

The Eyes of the Golden Hall

~ A Newsletter of The Center for Human Awakening ~

September 2018 Newsletter

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1. MESSAGE FROM OUR FOUNDER:

What does spirituality mean?

Questioner: *What does spirituality mean? What is the difference between a physical journey and the spiritual journey? What's the point of spirituality?*

Richard: Spirituality has no point. It is the spirit or the essence of life itself. It is your absorption into the Mystery. It has absolutely no point, because anything that has a point is a halfway point, a detour, a means to something else. Spirituality is not a means to anything at all. It is your participation in Truth, in Reality, in Life.

The word spiritual relates to breathing.¹ As you breathe in you receive life, as you breathe out you exhale life. This rhythm of exchange and relationship with life is enormously significant. It shows you that you and life are one. It is immediate: as you breathe in and out and absorb yourself in your awareness of this rhythm you can experience unity with the whole of life. This is both the beginning and the end of the spiritual journey. It may initiate some people to start and it may be the natural peaceful source of spiritual practice and honoring life for others. No one can say where the spiritual begins or ends. It is spaceless, timeless, ancientness, source-ness – both original and before all things and beyond and after. This is why it has been called the Alpha and the Omega: the beginning and the end.

Spirituality means that dimension of life that is concerned with the life of the spirit. It requires a certain kind of intuition and awareness. Some people are born with an awareness of the spiritual and others have to work to attain it. For those who enter and become familiar with it, the spiritual world is the only authentic reality. It is the kernel of authentic life force and the source of life itself. All other events – people, animals, nature, and changing circumstances – are shot through with the spiritual. This means that even relative events like birth, death, relationships, good and bad fortune may be “seen through,” because the only thing of any consequence is the spiritual.

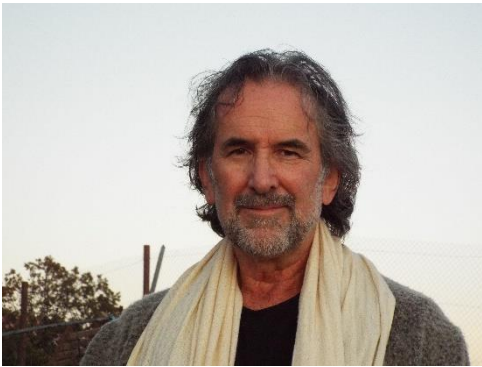


Spirituality is a deep honoring of life. It involves sacredness and reverence. With spirituality comes a great awareness of the symbolic aspect of life. Symbols are the spiritual vocabulary and they form the spiritual communication. For the spiritual place is really beyond words, and worldly means. It is indescribable, not even decipherable. The analysis of ways and means to the spiritual domain is possible, but no explanation or description of spirituality really exists. This is because it is expressed or reflected in the world in a willingness to enter into the sublime Mystery, the unknown, without resistance.

¹ The etymology of the word spirit is from the Latin word *spiritus*, meaning breath, courage, spirit, or soul.

The spiritual journey is different from a physical journey. Your body, tiredness and energy, progress and regress, a result, an outcome, and some investment in the outcome characterize the physical journey, which is essentially an outer event. The spiritual journey however is inner event. It is less about progress more about process or what is happening, less about doing more about being, less about result more about what already is. Energies, emotions, tendencies, and patterns of identity and transformation change endlessly, whereas sacred attention in the form of awareness, devotion, and compassion is unchanging. The overriding presence of Truth and Reality is absolute and not one half of a complement of opposites, as it is in the relative world.

When you live your life in a sacred dimension you enter into spiritual reality. If you stay there and persist in being there, the spiritual gifts are offered for you to receive as blessings.



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

2. Letting Go of The Last Vestiges of The World As I Know It, by Robert Meagher

Ten years ago I was living a very different life than I am today. Ten years ago I was at the zenith of my corporate Canada career. I was serving as a Division Head in a prominent company making a 6-figure salary. I lived a fast-paced life. I lived a life full of plenty—plenty of responsibility, plenty of stress, plenty of material possessions, plenty of debt, and plenty of ego-appeasing rewards.

