



The Eyes of the Golden Hall

~ A Newsletter of The Center for Human Awakening ~

March 2018 Newsletter

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1. MESSAGE FROM OUR FOUNDER:

Reflections from the Enlightened Moment Tour

Self-identification is the basis of separation and division.

The extraordinary insight that we are not the creation of our minds, our childhoods, and our conditioning comes as a shock to the ordinary mind. Our bodies, our senses, our minds – we look upon as possessions. They are ours, apparently, to do with as we will, rather like our closet of clothes, our music selection, or our pantry of food we choose what is in them and feel personally possessive about them.

When the body defies our control and presumption of domination, for example, when we are sick, injure ourselves in an accident, or become terminally ill, our presumption of ownership is challenged. Who or what is to blame? we might ask. A disease, a low ceiling, the spread of germs – the culprit needs to be identified. Thus we battle with life-threatening illnesses, recover (re-cover?) from sickness and injury.

So often accidents are a communication from the unconscious. Sickness too may be a wakeup call, an urging to be more conscious, more loving, more alive, or more sensitive. But since the unconscious is, well, *unconscious*, we are not usually aware that it is ourselves too, just as much or more so than our consciousness.

So whether some part of us we don't choose to recognize or some other person, a disease or a virus that has insinuated itself on us, the very idea that our bodies, minds, and senses are our own turns out to be essentially a flawed idea.

Through therapy, meditation, spiritual practices, awareness exercises, and so on, we may deepen into the truth that our bodymind is not ours, that the boundaries we erect around ourselves to ward off others and the world of experience are only flimsy partitions. But whether we are practicing with the aim of developing awareness or not we may have to start, quite rightly, with small steps. And the small steps of initiation in any human endeavor are never to be underestimated.

I have told before the story of my encounter with the bright young woman who insisted sadly that she had no inkling of her higher self, of spirituality in any form, or any notion of what we in the psycho-spiritual field talk about – words and phrases like selflessness, compassion, peace, inner wisdom, surrender, presence, fell only on her deaf ears, she exclaimed. People only did things for others, expecting something in return, she announced. This is how life is; there's no changing it, she remarked vigorously. There's no higher plane; life, she insisted, for her was ordinary, in no way transcendent and sacred, but rather practical, material, and commonplace.

Following the event at which I met her I had to leave in a hurry and I had forgotten to return a book to the hosts of the event. As I stepped into a waiting car she happened to be passing by and I called to her. "Would you



return this to the hosts for me?" I asked her, holding out the book I had borrowed. She smiled and said merrily, "Sure, of course I will." "That's it," I cried out through the window as the car pulled away. "That's what?" she asked. "That's an act of kindness for which you will never be rewarded, because you'll probably never see me again. Follow this road. It leads to your sacredness, your spiritual self." As I turned to wave to her through the back window she looked visibly moved and I didn't doubt that she had discovered something in herself to strive for.

On the Enlightened Moment (EM) tour I am meeting wonderful people daily. What strikes me more than anything else is their simple generosity, caring consideration, thoughtfulness, and kindness. Through Budapest, Exmouth, and Dublin each room I have sat in with the EM groups has manifested a presence of love and wisdom, pure intention and connection. Like you perhaps I have followed world news during my travels. Since I left we have had the shootings in Florida, the battle for Aleppo with the release of toxic gas, tensions mounting once again between the Ukraine and Russia, renewed attacks in Damascus to name but some of the distressing events. It has not been uncommon for people to express their anxiety and bewilderment about world events in our group meetings. There is of course no easy answer to the question of how we should handle the portrayal of atrocities, injustices, persecution, subjugation, and violence reported in the media.

But might we not reflect on this? Groups of individuals gather together in Hungary, England, and Ireland, soon to gather in other countries too, to be together, to sit in peace and quiet reflection, with gentleness and careful consideration for self and others. Just a handful of assemblies of human beings so far, but there will soon be more, and there could be a lot more if silent reflection, human connection, and listening, sharing, and healing could become a model of normality in our culture.

