

The Eyes of the Golden Hall

~ A Newsletter of The Center for Human Awakening ~

November 2018 Newsletter

Volume 3, Number 6

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1. MESSAGE FROM OUR FOUNDER:

Questioner (Q): *Let's talk about humanity today and the Sacred Attention Therapy training. When I first came across The Center for Human Awakening, I thought to myself this is just another spiritual website, but as I explored your work through lectures, video blogs, and published writings I understood that it was much more than just another spiritual website. What is the importance of the training you offer for contemporary humanity?*

Richard (R): I consider humanity to be in the oral stage of development. This is an analogy with a developmental model of childhood in which as a child we are first seeking to belong, and second to feed, nourish, and ground ourselves in the world before we go on to the deeper lessons of a human life. In the oral stage humanity is concerned with what it wants, how much of it it can have, how long it will last, whether it will satisfy, how to meet its fundamental desires and the extension of those desires in sublimation, progression, corruption, and perversion. It is almost impossible to become removed from the compelling atmosphere of need and greed that is fuelled by the egocentricity of the 21st century individual. His/her mind has become so fashioned by visual stimuli and mass indoctrination that the very sustenance of life has become deviant. For example, junk food, sugary beverages, cigarettes, coffee, and energy drinks may form the bulk or the total input of an individual's diet today. It provides immediate stimulus, excitation in the organism, and a corresponding decline in energy soon after. There is no recognition of real nourishment in so very many people, as evidenced in the survival of the junk food chains and people's addiction to them. What is it that makes a seemingly intelligent half-adult person queue up at McDonald's for food that has virtually no nutritional value whatsoever?

Q: *Well, yes indeed... and what is the answer?*

R: The answer is to be found in childhood. The disillusionment of the child, as we have found over and over again in therapy, lies in the failure of the external world to rise to its expectations. For example, even when the mother is breastfeeding, her emotional state, awareness, presence, and distractedness may be enough for the baby to feel undernourished. Without eye contact and presence in the holding, ungrounded, with anger and hate toward perhaps the father, mother's milk may turn poisonous. As adults it is hard for us to picture the sensitivity and openness of the child's state. Yet we were all that sensitive at one time. Now, try to imagine that some essential stage of growth has been omitted from your natural development and you find yourself trying to meet expectations that surpass that period of your life. Of course you capitulate to the requirements of the time and engage with the present conditions trying to fulfill yourself and fit in to what is expected of you – it's called conforming. But the deficit of that unmet period of your early life lives on inside you and it will tend to surface.

Q: *When and why does it surface?*

R: The when is at psychological gateways and the why is because it constitutes unfinished business. Unfinished business is like when you hear a song on the radio in the morning and you can't get it out of your head. By lunchtime it's repeating and repeating inside you. This principle can be used to positive effect of course with positive affirmations or expressions of gratitude and recognition of blessings, and perhaps more profoundly by



starting your day by singing or speaking out loud sacred-spiritual evocations of truth and reality. Such verbal expressions take root inside you and point you toward those sacred-spiritual principles by which you intend to live.

Q: And the gateways?

The gateways are the calls or invitations to develop or progress in your individual life. The first gateway is the psycho-physical birth at zero years of age, the second is at 7 years of age when you become incarnate as a human being, the third is at 14 years of age when you enter puberty and subsequently adolescence, the fourth is at 21 years of age when you may purport to have become adult, at least in the eyes of the society. Then you notice that humans apparently stop growing or developing until their decline in later life and the projected sad and impotent years of middle years, old age, illness, and impending death.

But this is nonsense. Gateways of expansion and ritual meet us *all through life*. In a sense we know this, we are aware of this, but nobody really talks about it or recognizes it. There is a vague feeling about the mid-life crisis, for example, but nobody really knows when it is, what it is, or what it truly signifies. Yet each of these gateways is a sacred transition, signifying the challenges of change, of sacrifice.

