at hand. Either way, they provide the means for reconstructing existing concepts, using one reality to modify another, from which new ways of thinking and behaviors emerge.

Argyris and Schon's (1978) concept of double loop learning reflects Level II change. Learning II occurs in Phase 2 of the ISCJ.

Learning III (third-order change) requires thinking beyond our current logic, calling us to change our system of beliefs and values, and offering different sets of alternatives from which choices can be made. Suggesting that Learning III is learning about the concepts used in Learning II, Bateson says,

In transcending the promises and habits of Learning II, one will gain "a freedom from its bondages," bondages we characterize, for example, as "drive," "dependency," "pride," and "fatalism." One might learn to change the premises acquired by Learning II and to readily choose among the roles through which we express concepts and thus the "self." Learning III is driven by the "contraries" generated in the contexts of Learning I and II. (Bateson, 1972, pp. 301-305)

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**INSIGHT: There is a freedom that occurs as we leave behind the thinking patterns of Phase 2 and open to the new choices and discoveries of Phase 3.**

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Similarly, Berman (1981, p. 346) defines Learning III as, "an experience in which a person suddenly realizes the arbitrary nature of his or her own paradigm." This is the breaking open of our personal mental models, our current logic, losing the differential of subject/object, blending into connection while simultaneously following pathways of diverse belief systems. Learning III occurs as we move into Phase 3 of the ISCJ.

Learning IV deals with revolutionary change, getting outside the system to look at the larger system of systems, awakening to something completely new, different, unique and transformative. This is the space of *inclusionence*, a future state far beyond that which we know to dream (Dunning, 2015). As Bateson described this highest level of change:

The individual mind is immanent but not only in the body. It is immanent in pathways and messages outside the body; and there is a larger Mind of which the individual mind is only a sub-system. This larger Mind is comparable to God and is perhaps what people mean by "God," but it is still immanent in the total interconnected social system and planetary ecology. (Bateson, 1972, p. 465)

Table ISCJ-2 below is a comparison of the Phases of the Intelligent Social Change Journey and the four Levels of Learning espoused by Bateson (1972) based on the work in logic and mathematics of Bertrand Russell, and supported by Argyris and Schon (1978), Berman (1981), and McWhinney (1997).

An example of Learning IV is Buddha's use of intuitional thought to understand others. He used his ability to think in greater and greater ways to help people cooperate and share together, and think better. Learning IV is descriptive of controlled intuition in support of the creative leap in Phase 3 of the ISCJ, perhaps moving beyond what we can comprehend at this point in time, perhaps deepening the connections of sympathy, empathy and compassion to unconditional love.

## Phase of the Intelligent Social Change Journey

## Level of Learning

[NOTE: LEARNING 0 represents the status quo; a behavioral response to a specific situation.]

<p><b>PHASE 1: <i>Cause and Effect</i></b> (Requires Sympathy)</p> <ul style="list-style-type: none"> <li>•Linear, and Sequential</li> <li>•Repeatable</li> <li>•Engaging past learning</li> <li>•Starting from current state</li> <li>•Cause and effect relationships</li> </ul>	<p><b>LEARNING I: (First order change)</b></p> <ul style="list-style-type: none"> <li>•Stimulus-response conditioning</li> <li>•Includes learning simple skills such as walking, eating, driving and wokng</li> <li>•Basic skills are pattern forming, becoming habits occurring through repetitiveness without conceptualizing the content</li> <li>•No questions of reality</li> </ul>
<p><b>PHASE 2: <i>Co-Evolving</i></b> (Requires Empathy)</p> <ul style="list-style-type: none"> <li>•Recognition of patterns</li> <li>•Social interaction</li> <li>•Co-evolving with environment through continuous learning, quick response, robustness, flexibility, adaptability, alignment.</li> </ul>	<p><b>LEARNING II: (Deutero Learning)</b> (Second order change)</p> <ul style="list-style-type: none"> <li>•Includes creation or change of context inclusive of new images or concepts</li> <li>•Shifts the understanding of, and connections among, existing concepts such that meaning may be interpreted</li> <li>•Based on mental constructions that depend on a sense of reality</li> </ul>
<p><i>[Moving into Phase 3]</i></p> <p><b>PHASE 3: <i>Creative Leap</i></b> (Requires Compassion)</p> <ul style="list-style-type: none"> <li>•Creative imagination</li> <li>•Recognition of global Oneness</li> <li>•Mental in service to the intuitive</li> <li>•Balancing senses</li> <li>•Bringing together past, present and future</li> <li>•Knowing; Beauty; Wisdom.</li> </ul>	<p><b>•LEARNING III: (Third order change)</b></p> <ul style="list-style-type: none"> <li>•Thinking beyond current logic</li> <li>•Changing our system of beliefs and values</li> <li>•Different sets of alternatives from which choices can be made</li> <li>•Freedom from bondages</li> </ul> <p><b>LEARNING IV:</b></p> <ul style="list-style-type: none"> <li>•Revolutionary change</li> <li>•Getting outside the system to look at the larger system of systems</li> <li>•Awakening to something completely new, different, unique and transformative</li> <li>•Tapping into the larger Mind of which the individual mind is a sub-system.</li> </ul>