The EM tour is unlikely to make world news, a local bulletin, or even stand out from among the greater money-spinning events of branded (surely a telling word?) spiritual teachers. But I would like to stand in testimony, give witness, acknowledge, recognize, and validate each single individual who has attended the EM events so far. Every participant has been prepared to enter the fire of illumination and discovery as far as they are able. Each one of you has listened to me speaking of the foundational basis for separation, division, and violence in the present manifest world of arising forms... and that foundation is self-identification. You and I are not separate, we are one in consciousness, and nothing short of that radical, revolutionary insight will heal our world of damaging prejudice, judgment, and bigotry. Your willingness, curiosity, generosity of spirit, love for your fellow human, purity of intention, and impulse to grow is reflected in my heart and soul and I hope through everyone reading this it can be reflected back to you manifold.

See you on the EM tour! See the "What's New and Upcoming at the Center" section below for an itinerary of upcoming EM events.



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

2. Just Let It All Go, by Robert Meagher

During January and February I had a blessed experience that allowed me to practice the art of ‘letting go.’ I was having an experience with another person that was not looking like or feeling collaborative. My perception of the situation caused me some irritation, sometimes minor, sometimes major. For the most part I was confused. I could not understand why the other person was reacting, behaving, and communicating with me in the manner they were.

About mid-way through January my disbelief in what was unfolding gave way to the acceptance that not only did I not understand why the other person was reacting, behaving, and communicating with me in the manner they were, but that I could not understand. Oh sure, I could easily hypothesize what was going on. And I could speak to the person and ask what was ‘really’ going on. But my acceptance was due, in part, to a realization that it was arrogant of me to think I could understand what was happening. I realized that it simply was not possible to fully understand all that was transpiring in the other person’s life to have them behave the way they were behaving. It was likely the other person was not aware either.

What this acceptance allowed me to do was to not get caught up in the building emotional aspect to the unfolding. I simply ‘let it all go.’ All of it! My perceptions. My judgements. My belief in what was right or wrong. I simply decided I was not going to allow myself to get drawn into any continued unrest, dis-ease, or conflict.

As I stepped back and simply observed what was transpiring, I was given the precious exercise and practice of not responding in anger to what were sometimes loud and blasphemous outbursts from the other person. My choice to not respond back with anger met with further invitations from the other person to engage in the unfolding battle. The emotional energy kept rising.

I realized, however, that the minor and major irritations I had felt early in the unfolding were veiled attempts to mask and suppress my own anger. You see...irritation, whether minor or major, is merely a flavor of anger. It’s all anger. Very simply, if we are not in a state of love, we are in a state of fear that most commonly manifests and expresses itself as anger, or less blatant flavors of anger, like irritation. But make no mistake about it—irritation is as much anger as all-out rage!

So I took my minor and major irritations into my meditation each day and allowed my forgiveness mantras and prayers to cleanse and heal my irritations and anger. This daily cleansing was such an important step in allowing myself to forgive both the other and myself. It was only through this forgiveness process that I could finally arrive at the place where there was no other person that I was experiencing. There was only a mirror showing me my own irritation and anger. This ultimate awareness was only possible by first acknowledging my dis-ease, but then to choose to let it go. The choice to let it all go gave me the little willingness I needed to heal through forgiveness.



Robert Meagher: is Co-Founder of The Center for Human Awakening. Robert is a Certified SAT Therapist (Level 1). He has been an understudy of Richard Harvey since 2012.

3. Relationships: Part 2 of 2 – A Manuscript from the Novena Teachings Lecture Series

Self-Love is the Basis on which your Relationship with Another can Thrive – Part 2 of 2

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



RM: Now you go on to say that the most important and most controversial of these three – the teacher, the teaching, and the community – is the spiritual teacher. I’m curious: what makes the spiritual teacher the most important and the most controversial of the three elements?

