

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

# The Eyes of the Golden Hall

~ A Newsletter of The Center for Human Awakening ~

**January 2018 Newsletter**

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# 1. MESSAGE FROM OUR FOUNDER:

## **Your Humanity is Entirely Acceptable to Your Spiritual Calling**

*Questioner:* If I reach the third stage of awakening will I have to abandon my normal life, my fun, my preferences, and my zest for life? Does spiritual practice prevent my engaging with other people, having pleasure, and being sociable? In short does realizing my spiritual self result in the death of my human self?

*Richard:* Your human self and your spiritual self are not two different selves. Your human self and your spiritual self are the same self experienced as different aspects of the essential self. Spirituality does not imply repression of anything at all. Your humanity is entirely acceptable to your spiritual calling. Repression is a function of the ego-processes. It is a way of getting you to conform to the expectations of the outer world. The spiritual person is unconcerned about the expectations of the outer world. The inner world is calling so strongly and the exploration called for is so thorough that spiritual practice becomes all-absorbing.

It is true that this absorption in the inner processes of the psycho-spiritual endeavor may be so intense and demanding that the seeker withdraws from the world for a time. In the past the model was one of extreme withdrawal from life. If you were spiritually inclined you entered a monastery, a convent, an ashram, a yogi school, some form of spiritual community in which the human beings were intent on communing with the invisible world. It was thought that this specialty demanded a lifetime vow of commitment. Of course we may have idealized such communities. Today we know that economic and societal structures and culture caused people to enter spiritual institutions in which there may have been little or no true spiritual intention or motivation. Conversely today there may be monks, nuns, yogis, sadhus, and fakirs walking among us in everyday life. The essence of a person may be the monk while they are working in business, social services, or any other worldly pursuit.

So it is no longer necessary to withdraw into an institution to pursue your spiritual calling. We have entered a new era – the era of holism, of incorporating the worldly life with the spiritual life. The significance of this new era of the thinking and philosophy of the time we are living in is that the world itself longs to be healed. But curiously we will not heal the world through desiring to heal it or through applying ourselves to social concerns, planetary problems, and so on directly. We will heal the world through first healing ourselves. Every single human being who is intent on self-healing and who follows through on this intent with application, consistency, and courage becomes a force for good. When I say a force for good I don't mean some moral thing, a what-we-should-do versus what-we-shouldn't-do kind of good. I mean a human being who expresses the Truth in everything they do and who is authentic, conscious, and aware of being-ness in human form.

Consciousness is all and within the all of consciousness all apparent forms arise, dissipate, and die only to be replaced by further forms arising, dissipating, and dying. Thus the apparent world does not satisfy the truly spiritually motivated person. This life becomes an opportunity for Self-realization, for living in the awareness that I am not separate from another, that I and all arising events are created from the same source, and that Consciousness is expressed in the awareness of being.

When he or she starts to get somewhere toward realizing this, the spiritual aspirant is absorbed increasingly in the arising self as a form or opportunity for enlightenment. She tends to be disinterested in the outer world, at

least for a time. The greater reality, the more significant truth, appears in the inner world and so she may for a time be observed to be unengaged, not participating. It is as if the outer world is tasteless, unreal, like a dream. In comparison to the inner world the outside is shallow, fleeting, constantly changing. The spiritual aspirant resides in the inner world savoring the experience, the taste, the reality of inner truth, eternal wisdom, the whole storehouse of inner treasures.

But when she rides the waves of mysticism to integration, and becomes stabilized in spiritual accomplishment, the true assimilation of spirit, soul, and body, the outer world holds no fear for the spiritual aspirant. Neither does it hold any attraction. The outer world is merely the reflection of the absolute, a play of consciousness no less divine in its form than in its formlessness. Everything is God! Thus the true spiritual aspirant surmounts the attraction to the inner and returns to the outer world. Knowing now the truth that both inner and outer are one, even as I and you, and all other opposites arising are one in source, the spiritual seeker becomes a devotee of the numina.