**Table ISCJ-2.** *Comparison of Phases of the Intelligent Social Change Journey with Levels of Learning.*

While many different ideas have been introduced in the paragraphs of this Introduction to the Intelligent Social Change Journey, you will discover that all of these ideas are addressed in depth during the course of the book, and each Part is inclusive of tools, references, insights and reflective questions provided in support of your personal learning journey. We also cross-reference, both within the Parts, and across all of the Parts.

This is a journey, and as such *the learning is in the journey*, the reflecting on and application of the learning, not in achieving a particular capability or entering the next Phase at a specific point in time. Similar to the

deepening of relationships with others, the growth of understanding and expansion of consciousness takes its own time, twisting and curving forwards and backwards until we have learned all we can from one frame of reference, and then jump to another to continue our personal journey. In this way we individuate as we deepen our connections and contributions to the larger whole.

[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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## 4. Love and Life: Custodians of the Future, by Richard Harvey

*This is an excerpt from Richard Harvey's new book, 'Your Sacred Calling.' For more about 'Your Sacred Calling,' go to <http://www.centerforhumanawakening.com/Books.html>.*

Even if the crisis of the 21<sup>st</sup> century turns out not to be a material, physical crisis of human destruction, the crisis precipitated by the final annihilation of the authentic means to spiritual liberation will be every bit as disastrous. For if we lose the means to awakening to freedom, emotional and spiritual liberation, and Self-realization—and especially if the loss is through our ignorance and abandonment—we forfeit the way to our essence, to our truth. If we sacrifice love, wisdom, peace, bliss, and compassion, we will have betrayed our deepest, most essential self.

The principles and the content contained here are endangered species. They may not live much longer unless we cultivate, learn, and remind ourselves of our inner vision, our intuition, how we embody truth as essence in our souls. The fabric of the future may be rent in a way that can never be mended, unless we practice learning the wisdom that rekindles the fire of authentic spiritual insight. The way to the ground of being, to the field of consciousness, and the illimitable freedom that is our birthright and the only savior for humanity may be lost forever, unless we revive, connect, and expand our knowledge and ourselves all the way and beyond to a robust and real spiritual vision.

In the 21<sup>st</sup> century it is crucial that we maintain a spiritual view that is authentic, deep, and doesn't bow to populism or over-concern to make spirituality palatable, that retains its integrity, genuineness, and mystery, that can genuinely lead us to personal freedom and spiritual liberation. Reading this book, you too become a custodian of the future... and of the sacred, someone on whom sanity, love, and wisdom rely for their sustenance, for their practice, and for their survival. And this survival is also the survival of humanity.

Surviving is not merely physical, financial, commercial, or even global. It is spiritual and arguably if the spiritual is effectively annihilated within us then we will be wise to ask whether we want to survive physically, tribally, energetically, and desperately in a world that has lost meaning, real experience, authenticity, depth, and caring. Would we want to live in a world no longer sacred or Divine? As the poets and troubadours have eulogized for hundreds of years, I won't live in a world without love or wisdom or sacredness or the Divine... not because we choose not to (as some modern day songs express it in this age of materialism and individualism), but because we *cannot*. A world without love is a world without life. Love and life go together. Love and life are indistinguishable.



