



The Eyes of the Golden Hall

~ A Newsletter of The Center for Human Awakening ~

September 2017 Newsletter

Volume 2, Number 5

In this e-Newsletter...

1. MESSAGE FROM OUR FOUNDER:.....	2
2. Visioning: A New, Expanded Physical Center in Andalucía, Spain	8
3. Penetrating The Heart of Your Humanness, by Richard Harvey	12
4. Character Strategies: A Diagnostic Tool for Sacred Attention Therapy – Part 8 – How Can Character Strategies be Used in A Therapeutic Encounter, by Robert Meagher.....	15
3. The Bifurcation: The Choice – A Self Readiness Assessment to Prepare for the Profound Choice Facing Humankind Today, by Alex Bennet.....	17
4. What's New and Upcoming at the Center?	20
5. Other Center News and Offerings	23
6. Links	26

1. MESSAGE FROM OUR FOUNDER:

THE GARDEN OF TRUTH: Thoughts about Establishing a Physical Center for Human Awakening

The Center for Human Awakening is a virtual center with a multitude of offerings. Through the technological advances of the internet we have been able to reach out to so many people all around the world. It makes the scope of our work of yesteryear look mild and humble in comparison. Similarly with individual therapy work I can now see people from any country and build a therapeutic relationship of trust and honesty without ever having met them in the flesh. From the virtual center we have conducted satsangs, lecture-seminars, SAT project meetings, monthly conference calls, and more. We are able to speak to our followers and other interested parties through our weekly blogs, vlogs, articles, meditations, compile information on community service, retreats, workshops, and other initiatives via our YouTube channel, offer courses, downloadable eBooks, and our newsletter, The Eyes of the Golden Hall. We are indeed blessed to live in an age where we can so easily connect and communicate with so many.

As my time has been spent increasingly in front of my laptop I have come to treasure the hours I get to spend with people who arrive here at Cortijo Llano de Manzano¹ to see me in person. Some part of me still thinks real contact is made energetically and emotionally in the physical body and energetic presence in the act of sitting in a room together. Even though it is about 17 years since I first started giving sessions on the telephone (and about 7 years on the internet) the gift of personal physical presence remains somehow special.

For this and other reasons we have decided to pursue the idea of a physical center to bring the concept of the Center for Human Awakening out of an exclusively virtual domain into a physical presence. So many people I meet online from all around the world are looking for a place where they can go and spend time, perhaps with others who are also navigating their way through the inner realms, perhaps with inspiration around them and an atmosphere of sensitivity and awareness, perhaps a place where nothing is asked of them and they can relax into the simplicity and profundity of their being. We propose the vision of a center which is all this and more.

In the back of my latest book *Your Sacred Calling: Awakening the Soul to a Spiritual Life in the 21st Century* I began an all too brief discussion on a possible future for humanity.² There and elsewhere I have begun to discuss the need for physical structures in civilized³ communities, buildings that are devoted to honoring and supporting the transitions and thresholds of a human life. In my vision of a sacred-spiritual, decentralized community it is essential that we respect, honor, and bring reverence to the growth points of our lives, to the transitions between stages, to the rituals of age, and the ceremonies of ongoing maturity. These practices have become lost to us in modern life. Occasionally we may see their remnants in primitive people

¹ Cortijo Llano de Manzano is my retreat center for personal growth and spiritual development; see <http://www.therapyandspirituality.com/location-alpujarras-spain.html> for details.

² “The Future: A Vision of the New World” in Richard Harvey, *Your Sacred Calling*, 319-29.

³ Interviewer: “What do you think of western civilization?” Gandhi: “I think it would be a good idea.”

who have survived into the present era. Or we may read about them in books, in folklore, or primitive ritual and world mythology.

But my vision is not a backward-looking one. Many have sought the answer to the riddles of relationship and spirituality in a return to nature, through embracing a simple life of subsistence and basic pleasures, or by idealizing a halcyon golden era. What I say is *embrace the blessings of the modern world* – embrace them for there is much good here – embrace them and in loving acceptance, wisdom, and empathy change the things you don't like about the modern world and reinforce and strengthen the things you do like about it.

To take only one example, there is today a fabulous enthusiasm for spirituality and psychological change, a great interest in the old traditions, the ancient ways of wisdom. There is a downside to this (and this perhaps is one of the things some of us might like to change). The downside is that commercial forces are rampant, as are the persuasive methods of propaganda, superficiality, and the popular appeal to lower energy system concerns. For example, I could advertise a workshop offering the very deepest of initiatory spiritual insights, the Divine truths naked and unprocessed, to the participants. I could even throw in one of those hackneyed phrases (and these phrases I have never liked or use!), such as, *This workshop will change your life*.⁴ I might even be partly justified in using such a phrase to promote the event judging by the large number of people who have told me this after an event.⁵ I *could* offer this workshop and get some participants to take part. Alternatively I could advertise a workshop which promises insights and wisdom into relationships, having more love and sex in your life, earning more money out of increasing your confidence and self-worth, or, and I know this from experience, simply put out a group called “Anger” in bright red letters. Now I am not a betting man, but I bet you that for every participant for the spiritual workshops I could get 20 or more for the relationships/love/sex/money/abundance and self-confident/anger event.

This principle is well known in propaganda/advertising circles. You simply tell people what they want in a way that makes it seem like they want what you have to sell them. Everyone knows that “relationships” on the whole don't work (look at the statistics!). They should work and they could work, but they don't. The reasons are complex and varied. In essence they amount to this: for 2000 years or so we have been brainwashed by a myth or fairy tale concerning the salvation to be found in a love relationship. Inevitably this love is felt toward someone beautiful or handsome, powerful or wealthy or at least honest, hard-working, and respectful, never lazy or angry toward us, or resentful, or frustrated. In fact for 100 years in novels, magazine articles, theater, movies, TV dramas, DVDs, blu-ray discs, and now interminable streamed messages sublimated in a torrent of what used to be called television programmes, the message has been hammered home: *Find your fulfilment in some other person*. There is someone for everyone, someone out there loves you, soul mates, life partners, twin flames. Furthermore, a brief survey of self-help literature will reveal a preoccupation with the subject of romance, relationship, sex and love.

