

A full-page background image showing a sunset over a calm body of water. The sun is low on the horizon, creating a bright reflection on the water's surface. A person's silhouette is visible on the right side, walking away from the viewer towards the horizon. The sky is filled with soft, golden clouds.

The Eyes of the Golden Hall

~ A Newsletter of The Center for Human Awakening ~

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1. MESSAGE FROM OUR FOUNDER:

Personalities come and personalities go. Who knows of the early masters of the Indus valley, the ancient Egyptian priests, and those many, many custodians of the spiritual truths who are peppered through the history of the last few thousand years?

The Way of Sacred Attention is a comprehensive account, a manual, a philosophy, a psychology, and a methodology of the full unfolding of the psycho-spiritual nature of the human being. Not only are we not concerned with personalities, but we are so concerned with the healing of character and personality that we reach through the veils of self-consciousness to the realms of truth in which the essence or soul of a person resides.

Since we are so concerned with essence and what resides behind personality, we are clear about what a figure head or a cultish figure represents. If I or Robert or you or anyone else possesses spiritual wisdom then straight away we are spiritually mistaken from the point of view of truth (which has none); we are in error not on a moral or ethical standpoint, but simply from the point of view of truth itself, i.e. the pointless point of view!

Personalities have commandeered the truth for thousands of years and what is the outcome? Most by far are eclipsed from human memory. Some today who we remember are simply awaiting the tides of forgetfulness to wash them away. Those in the future who will rise resplendent with spiritual sheen will also fall into the foamy sea of fading memory. How do we feel about being merely footprints in the sand, here, briefly, and then washed away without trace? Does it make us feel futile, empty, pointless, despairing? Would we feel better if there were a memorial, a statue perhaps, standing in our home town to remind people of our supposed existence?

We are here briefly, then gone. But while we are here we have the divine opportunity to face ourselves, to embrace reality, to self-reflect, to heal, to arrive in the present moment and transcend even that. Today teachers teach of the present, the now, the here and now, and many teach non-duality, the apprehension that all is one. Neither is correct. The truth is inexpressible. The truth is transmittable but indescribable. Not only is it non-dual, it is also dual, as is apparent to any with eyes and ears, nose and fingers. It is also in the present, but therefore in the past and the future, for what meaning could the present possibly have without reference to past and future?

The experience of the present must be transcended. The *idea* of unity too. All ideas and experiences must be transcended in the practice of non-attachment in order for you to be liberated. Otherwise you exchange one set of chains for another. Now some people have remarked on the subject of this practice of non-attachment: isn't it too dry, not life-affirming, too prickly with ascetic overtones and the delight of the traditional religious scourge? But they are merely describing the continuum, the axis along the path of attachment and detachment. You cannot have one without the other – attachment *and* detachment. Both constitute a binding; each is a form of limitation. But arising through the middle of the continuum where attachment meets detachment – I want it/ I don't want it; it's ugly/it's beautiful; yes/no – is a third flavor: non-attachment. Neither attached nor detached, non-attachment offers a way through the middle, a path over the chasm of opposites, a hair bridge over the chasm of fire.

Personalities are full of leanings – self-importance and self-effacement, boasting and belittling, temperance and greed, selfishness and altruism. Personalities are reactive, reflexive, mechanical, and predictable. They may not be recipients or givers of truth, because they are the epitome of delusion. Practice the cloud meditation, the

sand-at-the-shoreline meditation, the leaves-on-the-tree-in-the-autumn (fall)-wind meditation. Then reflect back onto your own mind which was presiding the whole time in any case! Thoughts come and go, create shapes and reform into new shapes, tell stories of past glories and future shame, paddle in the shallows of dissipated waves of energy with statements and impressions, with form and formless transformations, reflecting the rhythms and the cycles of nature itself and... creating a miracle of selfhood, a holographic presence, a dull cyanotype misrepresentation of the truth.

The source-thought of the mind that needs to concern us primarily is the thought “I.” “I” becomes the new meditation for the inner seeker. What credence does it have? What truth does it contain? What components does it consist of? What is the “I” that I have come to identify with, that is the composition of me and which gives rise to ownership (“mine”) separation (“myself”), and division (“not-I”)? We wrestle with the “I”-thought for a while until we see how it exists not as an entity but as an activity. In the Way of Sacred Attention we call this activity the ego-processes. Rather than create a ghost in our consciousness we see what is actually there – activities of separation, of conflict, of survival, of distinguishing discernment born out of the fear of a dual universe, a place of inherent opposition and tension.