It is like a man who has lived his whole life in a single room in his house. (1) One day he feels adventurous and he discovers a door in a wall of the room that he didn't know was there. Hesitantly he opens the door and finds another room... and another door... and another room... You don't have to live in the single room of your humanness. Neither do you have to live in the single room of your spirituality. Human beings are both human and divine. It is a seamless relationship. In time you will demonstrate your divinity through your humanness as you express your humanness in your divinity – there is no difference at all! Nothing needs to be repressed or renounced. Just be all you are, both human and divine, practical and spiritual, sensible and abandoned and celebrate being as a divine human.

### *Addendum*

Here at the beginning of a new year, let us make a promise to ourself that we will reside in the present. Through breath practice, walking with awareness, speaking in witness consciousness, interacting with others with sensitivity and empathy, thinking clearly and well, feeling with our whole heart, respecting ourself and others, living in gratitude, honoring our physical body and subtle energies, and giving reverence to all life... may we offer the very best of ourself to the waves of providence that pervade our existence, dedicate the opportunity of this present earthly life to the unfolding of our soul and spirit, realize our kinship with all things, forgive all beings and celebrate all life, both in this world and in the infinite realms of existence.

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

### Footnote

(1) In dreamwork the house is a symbol of the psyche. The complexities or simplicity of our dream house represents the structure of our inner self. In this analogy I have used the symbol of rooms in a house to represent the expansion of the self and the contraction of the ego-processes. Throughout the history of the Great Tradition of humankind by which people have sought to fathom the mysteries of life for thousands of years the symbol of the house, mansion, palace, hut, or room has featured frequently. Below then, are merely a handful of references to interest you in this study or perhaps to stimulate your interest and to take the exploration further.

From the Gospel of John, 24:2, comes this well-known passage:

In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you.

And from the transcendent thirteenth-century Sufi mystic Rumi, this call to invite all:

This being human is a guest house.  
Every morning a new arrival.

A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.

Welcome and entertain them all!  
Even if they're a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honorably.  
He may be clearing you out  
for some new delight.

The dark thought, the shame, the malice,  
meet them at the door laughing,  
and invite them in.

Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.

Siddhartha, later the Buddha, before setting out to answer the question: What is suffering? – the question that would save humanity, enjoyed unparalleled luxury in his seasonal mansions :

Siddhartha's father Suddhodana built four beautiful mansions, one for each season, for his son and his family. Sometimes Siddhartha spent the whole rainy season in the upper floor of his mansion without leaving. During such times he was entertained by dancers, singers, and musicians. Over time, he noticed that happiness is temporary, that happiness is followed by unhappiness. This fact became clearer to him when he began to see life outside his mansions. The comforts, happiness, and peace that were there in his mansions were not found outside. Seated on the luxurious sofa he pondered for a long time. It was almost mid-night. Everyone was fast asleep. With determination and courage he mounted his horse and left the mansion. He traveled a fair distance and crossed the river. There on the bank of the river he changed his princely dress and donned the simple dress of an ascetic, cut his hair short with his own sword, and bade farewell to his life to seek the answer to suffering.

From the life of the hermit monk Ryokan, who spent most of his life writing poetry and calligraphy, comes this anecdote:

Zen master Ryokan lived a simple life in his little hut near the mountains. When he was away one night, a thief broke in only to find that there was nothing worth stealing. Just then, Ryokan returned. "You have travelled far to visit me," he told the burglar, "I cannot let you return empty-handed. Here are my clothes, please accept them as my gift." The baffled thief took the clothes and vanished. Now naked, the master sat in his hut and gazed at the moon. "Poor man," he sighed, "How I wish I could give him this glorious moon."

As a Buddhist, Hindu, and Jain deity, Indra is not only King of Heaven and King of the Gods, but he compels the forces of nature and presides over an extensive array of mythologies. Surprisingly he is prone to self-aggrandizement on a God-like scale, even as he switches from performing mighty deeds of superhuman accomplishment to expressing bouts of pouting infantile rage. As such he stands for everyman. In his extremes of humanness and divinity he shows us the full spectrum of possibilities, often comically, of the multifarious blessings of a life that is both human and divine. For example, in this wonderful tale we see how self-aggrandizement may lead to spiritual sadhana:

After being crowned as the King, Indra went to his palace. However now everything had changed in his eyes. He felt that his huge palace was no longer enough for him. I am the King of the whole world. People pray to me for their victories. I control the rains

and I am the King of the Devas. I cannot live in such a pathetically small palace. So he called Vishwakarma, the architect of the Devas and said, “The palace should be very big, much bigger than this.” Pointing at his palace, he said, “It should be grand and I want the fountain area to be bigger and the rooms more opulent.” Vishwakarma nodded and set about designing a bigger palace.