⁴ Remarkably, it was my father who comically demonstrated the absurd futility of this promise when it does not deliver. On finishing reading Luke Rhinehart's book, *The Dice Man*, which boldly bore the legend “This Book Will Change Your Life!” throwing the book to the floor in disgust, he exclaimed, “Well, it didn't change *my* life!”

⁵ Viz, “Richard has been sharing his therapeutic philosophy with me since 1996 and during this time I have witnessed his work bring about the most dramatic, profound and miraculous changes in people.” – Susan Quick, Artistic Director at Enabling Theater. For the extraordinary story of my journey with Susan Quick – a life changing experience for us both – see “The Enabling Power of Disability” in my book *Human Awakening*, 326-330. (Please note Susan is called Josephine in the narrative.)

The preoccupation with love relationships as salvation and a solution to life's problems is in keeping with a basic principle of propaganda and advertising that dates back to the early 20th century. It was then that selling products that would last – for a life-time, forever, or at least for a very long time – was first considered a very bad idea. Far greater profits accrued from selling things that didn't last because they weren't much good in the first place. So an age of superficiality was ushered in or rather the masses were manipulated into it. People were persuaded to smoke cigarettes as a form of self-expression, buy shoes that had no rugged quality but which stated their individuality, rebelliousness, or attractiveness to the opposite sex. Cars, clothing, accessories, and confectionery were all marketed on the same basis, because telling people what they wanted and then advertising it to make it more widespread and attractive before selling it to them actually worked. The product itself did not work in the strictest sense. It did not last, did not work after a while, it wore out because it was made of inferior material, or it simply killed you (cigarettes and cars for example). But before that burgeoning profits were to be had.

Today there is a fabulous enthusiasm for spirituality, psychology, personal development, awareness, mindfulness, awakening... as I said. Unfortunately it has been commandeered by the machines of commerce which make enormous profits for themselves and their nominal celebrities. Being a celebrity is OK with me. But being a spiritual celebrity clearly brings with it a cornucopia of ethical problems. I have had very minor brushes with this. In talk shows and radio programmes⁶ I have been interviewed in such a way that there is a near-tangible pressure to hype up your message, usually in an over-positive, motivational, and falsely-enthusiastic way. The positive rays of many healers on social media who contact me to say how similar their work is to my own can be feverishly contagious. Presenting my books for international publication has led to invitations, some might say pressure, to modify the message through adaptation, adjustments, redactions, and some requests to popularize laced into the tapestry of criticism, edits, re-writes, and the inevitable bruises to the ego all authors must suffer under the expert eyes of competent editors. The heady mix of excitement at preparing a book for publication and the insinuating influence to adapt your writing to make it “better” may easily slip into making your message and your writing superficial, diluted, less pointed, and uncompromising. People want (we are told... or maybe they are told what they want) books with clear points, calls to action, anecdotal examples, and illustrations possibly from the author's own life. This makes him or her humanly identifiable, someone the reader can relate to and trust, someone who is or purports to be like them.

Now in resisting, as far as I am able, the forces of commercialization I have earned very little from writing, in spite of spending my every waking hour for some years, doing it. A far more commercially-minded spiritual teacher who has written scores of books reportedly earned 22 million dollars in one year!

My objection, as ever, does not concern fame, celebrity, high earnings or low, but rather the debasement of the sacred and the spiritual. From my realization and understanding the popular spiritual teachers are really peddling human psychology, albeit sometimes in its higher form, but psychology nonetheless. The efforts toward self-improvement that pop spiritual teachers offer is not an intrinsically spiritual exercise or concern. When the body of seekers and their enthusiasm meets the knowledge and wisdom of self-appointed teachers these same seekers can be forgiven for assuming they are in the hands of competence and expertise. But when

⁶ My archived radio appearances are at the Center for Human Awakening YouTube channel at https://www.youtube.com/channel/UCD_pJVba_LktmEzfuc51kfQ (see “Journey with Sacred Attention Therapy”) and, more extensively, on the Therapy and Spirituality website at <http://www.therapyandspirituality.com/articles/> (scroll down to “Radio show appearances” in the right-hand column).

the teachers who claim that wisdom have fallen foul of personal integrity and abandoned uncompromising wisdom the body of seekers has been taken in.

As a reader of this newsletter you may be, or may remember being, a novice to inner exploration and spirituality. Wherever you find yourself, I would like to make this abundantly clear: *the knowledge and wisdom you seek is already inside you*. The approach we offer at the Center for Human Awakening, via what has become known as The Way of Sacred Attention⁷ is founded very firmly on this principle. There is no substitute for your inner knowing. What then, you may ask, is the role of teaching, psychological facilitation, and spiritual guidance? It is to remove the blocks and veils between you and your innate wisdom. It is not to replace your natural wisdom with another's – mine or anybody else's.

In my work with seekers I am fortunate to be able to witness this regularly. The seeker who has given me their trust and placed faith in my approach for a time is concerned with how their present stage of understanding measures up to the Three Stages of Awakening. They enter into a period of self-criticism – both positive and negative – in which they are concerned about what stage they have arrived at and how personally and/or spiritually evolved they are. Striving for progress and longing for attainment are inevitably conditioned blocks to awareness and acceptance of that which is already present in their soul and in their spirit. One day when the time is right and when they are ready to assimilate the insight they realize that their illumination and its expression are absolutely unique. It *is* them... the very essence of them... and as they access their very being so wisdom and true understanding become available to them.