Q: Does the Sacred Attention Therapy training help you to negotiate these gateways?

R: Yes. The Sacred Attention Therapy training enables you to identify where you are still attached to your childhood. It is not a substitute for therapy, but neither is therapy able to offer such a concentrated view and experience of the total survival strategy of your early life. The training is not only for therapists or therapists-to-be, it is also for people who take their release from early life conditioning very seriously indeed. You see until we are released from the past, the future, and perhaps more importantly the present, remains on hold – in a very real sense we *do not live our lives*.

Q: You wrote somewhere that your life is either growthful or stagnating, I think?

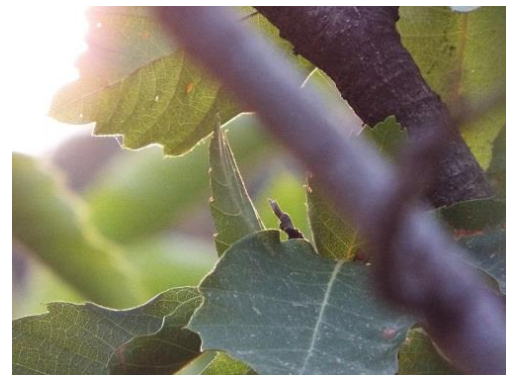
R: Yes, that was in my book *Your Essential Self*. It had occurred to me for some time that life is inherently developing, growthful, full of movement and vibrancy... and that the only alternative to that is stagnation, a state worse than death.

Q: But are you really saying that unless you dismantle the influence of your early childhood conditioning that your life is in a state of stagnation?

R: Yes, I am. You will experience emotions, a certain fulfillment, the vagaries of psycho-biological life with all of its instinctive wonders and disappointments, but you will not be able to experience a truly human life in all its potential, diversity, and expansiveness.

Q: Now as I understand it this shedding of the early life conditioning leads you to a second stage of awakening, doesn't it?

R: The second stage of awakening is the fulfillment of a human life without limitations from the past – or those limitations which have been preserved from the past and which appear in the present as irrational contracting



fears. The fulfillment of life in the second stage constitutes the wondrous unfolding of the truly human potential for authenticity, compassion and the heart-directed life.

Q: But people would say, or might say, that they are already genuine, loving, and compassionate. Why should they seek anything more and what more can therapy or training give them?

R: If those people are satisfied then they must wait.

Q: What do you mean by that?

R: I mean that if they wait long enough it is possible and even probable that something arises in their life that causes them to question more deeply, to ask: Is there anything more than this? Could there be another experience of life? Could there be something missing for me? These kinds of questions are signs and they appear out of dissatisfaction, enquiry, curiosity, or a crisis in life.



This is how the stirrings of faith arise in a human being and he/she seeks a method, an approach, some way to find out, to discover more about themselves and their world. Should that happen, or if it has already happened to you, then perhaps you discover the Way of Sacred Attention and according to your capacity and earnestness you engage with it and journey toward liberation and the realization of your True Self.

Q: For those people who have found their way to your work what has the Sacred Attention Therapy training, for example, given them?

R: The aim of the Sacred Attention Therapy training, Level One, is quite specific: it leads to an awareness of the Central Character Dynamic (CCD). The CCD is the summation of your total survival strategy. It is known as the seventh core element in Sacred Attention Therapy, a new dynamic which consists of you holding all the other six core elements simultaneously, becoming aware of relationships between them and their homogeneity, and finally taking the courageous step of releasing the past and entering into a period of transition and preparation for the transformation of your life.

Q: What are the seven core elements?

R: Family beliefs, life statements, emotional-behavioral patterns, emotional suppression, sub-personalities, character strategies, and the Central Character Dynamic.

Q: How hard it must be to hold all of that simultaneously?

R: Well, the aim of the course is assisted by the detailed study and resultant awareness of devoting a module of understanding to each of the core elements. As you get a clear picture about each one you increasingly understand yourself in real depth. By the time you arrive at the CCD, assuming your work has been thorough and clear, it should be like being confronted with yourself.

