

The Eyes of the Golden Hall

~ A Newsletter of The Center for Human Awakening ~

January 2019 Newsletter

Volume 4, Number 1

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FROM THE EDITOR'S HEART

With the start of a new calendar year and a new Volume of the Center newsletter, we have welcomed the opportunity to change the format of the newsletter a little. Each newsletter will now be centered around a theme. Themed articles will be featured first, followed by other written contributions. We will continue to share news and upcoming events and initiatives at the Center, as well as Center offerings.

The theme for this newsletter is the 'heart center.' The Center's founder, Richard Harvey, begins the writings with an article entitled "*The Coming of the Light*" which calls all of us to rise into the heart chakra and center ourselves in authenticity, genuine compassion, and love. The first of two articles I contribute is entitled "*We Need Each Other*" and is a much-needed message for our time—we need each other! I use the experience of launching the Center's Sacred Attention Therapy (SAT) Online Training, Level 2, to demonstrate this lesson. Richard Harvey's second contribution is a beautiful excerpt from his book "*Your Essential Self*" entitled "*Inhabiting the Heart: Practice Compassion.*" The second of my contributions is entitled "*Ending? Or Beginning?*" and invites us to reflect on the endings and beginnings in our lives for insight.



Other article contributions come from Dr. Maryann Miller with her article "*Change-Makers are Creating a New and Better Future Together.*" Dr. Miller is the Founder and President of the Institute for Global Transformation® (IFGT), a community of Change-Makers who share a sense of the connectedness with all things. The IFGT is the newest member of the Center for Human Awakening's Affiliate Program. We are please to be collaborating with the IFGT and are happy to share Dr. Miller's uplifting article in this newsletter.

Don't miss out on what's new and upcoming at the Center, at the end of the newsletter. You have an opportunity to share anecdotes for our Founder's next book.

Let us know what you think of the new format for our bi-monthly newsletter. You can email us at info@centerforhumanawakening.com.

Thank you for joining us on this journey of self-discovery, transformation into authenticity, and union with the Divine.

~ Robert Meagher, Editor

THEMED ARTICLES

1. The Coming of the Light¹, by Richard Harvey

... and the gift you offer and receive

This present season of the coming of the light reminds us that we all are light manifested in the world of time and space as Consciousness. As human beings we stand between heaven and earth – a connection, a fuse, a link, a binding. How we respond to this binding is basic to our earthbound existence. Those of us who are dedicated to the lower chakra concerns of money, sex, and power suffer in relative ways through the lower level states of anxiety and frustration. This is because the lower level focuses of human existence are fleeting. They participate in change and change alone. What could be more worrying than it's here... and then it's gone!



Slightly higher than these concerns are the nonetheless materialistic concerns of family, career, and status. Again, all these are subject to the vicissitudes of life, its changing waves and the transforming undulations of fate. Closer to the horizon are the third chakra concerns of self-awareness, self-reflection, and self-absorption. Here we find most of us who have some interest in inner work. The in-turning aspects of inner work practices have occupied a place in the heart of the east for thousands of years and, though often confused with intellectual

¹ This article is an expanded version of the following message that was recently sent out to my personal mailing group:

This present season of the coming of the light reminds us that we all are light manifested in the world of time and space as Consciousness. This is our connection to God or the Eternal and this is our gift, both to offer and receive in a human life.

Before we can truly ground and center ourselves in the light of Consciousness we must firmly and resolutely inhabit the heart chakra. This means renouncing hate in all its forms, relinquishing anger, blame, regret, releasing our time-worn, conditioned sadness and fear. There is only one way to do this and that is through sustained and thorough work on ourselves.

The gift I have received this year is the blessing of completing the Sacred Attention Therapy Online Training Course, Level Two. Its central concern is to facilitate individuals rising into the heart chakra and centering themselves in authenticity, genuine compassion, and love. The course plots the way to the realization of your true nature while at the same time giving you the opportunity to transform, not only your individual world, but this collective existence which is in dire need of your, my, and everybody's authentic kindness and caring. It is through love and love alone that this world will be healed... not through punishment, not through judgment, not through criticism, not through prejudice, not through censure.

Please join me, Robert, and others at the Center for Human Awakening. In our gathering together may we be stronger than we can be individually and separately. Please make 2019 the occasion for your serious and consistent psycho-spiritual effort, not merely for your own sake but for the sake of all beings, past, present, and future, and above all please be grateful, feel blessed and spread your blessings to others everyday in every way you can.

If you would like to be included in my personal mailing, please send your email to me at richard@therapyandspirituality.com.

analysis, have been part of the contemplative body of spiritual and philosophical discipline in the west also. But a methodology or practical application of exercises and discipline for the spiritual rather religious seeker was lacking or perhaps forgotten in western tradition. The influence of a fleshed out practice and methodology of self-reflection found its way into the mainstream in the heady era of the sixties counter culture, when all things political, ecological, societal, and conformist came under fire. The power of in-turning was matched by consciousness-altering pharmaceuticals, hatha yoga, macrobiotics, and informal dress, comprising the creation of an alternative lifestyle that is being either emulated, evolved, or reacted against to this day.