The argument that therapy (at an hour a week) is not enough is a good one. It may be enough, but sometimes it isn't. I increasingly work with people for two or more hours a week. I also encourage annual retreats wherever possible and in many cases therapy and inner work complemented and augmented by our online courses, lectures, and publications. It is true that in a sense therapy and inner work will not be rushed, but that is no reason to assume it cannot benefit – or occasionally be accelerated – from accurate focus, application, and earnest practice.

When these three elements – focus, application, and practice – take place in the context of a community of like-minded souls, both effort and results are intensified. The support of others who are also engaged in inner work and who are seeking liberation cannot be overestimated. When the opportunity is there for just such an experience it should be taken. One of the roles of the physical Center for Human Awakening will be just this: a community of souls intent on psychological freedom, practicing the life of heart-centered existence, and surrendering to spiritual means to true understanding through wisdom, devotion, and the release of suffering through non-separation and transcending division.

The question, as ever, is Who am I? The answer of course is manifold. Each successive answer is an appropriate response to the present conditions of the psycho-spiritual aspirant or student. The answers are subjective, corresponding to the depth of understanding of the individual. Both question and answer are in this way *subjective*, not objective. Just as you should be seeking your own understanding through your innate wisdom, and not somebody else's, you seek your unique answer to the question Who am I? as it applies to you in your present state of consciousness and illumination.

⁷ For a detailed visionary and inspired account of The Way of Sacred Attention see the short course, "The Sacred Attention Vision" at <http://www.centerforhumanawakening.com/Sacred-Attention-Vision.html> .

The question, naturally enough, leads to authenticity. One day you will come upon yourself in your spiritual personality. No longer in a disguise of any kind, it will be revealed to you who you are in your own spiritual nature. There are depths to the spiritual nature of human beings in the present era. First, there are the casual participants, those who have a glancing interest in things spiritual. In time such relatively superficial interest may grow and blossom into a more serious engagement. But the casual spiritual participant is valid in themselves. They represent a meeting of earthly and divine concerns, a hybrid of commitment and an invaluable conduit of spiritual knowledge that extends in two directions: one, to inform and illuminate those earthbound souls that will in all likelihood will never be engaged in committed spiritual practice in their lifetime: two, to the more serious, applied spiritual aspirants who sometimes need reminding that they live on earth in the physical plane!

Second, there are the spiritual practitioners. Making up the largest section of the spiritual or psycho-spiritual community, these are the seekers who apply themselves to a practice in order to accrue spiritual virtue, to grow in understanding of sacred-spiritual truths, and to deepen into spiritual awareness over time.

The final and deepest level of spiritually conscious beings comprises those who have transcended seeking. These adepts, no longer aspirants, require no path, practice, means, or method through which to grow or develop spiritually. They are essentially present in eternity. They bridge the world of paradox, contradiction, and argument of any kind. As paradigm breakers they need to be affirmed in their revolutionary status as truly spiritual humans. But who can affirm them? Clearly only those like them!

In *The Way of Sacred Attention* we say that psychotherapists need to be spiritual teachers and spiritual teachers need to be psychotherapists. When a conventional counselor or psychotherapist meets someone who exists in the third level, he or she almost certainly has no reference point for the spiritual attainment that is presented to them. They merely see someone with a spiritual sensibility. They understand that their client has spiritual leanings. So they relate to them through the conventional appearance and acceptable associations people tend to presume in relation to spiritual types.

First, they assume their client is seeking in some way. Second, they assume they have or are in search of a spiritual practice of some kind. Third, they expect them to be involved in some cultic grouping with a teacher or figure-head. Because they break the paradigm the therapist will not recognize their spiritual condition.

Today, among my clients, students, and friends increasingly the third level of spiritual adepts is emerging. Some of you who are reading this will identify with this spiritual condition. You have located the essence of your spiritual self and I have helped you to recognize it as the most precious and critical part of you. The acknowledgement of your spiritual core revolutionizes your existence. You stand in relationship to giving, generosity, abundance, and transcendence. You discard dissatisfaction, striving, lack, and relative world concerns as a central part of your life.

In order for such spiritual adepts to realize their state the Center for Human Awakening in physical form will offer an environment of love, acceptance, and understanding to those individuals who need to recognize, integrate, and stabilize in their condition of profound divine calling, true life purpose, alignment with spirit and the fulfilment of soul. This insight and the teachings that have evolved from it (see *Realizing the Divine*⁸) are

⁸ "Realizing the Divine" is an online course offered by the Center for Human Awakening. See <http://www.centerforhumanawakening.com/Realizing-The-Divine.html> for details.

not to be found elsewhere. I have struggled all my life to gain some perspective that avoids self-aggrandizement or false humility. Between these two, in some shady grove, by a beautiful coastal path, looking into the moonlight or it might be a sunset may we meet in the transcendental vision of the physical center. May we learn together to become carers⁹ of the soul, loving minders of the planet, custodians of the future, shepherds of the spirit, and gatekeepers to the garden of truth.

May you and I fully awaken
May all beings fully awaken
May all of existence fully awaken



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

⁹ Caring, while *felt* in the heart, cannot remain in the heart. Care, like love, is fulfilled in action. So if you are one of those who have recognized or are in the process of acknowledging your spiritual essence, write in to us here at the newsletter and share your experience. This way others are encouraged to recognize their similar state. Likewise if you are moved to manifest the physical center or to help us to do it, please don't hesitate to offer your services, your time, your ideas and inspiration, or make a financial contribution (see our Donation Center at <http://www.centerforhumanawakening.com/Donations.html>) so that we may realize this inspiring initiative... for all.