Q: And this is the way to draw the human collective out of its oral phase?

R: I believe that if enough people did this work and were therefore able to model a greater maturity that human transformation would have a knock-on effect and in time we would see humanity growing out of its self-imposed, contracted, infantilized condition.

Q: May I ask you some quick fire questions?

R: Shoot.

Q: Therapy and inner work without a therapist?

R: ... cannot be done. We have become far too tricky as self-conscious individual beings. Try to find a good therapist, a better-than-good one if you can, and see the process through.

Q: Disillusionment?

R: Disillusionment is the way to greater things. It is unlikely to impossible that you getting anywhere until you have experienced one of the D-words – depression, disillusionment, or despair – in some capacity or other. So when it appears welcome it as the catalyst of your greater life.

Q: The oppression of women today?

R: ... is total. The only parallel to the ignorance of the pioneering insights of humanistic-transpersonal psychotherapy of 35 to 40 years ago is the highly efficient suppression of the revolutionary insights of the radical feminists of 50 to 60 years ago (and before). Lowen and Kurtz opened up the life of the body for us, showed us that the body is the psyche, and revealed a way to psychological liberation. Similarly, Daly and Dworkin opened up the historical and present circumstances of female suppression and atrocities and revealed its present day relevance. The whole thing was too gut-churning for us so we turned away and looked for something more superficial to distract us. Thus the suppression of the female today is more prevalent than ever.



Q: Does it have psycho-spiritual significance?

R: It does and it doesn't. The issues that arise for women in therapy and inner work during the first stage of awakening inevitably coincide with cultural suppression. For many women the sensitivity and empathy with women as sisters is palpably authentic and must be addressed in therapy. On the other hand in later second-stage and third-stage awakening the apprehension that you are not a human being, but rather that your human condition is a vehicle for your soul and spirit lessens your self-identity including your gender identity, so you stand in a different relationship to that whole field.

Q: Your advice for those seeking a spiritual teacher today?

R: Prepare yourself inwardly as deeply and profoundly as you can. When you are ready the teacher is here; if you are already ready and still looking, stop looking, he/she is right in front of you.

Q: Money?

R: A means of exchange, a symbol, energy.

Q: Anger?

R: Control.

Q: Love?

R: One of the most compelling lessons of the three stages of human awakening is surely just how differently we experience love in each of them.

Q: So finally, I have a young son. Can I tell him in all good conscience that there will be a better world for him in the future... or not?

R: You cannot guarantee that for him, no. What you can do is help him to see successively and as it is appropriate to the stages of life he is in how human beings experience the world through veils of conditioning, how when these are removed the world looks very different indeed, and how it nonetheless remains a realm of death, sadness, and loss. The impulse, the urge to face up to that squarely may initiate him, as it has initiated so many, to turn to a spiritual path and so long as that path is not soaked in too much fetishism, unnecessary ballast, and tradition, and so long as it meets the psycho-spiritual requirements of the present day, may it lead him to realize himself.

Q: What is the relationship of the path, the teaching, to the teacher?

R: The path, the teaching and the teacher are One.

(The Sacred Attention Therapy Online Training Course, Level Two, is due to be launched in January 2019. Prospective students do not have to have completed Level One to participate. If you are interested in the Sacred Attention Therapy Online Training Course, Level One, visit <http://www.centerforhumanawakening.com/SAT-Online-Training.html>.)



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

2. I Have Nothing More to Say, and I Couldn't be Happier, by Robert Meagher

When I was a little boy, I learned how to speak English. Speaking became my primary way of communicating with others. I was taught how to communicate verbally so that I could interact with others and let my needs and wants be known.

As I grew into adolescence, I was taught how to refine my speech to fully express myself. Expressing myself in verbal speech spilled over into the written word. As I progressed through adolescence and entered into the world of higher education, expressing myself verbally and in writing became encouraged, prized, and rewarded. I remember during one particular university semester, several different professors encouraged me time and time again to “Write more, go deeper. I want you to express yourself more fully and deeply.”