Isn't it curious that we seek perfect peace but are terminally attracted to perpetual restlessness? Isn't it perplexing that we are striving for ease and beauty while we seem determined to create conflict and ugliness? The basic hindrance to our realization of truth is the paradox of self. This self that is clothed in personality, fueled by character, and cemented in the mortar of attachment... and that Self that is the embodiment of the Divine, the present condition of the deathless, and the present incarnation of the totality in finite appearance. What then is the personality? Who then are the masters and the saints, the prophets and the avatars who have brought forth the teachings of the eons into the temporal realms, the saving message of reality, truth, love, and wisdom? They are not personalities at all but gaps in time; they are manifestations of enlightenment appearing in physical form: Divine humans.

Please don't consider the Center for Human Awakening some other kind of teaching institute peddling its wares, yet another psycho-spiritual method to accept or reject, just another assembly of personalities to attract or repel you on your path. The Center stands for one thing: the liberation of the human being from attachment to its fundamental illness. Misery, loathing, hate, and their expressions, separation and division, all are sourced in the thought “I.” Sacred Attention Therapy and the second stage of awakening (or rising into the heart chakra) signify the way beyond the delusion of selfhood, separation, and division. As you go about your day remember this: you are the consciousness in which everything is arising, you are the consciousness in which everything is dissipating, and you are the consciousness that remains when all arising and dissipating cease. The arising the dissipating and the ceasing are all concertained in present time. It is an impossible truth and one that demands your meditation, your silent witnessing. In every second miracles occur.



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

2. The Common Ground Among Healers, by Robert Meagher

Starting in April 2016, The Center for Human Awakening embarked on a video blog (vlog) series to interview healers and practitioners from around the world about their healing work. The vlog series supports one of the Center's core activities which is 'collaboration and partnership with individuals, communities and healing centers practicing personal growth and spiritual development.'

The vlog series, which is ongoing, is called "Naked Spirituality." The title of the vlog series was consciously chosen to connote a removal or shedding of our coverings to reveal the truth underlying our external appearances. The vlog series is an opportunity for healers to talk openly about themselves, their journey, and the work they do.

Since April 2016 the Center has interviewed more than 35 healers and practitioners. These healers and practitioners span a cornucopia of modalities and practices ranging from: energy patterning; transcendental writing; homeopathy; psych-k; medical and energy intuitive; clinical counseling; psychoanalysis; psychology (psycho-analytic, behaviorism, humanistic, and transpersonal); psychodrama; psychosynthesis; gestalt; kabbalistic healing; voice therapy; dance therapy; equine-assisted therapy; soul-centered coaching; integrative heart and soul counseling; Akashic records readings; tarot and other card readings; craniosacral therapy; somato-emotional release; soul manifestation blueprinting; reiki; astrology; esoteric psychotherapy; tantra yoga; neo-monastic communities; reflective repatterning; rapid release technique; remote healing; thought field therapy; soul whispering; ancestral and medical empath; trauma therapy; angel therapy; hypnotherapy; life coaching; neurofeedback therapy; addictions counseling and therapy; meditation; evolutionary coaching; and more.

The sheer breadth and diversity of approaches, modalities, and practices was inspiring. To speak with different healers and practitioners about their healing work was also reaffirming. What emerged was a divine sewing of a common, healing thread that knitted together a crystalline-grounding in sacred service through a common mission—to remove the blockages to truth. No matter what the practitioner called themselves, their modality, or their practice(s), common themes emerged and ran through almost every single healer and practitioner we spoke to. We share this common ground below.

The Enlightened Moment

With few exceptions, healers and practitioners experienced their own enlightened moment at some point in their life. In most cases this moment was expressed and experienced as a 'being brought to my knees' with the feeling and/or awareness that they had nowhere else to go but up—they had hit their bottom. The inner, and sometimes outer, pain was so great that the healer and practitioner surrendered to it. It was not a giving 'into' the pain but more a giving 'over' to the pain. The healer and practitioner knew, once and for all, there was nowhere else to run. They were like a wounded animal that was backed into a corner, but they had no strength left in them to fight anymore.

Some spoke of this enlightened moment being brought on by various forms of addiction or other trauma in their lives. For some it was an acute, revelatory experience that was sudden and unexpected. For others the enlightened moment was brought on by an accumulation of years and years of thought and behavior that had spilled its banks and could no longer be contained.