2. Visioning: A New, Expanded Physical Center in Andalucía, Spain

*** *CALL FOR SUPPORT* ***

The purpose of this article is to share our vision for a new, expanded physical Center in Andalucía, Spain. Below we articulate the mission for the Center, our core activities and three spheres of endeavor, and a description of the physical building and amenities manifest as the Center. We call on your support to realize this vision.

Mission

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

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 (for example, the Arhat Project)
- Humanitarian philanthropic work to provide healing and support for people in need

Three Spheres of Endeavor

Our work is collected under three separate, yet connected, spheres of endeavor:

- The Way of Sacred Attention
- The Creation of a Divine Meta-Psychology
- The Art of Conscious Living

These three spheres of endeavor comprise Sacred Attention Therapy, Sacred Attention Spiritual Training, Sacred Attention Psychology, the Sacred Attention Project, Human Awakening Groups, the Arhat Project and Lay Counselor Support and Training.

THE WAY OF SACRED ATTENTION

The Way of Sacred Attention consists of two principle disciplines: Sacred Attention Therapy and Sacred Attention Spiritual Training. Together they comprise a comprehensive approach to the psycho-spiritual development of the human being.

Sacred Attention Therapy is a radical, innovative therapy and healing modality for the 21st century. It is based on the three stages of awakening and other original concepts drawn from the work of Richard Harvey. Sacred Attention Therapy addresses the full spectrum of psychological growth and spiritual development of the human being. One key idea that has great significance for the individual and the modern era is that between the psychological and the spiritual dimensions of human existence is a connecting heart-stage of authenticity and compassion, which represents the natural flowering of a human life. This approach proposes that inner work is crucial for humanity's future and that it is only through individual, personal awakening to inner wisdom, authenticity and innate compassion that the world will thrive and realize a new era of cooperation, tolerance and peace.

Sacred Attention Spiritual Training is a spiritual-sacred way for the modern era which radically revises popular assumptions about spiritual life. The preparatory period of spiritual approach (toward the end of the second stage of awakening) prepares the aspirant for authentic spiritual life, supported, explained and nurtured in the Sacred Attention Spiritual Training teachings of the third stage of awakening. The three spiritual natures of knowledge, devotion and service are identified and embraced individually by each aspirant as the basis for spiritual practice in a consistent and non-progressive practice of lifelong spiritual discipline.

Underpinning Sacred Attention Therapy and Sacred Attention Spiritual Training is the emergence of a fifth wave of human psychology, a progression and expansion of existing ways of understanding human beings, which places spirituality at the very center of human, earthly life in order to recognize its sacredness.

THE CREATION OF A DIVINE META-PSYCHOLOGY

The Creation of a Divine Meta-Psychology consists of two principle enterprises: Sacred Attention Psychology and the Sacred Attention Project. The two combine with the purpose of assembling a body of work that represents an expansive understanding of humanity with the spiritual essence of the human being at the central core. The divine meta-psychology comprises a comprehensive approach to psycho-spiritual development and supersedes existing psychologies by clearly connecting the individual with the spiritual essence, the human with the Divine.

At the heart of Sacred Attention Psychology is the relationship to the numinous, which is not achieved necessarily through religious belief, spiritual conviction or association with a spiritual organization or religion, but rather in the grounding of genuine spirituality and living a sacred life of authenticity, awareness, freedom and empathy. In order to be capable of this, Sacred Attention Psychology proposes the total release of attachments to the past and embracing the true nature of the individual.

The Sacred Attention Project is the collaboration of an international group of multi-disciplinary practitioners in order to share information, embrace different viewpoints and understanding in the spirit of partnership and cooperation. Currently the project is working to produce a collectively-authored body of work that, alongside Richard Harvey's published works, will form the basis of a divine meta-psychology.

THE ART OF CONSCIOUS LIVING

The Art of Conscious Living consists of three initiatives: Human Awakening Groups, the Arhat Project and Lay Counselor Support and Training. The Art of Conscious Living is a response to a growing need in people to grow and awaken psychologically, and to intensify and accelerate the individual and collective processes of personal growth and spiritual development. Together they represent a comprehensive, practical approach to working with the psycho-spiritual processes of human beings, formally and informally.

Human Awakening Groups are for people who share an interest in personal growth and inner work and are in need of a community of like-minded souls for their inner development. The Art of Conscious Living offers guidance for the facilitation of group meetings along with the offer of attendance by Sacred Attention Therapy teachers and therapists to supervise the unfolding progress of the group. The inspirational function of a Human Awakening Group is to practice, grow through, and teach the three stages of awakening. The Human Awakening Group can be established in a physical location or over the internet.

The Arhat Project is a model for residential spiritual communities and an experiment in sacred living for people seeking personal authenticity through psychological development and spiritual realization. Based on the principles of Sacred Attention Therapy and Richard Harvey's three stages of awakening, the processes of inner enquiry and personal transformation are accelerated through a sacred, engaged schedule of psycho-spiritual discipline, psychological exploration and individual awakening. The central activities of Arhat communities include communal life, therapeutic group work, psycho-spiritual discourses, study, creativity and arts, meditation, spiritual and sacred practices, and spiritual guidance.

Lay Counselor Support and Training is an initiative that extends basic principles of therapy and counseling in Sacred Attention Psychology and Sacred Attention Therapy and offers them in an accessible form to the lay counselor. The lay counselor may practice these skills in everyday interactions in his or her relationships, marriage/partnership and family, with children, at work and in talking to a friend in distress. The fundamental idea behind this initiative is that, with only a little deepening of skill sets, people who may have no calling to train as a therapist or counselor can learn to extend concern, love and kindness, and be with others more compassionately and effectively.