After graduating from university, entering both adulthood and the workforce, written and verbal communication took on a life of its own. Writing and publishing articles and books, speaking at conferences around the world, all became the new norm. The expectations grew and so too did the stakes!

All through my youth, adolescence and adulthood I was oriented toward silence and stillness. Secretly I pondered solitude in all its glorious possibilities. As I raced my way through my career, and enjoyed more success in my written and verbal communication, inside I was conflicted. I never understood what all the fuss was about regarding the written or spoken word. And public speaking was losing its luster. All around me was the messaging to ‘speak up!’ Professional endeavors at the time also confronted me with the ever-increasing opportunity to defend my views and enter into dialogue that was nothing more than conflict veiled in the name of professional development and advancement. I was tired of it all!

In 2009 when I left Corporate Canada, I discovered a way through life that allowed me to embrace silence, stillness, and solitude. And yet, even in this new, very different, milieu there remained the ever-present call to verbal and written communication and dialogue that sometimes was, once again, conflict veiled in the name of development and advancement.

The transition from Corporate Canada to ministry since 2009 has allowed me to let go of so much, including my need to engage in the societal norms and expectation regarding verbal and written communication. Yes, I still write. Yes, I still do public speaking. I facilitate many groups each week. But all this communication is offered in service to the Divine, rather than ego-aggrandizement. I am becoming less and less interested in casual conversation and I am completely disinterested in any form of conflictual dialogue and defense.

Many have written about how intimacy and communion thrive in silence and stillness; people like Anthony Storr, Michael Harris, Robert Kull, Gabriel Garcia Marquez, May Sarton, Ralph Waldo Emerson, Ruth Haley Barton, Richard Harvey, et. al. I experienced this first-hand on a ski vacation to a very popular ski resort in Canada, Whistler Mountain. One day I took the chairlift to the top of Whistler Peak, found a secluded spot and just sat there! With stillness all around me, and the wind whistling, I found a profound



presence in the stillness. It was as if the wind was speaking to me. There was presence in solitude. There was sound in silence.

This intimacy and communion with life, through silence and stillness, I offer to the Divine in sacred service. The primary means for this offering are the psychotherapy practice and groups I facilitate. I am given the opportunity to listen...to truly listen! True listening embraces a shared experience, a felt experience with the other. Listening to their voice, listening to what their gestures and physical movements are telling me. If I listen carefully enough, a connectedness and synergy arises. A truth emerges.

Today, I am far more interested in listening than speaking or writing. I am more interested in stillness, silence, and solitude. In stillness and silence is everything I need and want. Solitude is not about whisking myself away to a secluded space or place. Solitude is about coming to rest in peace in my true, authentic self. I can easily be in solitude among 100 people as I can in an isolated setting 100s of miles from civilization.

Alas, in truth, I am coming to rest in a very peaceful place of knowing that I have nothing more to say...and I couldn't be happier!



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. Teacher of the Heart, by David Kalisch

(Song lyric, circa 1990)

You are a teacher, a teacher of the heart
Teach me of pleasure, show me where it starts.
You are a healer, you touch the earth
You know the treasure, you show its worth.

How can I say... teach me today?

You are a lover, you are a friend
Teach me how to turn within to the love that knows no end.
You are a teacher, you touch the sky
Teach me how to open my heart, not to ask why.

How can I say... teach me today?

You are a wise man, teach me how to be
Show me how to recognize myself and what's inside of me.
You are a healer, you touch my heart
You see beyond the separateness to the place that we're never apart.

How can I say... teach me the way?

You are a union with below and above
You show our connectedness in one connected love
You are a union with above and below
You teach me wisdom, show me what I need to know.

How can I say... teach me today?
How can I say... teach me today?
How can I say teach me the way?