RH: The spiritual teacher is the most important because the other two follow from the teacher. The spiritual teacher is beyond division and separation in any case, so he or she is already surrounded by beings, even if he were living at the top of a mountain or the middle of a forest he or she is still surrounded by beings. So the sangha is necessarily bound to be there; it’s a gauge of the teacher’s authenticity. The teaching because of course it’s inherent in the teacher function itself, the teaching, the Dharma duty, the obligation to reach the divine state – the means is present otherwise this isn’t a spiritual teacher. So the teacher is the most important,

because the other two are inherent in the teacher function. You must always say spiritual teacher first whichever way round you order the other two. The controversial aspect is this. Over the last thirty, forty, fifty years it's still true that the western world, in which I always include India, not inherently in its ancientness but in its modern appearance, so the west is more of a mindset than a geographical location and its increasingly a world-wide mindset or attitude that hasn't got the beginning of a clue of what the spiritual teacher is, because in North America or Europe we're not orientated to the impersonal nature of the spiritual function that the spiritual teacher manifests. We just don't have it. Whereas in the east and in the ancient middle-east, there's an innate understanding of it, there is a – what should we say – a cultural denotation of it, it's there, it's in the tales, it's in the fairs and the fiestas, it's in talking to the children and telling them stories about Krishna and Rama and all of this. The depth and the source of these stories point toward spiritual surrender and if you're Indian you have it in your blood so to speak.

If we are European or North American we just don't have it. We just don't have a glimpse of what that can mean because our ego positioning is such that the idea of an impersonal personality or a being who is a vehicle for divinity is really a step too far. And here is my last controversial statement on this: the people who argue and say to me, as they do, that all of the spiritual teachers who are thriving in the west, we have to look not to them, but look at their followers, the seekers, the disciples who are with them and then distinguish the cult of personality, even the cult of celebrity, the charismatic cult of your partisanship, with a certain figurehead from the true relationship to the impersonal personality of the spiritual teacher. And I think we'll find, I suspect we'll find, if we could, and it's an impossible thing to do... if we could really gauge it, we would find that most people are entranced; they're in a personal relationship to the spiritual teacher, not an impersonal one. They like the feeling, they like the look of it, the teachings fit them and yet all these kinds of criteria are not actually relevant. You don't have to *like* the spiritual teacher. You don't have to be attracted to the look of the spiritual teacher, or the setup around her or him. You don't have to find the teachings comfortable – probably preferably not! –and the western mindset of course is orientated towards comfort and preference, because today there is a supermarket of spiritual approaches, of spiritual figureheads, a proliferation of teachers. It is so huge, it's baffling! So you may fixate on gender, a nice looking face, an attractive image, and all these other things, but these are absolutely irrelevant for the true existence of the spiritual teacher relationship.

RM: There's a quote that you come to after this section of your discourse about the importance and the controversy around the spiritual teacher and it's about relationships in the earthly paradigm and in the form of the quote "love relationship" and you go on to say that

We are human. So we carry the three threads of need, desire, and love plaited in our souls as a beautiful confusion. Within this confusing, delicious intertwining we're drawn to another being in what we might call a primary relationship, a relationship of love, heart, and soul meeting spirit, calling out heart utterances. This relationship, however real or imaginary, is the very pinnacle of our achievement in the field of interpersonal relationships. A loving relationship is a glorious occurrence in life and possibly the zenith of personal accomplishment and desire. It is also founded entirely on your ability to love yourself, to accept yourself, to be with yourself exactly as you are, without wanting yourself to be better, more beautiful, more accomplished, more anything than you really are. All of your relationships to the other, to the outside to the world of them, are based on at least one event an attainment of self-love. Self-love is the empowered basis on which a relationship with another will thrive. It cannot be any other way.

And what I wanted to ask is this: this self-love you speak of seems to have been lost in these times, so how is self-love nurtured and manifested?

RH: I think we have 2000 years of middle-eastern religion again in the western post-global mindset to thank – thank in a sarcastic way – for self-love being made opaque. People have interpreted the teachings of Christianity and other world religions as teaching us to be selfless, not to be selfish, not to be self-centered, not to be self-indulgent. So it was most poignant I think when the so-called new therapies, some forty, fifty years ago now, caught on in Europe, a little bit earlier in America, that one of the criticisms – the preeminent criticism really – that was made by people who were against personal growth and consciousness-raising and meditation was that we were navel-gazers. Navel-gazing meant you were self-indulgent, you spent all your time and money and everything else on your emotionality, concerned with your own life to the exclusion of all else, trying for self-improvement, trying to raise your own consciousness and this was wholly unfair. But I have to say in the early years of the movement – if it was a movement – we didn't know what we were doing and naturally we didn't know what was happening (as we can now from an historical perspective). So as pioneers I think people involved in the early personal growth movement somehow found the courage and were given permission to be self-indulgent and to defy the moral, religious, strict – really *very* strict– dogmas of the day that said don't be selfish because it is wrong. What we discovered, those of us who persisted long enough, and we were helped by certain visionaries, was that *selflessness grew out of selfishness*. There was no other way and I think we already knew that, but when we heard that it was very gratifying because you suddenly felt very saintly about being totally self-indulgent because of where it would lead to! For me it led to a specific day – I mean it was the strangest experience for me, because I was very self-indulgent and I took it the whole way – when I woke up and found myself caring about the world. It was an extraordinary event but it showed me something that I'd only heard about distantly and hoped would one day justify my extreme self-indulgence. And now it was actually true!