Location

The Center for Human Awakening is envisioned to be located in Andalucía, Spain. Andalucía is a large autonomous region of hills, rivers and farmland bordering Spain's southern coast. The Center may manifest as an existing property, land and/or structure that is donated to the Center, or as a new structure that is built.

Physical Structure and Amenities

The new Center will provide:

- Accommodations for individuals and couples, comprising of bedrooms, bathrooms, and closets for storage of personal items. Dormitory-like accommodations will also be available. Various tiers of pricing will be offered to the visitor / retreatant based on accommodation and meal preferences (see

Kitchen below). Accommodations for live-in staff and volunteers will also be necessary (see *Team* below).

- Kitchen for preparing meals for guests and retreatants. The kitchen will offer guests and retreatants healthy and nutritious buffet and / or menu options for breakfast, lunch, and dinner. Meals will be available as needed or combined with accommodation packages for all-inclusive stay options.
- Common and Communal Areas for group work, workshops, lectures, spiritual practice, and more. These areas will offer floor seating (cushions), chairs, and professional audio-visual systems.
- Gardens and Hiking Trails will be an integral part of the Center's complete experience.
- Offices for administrative staff to manage and facilitate the Center's operations.

Team

We envision a core group of 4 – 5 staff and/or volunteers will be required to manage and maintain the Center. This core group would be on-site residents and will assume overall responsibility for the Center management, vis-à-vis the various departments (i.e., administration, food and accommodations, grounds, programming, etc.).

Call for Support

We call on your support to realize this new, expanded physical Center. Donations of an existing property, financial contributions toward the building or purchase of a new structure, or donations of time and effort to realize the Center are invited and welcomed at any time through our Donation Center (<http://www.centerforhumanawakening.com/Donations.html>) or by contacting us at info@centerforhumanawakening.com.

3. Penetrating The Heart of Your Humanness, by Richard Harvey

An excerpt from Richard Harvey's forthcoming book Your Divine Opportunity

The need for authentic spirituality

Next to being bound to the physicality of the world, there is another binding and that binding is a welcome one. Spiritually we are obliged to embrace our potential fulfillment and destiny which constitutes a binding in Truth. It is the binding of the *religio*, or the yoke of yoga. Both terms, religion and yoga, speak of the way in which we are given life in order to transcend it through persistence and spiritual discipline. Both western and eastern terms hold the secret to our freedom and liberation and how to accomplish it. We are bound to life in order to make it sacred. We have an obligation to make life sacred, to accept the yoke, to go through it again and again, until we have achieved sacred union with the Divine. In other words we are bound to life in order to become enlightened and in that lies our authentic freedom, our liberation and Self-realization, and our union with Reality itself.

Authentic spirituality has absolutely nothing to do with morality, society, and relationships as you may know them or happiness as you habitually think of it. Peace, fulfillment, satisfaction, or human experience in every way is dwarfed by the genuinely spiritual. This does not mean that attaining spiritual heights doesn't make you a better person, a happier person, a person who is more moral and responsible in his or her relationships, capable, sensitive, and skillful with others and in the world. It may well do these things. But these things are not what spirituality is about. Spirituality is about eternity; it is about what is absolute.

There are many people who are not necessarily interested in spiritual transformation or the deeper teaching of the spiritual way. Nonetheless, human beings are spiritual. It doesn't matter if you know it or not. It does not matter if you believe it or not. We are human beings and human beings have a spiritual nature. When that nature is not recognized, understood, and honored then you are likely to suffer... unnecessarily. As nearly everyone has pointed out now, from Ram Dass to Oprah Winfrey to Nelson Mandela, the human being is magnificent, extraordinary, gifted beyond measure. This is true, for human beings are conduits of divine love, recipients and givers of grace and compassion, with interior worlds of unspeakable harmony, transcendent peace, and unending stillness and devotion. To reach these states is surely the goal of a purely intentioned, informed, and courageous human life. However in these dark times the way is unclear and many things are inhibiting it.

Just how these processes take place in this present era and how they stand in relation to a broader sweep of successive ages, evolving humankind, and emerging collective spiritual existence has been my lifelong concern and study. My conclusions are formed from my personal witnessing and participation in the psycho-spiritual healing and growth of thousands of individuals, my acquaintanceship, friendship, mentoring, and teaching through scores of teachers, gurus, and guides and my personal tendency to experience all the methods and possibilities of development and growth, before theorizing or intellectualizing. I am under no illusions about my work; it does not offer shallow or necessarily easy or immediate rewards. With the right attitude much is possible. With the wrong attitude the veils are drawn even tighter over the truth, over what is real. What I offer is not for everyone. It is likely that within my lifetime it will remain the gift of the few, but I maintain that whether in my words or someone else's, something of what we will discuss in this book will be the way in

which humankind and the whole of existence over time emerges out of a natural cycle from the Kaliyuga, the present times of darkness, into another magnificent age of love and divine radiance.

Only a human society rooted in real spiritual wisdom and insight can create a sacred culture where people behave with mutual respect, belonging, and compassion, a global society with love and devotion as a practical, viable basis for action, responsibility, and relationship.

If we continue to act in ignorance, to not know ourselves, and particularly if we do not acknowledge and act on the crucial need to make real spirituality the basis of modern life, the hoped-for return of mutual respect, honor, and reverence for humanity and the natural world as reflections of divinity will be thwarted... and not merely delayed, but destroyed. If however through the collective soul evolving in love and consciousness the true heart of humanity manifests here in time and space, paradise will assume its rightful place: heaven will appear on earth.

Potential of human beings

The true nature of human beings—awareness and self-realization

Human beings are raised to identify themselves in opposition to everything around them. Instead of seeing ourselves as confluent and continuous with life, we learn to pit ourselves, our strength, our energy, our emotionality *against* life. It is a battle that we are condemned to lose. How could we be against the very same forces that gave birth to us? The same principles of procreation that gave rise to us have created the manifold universe of a multitude of forms. We may like some of them more than others, but ultimately what is the difference?