(Dedicated to Richard Harvey)



David Kalisch: is a Psychotherapist, Supervisor, and Director/Trainer at CHPC Training. He is also a musician and songwriter. You can hear some of his songs on SoundCloud: <https://soundcloud.com/david-kalisch-342395211>.

4. Welcome to the Other Side, by Oliver Baum, BA, MTheol, MBACP

Having worked with Richard Harvey for a number of years I can't remember the number of times I've asked myself 'Have I gone through the threshold?'. It became a bit of a mission, completely missing the point I know but whatever happened I was going to do it, I was going to muster every last ounce of will and determination and plough my way through that threshold even if it killed me. The annoyance I have felt reading that if I have to ask if I am through the threshold then I am not, and the confusion at a seemingly linear process that didn't seem in the slightest bit linear to me, sometimes overwhelmed me and the pride and stubbornness that stopped me asking the question created a sometime migraine inducing tension in my shoulders. Yes, My name is Oliver and I am a Seeker ... a particularly bloody minded one at that...

I was pointed in the direction of an article in a previous newsletter about how it is possible to experience elements of each stage at any given time and that elements of each stage might be working through simultaneously.¹ After getting over the 'Well you could have told me that 5 years ago' stage, an observation that seemed to reflect my own process more accurately gave me some rest, a rest that in part led me to and didn't prepare me for the realisation that 'I' can't go through the threshold.'

The seeking had abated over time but at this point, the seeking stopped, ground to a halt in a way that only humiliation can bring about. I spent three days laughing at myself and the ridiculousness of it all ... 'I' can't go through the threshold, of course 'I' can't go through the f***ing threshold,' I couldn't believe I'd missed this, after all these years. The self-abuse eased, the cogs ground to a halt and a deeper level of living opened up to me. Synchronicities that had been occasional abounded and life seemed to open up in a way that it hadn't before. While surrender might be too strong a word, it was not too far off.

There are many writings that can point us in the direction of realisation, some more realistic and authentic than others. The path is well signposted, well-lit but in reading around individuation, Self – Actualisation, ego death etc. etc. and etc., there is little to tell us what happens next ... 'Great I'm individuated/ actualised/ egoless/ enlightened/ Deepak Chopra now what...?'

... 'Cut wood, carry water' I hear you cry... Great, thanks for that, now I can't remember exactly what my response to that suggestion was but I am pretty sure I responded with a gracious and deferential bow... honestly, yes, that is exactly how I responded, no rude words passed my lips at all...

The spiritual path is an act of faith, an act of surrender to the divine without any desire for an outcome. It is not something we can bring into existence through will alone. As many have said there are also fundamentally no words that can fully describe the Spiritual... as soon as we give it words we conceptualise 'it' and as soon as we turn 'it' into a concept we fundamentally make it untrue. I will leave the attempts to put into words that which we may not be able to put into words to those who can, for now. What I will do is speak of



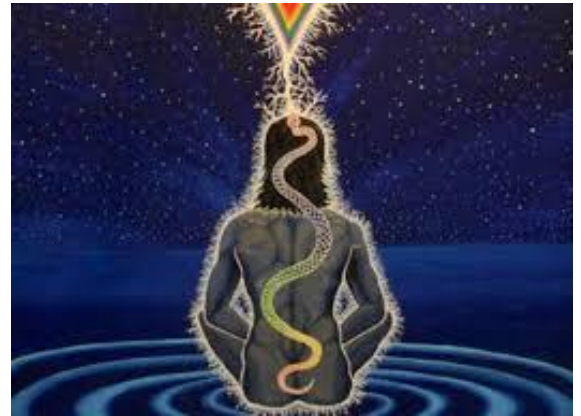
¹ Refer to 'Message From Our Founder' in the May 2018 Newsletter (Volume 3, Number 3) on the Newsletter page of the Center for Human Awakening website (<http://www.centerforhumanawakening.com/Newsletter.html>).

some of my experiences of having remembered my way through the threshold into the second stage of awakening, all the while knowing that it is not really about the experiences and in the hope that in some way it might help.