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

## 5. I Am Not Happy. I Am Not Sad. I Am At Peace, by Robert Meagher

*This article has been re-produced, with permission, by Spiritual Guidance, Ottawa, CANADA. The original text can be viewed at this link... <http://www.servingyourjourney.com/2017 - 06 June.pdf>.*

I had an interesting exchange with a friend recently that was illuminating for me. The exchange was, on the surface, a rather mundane conversation, but underneath I was presented with a significant realization.

My friend and I were sitting in a café having a coffee. After about 20 minutes of sharing, my friend said to me, “You know, Rob, you don’t ever seem to get excited about anything. Are you happy with your life?” As I took in my friend’s question, an immense peace came over me. I may describe the sensation as joy.

I paused and, looking at my friend, said, “You know, you may be right about not getting excited about much. Perhaps I have unconsciously imbued the symbolic Buddhist teachings about the ‘middle way,’ to live one’s life between two extremes—in this case between elation and despair.

I asked my friend, “Would you describe me as happy?”

“Not really,” my friend replied. “But nor would I describe you as sad.” My friend went on to share, “You smile and laugh a lot, but there are also a lot of times you say nothing and seem disconnected. You simply don’t respond to things most other people do.”

I repeated my question, “Would you describe me as happy?”

“I don’t know,” was my friend’s response.

“Well, how would you describe someone who is happy?” I asked.

“Well,” my friend went on... “Someone who is happy shows that happiness in an outward manner through their communication, both verbal and non-verbal.”

“What does this happiness communication look like to you?”, I asked.

“A person will smile and laugh, and joke around, and... you know, just be happy.” My friend looked a little bewildered at my question.

“Earlier you said I smiled and laughed a lot. Am I not happy then?”

My friend seemed to be getting a little frustrated with my constant comeback-questions and blurted out...

“Come on, Rob...you know what I mean. Yes, you smile and laugh a lot; but you don’t behave like those other happy people.”

“How do those other happy people behave?” I asked.

“They get excited and animated,” was my friend’s reply.

“So in some ways you see me as happy, but in other ways you do not?” I asked.

“I guess so,” said my friend.

I thought I would explore the other side of this happy / sad equation with my friend and asked... “Do you see me as sad?”

“No. Definitely not sad. You never seem to be down in the dumps or depressed, or worried, or even bothered much. How do you do that anyways?”

I laughed at my friend’s question. “May I ask you another question?”

“Sure.” said my friend.

“Do you see me as ‘at peace.’?” I asked.

There was a momentary pause, then my friend tentatively said... “Well...yes. I would describe you as someone who does have a peaceful way about them.”

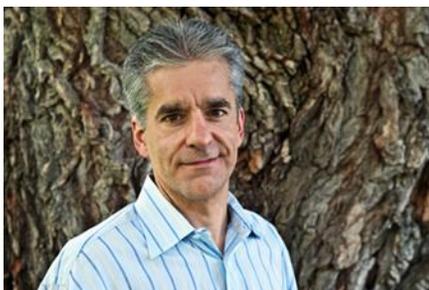
“So,” I said, “I am neither happy, nor sad. I am at peace.”

“Yeah, that about describes you.” said my friend.

I smiled. “Well,” I said, “then aren’t we all blessed.”

The objects of our happiness and sadness are nothing more than some form of idol, something we choose to replace our relationship with our true self, with the Divine. This idol we seek, that ultimately brings us happiness or sadness, is a thin veneer over our seeking of what the idol represents, not the actual idol itself. Usually, our outward search is for something to make us happy. When that happiness isn’t found, our quest for happiness turns to sadness. But the sadness, too, is a sought-after state of being; an unconscious punishment for betraying our relationship with the Divine and an attempt to appease our guilt for that separation.