He built a huge palace. However Indra still found the palace too small. So Vishwakarma agreed to rebuild the palace. And again he called Indra to look at the even grander palace. But Indra was far from satisfied. He wanted the palace to be more and more grand. Unhappily Vishwakarma set about reconstructing the palace for the third time. He made the palace bigger than anything he had ever designed. Finally when the building was over, he called Indra. Just as he had feared, Indra was still not satisfied with the palace. He wanted it bigger.

Vishwakarma realized that he could never satisfy Indra. Desperately Vishwakarma went to Lord Brahma for help and fell at his feet weeping as he explained his predicament. Brahma thought Indra still has not understood how to be humble. He has to be taught a lesson. Brahma said to Vishwakarma that he would take care of it and Vishwakarma left relieved.

The next day outside Indra's palace was a beautiful blue boy admiring Indra's palace. He admired the beauty of the palace and spoke greatly of it. Indra who was passing by called to him. He looked at the blue boy and said proudly, “Do you like my palace? I am having it built to celebrate my victories. Of course it is not yet the way I want it. It has to be bigger. See how small the front garden is.”

The dark boy said quietly, “This is the biggest palace built by any Indra.”

“Other Indras?” Indra asked feebly.

“Yes.” The boy said frowning as if it was the most obvious thing in the world, “I have seen all the Indras to date. Have you never seen them?”

Meanwhile a row of ants were marching inside Indra's palace. Looking at them, the boy started laughing and Indra felt terrified. He slowly got out the words, “Why do you laugh?” The boy looked at Indra with narrowed eyes, “Are you sure you want to know?”

Indra hurriedly nodded his head finding that he was not able to talk. “They are all former Indras. They begin from the smallest creatures and become the most enlightened people. And you know what happens after that? They destroy one monster and they suddenly think they are the King of the Universe.” Indra winced as the boy continued, “And then they start from the beginning as ants.”

Indra looked as if somebody had slapped him. “Stop! Please stop!” Indra yelled. “I have learnt my lesson. I was an ignorant fool. I thought I was great because of something I had done. I am sorry. There are so many things I need to know.” Indra glanced at his feet. “I have been so silly. I have been thinking.” “I have become proud and arrogant. I want to leave all this,” Indra said pointing at his unfinished palace. “I want to understand so many things. I wish to go away and meditate and realize my true self.” And so Indra gave up his kingdom and entered into spiritual sadhana.



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



## 2. What Scent do You Leave?, by Robert Meagher

Have you ever walked a dog? You may have noticed, or will notice, that dogs have a tendency to urinate a lot while out on walks. While this can fulfill the simple, biological need to empty their bladder, it is generally thought that the primary purpose of this activity is to ‘scent mark.’ While there is not universal agreement as to why dogs ‘scent mark,’ it is generally thought that dogs scent mark to stake out their territory—to let other dogs know they were there, in that spot, or to ward off other, unwanted visitors from their turf.

In my observation, we humans are not all that different than dogs. We scent mark all the time. I have noticed this human-scent-marking behavior in almost every public setting I venture into. And one of these settings I am most aware of this behavior are discussion groups.

I watch with great interest how this human scent marking manifests in public settings, discussion groups in particular. Most of the time people behave a certain way. But when someone new shows up, other peoples’ behavior changes. One group I host sees an individual behave fairly consistently when the ‘usual’ group of people shows up; but when someone new shows up, this person becomes somewhat confrontational, challenging, and even territorial. It’s as if they want the new ‘dog’ to know they are coming onto their turf and they had better ‘fall in line’ and know their place in the pecking order.



This behavior becomes even more apparent when personalities collide and clash. Our individual behavior becomes our way of manipulating and trying to control our environment. We all do it, including me. Our mode of manipulation and control may differ significantly, but we all do it.