The process has taken years, much longer than I thought or had wished it would. It was this frustration that led to the end of seeking, trying to will myself through a threshold that I had created to look more like a fortified fence than a welcoming oasis of calm. In my more grandiose moments I had images of myself in the Garden of Gethsemene screaming 'Lord, why have you forsaken me' before being dragged away through a barb wire infested no-mans-land to my impending doom where nothing but death and dejection awaited me.

The unconscious speaks to us symbolically and not to put anyone off it turned out that that was pretty much exactly what happened, dejection and death, well the only real death. Arjuna in the Bhagavad Gita had his Chariot, the gathered armies of Pandu and Kuru and Krishna as a guide as he wrestled with his dejection. I was lucky to have an Octagonal hut, the Basingstoke Canal, nature and the daily guidance of Richard to hold me through my process... It felt as if I was walking willingly to my death, nothing could have prepared me for the visceral depths of dejection I felt, nor the wonder as I came out the other side.

The sense of centeredness, alignment very nearly overwhelmed me, my will, heart and head centers connected and aglow like never before. I walked around that day (well marched 15 miles!) in a beautiful shock, stunned into silence, grateful for the quiet of solitude and the connection I felt with all that was around me. Everything from the colors of the leaves to the Electrical substation at the point where the canal joins the River Wey seemed and felt more vivid, more vibrant, more alive... that night I dreamt of an old and tired snake crawling through the top of my head from inside my spine, it retreated to the woods to die, replaced by a newer, fresher snake entering my coccyx, moving up my spine and with it bringing a light and expansive energy.



The last couple of months have been a sometimes uncomfortable settling in process and while I might in the past have used the word struggle to describe it, it hasn't ever felt like a struggle. Everything feels 'right' even experiences of physical pain as my body has adjusted to the changes. On a behavioural level the strategies I used to satiate oral lack have completely dropped away, I have no desire to drink alcohol, eat sweets or binge on carbs. My diet which was relatively healthy to begin with has shifted even more dramatically towards a more kosher (not that I'm Jewish) diet with much less meat. Television, in the main, holds no interest as do most old forms of distraction. I am grateful my appreciation of music has stayed and returned in ways that means I hear things more completely, the layers of songs coming to life like they haven't since the days of unwrapping a new CD and playing it for the first time in my teens. Basically a beautiful sense of abundance pervades, I feel held, I have everything I need right here and not in some faux 'The Secret' way... I can feel this in my bones, in every cell of my body.

The process of psychotherapy is often focused on the past and necessarily so. I remember a colleague of mine saying that psychoanalysis was the process of talking about yourself three times a week until you are so bored you have to do something else. Moving into the second stage may not be the end of this per se. It certainly signifies the end of working on our early child ego, Richard has said the ego developed between the ages of 0 – 5, I'm playing with the idea of 0 – 7 years old, but there are still echo's, bodily held resonances that pop up to be released. While these do surface they are to be held lightly, I find myself acknowledging them, holding them

and then letting them go relatively easily, I really don't seem to need them anymore. Without the foundation of our early developmental defences underpinning them the part of the ego developed after these ages also seems easier to work through ... things rise, things fall away.

With the acceptance of the past comes a brighter appreciation of the present and a loss of the time bound mind. In getting used to this my relationships and my ways of relating have shifted. This is still very much a work in progress for me, I am acclimatising to different ways of relating not least in therapy. What happens to what was fundamentally a psychotherapeutic relationship when the second stage is reached? My attention is now on moving from a world of three, to a world of two, into a world of one. From a world of subject, action and object to seeing the world as an action. To hopefully illustrate this I'll leave you with a little meditation:

Get yourself comfortable in the way you would. You can either imagine someone or something in front of you if that helps or don't if it doesn't.