Amidst the fast-paced living and life of plenty was a festering and growing awareness that I was unhappy. Even though I tried to blame everything and everyone around me for my unhappiness, I knew at a deep level that my soul was dying. And I knew that if I did not change my life, not only would I never be happy, but I had a sense (albeit delusional) that my soul would die. My fear of change had lessened to the point that I was now more afraid of my life staying the same.

So in August 2009, I did the unimaginable. I left corporate Canada—all its appeal, all its societal accolades, all its monetary rewards, and all its entrapments. I decided in August 2009 to set myself adrift and explore a new way of living and seeing the world I was living in.

Within 1 month of my departing corporate Canada, my extraordinary transformation accelerated. I was guided to ministry and to re-initiate my study of psychology. First came my study of theology and divinity that led to my ordination as an Interfaith Minister the following year. In parallel, I began studying psycho-spiritual psychotherapy and was eventually certified as a Sacred Attention Therapy Therapist in 2015.



During the 6-year period from 2009-2015, I sub-consciously and unconsciously divested myself of much of my way of life prior to 2009. As new ways of living and seeing the world I was living in came into focus, an entirely new way of living started to take hold. As the years went on I felt and grew more in alignment with my true, authentic self and calling. A trust in life grew over me that allowed me to experience more peace in any one day than I had experienced in the entire 40 years prior to leaving corporate Canada in 2009.

But one last reminder of my corporate Canada days hung around, and that was my debt. My lifestyle prior to 2009 was one that not only numbed me into complacency but made me think that it was quite normal to have debt. As my lifestyle began to change significantly, post 2009, so too did other factors, like income. It became less and less likely that my debt would be paid off under my new lifestyle. So what to do?

Of the numerous options available to bring all aspects of my life, finally, into alignment, I chose an approach to financial restructuring that allowed me to divest myself of my debt. It was an emotional decision to take the approach I did and it was blessed with many gifts of awareness and opportunities to deepen into my inner work to unravel the teachings being offered to me.

Yes, there was guilt. Yes, there was shame. Yes, there was relief. Yes, there was the myriad of sensations and feelings associated with having lifted a very heavy burden off my back—one that had been hanging around for more than a decade. But another awareness came to the forefront that took precedence over all else.

The decision to divest myself of my debt from my corporate Canada days was a final step in letting go of the last vestiges of the world I once knew. I now felt in full and complete alignment with a new way of living and seeing the world I live in. The alignment was freeing. In part because a perceived burden had been lifted from my shoulders, but more so because now I was living in alignment with all other aspects of my life.

I was reminded of the ancient teaching that when what we say and what we do is not in alignment, dis-ease results. I realized that for many years following my departure from corporate Canada I was still in a state of dis-ease because what I was saying and what I was doing was not in full alignment. While the initial steps to bring myself into full alignment, to let go of the last vestiges of the world as I knew it, was bumpy, what has come out on the other end has been freeing, rejuvenating, grace-filled and full of divine peace worthy of our Creator's love for all of life.



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. Discipline, Discipline, and Dilemma, by Cathy Knight

I grew up in an environment of discipline, mainly learned through boarding school. As an adult, life was disciplined and yet chaotic with the requirements of work and rearing my children. Now my life is decidedly undisciplined and rather leisurely. I have fooled myself that my habits were part of my spiritual discipline, where in actuality they are all about the quest of making my personal, individual life acceptable and comforting. I have fallen into a quiet cul-de-sac in my inner work, barely perceptible and distracted by the market place of outer, passing, and temporary conditions. I have not been residing in the quiet centre and venturing out into the world; rather, I have allowed the emptiness to become eclipsed and ignored. I am humbled now at this recognition, taking time to contemplate the psychological and spiritual ramifications of my relationship to discipline.