The most blatant form of this scent marketing is in the form of the ‘in your face’ or confrontational behavior. We blatantly oppose the other by ‘taking them on’ and confronting them. The behavior is often a way to denigrate the other and stop their participation in the public setting. It is a blatant overpowering and attempt to control. But the opposite end of the scale is an equally blatant attempt at control.

Take for example the person who sits there quietly, saying nothing. Now this doesn’t look and sound like a form of manipulation or control, but it is every bit as manipulative and controlling as the confrontational approach. Take for example the person who is publicly confronted and chooses to remain silent and say nothing in the face of this attempted humiliation. The silence often has a reflecting effect of showing the aggressor their callous approach and behavior. If you haven’t experienced this before, try it for yourself. Silence can be a very effective way at neutralizing aggressive behavior in a confrontational situation. But make no illusion of it, the manipulation is as present in the confrontational approach as it is in the silent treatment. It’s all about scent marking to let the others know we are there and that outsiders better beware they are on another’s turf.

So what’s the point of all this? Very simple, we all manipulate with our behavior. How do you manipulate? What scent do you leave in your interaction with others? Are you aggressive? Confrontational? Do you take the

silent treatment approach? Do you try ‘not’ to say anything? How is it possible to be with others and not manipulate? Is it even possible? What do you think?



**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. This Moral Life: How to Bring Color When Your Life Has Gone Gray, by Halli Bourne

*“It is never too late to be what you might have been.”*

~ George Eliot ~

Sometimes life can feel relentless and soul-sucking.

- *You find yourself stuck in traffic again...*
- *You listlessly scan through the pile of emails...*
- *You walk into a room only to forget what you came to retrieve...*
- *You have to call the plumber again for that kitchen faucet leak...*
- *You’ve been called to another meeting at work that accomplishes nothing...*
- *You get home from work to the heap of dishes you couldn’t face yesterday...*
- *You intended to spend the evening reading but feel too tired to concentrate and fall into bed exhausted, again...*

The ancient yogis called it *maya*, the cultural trance cast by mindless, material living. But even as you slog through these mind-numbing routines, some part of you is crying out—*there must be more to life than this!* If this goes on too long, you lose your energy, your health, and the crucial connection to your reason for being here. You want your life to have meaning, but don’t know how to affect change.

If you’ve gotten caught in the riptide of mortal living, here’s a list of questions to ask yourself in order to get things flowing again.

#### **1. How can I make myself a priority?**

The first step toward shaking yourself from the trance of drudgery is to remind yourself *that you matter*. Only then can you decide to show up for your calling and actively create meaning in your world. Even daily routines can be a source of joy when you acknowledge the source of meaning is within you. What would it take for you to value your dreams and actively work towards them? Figure out what would make your life meaningful. Volunteering for a charitable cause? Changing careers? Making art? Learning a new skill? Once you decide, take appropriate steps to show you mean it—this means adjusting your attitude and behavior.

#### **2. How can I manage my anxiety?**

Let’s face it: being a modern-day human is stressful, and many of us turn to escapism to manage our stress. Occasional escapism can be healthy, yet ongoing escapism into movies, technology, other people’s problems,



poor diet, self-medication, drama, and daily routines all sap your creative energy. You compound your anxiety by constantly thinking about how anxious and overwhelmed you are. Anxiety and stress also arises from denial of your physical, psychological, emotional, and spiritual needs. What if you decided instead to actively manage your stress on a daily basis? This will not only generate more internal space, but will also inspire you with new perspectives and fresh solutions for how your life can be more satisfying. Here are a few tried-and-true ways to manage your stress and take care of yourself more effectively:

- a. Meditate
- b. Journal in *stream-of-consciousness* just after waking up
- c. Take walks in nature
- d. Practice conscious breathing
- e. Practice yoga
- f. Keep a gratitude journal
- g. Practice guided relaxation

### **3. How can I approach my life more creatively?**

If you've lost passion for your life, it's time to take a look at what needs changing. *Is it time to look for a new job, start that business, or bring a spark to your current occupation? Do you need a break? Do you need to revolutionize your relationship with your family? Has your romance outlived its expiration date, or does it need an upgrade? Do you need to take more time in solitude? Are you feeling a restlessness to finally follow your calling?* When your life grows tedious, let it be a sign that reevaluation is needed. Remind yourself that you get to choose how you show up for your life and decide to take action in your own favor.