Say to yourself, 'I Love You' sit with this and allow yourself to really feel how this feels.

Say to yourself, 'Love You' and again feel into it, notice the difference, notice how it has changed.

Say to yourself, 'Love' and spend some time here.

I love you, love you, love...



Oliver Baum: is Founder and therapist at The Owl Practice in Guildford, Surrey, UK. As well as working as a coach and psychotherapist with individuals and couples in his private practice, Oliver facilitates Systemic and family Constellation workshops. Oliver can be reached through his website www.theowlpractice.co.uk or via email at oliver@theowlpractice.co.uk.

5. A Physical Center for Human Awakening in Andalucia, Southern Spain, by Richard Harvey

There can be no vulnerability without risk; there can be no community without vulnerability; there can be no peace, and ultimately no life, without community.

– M. Scott Peck

As people become increasingly interested in the work of the center, we receive more and more visitors here at Cortijo Llano de Manzano. Some come to meet me, others for individual sessions, others for personal week-long retreats, and still others to enquire about the work – The Way of Sacred Attention – and pick up copies of my books.

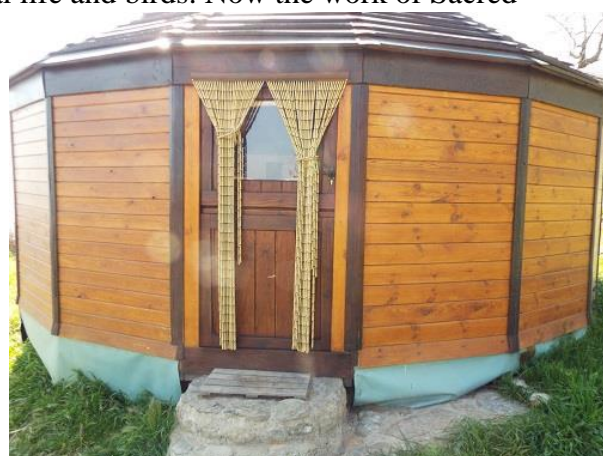
All who visit are struck by the beauty and quiet here, the majesty of the mountains, the incredible distance of the views, and the rare purity of the air.

For fifteen years this little property has served the needs of many to grow, to expand, to develop psychologically and spiritually. Not only has it been a center for growth and psycho-spiritual practices, but it has also been a family home, a refuge for abandoned and wounded animals, a thriving small-holding developed without any pesticides which has welcomed back a host of animal life and birds. Now the work of Sacred Attention Therapy has outgrown both the cortijo here and the virtual online center that Co-Founder, Robert Meagher, and I established relatively recently.

Many of the people I speak with regularly from all around the world experience loneliness, a lack of support, alienation, and isolation. They are opening spiritually to a greater reality. They are without exception wonderful human beings who are struggling to find a life context for authentic spiritual experience where increasingly in the modern world, there is none. If we could, we would invite and welcome these people to visit, contribute, and live in the centers' spiritual community – and what wonders would result?

So I have begun to visualize a strong and beautiful physical center, a new site for the Center for Human Awakening and a new home for The Way of Sacred Attention – a fairly large house of 10-12 rooms with the scope to develop dormitories, individual cabins, and large meeting areas.

I envisage a daily evening satsang for the community, lectures, workshops, and events, including regular meditations and the day-to-day work of the center undertaken in sacred awareness. Of the three great treasure of spiritual life – the teacher, the teaching, and the community of like-minded souls – all three would be present, providing a powerful goad to spiritual awakening.



At present the center lacks any funds to establish the physical center. So, in short, we need your money, your participation, and your time! Guesstimates at the present time are €500,000 - €1,000,000 for a suitable property in Andalucia. Alternative ideas are renting a property or an existing property being turned over to the center for our use.

The central purpose of the center would be to live a sacred-spiritual life, provide a model of heart-centered living, compassion, authenticity, toleration and acceptance.