Resting, Peasant Girl Lying on the Grass, Pontoise - by Camille Pissarro, 1882

My life is full of half-finished projects and things on the back burner. Have I lost my way now, that my easy life has lulled me further asleep? I felt unprepared this morning for my therapy session with Richard Harvey. I knew he would ask, what is this feeling pointing to? Why have I always been or felt a need to be prepared – and prepared for what exactly? Why is it that my morning habits have become so important to me, (2 cigarettes, 2 cups of tea, and 20 minutes of oil pulling)? I suppose the discipline of boarding school put habits into place. I had to wash, dress, breakfast and make my bed before school. There was time before the education in which I prepared myself, however unknowingly, for the day ahead. I guess that my present aversion to inner work and spiritual discipline may be seen as the rebellious streak in me – it's shining through again. The streak that doesn't want to work, be told what to do; the Rebel Yell who has somehow hit on Easy Street and is enjoying the repetitive, soporific lull of a predictable morning routine and is not wishing to endanger the status quo. Except, that it isn't only the mornings, since mornings become afternoons, and evenings; the cycle whirls around.

And yet, on another level, I've been dealing with issues in the outer realm which even a year or so ago I would not have been able to navigate. Not that I've necessarily navigated them expertly, but I have found a way to be with the arising conditions. Initially, I was terribly identified and caught up in a particular scenario, where I believed I was being helpful. Gradually, I've become less identified, less full and, I hope, have become more useful in this external set of circumstances. In that particular lessening (lesson in), my attention has now been drawn to the rather fluid and chaotic nature of my spiritual practice. I let myself off the hook, so to speak, merely to carry on carrying an unspecified bundle of egoic processes and maintain the status quo. Don't rock the boat, this one is working for you; sure, ain't life grand? Yes, the sun is shining, the football matches are playing out, it's Wimbledon season, the strawberries are succulent and sweet - but my inner growth has stagnated.

The question or quandary now is, how? I can't just oust one set of morning rituals for another, it amounts to the same in terms of attachment. I haven't touched my fingers to the keyboard of my laptop in weeks – but here I am now, at the 11th hour. My sketch pads and paints lie dormant. I'm lying in the sun next to the hay stack, although I am alone. The haystack, in whose shadow I lie, may represent the psychological and spiritual work I have done thus far. It also represents my unfinished business, the shadow work, the vestiges of egoic predilections. It's some heap, and now I am a little clearer as to my inner work. Sweep away the hay, put it to good use as fuel for the sacrificial fire. It is there to be burned, not as a shady spot to languish. I'll begin my inner work again by the act of physically sweeping my back yard. A painting may come later. This most famous Van Gogh painting is for inspiration.



Siesta or Noon: Rest from Work (1890),
Van Gogh



Cathy Knight: is a Certified SAT Therapist (Level 1). She lives in Dublin, Ireland. Cathy can be reached via email at cathy.knight111@gmail.com.

4. The Mountain Yurt, by Richard Harvey

Sacred Space at Cortijo Llano de Manzano

Personal and Spiritual Growth Center in Andalucia, southern Spain

The experience of Sacred Space makes possible the founding of the world: where the sacred manifests itself in space, the real unveils itself, the world comes into existence. – Mircea Eliade

The Mountain Yurt is the location for my individual, couples, supervision, and personal retreat sessions, as well as meditation, therapy, and training group workshops. Over the years the yurt has gone through many changes. Previously consisting of double canvas over a wooden framework, some years ago it suffered terminal damage in high winds. The decision to rebuild the structure using a double wood skin filled with insulation was possibly a good one, although the maintenance to protect it from weather damage, particularly the sun, is relentless and time-consuming.



The east wall interior. Many of the pictures and textiles adorning the walls are gifts from clients.

The Mountain Yurt is a sacred space. First, since it is dedicated to healing and, second, because of its unique atmosphere. Some people are more sensitive to it than others. Retreatants, for example, sometimes spend all the time they possibly can in the yurt, even in between sessions, although they have private self-contained accommodation of their own. Entering the yurt you are stepping into a ceremonial, ritualistic space.



Interior view of the door into the Mountain Yurt.



This must be the site of many, many sessions by now. During the first year here I used a room in the original cortijo, a small stone built space on our upper land, but for 14 years now I have been sitting in the chair on the left!

Very often the healing ceremony is quite sedate. I may simply sit opposite the client on the two dark red chairs. What passes between us evokes a third presence or force, which I consider the impersonal power of healing. Together we create the energy of sacrificial release through sharing and receiving to bring about balance, new alignment, and release. Over the years that presence has become strong enough that it may be felt energetically as a constant energy in the yurt, so that friends and visitors coming into the space often feel it and comment on how special the physical space is. More than one person has asked if they could go and sit in the yurt to soak up the atmosphere.