Transformation into Authenticity

The healer and practitioner's enlightened moment was a new beginning. This 'harbinger of healing' began a personal and transformational journey toward authenticity. This transformational journey offered the healer and practitioner the opportunity to shed their conditioned self and usher in a new way of expressing themselves. The chosen modality or practice became the healer and practitioner's way of expressing themselves in an authentic way. The healing that coursed through them in their enlightened moment was now being extended to those they joined with in a healing capacity.

Extending Authenticity

The revelatory gift of self-healing, and the ushering toward authenticity, then became the healer and practitioner's calling to extend their authenticity to others who came to work with them. Most healers and practitioners spoke of their mission and vision being to help their clients come into their own authenticity. By having walked the path before, the healer and practitioner was prepared to guide others along their healing path to rediscover their true essence.

The healer and practitioner knew they had received a gift in their healing. Now, their only purpose in life, their mission, was to share this gift with humanity. The healer and practitioner knew that there was nothing else they wanted or needed to do with their lives. They recognized that in giving, wholeheartedly, the gift they had received, this gift would come back in quantum proportions. These healer and practitioners understand that the only way to keep this gift was by giving it away; because the gift was not actually being given away, the gift was not being split and divided, the gift was being extended and expanded. The analogy might be like a candle that is used to light 1,000 other candles—the original does not burn out.

Holding the Space

One of the most common phrases expressed by healers and practitioners throughout the interviews was of their 'holding the space' when meeting with an aspirant. 'Holding the space' was most often spoken of as creating an atmosphere that supported and nurtured the aspirant's healing journey. This holding of space may manifest through any combination of: physical space provided to meet and join in; tone, cadence, rhythm, or style of language used in a healing session; approach(es) or modalities; awareness or observations; welcoming of silence or stillness, or audible stimuli and movement; allowing of intuition and shared energy to guide the process; and a universal interest and ability to listen to the aspirant—what is being said, what is not being said, how it is being said, the language used, as well as what the body is communicating. At the deepest level, 'holding the space' became a practice of the healer listening with their whole self to the soul of the other.¹

Compassion

As a sincere expression of gratitude for the opportunity to walk the healing path with another and accompany them on their journey, the healer and practitioner wanted nothing more than to support another's healing. This is what they have devoted their life to. Nothing else will suffice as a meaningful purpose for living. The healer or practitioner is not trying to 'fix' the aspirant. There is an acceptance that everyone is exactly where they need to

¹ The practice of listening with the whole self to the soul of the other is at the heart of Richard Harvey's approach to depth psychotherapy called Sacred Attention Therapy (SAT). For more about SAT, visit The Center for Human Awakening website at www.centerforhumanawakening.com.

be to take the next step. Holding this compassionate space, the healer and practitioner positions themselves to respond, rather than react, to the aspirant's perceptions through a guiding exploration of the aspirant's reality.

Integrating a Variety of Modalities

Most healers and practitioners integrated more than one modality into their practice. In some cases many modalities were integrated to offer a synergistic approach to healing. This synergistic approach often reflected the healer and practitioner's awareness of the integrated nature of body, mind, and spirit and the benefit of a wholistic approach to serving the aspirant. Some healers and practitioners chose to synthesize a cornucopia of modalities into a small kit of tools for their practice. These practitioners felt they could be more effective if they used a few tools well, rather than a whole basket full of tools poorly.

Naked Spirituality has been a joy to facilitate and share with other healers and practitioners around the world. The opportunity to speak with different people about their healing journey has been inspiring, rejuvenating, and an important reminder of the Divine at work through our humanness. It is welcoming to know of the various approaches and possibilities that exist to offer and extend healing to those who need it. I often ended the interviews by thanking the healer and practitioner for "being there for those who come to you." And so it is, when the teacher is ready, the student shows up; and when the student is ready, the teacher shows up. The holy instant is a grace-filled exchange of healing energy that unites souls in oneness. We are healed when we allow the Divine to teach us to heal.

The Naked Spirituality video blog series is ongoing. Future writings may unfold as the interview series expands and unites healers and practitioners around the world. In the meantime, you can view the current series interviews by visiting our website (<http://www.centerforhumanawakening.com/Video-BLOG.html>) or YouTube channel playlist (<https://www.youtube.com/playlist?list=PLx4lzCsR4bvnEXOY31TkjrdIJU1LL-6x>). If you would like to participate in the video blog series, please email us at info@centerforhumanawakening.com.