We human beings are the same composition, the same cake so to speak of material, physical, psychical, mental, intellectual, rational, emotional, energetic, spiritual, soulful transcendence, earth-bound and divine. Furthermore, we are the same as a tree, a mountain, a flower or an animal, and yet we are much more than that.

As human beings, we are exceptional because we have the ability to self-reflect and therefore know ourselves. This distinguishing blessing should be taken seriously, and the history of humanity clearly shows that it has—hence the enormous richness of spiritual philosophies and methods: organized religion is 11,000 years old and recorded religion is as old as writing, about 5000 years old.

So there is this one difference between you and a rock, you and a wave in the ocean, you and a tree. You are capable of self-reflection through the practice of awareness and by means of awareness you may realize the Self. This means that you may attain to the truth of your real self, your real nature.

To understand what your real nature is you must penetrate inside yourself. It sounds like a male word, a male term: penetrate, but in fact it is more female because it implies surrender, yielding, letting go and entering into the mystery of the Self and through that into the mystery of life.

Real nature, the essence, the soul or the heart of something, is what the Buddhists call thing-ness; what would be translated as Richard-ness in my case or George-ness or Isa-ness in yours. By penetrating to the very heart of your humanness, you understand the essence of what it means to be a human being. To be human is to be self-reflective, self-aware, and ultimately to realize the true heart, the essence that is pure and timeless being, boundless consciousness. There are no words to describe the true nature of a human

being. Ultimately it is wordless. It is in the silence between the words, in the space between the breaths, in the mystery that pervades all things. It is the source of all arising forms, the play of consciousness. It is the inner emptiness, the matrix of creativity, restlessness and peace, which fills your core, which inhabits your soul, which waters your spirit, which gives rise to this miracle of life.

Human beings are not all equal. Some have greater potentials, destinies, and functions than others. However, in one aspect they are the same. With rare exceptions, human beings lose their connection with their true nature while growing up, under the pressure of needing to become “someone” who is acceptable or even lovable. Reconnecting, finding the treasure, the true Self buried beneath behavior patterns, masks and defense systems becomes a major if not the sole life task of a human being. It is thus important that you take the potential of your humanness seriously, that you become the person you truly are and realize your true nature in the form that you have been given, as an act of divine grace.

The true nature of human beings—human and divine

We have reflected on the human abilities of self-reflection and awareness and the potential for self-realization as a distinguishing blessing of human beings. Another important aspect which requires our attention is the fact that human beings are both human and divine. You have a duty and a responsibility, even a loyalty, to honor both your humanity and your divinity. You cannot ignore either, because they are both you. It is like exercising and strengthening your right leg, but letting your left leg wither. It would be ridiculous and stupid.

To become fully human is not to learn to cope, not to develop the ego qualities, the self-contraction. It’s ludicrous if you think about it. How can the goal of a human life be to develop the ego to cope with life? What an infinitesimal, insignificant aim! The human being flourishes in ecstasy, enthusiasm, passion, love, absorption, quiet devotion, celebrating, totally engaged in everything that life has to offer, all its gifts. To be human in the authentic sense is to be alive and vibrant and happy and content. Now in the world today you would think it is just the opposite. You would think that to be serious, miserable, concerned, and struggling is what life is all about! But it is merely what a paternal culture has made of it. Let’s lift the lid off this ridiculousness. The aim of life today is a patriarchal aim, the aim of self-importance, self-absorption, self-interest, self-aggrandizement. These concerns are patriarchal, achievement-orientated, phallic, uninterested in beauty, emotions, energy, spirituality, sacredness, sacrificing everything that is holy and astonishing, full of wonder and reverence, for efficiency, even for production or destruction! Although, the balance is clearly shifted toward the materialistic and the ego-driven, this doesn’t mean that the “other leg,” the spiritual, can be ignored, or that we can pretend that living with one leg is all that life is about. As already mentioned earlier, human beings are spiritual whether we know it or not, or whether we believe it or not. We are human beings and human beings are both human *and* divine.

(with thanks to Katalin Czöndör)



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

4. Character Strategies: A Diagnostic Tool for Sacred Attention Therapy – Part 8 – How Can Character Strategies be Used in A Therapeutic Encounter, by Robert Meagher

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

Character strategies are a tremendously helpful tool for working with clients and seekers alike. Richard Harvey, the Founder of The Center for Human Awakening and Sacred Attention Therapy, encourages us not to be complacent with this tool, however:

Please don't be tempted to treat character analysis strategies as a brief personality test of superficial horoscope. This work can be so revelatory and exciting as a way to self-understanding that we discover the first or second layers of character and start to explore our entire behavioral and emotional-behavioral spectrum within their framework. But a human being is immensely rich, diverse, and unique. Always remember that the three layers of character defenses, accompanied by other aspects of personality and character reflected in the other core elements, produce an immense number of possibilities and individual expression of personality defenses. ~ Excerpt from Sacred Attention Therapy Online Training, Level 1, manuscript – Module 8: Character Strategies

So how might we use character strategies in working with clients. I tend toward the following three applications of character strategies in the therapeutic setting:

1. A starting point for inner exploration

Even after an introductory, intake session with a client, I can begin to identify which character strategies the client is employing. Certainly, within the first three sessions the character strategies start to crystalize. The character strategies give me a starting point for exploration with the client. For example, if a client presents an 'oral' character strategy, I may invite an exploration of dependency and neediness in their life. Equally, I may explore with the client if they feel their needs are being met and, if not, how they may be able to meet them. If a client presents a psychopathic character strategy, I may explore their relationship with their parents, in particular their mother, and other issues around power, respect, emotions, control, and trust. Sessions with a client exhibiting a psychopathic character strategy may concentrate on encouraging the client to feel their emotions, especially their anger.