When you fill the cup up long enough eventually it's just going to overflow and my cup was more than half empty in the first place so it took a bit of filling, but those of us who stayed with the process of self-discovery long enough found that the cup overflowed when you had more than you needed... and then where is it going to go? You begin to care genuinely without any effort, just as you naturally come to impersonal compassion in answer to the questions inherent in the second stage of awakening. But along the way you must go to the darkest places of your psyche. They are inevitably the ones that prevent self-love – you know we can all like ourselves when we're looking good, sounding good, and everyone thinks we're great, but to pull out and face those parts of us which are disgusting, revolting, or negative – maybe they are, maybe they're not, but they've been in the dark for so long – and to actually pull them out and find a way to embrace them with loving acceptance... you know I recommend it to us all because there's always this part isn't there and it's another thing that comes up again and again in my practice and I imagine that you've heard it many times too Robert, the fear that if I let somebody really get to know me then I would have to tell them that or I'd have to show them that or I wouldn't want them to know that about me and you notice that this reluctance to be known intimately increases in intensity as we get older. I know a few people in their fifties that are not in a partnership of any kind and they're not sure if they really want a relationship, because they realize that they're going to have to expose the dark horses and “terrible” neuroses that they carry which for now are just between them and me as their therapist-guide and that's a different matter, a different kind of relationship, because I'll accept most anything really. But for most people to start up a relationship feeling like this... it prevents them from being with other people and it's a tragedy.

RM: We've covered some wonderful material. I'm so glad you took the time to look at this again. It's one of my favorite lectures of them all.

RH: Can you just remind me, is this one the second in the Novena Teachings?

RM: Yes, it's the second lecture of the nine Novena Teachings.

RH: The first was Surrender and the second is Relationships. I was thinking to say to you that when I think of this sequence of talks it's almost – for me – it's almost like steps or tiles or like a carpet. There is this preparatory idea about it and it also is very vivid for me too; it has a certain fondness about it for me.

RM: And the next topic – I'm just looking from the manuscript – is Anger. That's the next one after this – a wonderful topic to look at and so until then, thank you Richard

RH: Thank you Robert.



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_LktmEzfuc51kfQ.

4. The Enlightened Moment in Budapest—An Inspirational Testimony and Reflection, by Katalin Czöndör

Budapest was the first stop on Richard Harvey’s Enlightened Moment (EM) European tour, and for me the first event I had ever organized. During the organization period I had to face many challenges – and one of the most difficult challenges appeared to be finding a way to transmit to people what this event series (a talk, a satsang, and a workshop) would be about. What could people expect?

I have been working with Richard Harvey for more than 2 years and have learned many things from him, and about him, through our private sessions, as a Sacred Attention Therapy (SAT) online training course student, and through his books. Yet, I found it very difficult to choose the right words when approaching people, who didn’t yet know of Richard’s work. Among the ‘high level of noise’ which is coming from excessive advertisements (at least in Budapest) of spiritual and self-development methods, courses, workshops, I was wondering: How can I transmit that the event Richard is offering is a rare opportunity for anyone who seeks to experience something genuine, authentic, and of a great value in this field? How can I transmit this unique experience, especially when I have to use the same words as everyone else is using, like spirituality, enlightenment, awakening, true self, etc.?