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. What is the Enlightened Moment?, by Richard Harvey

What is the Enlightening Moment?

The Enlightening Moment is a series of events we are in the process of scheduling for 2018 in various countries. The events comprise small of larger gatherings of people who are motivated to learn more or progress further in their psycho-spiritual journeys and understanding. These gatherings may take the form of group workshops, talks, or satsangs.

What is the difference between these events?

The group workshops take place over two or three days and offer the opportunity to develop trust, openness, and intimacy in a group. We will be using psycho-spiritual bodywork, working in pairs or small groups, group sharing and self-exploration within the group, as well as a satsang, and a little ceremony and ritual to deepen in sacred-spiritual practice. The aim of the group is to clear the way by purifying the mind and body of bindings to past memories that arise from chronic emotional attachments. Evoking the enlightening moment is a way of saying that when we are released of egocentric attachments we become the observers of truth quite naturally and so we can enter into sacredness and the Divine realms so that our spirituality interpenetrates with our worldly, human lives.

The talks will expound these ideas and practices and in satsang we will directly sit with the truth of spiritual reality through spontaneous questions and answers and sometimes in silent reflection.

Is the experience of the enlightening moment obtained through hard work through psychological or spiritual means? Does it come to us through striving and effort?

The enlightened moment is always available. It is here now and closer to us than our own breath. As your birthright it is divorced from our experience through our belief in fear and the sense of lack that characterizes human life. Humanity is at a stage of collective evolution in which its most precious treasures are denied in the activities of delusion. The Divine state has been projected outward onto beings who are merely a creation of mind. These beings have been perceived sometimes to be at the center of some spiritual illumination – a Buddha field or Christ light phenomenon, for example – and this perpetuates the spiritual error that we are ourselves mortal, striving, seeking, and perpetually frustrated while the charisma, character, and enlightenment of others maintains our inferiority and subordinated position. You are yourself the enlightenment you seek. This is fairly obvious: in any experience even in the worldly realms that experience which you project *outside* yourself is of course happening *within* yourself. It is but a small step to apprehend that humans project divinity outside themselves in order to disavow and abandon their spiritual self and engage in striving and effort to get it back. No amount of effort or striving will put you in touch with that which you have never lost and the very striving will take you further away from the object of your search.

If that is the case, why participate in a workshop, attend a talk or a satsang?

You might say there are three types of psycho-spiritual seekers or journeyers – the over-serious ones, the under-serious ones, and the ones who approach the whole endeavor with humor. They are not hard to spot in the face and perhaps the physical posture, the overall attitude. The over-serious seeker needs to shed some seriousness, the under-serious seeker needs to cultivate some seriousness, and the one who is aiming straight down the

middle, the seeker who possesses true humor, has got it right. Why so? It is a bit like sailing or wind-surfing. You learn to lean with the waves and wind. Your posture is flexible and so you can meet the onrush of unfolding circumstances appropriately. This is the attitude that guarantees success in the psycho-spiritual endeavor, because your bias, inflexibility, and fixed certainties need to be relinquished. So this is what psycho-spiritual practices in groups and personal inner work amounts to and it may be a preparation for the truly spiritual life.

And is this how you reach the enlightened moment?

That's right. In the Enlightening Moment events our aim is to discover the ways in which we hold ourselves away from relationship, from the experience of reality, and what we have come to call God or our enlightened self. Emotional states, rigid thought forms, conditioned strategies for living, assumptions and expectations, resistance and separation – all must be brought to light, processed and shed. Psycho-spiritual work on ourselves comprises a preparation, a necessary and a profound preparation for the life of the soul and spirit. So when you ask why we participate in a workshop or satsang, it is like saying why practice? There is every reason to practice and also none. The way through the middle is the same alignment or balanced point as the way between over-seriousness and under-seriousness. Life is presenting us with this display of opposing forces all the time. This is how forms arise out of the formless and this is why it is said that form and formlessness share the same source. In this way the relative world with its illusion of present time offers a doorway into eternity. You can't make this happen, not from point of view of your individuality or your self-identification. But you can cultivate the circumstances in which it is likely to happen and these circumstances are inner quiet, stillness, receptivity, surrender, and trust. These conditions are beyond fear and deeper than desire. They are themselves potentially timeless and boundary-less. They hint at the eternal, at the state of enlightening being.