2. A tool for deeper exploration of issues

If the client continues their therapeutic journey over the medium or long term, identifying character strategies can provide an ongoing beacon for the issues to delve into with the client. For example, if the client presents a masochistic character strategy, I may choose to work with them on issues of freedom and submission over an extended period of time. This extended exploration allows us to examine the client's life statements (e.g., I can never be free, My feelings hurt people, etc.) and begin to shift their perception to remove their barriers to forgiveness and love.

3. A guide and approach to healing

Each character strategy comes with its own invited therapeutic approach. For example, the phallic character strategy, with their themes on work, doing, action, and accomplishment, may best be approached through giving time, valuing emotions, and simply ‘being’ with the client. Letting the phallic client do the talking in session may be the best approach to healing. Each of the other character strategies come with its own approach that, if used as suggested, can provide wonderful guidance for the mysterious therapeutic journey.

Interestingly, acceptance, gentleness, patience and sensitivity are the cornerstone of approach for all character strategies, even the psychopathic character strategy. So, if you are ever at a loss for how to approach the healing process with a given client, if you default to focusing on acceptance (i.e., non-judgement), gentleness, patience and sensitivity, you will be standing on solid ground.

I invite and encourage all healers to re-examine their diagnosed character strategies regularly, for each client, during the first few months of the therapeutic process. What often happens is that 2-4 character strategies rise to the surface and show themselves prominently. I often rank the character strategies (e.g., 1, 2, 3, etc.) to become aware of which strategies are most relevant for each client—this allows me to focus my exploration with the client on the issues most foundational to their psyche and spiritual development.

Cautionary Notes on Using Character Strategies in a Therapeutic Setting

Character strategy analysis provides a fertile ground for exploration with your client. Each character strategy comes with its own suggested healing approach that, if employed, can guide your client through their journey of self discovery and transformation into authenticity.

Character strategy analysis, however, like the other core elements of SAT should be held ‘lightly’ when entering into the therapeutic encounter. They are merely tools and, as such, should never become the sole focus of the process. Do not allow these tools to become the agenda for a session. Always favor emotions, energetic charge, and being with your client in the moment, over framework-oriented processes such as the character strategy analysis tools presented in this series.



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. The Bifurcation: The Choice – A Self Readiness Assessment to Prepare for the Profound Choice Facing Humankind Today, by Alex Bennet

Every life is a journey, and at every point in this journey we are in the process of becoming something else. So it is difficult to secure a robust foundation from which we take our next steps. There can be *vastly different perspectives on where we are at any point in time*. What is known to one is unknown to others, or perceived very differently. What seems real to one person can be totally unreal to another. *Your truth* is considered just a perception by others, and vice versa. For example, one person's terrorist is another's war hero, an unfortunate reality that we collectively face in challenging times.

Differences in perception of reality, belief and truth often cause conflict between those who differ. Historically, these differences have caused arguments, ill feelings and even wars. However, if we can get past considering differences as barriers, and tune our mindset to *view differences as potential for creative living and innovation*, we can expand and accelerate what we individually and collectively are capable of achieving. By engaging others in this mindset, we can also *amplify the value* of what we achieve by helping those around us achieve more as well.

There is stability only in the dynamic process of change, that is, the knowing that change is a dynamic process of life. There is within the human a continuous need for more and different, an underlying desire to experience, and through this experiencing the shifting and changing of desires and an ever-expanding frontier of choice. We *need* change. We *crave* change. We cannot go backwards. Change is a journey into the future, a global future requiring recognition of an entangled humanity, considering the impact of our decisions and actions on others and our environment.

<<<<<<>>>>>>>>

INSIGHT: There is stability only in the dynamic process of change, that is, the knowing that change is a dynamic process of life.

<<<<<<>>>>>>>>

Understanding and assessing readiness for change is a vital component of change leadership. Since new knowledge is developed based on our existing knowledge base through the associative patterning process,¹⁰ it is important to relate new thought to previously developed, and accepted, thought. Yet, at this particular point in the history of humanity—in the midst of a conscious expansion of our human capacity and understanding—the rules are changing; indeed, *we* are beginning to recognize higher patterns and truths that heretofore have been unrecognizable, far beyond the upper thresholds of all but a few advanced humans such as an Einstein, Leonardo Da Vinci, Pope John Paul II, the 14th Dalai Lama, Mother Teresa, Bill Gates, Thomas Edison, Eleanor Roosevelt, Mozart, Nelson Mandela, Martin Luther King, Desmond Tutu and others of whom you are aware who have touched us in service to creating a better world.

¹⁰ The knowledge we create is both triggered by external events and determined by past experiences and current learning, the process of associative patterning in the mind/brain. Knowledge is the capacity to take effective action.

INSIGHT: At this particular point in the history of humanity, the rules are changing. We are beginning to recognize higher patterns and truths that heretofore have been unrecognizable.

Are we ready?

As we move away from predictable patterns susceptible to logic, we are increasingly reliant on our "gut" instinct, an internal sense of knowing that can tap into the intuitional plane. Yet, this knowing can only serve us if we "know" what to do with it, how to act. *Development of our mental faculties is essential to acting.* To prepare ourselves to understand current situational assessments and potential future opportunities and threats, it is essential that we learn to **identify, understand, interpret, make decisions, and take appropriate action** to counter new threats and recognize and embrace new opportunities utilizing this sense of *knowing*, which is, to some extent, available to each human.

We are on a developmental journey of the body, mind and heart—what we call the Intelligent Social Change Journey—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*.¹¹

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. As we expand toward Phase 2, *Learning in the Present*, 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. 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.