First, I was provided information about Richard and his work – and that was, I thought, what would help me to decide about signing up for a weekend event. But long series of text are not well suited for Facebook posts, as I learned along the way. Next, I tried to take out some essential sentences from Richard’s articles, books, as “attractive messages,” but honestly, how can a few sentence reflect the depth of Richard’s far-reaching teachings!? At one point in my desperation, I decided to simply turn toward Richard’s own words, and looked for inspiration in what he himself said about the EM event, either in an interview or in a YouTube video. At first glance it didn’t seem to be very helpful, as he said, for example: *“I’d like to think that anybody coming to one of the enlightened moment events, don’t come prepared in a sense that you have an expectation. This is certainly the best way, I would say. Come open. I myself will come unprepared, because spontaneity characterizes spiritual teaching, the psycho-spiritual life is characterized by being ill-prepared if not unprepared.”*

I thought “Great! Even Richard can’t say what to expect. And moreover, he publicly announces that he will be unprepared.” Of course, this can be interpreted in many ways, and the real meaning was explained as follows: *“My old teacher in such events was notoriously unprepared for whatever would happen because that allows for anything to happen, and that’s rather wonderful, really. The unexpected, the whatever it is that comes out of that field that you didn’t know about yourself, or about yourself in a relationship. Some veil is to be lifted, some curtain is to be pulled back in some*



kind of a way, and I think if we could say success for an event of this kind, it would be that a curtain is pulled back, or a veil is lifted of something, that is in the way of the present moment, or your true nature is revealed to you, which neither of us, or anybody at the event would previously have known. Let's say it hinges on a revelation of the unknown."

Maybe the preceding is not "best-selling marketing text." However, based on the above quoted sentences from Richard, after I have experienced an EM event, I would share the following:

"To be honest, I personally don't know the answer to the question what people can expect to get from these events, why it's worth coming. But what I can say is the following: I met Richard after many years of seeking and experiencing different approaches to inner work. Richard was the first therapist who showed me that there are therapists who can accompany the client along the whole way and not just up to one point. He is able to do that, because he himself walked the whole way, because he is able to put aside his own agenda. Why will it be good for someone to participate in the event? I truly don't know. But I recommend this event with pure heart and good intention to everyone, who is seriously interested in the questions of Life – either from a spiritual or a psychological point of view, or both. I recommend you participate in the EM events to hear and experience what Richard has to offer. And who knows, maybe something good will come out of it."

Looking back now – this is exactly what happened. It was a privilege to witness how each participant received something personal from the EM events, either through an answer to their own or another participant's question, or through experiential work in the workshop, or through a simple look into Richard's eyes. Each participant came with a different background, with a different life story, yet all of them left with a personal gift.

As for myself, participating in the three different events (a talk, a satsang and a workshop) gave me a particularly valuable experience, which is still difficult to describe in words. Richard's presence, and being with Richard in the present moment, was by itself a teaching of high value. Witnessing his ability to say exactly what needs to be said and keeping a balanced proportion of seriousness and lightness, of depth and simplicity, all interwoven with humor, was a very rare and valuable experience for which I am very grateful.



At the end we all agreed that this first event was about planting a valuable seed in Hungary for SAT and for Richard's work. I am very happy and grateful that thanks to this event, there are now more people in Hungary who experienced the value of what Richard can offer, creating a fertile ground for further, and hopefully regular, Enlightened Moment Events in Hungary.

See you on the EM tour! See the “*What’s New and Upcoming at the Center*” section below for an itinerary of upcoming EM events.



Katalin Czöndör, PhD: was a researcher in Neuroscience. Katalin is currently a student of the Sacred Attention Therapy Online Training, Level 1.

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

The Enlightened Moment tour is well underway! The tour started in Budapest, Hungary, on January 26. On his way to Ireland, Richard Harvey stopped off in Exmouth, UK, for events on February 7 and 10. Dublin was the next stop for a talk (February 15) and satsang (February 16). March will see Richard Harvey swing back through the UK for stops in Bristol (March 2 – 3), Stoke-on-Trent (March 5), Marston (March 7), and Woking (March 17 – 18). For more information about The Enlightened Moment, please visit this page on our website... <http://www.centerforhumanawakening.com/Enlightened-Moment.html>.

6. 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.

- 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 book¹ 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!

¹*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

7. 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>
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