Sometimes what needs changing is your perspective, and one of the best ways to do that is through *creative play*. Creative acts utilize different parts of your brain than those day-in-and-day-out habits. They can help you return from all the externalized living to yourself and your truth. They can help you shift out of tracked thinking into calm, nonlinear consciousness. Here are some simple ideas:

- a. Record your dreams to uncover your unique archetypal language
- b. Doodle
- c. Turn up the music and dance in your living room
- d. Sign up for a watercolor, pottery, acting class, etc.
- e. Make collages
- f. Buy an adult coloring book, a set of markers, and get to coloring

Living artfully and passionately means living deliberately. Every moment, you have the choice to deepen your experience and seek truth over your illusions. *Maya* offers endless opportunities to slip into unconsciousness and forget what your life is about. Make a commitment to staying awake and engaged. Create worlds through the choices you make, the way you treat yourself, and where you decide to spend your energy. Give yourself permission to live life from your own center.

Set your intention for what constitutes a meaningful life for you and live into it by the choices you make. Go towards what fills you with wonder. Allow your head to be filled with stars. Draw down the moon. Slide into rabbit holes and let your mind be blown. Figure out where your enthusiasm lies and add new color to the palette of your life. This mortal life can be a journey of discovery, learning and enjoyment, yet requires your active

choice and follow-through to avoid drowning in the pools of gray inherent in passive living. Be dynamic. Choose to make your life matter, because *you* matter.



**Halli Bourne:** is a Certified Spiritual and Creativity Coach, a Certified Advanced Level Yoga & Meditation Teacher, a musician, visual artist, dancer and writer. She holds a B.A. in Theatre Arts and is the creator of a signature, one-on-one virtual meditation program, *Slow Down Tune In*. With over 25 years of experience, Halli Bourne teaches people how to source their internal wisdom, recognize self-sabotage, unproductive beliefs and habits to live life with freedom, contentment and artfulness. After an out-of-body experience following a near-fatal car accident in 1992 that broke both her legs and pelvis, she began a creative, healing odyssey inward to discover her true identity and the nature of reality. Through yoga, meditation, bodywork and an ongoing engagement with creative pursuits, she discovered a way to move through the ups and downs of daily life with more grace,

curiosity, presence and peace. Halli can be reached via email at [halli@hallibourne.com](mailto:halli@hallibourne.com) or through her website at [www.hallibourne.com](http://www.hallibourne.com).

## **4. New Delivery Method Being Considered for Sacred Attention Therapy Online Training, by Robert Meagher**

Sacred Attention Therapy (SAT) Online Training, Level 1, was launched in March 2015. Since then, we have welcomed students from North America, the United Kingdom, and throughout Europe to this innovative curriculum.

SAT Level 1 training is predominantly self-led. Level 1 includes 12 modules consisting of 38 audiovisual lectures, each 10 – 45 minutes in duration. Each module includes a supporting document containing the course contents and summary, notes and references, contemplative questions, a section on working with clients, exercises—both written and experiential—an extended case study covering the Seven Core Elements of SAT, and a bibliography with notes and guidance to enable you to go deeper into the subject matter of each module. During the student's journey with SAT Level 1 Online Training, mentoring is possible through email and videoconference calls with teaching faculty. At the end of their studies, students can elect to undergo certification to become a SAT Therapist.

SAT Online Training, Level 1, was designed to be self-led, taken at the student's pace, on the student's schedule, and wherever the student was located (so long as the student had access to the internet). With SAT Level 2 training scheduled to be launched in late 2018, we wanted to add an additional delivery method for students.

SAT Online Training, Level 2, will continue to offer the student the same flexibility as Level 1—self-led, at the student's pace, on the student's schedule, and wherever the student is located. But SAT Level 2 training will also offer an enhanced mentoring option for those students who may be interested in a more interactive experience with teaching faculty.