The peace we so long for is not found in happiness manifest from anything outside of us. That form of happiness searching will always lead us toward sadness. The middle way, between the extremes of elation and despair, offers the greatest potential for peace. We need neither seek for happiness or sadness. The absence of both these states leaves us in the middle—peace.



**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.

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

We are in the process of planning a psycho-spiritual event tentatively entitled “*The Awakening Moment*.” The workshop-retreat may take place in Ireland and will feature talks and Q&A, along with experiential exercises. The intended 3-day workshop-retreat is being planned for later in 2017. If you would be interested in participating in this event, please email us at [info@centerforhumanawakening.com](mailto:info@centerforhumanawakening.com).

The Center for Human Awakening (CHA) invites you to participate in the upcoming series of *supervisory conference calls* for students and practicing therapists, counselors, and healers. The purpose of the group is to provide support and development for practitioners and those studying to be therapists, counselors, and healers, who wish to reflect on the issues that arise in their practices. The principles that will guide us, include:

- As practitioners we are always learning;
- Personal awareness and reflection are vital aspects of the therapeutic process; and
- Supervision is distinct from personal therapy as an expression of our ability as practitioners to separate our personal issues from those of our clients.

**WHEN:** Series of 6 monthly conference calls: 1800 - 1930 GMT, Wednesdays, July 26, August 23, September 27, October 25, November 22, and December 20, 2017.

**WHERE:** Skype conference call. When you RSVP, please confirm your Skype ID with us so that we can send you a Skype connection request, if we are not already connected with you.

**COST:** €250 for all 6 conference calls. We intend to record the conference calls; so you can request access to the recording should you miss a conference call or simply want it for your records. You can send your payment via PayPal or email funds transfer to [info@sacredattentiontherapy.com](mailto:info@sacredattentiontherapy.com). Please specify your payment is for the series of 6 monthly conference calls for the supervisory group.

**RSVP:** **Please RSVP your participation by July 19**, by emailing [info@centerforhumanawakening.com](mailto:info@centerforhumanawakening.com). When you RSVP, please share with us: (a) your Skype ID; and (b) the issue(s) you wish to discuss during the series. We will collate all issues / topics to ensure the widest possible coverage for everyone involved. Please see the list below for possible areas to explore.

We intend to explore the broad ethos of therapy and the healing process by considering:

### **Philosophical Foundations:**

- Methodology, approach and application
- Aims of therapy
- Change and transformation
- Understanding and insight

### **Training and Development Skills:**

- Fostering awareness and self-reflection
- Cultivating warmth, empathy, presence, genuineness and respect
- Ability to focus
- Strengths and weaknesses
- Increasing knowledge, competence and confidence

#### **Dealing with Dilemmas:**

- Personal issues arising in therapy
- Boundaries and power
- Intervention and acceptance
- The ability to challenge and confront
- Spontaneity versus preparation
- Dealing with stuck places

#### **The Therapeutic Relationship:**

- Projection, transference and countertransference
- Developing an individual approach
- The role of intuition
- Therapist's role
- Case histories

Richard Harvey, Founder of The Center for Human Awakening, is currently working on his new book, ***Your Divine Opportunity***. As a follow-up to *Your Essential Self* and *Your Sacred Calling*, ***Your Divine Opportunity*** describes the psycho-spiritual predicament of the modern era and provides profound and wise guidance in meeting the psychological and spiritual challenges of today. ***Your Divine Opportunity*** shows how to work with the present predicament *just as it is* and turn your seemingly pessimistic circumstances to positive advantage, optimism, and wisdom. Furthermore, ***Your Divine Opportunity*** invites you to respond to the opportunity for personal growth and self-realization and urges you to understand its significance for the evolution of collective humanity. ***Your Divine Opportunity*** is based on a series of lectures Richard gave in 2012-2013, which were later transcribed and published in the e-book *Dharma Sky*. The lectures were born in and through Source and transmitted Sacred Truth via speech and listening. A way was found to convert and reshape the seminar manuscripts to reach a broader audience of readers—***Your Divine Opportunity*** is that way. The lecture manuscripts are being fundamentally dismantled and re-structured through a divine process of culling, rephrasing, and the addition of new material. The process is being assisted by Katalin Czöndör, a student of Sacred Attention Therapy Online Training. Katalin is supporting Richard through content and structural editing, illustrating the content, and facilitating the transmission of the original manuscripts in a new, spirit-filled written form.