We are on this journey together. 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 sympathy¹² is needed as we navigate the linear, cause-and-effect characteristics of Phase 1. The quality of empathy¹³ is needed to navigate the co-evolving liquidity of Phase 2. In Phase 2 this deepening serves to strengthen our ability to cooperate and

¹¹ *Intelligent activity* represents a state of interaction where intent, purpose, direction, values and expected outcomes are clearly understood and communicated among all parties, reflecting wisdom and achieving a higher truth.

¹² Sympathy is caring about and sorry for someone else's trouble; a feeling of support for something.

¹³ Empathy refers to the capacity to put oneself in the shoes of another, that is, to understand and even vicariously experience the emotions, ideas, beliefs and opinions of another.

collaborate, critical to successfully co-evolving. As we move toward Phase 3, the quality of compassion¹⁴ is needed to navigate the connected breath of the creative leap. The perceived "separation" between our self and the other becomes a recognized "connectivity" while simultaneously individuating and honoring diversity. Go to <http://mqipress.com/downloads/the-bifurcation-the-choice/> to download the readiness assessment instrument (free).

Remember, there is no right or wrong associated with this journey; rather, it is a journey of *Becoming*. Everyone is a part of this journey at some time, some place, some level. And regardless of where you are, where you choose to be, move into the flow, experience life, and **have fun becoming the co-creator you are.**

In Co-Service, Alex, David, Arthur, Theresa and John



[This Self Readiness Assessment is excerpted from Chapter 11/Part II 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 book (in five Parts) is available on Amazon (in Kindle format) and from www.MQIPress.net (in PDF format). A short paper on the Intelligent Social Change Journey as well as overarching models and descriptive tables are also available as free downloads at that site.]



Alex Bennett: is Professor of Knowledge and Innovation Management at Bangkok University, and Co-Founder/Director of the Mountain Quest Institute located on a 450 acre farm in the Allegheny Mountains of West Virginia. Alex is the former Chief Knowledge Officer and Deputy Chief Information Officer for Enterprise Integration of the U.S. Department of the Navy. She has authored five books with her physicist partner, Dr. David Bennet, including a new theory of the firm based on the Intelligent Complex Adaptive System model for organizations. Alex is a contributor to the Sacred Attention Therapy (SAT) Project. Alex can be reached via email at alex@mountainquestinstitute.com or through her website www.mountainquestinstitute.com.

¹⁴ Compassion is literally “with passion”, and encompasses sympathy and empathy, with a desire to help. Conscious compassion is *an intelligent choice to give selfless service based on active awareness and understanding of others thoughts and feelings, the relationships among people and events, and wisdom.*

4. What's New and Upcoming at the Center?

The Center for Human Awakening has embarked on an initiative to acquire or build a new, expanded physical center in Andalucia, Spain. We welcome your support of this ambitious initiative. You can contribute and find out more information through our Donation Center

(<http://www.centerforhumanawakening.com/Donations.html>) or by contacting us at info@centerforhumanawakening.com.

We invite a volunteer to research and assess the feasibility of coordinating a crowdfunding initiative to raise money for the acquisition or building of a new, expanded physical center in Andalucia, Spain. If you are curious about how crowdfunding can be used to raise money, or you already have experience with crowdfunding, we look forward to speaking with you. Please contact at info@centerforhumanawakening.com.

People continue to express interest in our upcoming workshop-retreats entitled “*The Awakening Moment*.” We are in the early stages of planning this psycho-spiritual event from January – June, 2018. One workshop-retreat has already been confirmed for April 27 – 29, 2018, in Ottawa, Ontario, CANADA. Other workshop-retreats are being considered throughout the UK, Europe, and the US, and will feature talks and Q&A, along with experiential exercises. If you are interested in hosting or participating in these events, please email us at info@centerforhumanawakening.com. For more information about “*The Awakening Moment*,” please visit <http://www.centerforhumanawakening.com/Enlightened-Moment.html>.

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, September 27, October 25, November 22, December 20, 2017, January 24, and February 28, 2018.

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. Please specify your payment is for the series of 6 monthly conference calls for the supervisory group.

RSVP: Please RSVP your participation by September 19, by emailing 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

We are excited about the continued interest in the Center's *video blog series*, Naked Spirituality. Last month alone we interviewed: Laura Aversano, Spirit Walker; Stephanie Mines about The TARA Approach; Keleena Malnar about Light Language; Robert Schwartz about past life regression; Joseph Bernard about his life coaching; Jonathan Banks about Neurofeedback Therapy; and Joyce Cooper about Enlightened Teaching 4 You. 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. Thank you. To view our video blog series, go to <https://www.youtube.com/playlist?list=PLx4IzCsR4bvnEXOxy31TkjrdIJU1LL-6x>

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.

5. 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.

- Crowdfunding Research and/or Coordinator
- 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 newest book¹⁵ 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!

¹⁵ *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

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

6. 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

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://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

UK, Europe, Asia, and Australia:

Cortijo Llano de Manzano
Aptdo. de Correos 183
8400 Órgiva
Granada, Spain

E: info@centerforhumanawakening.com

M: (+34) 680 741 108

T: (+34) 958 953 033

North, Central, and South America:

Unit 504 - 71 Somerset Street West
Ottawa, ON K2P 2G2
Canada

E: info@centerforhumanawakening.com

M: (+1) 613-204-0299

Facebook: <https://www.facebook.com/CenterforHumanAwakening/>
LinkedIn: <https://www.linkedin.com/in/human-awakening-228506131>
Twitter: <https://twitter.com/CenterforAwaken>
YouTube: http://www.youtube.com/channel/UCD_pJVba_LktmEzfuc51kfQ