With SAT Level 2 training, students will have the options of attending weekly online classes, via videoconference call, whereby faculty will deliver that week's lecture. This weekly schedule will correspond with one of the intended 35-40 lectures comprising Level 2 training. The Center intends to create a schedule that will take into consideration seasonal holidays and other observable celebrations, thereby resulting in an online lecture schedule spanning almost a full year.

Any student enrolled in SAT Level 2 training will have the opportunity to join the weekly online lecture. The weekly online lectures will also be hosted on the SAT Level 2 student page, in case a student misses an online class, or if they wish to replay the lecture. These weekly online classes will be a great way for students to interact directly with teaching faculty, ask questions about the lecture content or the supporting document material or exercises. This interactive and enhanced mentoring opportunity will provide an enriching experience for SAT Level 2 students.

If you would like more information about SAT Online Training, please visit this page on our website <http://www.centerforhumanawakening.com/SAT-Online-Training.html>. From this main page you will find links to details about Level 1 and Level 2 training. You can also apply online for enrolment in either level of training. Lastly, if you have any questions about SAT Online Training, reach out to us at [info@sacredattentiontherapy.com](mailto:info@sacredattentiontherapy.com) or [info@centerforhumanawakening.com](mailto:info@centerforhumanawakening.com).



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## 5. Relationships: Part 1 of 2 – A Manuscript from the Novena Teachings Lecture Series

### Self-Love is the Basis on which your Relationship with Another can Thrive

Robert Meagher interviews Richard Harvey on his lecture, *Relationships: The Deep Longing of the Eternal to be Reunited with Itself*, the second lecture in the nine-part series “The Novena Teachings: Nine Jewels of Sacred Approach” (12 Aug 2015).



In November 2012 I began giving a series of 42 online lectures on psycho-spiritual themes. These lectures were presented in seven groups and they provided a summary of psycho-spiritual practices and hinted at the comprehensive psycho-spiritual approach which came to be known as The Way of Sacred Attention. The lectures were aimed at an innovative, radical modern approach to spirituality and leading a sacred life, and they were distinguished by the view that the 21st century presented unique and challenging psychological and spiritual problems in relation to Self-realization and spiritual enlightenment that have no precedent in human history. The broad themes addressed were self-discovery, authenticity, divinity, and psychological and spiritual understanding and renewal.

The 42 lectures were completed three years later, in October 2015. Before I had finished the lectures, Robert Meagher and I began a series of interviews. These interviews are now collected under the title the “Sacred Attention Interview Series” on the Center for Human Awakening YouTube channel. Each of the seven groups of lectures was discussed with an overall introduction followed by an individual examination of each lecture. In the exchanges with Robert he would usually lead with a quote from the lectures which I listened to and heard as if for the very first time, reminding me that the lectures themselves were given as a direct transmission of spiritual Truth. It was a joy to spend the time with Robert reflecting on the contents of each lecture and exploring them in detail. The idea to produce transcripts of these interviews arose some time ago, but we have so far been unable to find typists who can produce the transcripts affordably. Our thanks to Mariah McDaniel who spent some hours producing this one, which we have pleasure presenting to you here in a slightly edited form.

~Richard Harvey



Richard Harvey: Hello my friend.

Robert Meagher: Good to be with you.

RH: And with you.

RM: We are here to discuss this wonderful lecture on relationships and I mention at the outset that it's from this lecture series, the Novena Teachings. I must admit my prejudice: this is one of my favorite lectures from all of your lecture series. So it touches a place in my heart. You open the lecture almost right at the beginning with the following statement:

*Relationships and realization are absolutely linked together. Working with true relationships of all kinds we eventually arrive at the truth which is that all arising appearances are adaptations of the original source, the Divine, or God. This understanding raises your consciousness above identification and separation and is what is commonly thought of as enlightenment. Therefore I am going to begin this lecture on relationships with the question – it is the most important question – one that you may have asked yourself. You can have relationships with ideas, physical things, money, music, love, food, and sunsets. The ultimate relationship though is not really the one everyone expects. The ultimate relationship is with the spiritual teacher, because he or she is the one who lets you loose into an inferno, into heaven itself, into happiness itself. He or she is the last relationship because it brings you to the meeting with the Divine and in the Divine there are no relationships left, you simply are. The question is: How do I realize myself, become myself, live as myself, and fulfill my capacity and potential in the world?*

And so I ask you Richard, how does one realize themselves, become themselves, live as themselves, and fulfill their capacity and potential in the world?