The community would be a living breathing model of illuminated life as people gathering together intensify and illumine the heart-center in others.

If you were all alone in the universe with no one to talk to, no one with which to share the beauty of the stars, to laugh with, to touch, what would be your purpose in life? It is other life; it is love, which gives your life meaning. This is harmony. We must discover the joy of each other, the joy of challenge, the joy of growth. – Mitsugi Saotome

The donations page on our website is <http://www.centerforhumanawakening.com/Donations.html>

...and here is a link to the PDF vision document for the expanded physical Center in Andalucia:

http://www.centerforhumanawakening.com/Vision_document_for_new_expanded_center.pdf

I welcome your feedback on this article. Anyone who is interested in financing, donating, participating, or joining Robert and myself in the core group of organizers and coordinators is invited to email me at richard@therapyandspirituality.com to arrange a Skype meeting.



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

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

The **Sacred Attention Therapy Online Training Course, Level Two**, is due to be launched in January 2019. Prospective students can apply for enrolment in Level 2 training without having completed Level One. If you are interested in the Sacred Attention Therapy Online Training, visit <http://www.centerforhumanawakening.com/SAT-Online-Training.html>.

Richard Harvey's next literary work is nearing completion. Richard's next book is titled "**Your Divine Opportunity**" and is the third in the trilogy of works that started with *Your Essential Self* and then *Your Sacred Calling*. *Your Essential Self*, *Your Sacred Calling*, and *Your Divine Self* align with Richard's 3-stage model of human awakening that underpins his psycho-spiritual psychotherapy approach called Sacred Attention Therapy (SAT) and The Way of Sacred Attention teachings. For more about Richard's library of books, visit <http://www.centerforhumanawakening.com/Books.html>.

The Center for Human Awakening is planning a **4-5 day training workshop** for therapists, students, and committed inner seekers on PSYCHO-SPIRITUAL BODYWORK THERAPY. Richard Harvey, the founder-director of the Center, will facilitate this mostly experiential workshop with demonstrations of psychotherapeutic bodywork and the chance for participants to practice profound bodywork techniques with each other. A minimum of eight participants is required and the venue is Cortijo Llano de Manzano Retreat Center in Andalucia, southern Spain. The provisional date is June 2019. Please express your interest by contacting the Robert at info@centerforhumanawakening.com.

Some relevant articles for you to explore:

<http://www.therapyandspirituality.com/interview-counseling-psychotherapy.html>

<https://www.ibuzzle.com/articles/psycho-spiritual-psychotherapy-the-role-of-tiredness-and-exhaustion.html>

<http://ezinearticles.com/?Psychotherapy-Practice---The-Role-Of-Character-Defense-and-Strategy&id=6435829>

<http://ezinearticles.com/?Anger-Basics---Understanding-It,-Respecting-It-and-Releasing-It-Responsibly&id=6603330>

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 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>.

7. Other 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

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

BOOKS

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

ARTICLES

<http://www.centerforhumanawakening.com/Articles.html>
<http://www.therapyandspirituality.com/articles/>
http://ezinearticles.com/?expert=Richard_G_Harvey
<http://www.buzzle.com/authors.asp?author=51337>
<http://www.articlesbase.com/authors/richard-harvey/835688>

LECTURES

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

VIDEO TALKS

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

STUDY GROUP

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

BLOG

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

VIDEO BLOG (VLOG)

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

RETREATS

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

INDIVIDUAL AND COUPLES THERAPY

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

PRACTITIONERS' SUPERVISION

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

MUSIC

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

DONATIONS

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

The Center for Human Awakening

UK, Europe, Asia, and Australia:

Cortijo Llano de Manzano
Aptdo. de Correos 183
18400 Órgiva
Granada, Spain

E: info@centerforhumanawakening.com

M: (+34) 680 741 108

T: (+34) 958 953 033

North, Central, and South America:

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

E: info@centerforhumanawakening.com

M: (+1) 613-204-0299

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

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

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