The altar is an antique Indian dowry chest, the wooden bowl contains sand from the Sahara desert, the Japanese bell is a gift from my wife.



View of the yurt interior from just inside the door.

Occasionally I have tried to personalize the yurt with photos of my family or spiritual teachers that are important to me, or personal objects. But whenever I have done this I remove them after a time. It seems the yurt wants to respect and honor the impersonal over the personal. I have entered into a conversation with the sacred space itself that has allowed me to become increasingly receptive to respecting and reverencing it as a temple of transformation.

As I think back and remember all the different therapy rooms I have created through the years, it seems to me that the Mountain Yurt is the culmination on the physical plane of what I have always nurtured in my heart as the ideal location for therapy. Situated at nearly 4000 feet above sea level in a beautiful natural environment with profound peace and quiet and the power of the elemental forces of nature, the yurt invites deep attention, profound inwardness, and vibrant reverence. It is an authentic blessing.



Sometime ago I asked my daughter Lily to paint murals on some sections of the wall... and this is the result. Although you can't see for the light in this photo, the window above the desk looks out over the Alpujarra mountains of Andalusia to the Mediterranean Sea and on a clear day all the way to the Rif mountains in the Kingdom of Morocco.



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

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

The **Sacred Attention Therapy Workgroup Manual** has just been published! The *Manual* is a long-awaited response to people who have thought of setting up and running Human Awakening Groups and have not been sure how to do it. It is also intended for therapists, group leaders, Sacred Attention Therapy (SAT) students, SAT therapists, and anyone who wants to try their hand at setting up and running a therapy group. The manual is the product of Richard Harvey's 40 years of experience and it offers a unique approach and insights into therapeutic groupwork. For more information about this publication and to order your copy, go to... <http://www.centerforhumanawakening.com/Books.html>.

A **Human Awakening Group** has been launched in Ottawa, CANADA. The Group offers a safe, supportive, confidential, and nurturing space to support your inner work in a group setting and provides a forum for revelation through inner guidance and insights. For more information about this Group, go to... <http://www.centerforhumanawakening.com/Human-Awakening-Group.html>. If you would like to create a Human Awakening Group in your city, please let us know. We will be happy to support you in whatever way we can.

We are forging ahead with the production of **Sacred Attention Therapy (SAT) Level 2 training**. We have completed 75% of the lectures and are passionately completing the corresponding supporting documents and other materials. Our intention is to officially launch Level 2 training on January 1, 2019. For more information about SAT Level 2 training, please visit... <http://www.centerforhumanawakening.com/SAT-Online-Training-Level-2.html>.

We invite your participation in our new **Q & A initiative**. Do you have a spiritual and / or psychological question for us? Would you like to share an experience and invite comments and feedback from the members of the Center's community? Do you have an insight or words of wisdom to share? Q & A aims to provide a lively forum for the exchange and cross-fertilization of knowledge, wisdom, spiritual questions, psychological clarity, and personal and collective unfolding for the awakening of all souls. To submit your question, go to... <http://www.centerforhumanawakening.com/Questions-and-Answers.html>.

6. Center 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.centerforhumanawakening.com/Retreats.html>.

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/Community.html>.

Volunteer opportunities abound at 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.

- Web Developer (WordPress) to Customize BLOG
- Crowdfunding Researcher and/or Coordinator
- Hosts for Traveling Satsang
- 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 book² he states the case for us being "custodians of the future" in a world that is being debased as it loses touch with the genuine sacred-spiritual truths and ceremonies. If we do not act in all the ways that our true nature dictates we will become complicit in the destruction of the human consciousness of the inner worlds, responsible in whatever way for the degradation of the outer world, and ignorant and helpless in the insight that there is truly no separation between the inner and the outer, between us and them, and between the human and the divine. Thank you for being with us!

²*Your Sacred Calling: Awakening the Soul to A Spiritual Life in the 21st Century*, now published by Austin Macauley Publishers Ltd.

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

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

7. Links

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

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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>

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