RH: You have to strip away everything that you think you are. Everything that you think you are is merely partial and in the three stages of awakening we have a model, we have a device which focuses firstly on human psychology. So I am not who I think I am from the egocentric point of view. We have the second stage of awakening which is the device for saying even though I fulfill my true nature in this life I cannot afford to be attached to it if I have a spiritual destiny. And we have the third stage of awakening that says everything that stands between me and the divine source – myself as a vehicle for divinity itself – is, from the spiritual point of view, of necessity false. So all identification is partial, all identification is essentially egoic, and when you get to the third stage of awakening you're dealing with some quite subtle holdings of the ego that are nonetheless harsh in relationship to spirituality itself. But nothing other than the naked appearance of oneself as, if you will, non-identity will admit you into the Presence – with a capital P – of the divine person, of the divine source which is impersonal. So you yourself become impersonal in order to achieve salvation or you might say to come into the Presence of divinity.

RM: This attachment to a belief of who we are seems to be necessary; it is part of the process of transcending.

RH: I don't know if it is necessary or not, but it seems to be a given as a human being that we make a fiction of our fears and our desires, our traumas and our unhappiness. We make, we have, as we all know as human beings an innate, apparent tendency to organize experience, to make stories from very little in the way of events and to organize things into some kind of way that points the finger and we say here I am, here's my story, here's my life story: I was born, I was this, that, and the other and all these things. Of course it's arbitrary in a sense because any of those events could be shuffled into a different organization. Indeed people who have very similar events may have different life stories depending on the nuances, and intrinsically none of it is true, none of it is real. It is just a way of looking at it. It's an interpretation. You see we love to do that and we love to shuffle things around and you know you've got your stuff behind you, I've got things behind me, and I've taken to putting my hat up on a hook here now and I see you've got a card up there and we do all these things and there our identity is expressed in that. I put this thing in this place and this extrapolates into a whole egocentric identity of separation and division and at that point you've lost the reality. So perhaps it's a way of saying we can work with our ego-identification by starting in small ways, not to *not* arrange our hat or our books or our furniture or our clothing or all these kinds of things, but in doing it *not to be attached* to doing it, that's the point.



RM: Now, you go on to share the following:

To engage in the psycho-spiritual journey, the process of self-discovery, the life of the heart and spiritual-sacred life, you need three things.

I trust you remember this part of the lecture? So the question is: what are these three things we need for the spiritual journey?

RH: Oh, so you're not going to tell me what I said?

RM: (*laughs*) OK, OK, this lecture was done a while ago and it's only one of 42! I'll really summarize here and this I remember from something, from another Sacred Attention Therapy teaching. Anyway, there are three things a person needs for this life of the spiritual-sacred life. Number one, you need a spiritual teacher and a guide; number two, you need a group or a community, and, number three, you must distinguish and follow the teaching, the appearance of Dharma or truth in your life.

RH: Thank you! Yeah it's a great Buddhist tenet isn't it? It is the three treasures, it's the three contents of the boat that brings you across the great water. It is this symbol of transformation and it seems that we – by and large most of us, or 99.99999% of us – require the teacher first of all in human form, because we are in human form and you require someone to demonstrate through their being-ness the impersonal Divine. Then I'm not quite sure of the order there, I tend to secondly say the teaching, because Buddha-Dharma-Sangha implies this. Dharma is a complex word that loosely means teaching, but it is also duty, it is also responsibility or obligation, it is also something that I've spoken about before – the obligation of being human or the obligation of seeking, which is an earlier state that you have to drop it at some point. Then the need for a Sangha, for a community of like-minded souls, for what the monastery or the convent or the ashram and so on used to fulfill and is now to some degree archaic. We live in a time when our spiritual practice, our spiritual life can be – I think needs to be – integrated into secular life. Whenever I'm talking to people who are having preliminary spiritual breakthroughs these days one of the first things they say is, "I don't know anyone that's going to sympathize or anyone that's going to understand. I don't know if I can even talk about this to anybody." What's very clear straight away is changes are happening to such a degree that this person really needs a Sangha. They really need other people they can share with, not who have had exactly the same experiences but to be in the same spirit of openness and discovery where they can be heard and listened to over and above the personification of the teacher. So here are the three treasures, the three jewels that convey you into the spiritual-sacred life.