We are excited about the growing interest in the Center's *video blog series*, Naked Spirituality. The Center is interested in interviewing healers about your healing work. If you are a: psychiatrist; psychoanalyst; psychologist; psychotherapist; counselor; coach; reiki practitioner; yoga teacher; energy healer; or any other healing modality practitioner, please consider participating in our video blog series. You can contact us via email at [info@centerforhumanawakening.com](mailto:info@centerforhumanawakening.com). Thank you. To view our video blog series, go to <https://www.youtube.com/playlist?list=PLx4lzCsR4bvnEXOY31TkjrdIJU1LL-6x>

In May, our Co-Founder, Robert Meagher, published his new book "*Spiritual Journey: A Compilation of Short Stories About What Can Happen Between Life's Best-Made Plans*." To explore this and all the other books offered by the Center, go to <http://www.centerforhumanawakening.com/Books.html>.

*Your Sacred Calling*, Richard Harvey's follow up to '*Your Essential Self*,' was published by Austin Macauley Publishers Ltd. (London) in late April. This is 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. For more information about *Your Sacred Calling*, go to <http://www.centerforhumanawakening.com/Books.html>.

Purchase in US dollars (\$) here... [https://www.amazon.com/Your-Sacred-Calling-Awakening-Spiritual/dp/1786129035/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1493308719&sr=1-1&keywords=Your+sacred+calling](https://www.amazon.com/Your-Sacred-Calling-Awakening-Spiritual/dp/1786129035/ref=sr_1_1?s=books&ie=UTF8&qid=1493308719&sr=1-1&keywords=Your+sacred+calling)

Purchase in British pounds (£) here... [https://www.amazon.co.uk/Your-Sacred-Calling-Awakening-Spiritual/dp/1786129035/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1493308719&sr=1-1&keywords=Your+sacred+calling](https://www.amazon.co.uk/Your-Sacred-Calling-Awakening-Spiritual/dp/1786129035/ref=sr_1_1?s=books&ie=UTF8&qid=1493308719&sr=1-1&keywords=Your+sacred+calling)

**We invite your comments and feedback** on any and all content in the Center's bi-monthly newsletter and bulletin. We intend to start sharing your comments and feedback in a "Your Letters" section of the bi-monthly newsletter. You can send your comments and feedback via email to [info@centerforhumanawakening.com](mailto:info@centerforhumanawakening.com).

## 7. Other Center News and Offerings

If you would like to support the philanthropic work of The Center for Human Awakening, you can do so through our *Donation Center*. 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 enrol 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 *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*, now published by Austin Macauley Publishers Ltd.

Purchase in US dollars (\$) here... [https://www.amazon.com/Your-Sacred-Calling-Awakening-Spiritual/dp/1786129035/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1493308719&sr=1-1&keywords=Your+sacred+calling](https://www.amazon.com/Your-Sacred-Calling-Awakening-Spiritual/dp/1786129035/ref=sr_1_1?s=books&ie=UTF8&qid=1493308719&sr=1-1&keywords=Your+sacred+calling)

Purchase in British pounds (£) here... [https://www.amazon.co.uk/Your-Sacred-Calling-Awakening-Spiritual/dp/1786129035/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1493308719&sr=1-1&keywords=Your+sacred+calling](https://www.amazon.co.uk/Your-Sacred-Calling-Awakening-Spiritual/dp/1786129035/ref=sr_1_1?s=books&ie=UTF8&qid=1493308719&sr=1-1&keywords=Your+sacred+calling)

## 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\\_LktmEzruc51kfQ](http://www.youtube.com/channel/UCD_pJVba_LktmEzruc51kfQ)

### 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>

## **The Center for Human Awakening**

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M: (+34) 680 741 108

T: (+34) 958 953 033

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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\\_LktmEzruc51kfQ](http://www.youtube.com/channel/UCD_pJVba_LktmEzruc51kfQ)