This relates perhaps to the three stages of awakening, the psychology and philosophy that underpin your work in Sacred Attention Therapy?

In order to reach the quiet state, the condition of responsiveness and openness in which an inner stillness and surrender can develop inside you, you have to shed the conditioned state. The conditioned state is a product of birth, early childhood, infant training, education, socialization, conformism, and in particular the organization of personal experience that gives rise to our individual survival strategies. In Sacred Attention Therapy these survival strategies are known as the seven core elements. The seventh or last of these elements is the Central Character Dynamic, or CCD, which is the epicenter of our personal defense system. By cultivating awareness of your CCD you come to witness very clearly how you have been programming yourself to live a life that conforms to the basic building blocks of your early life. You realize that the tail has been wagging the dog, that you have created and only seen the elements that justify your defensive strategies and kept you within the limitations of life as you know it. Release from psychological conditions happens when you embrace life, not as you know it, but life as the unknown. In time this liberates your vibrancy, spontaneity, and surrender when you enter into an existence that is heart-led and dedicated to the fulfillment of your potential, capacity, and destiny.

You have been working in the psycho-spiritual field for 40 years, you are a psychotherapist, a spiritual teacher and an author of 9 books and hundreds of articles, several lecture series, scores of blogs and vlogs. So my question is how is it possible to keep teaching, writing, and speaking about the psycho-spiritual so extensively? Don't you sometimes feel you are drying up and you might not have anything to say anymore?

Five years ago, around my sixtieth birthday, I began an outpouring that I felt very strongly I was participating in and that hasn't left me. There were publications, talks, seminars, and so on before, but that point in my life marked a threshold, a giving back, and a level of surrender to spiritual forces that hasn't left me. I imagine that

in time the impulse will dissipate and I will talk less and write less. But the outpouring that is still current has peaked currently with the publication of my latest book, *Your Sacred Calling*, and it is a call to spiritually aware people to preserve the sacred-spiritual ceremonies and teaching of Truth and Reality before they are occluded by ignorance and misrepresentation through dilution and shallow understanding. I have a mission to affect this in the relative world while my other mission, which is a strictly impersonal matter, is to keep one foot in eternity. My role in the psycho-spiritual field is now as it has always been, to be a gate-keeper. I'm the guy who maintains a vigil at the gate and confers with the travelers who arrive here. I can ponder with them on where they came from, what possibilities remain for them in the world of the past and the known, and I can ruminate with them on what might be ahead in the mists of the unknown. I sit there at the gate with a longing, but also a neutrality, and in the understanding and realization that this temporal moment is also eternal.



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

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

New destinations and dates have been added to the itinerary for *The Enlightened Moment* tour in the United Kingdom, United States of America, and Spain. We welcome event hosts anywhere in the world. If you would like to host The Enlightened Moment for a group in your city, please contact us at info@centerforhumanawakening.com. For more information about The Enlightened Moment, please visit this page on our website... <http://www.centerforhumanawakening.com/Enlightened-Moment.html>.

The Center is working with a lawyer to explore options and possibilities for *officially obtaining charitable status*. In the coming months we will keep you informed of our progress in this regard.

Richard Harvey, Founder of The Center for Human Awakening, will soon be approaching publishers about 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 was assisted by Katalin Czöndör, a student of Sacred Attention Therapy Online Training. Katalin supported Richard through content and structural editing, illustrating the content, and facilitating the transmission of the original manuscripts in a new, spirit-filled written form.

Work on the lectures and supporting documents for *Sacred Attention Therapy (SAT) Online Training, Level 2*, is more than half completed. We intend to begin production of Level 2 training early in 2018.

“*All was Light; All was Consciousness*” is Richard Harvey’s contribution to “*Experiences from the Light*” by Keidi Keating see https://www.amazon.co.uk/Experiences-Light-Extraordinary-Transformation-Spiritual/dp/1601633394/ref=sr_1_1?s=books&ie=UTF8&qid=1508141894&sr=1-1&keywords=experiences+from+the+light

A *volunteer or a volunteer couple sought* for Cortijo Llano de Manzano in southern Spain from April 2018, onwards. The volunteer should have some basic skills and ability with gardening, physical work, and domestic work. Full board and food are provided in exchange for your work in service. See details at <http://www.therapyandspirituality.com/woofing-volunteering.php>. Apply directly to Richard Harvey at richard@therapyandspirituality.com with details of your work experience and abilities.

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 book² 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!

² *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>

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