Robert Meagher's interview with Richard Harvey on his lecture, *Relationships: The Deep Longing of the Eternal to be Reunited with Itself*, the second lecture in the nine-part series "The Novena Teachings: Nine Jewels of Sacred Approach": The full manuscript of the lecture is contained in an e-book entitled *Moksha Dawn* which is available through the Center for Human Awakening website at <http://www.centerforhumanawakening.com/Books-Webshop.html>. You can also listen to the full recording of each of the lectures in this series, online, at <http://www.centerforhumanawakening.com/Lectures-Webshop.html>. The Sacred Attention Interview Series Apr 2014 to Sep 2016 of which this article is a transcript can be watched at [https://www.youtube.com/channel/UCD\\_pJVba\\_LktnEzfuc51kfQ](https://www.youtube.com/channel/UCD_pJVba_LktnEzfuc51kfQ).

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

New destinations and dates continue to be added to the itinerary for *The Enlightened Moment* tour in the United Kingdom, Europe, and North America. 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](mailto:info@centerforhumanawakening.com). For more information about The Enlightened Moment, please visit this page on our website... <http://www.centerforhumanawakening.com/Enlightened-Moment.html>.

A ***volunteer or a volunteer couple are sought*** for Cortijo Llano de Manzano Psycho-Spiritual Retreat Center in Andalucia, southern Spain from April 2018, onward. The volunteer(s) should have some basic skills and ability with gardening, physical 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](mailto:richard@therapyandspirituality.com) with details of your work experience and abilities.

We are excited about the continued interest in the Center's ***video blog series***, Naked Spirituality. Our new videoconferencing service is providing better quality recordings for the interviews. The Center is interested in speaking with healers about your healing work. If you are a: psychiatrist; psychoanalyst; psychologist; psychotherapist; counselor; coach; reiki practitioner; yoga teacher; energy healer; or any other healing modality practitioner, please consider participating in our video blog series. You can contact us via email at [info@centerforhumanawakening.com](mailto:info@centerforhumanawakening.com). Thank you. To view our video blog series, go to <https://www.youtube.com/playlist?list=PLx4IzCsR4bvnEXOY31TkjrdIJU1LL-6x>

## 7. Other Center News and Offerings

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

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

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

- 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 LinkedIn 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 book<sup>1</sup> he states the case for us being "custodians of the future" in a world that is being debased as it loses touch with the genuine sacred-spiritual truths and ceremonies. If we do not act in all the ways that our true nature dictates we will become complicit in the destruction of the human consciousness of the inner worlds, responsible in whatever way for the degradation of the outer world, and ignorant and helpless in the insight that there is truly no separation between the inner and the outer, between us and them, and between the human and the divine. Thank you for being with us!

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

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

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

## 8. Links

### WEBSITES

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

### SOCIAL MEDIA

#### FACEBOOK

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

#### LINKEDIN

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

#### TWITTER

<https://twitter.com/CenterforAwaken>

#### YOUTUBE CHANNEL

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

### BOOKS

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

### ARTICLES

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

### LECTURES

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

### VIDEO TALKS

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



## STUDY GROUP

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

## BLOG

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

## VIDEO BLOG (VLOG)

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

## RETREATS

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

## INDIVIDUAL AND COUPLES THERAPY

<http://www.centerforhumanawakening.com/About-Us.html>  
<http://www.Centerforhumanawakening.com/SAT-Therapists.html>  
<http://www.therapyandspirituality.com/individual-therapy.html>  
<http://www.therapyandspirituality.com/couples-counseling.html>

## PRACTITIONERS' SUPERVISION

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

## MUSIC

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

## DONATIONS

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

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