At the center of this lifestyle was the contemplation of one's self. Who am I? How do I feel? What matters? How do I feel about myself? What in me is of true value? and related enquires were ubiquitous for young people growing up in the sixties. As far as I could see my father and his generation never considered such questions. Today lots of people consider these questions via magazine articles, self-help books, and for some in the serious pursuit of psychological illumination. Mostly this pursuit of answers does not lead to spiritual enlightenment or anything similar. I was asked some years ago how do people get out of the spiritual supermarket, the spiritual fiesta and rise into the heart center in order to make authentic spiritual progress. My answer is two-fold and it still holds true today:



- Make an exclusive heart-commitment to a spiritual teacher and teaching
- Do what you don't want to do

To take the second one first, it is only when you practice intentionally doing what you don't want to do that you flush out the ego-processes in their full delusion. The ego asserts itself in obvious and minor ways. Collectively and because of the intensity of its activities the ego produces a powerful illusion that is only shut off when and if you learn to stop the thinking mind's freefalling activity. Doing what you don't want to do reveals the ego as thought, anger, control, self-importance, and resentment. It is rather like being pushed in a street crowd or having a driver cut you up in his car. In either case we might feel offended that the perpetrator has crossed a personal boundary and, of course, we take it personally. You can't do that to me (and get away with it)? Who do you think you are (to do that to me)? and so on. I think my life turned around when I was driving to that workshop on a sweltering summer's day and the thought entered my mind let's turn this car around and go and have a fantastic day on the beach instead. I could hardly believe it as I pressed my foot down on the accelerator to arrive at another therapy group workshop of revelation, catharsis, and insight.

Second, the teacher and the teaching. At some point a given point or, better put, a heart-chosen point in your journey you make a commitment. It is rather like playing the field in any endeavor. After a while you either drop out or you get serious. Your heart tends to make you serious, simply because the heart is not satisfied. And this dissatisfaction leads you to the source of attainment, happiness, and satisfaction. Remember though, you cannot choose, since choosing itself comes from the ego-processes (what you might call your small self). The likelihood is that when you choose your spiritual teacher and teaching that it most likely reinforces your ego-delusion. So keep this in mind you do not have to want to gravitate toward or practice the teachings of the path your heart draws you toward. And this principle may be ongoing. Even once you are attached to the teacher and teaching you may try all kinds of ways to keep from moving on or acting on your heart-commitment, procrastinating, wallowing, indulging in self-pity, spiritual distance, or attaching to voidness.

All of us are light manifested in the world of time and space as Consciousness. This is our connection to God or the Eternal and this is our gift, both to offer and receive in a human life. Before we can truly ground and center ourselves in the light of Consciousness we must firmly and resolutely inhabit the heart chakra.



In the Way of Sacred Attention we call inhabiting the heart chakra the second stage of awakening. More and more people are rising into the heart chakra now. More and more are entering the second stage of awakening and I find this encouraging. This means renouncing hate in all its forms, relinquishing anger, blame, regret, releasing our time-worn, conditioned sadness and fear. There is only one way to do this and that is through sustained and thorough work on ourselves.

How many truly want to sustain consistent, deepening inner work on themselves? How many want to pay the price for inner illumination, clarity, and peace?

Cleanse and purify the heart, reside in stillness, allowing the ego-processes to settle, fade, and gradually vanish. Live your life as naturally as you can through ever-deepening enfoldments of happiness and one day you may be led to the path of sacred approach. This way is the single most important event in a spiritually-inclined life... *after* the Threshold of Transformation. Through layers and folding of conditioned perception, separation, and division, the adept undergoes a purification of thought, mind, heart, and action, re-envisioning surrender, relationships, emotions, time, enchantment, love, aging, devotion, and awareness along with all the other building blocks of life. You emerge from this ritual realigning with the heartfelt intention and commitment to *sadhana*, that spiritual discipline which transcends your very humanness and attachment to form and temporality

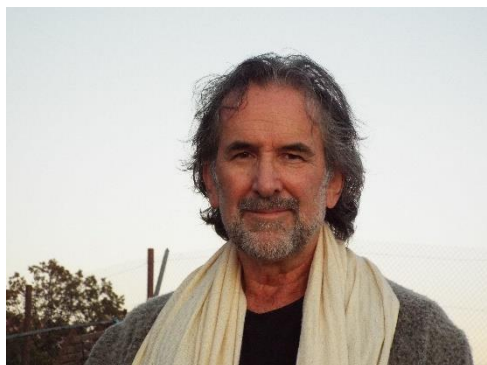
The central concern of spiritually-aware seekers today should be to facilitate individuals rising into the heart chakra and centering themselves in authenticity, genuine compassion, and love. The way to the realization of your true nature gives you the opportunity to transform, not only your individual world, but this collective existence which is in dire need of everyone's authentic kindness and caring. It is through love and love alone that this world will be healed... not through punishment, not through judgment, not through criticism, not through prejudice, not through censure.



Please join in this endeavor, so that a great wave of illumination erupts in the world as the new source-condition of loving-kindness and through your serious and consistent psycho-spiritual effort we may grow stronger than we can be individually and separately. Do this, not merely for your own sake but for the sake of all beings, past, present, and future, and above all please be grateful, feel blessed and spread your blessings to others everyday in every way you can.

We all are light manifested in the world of time and space as Consciousness. At this blessed time in this present season of the coming of the light, find the way for you to express and demonstrate your true nature into the world. Let this be the gift you offer and receive.

Your comments, views, and questions about this article are invited. Please send them to info@centerforhumanawakening.com.



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

2. We Need Each Other, by Robert Meagher

In the summer of 2013, Richard Harvey and I embarked on a journey to develop and launch an online training program for Sacred Attention Therapy (SAT). After an initial series of videoconference calls, we established the training was intended for 3 audiences:

- therapists – psychotherapists, counselors, and other healing practitioners
- people who want to train to become SAT therapists
- seekers who wish to practice SAT for their own personal growth and spiritual development

In earnest we began our collaboration. Richard started writing the lectures and supporting documents; in parallel he recorded the lectures. I turned my attention to figuring out the technology end of the equation: What platform would we host the training on? How would students be enrolled? What would the student experience look like? Etc. In parallel, I served as a second eye for the lectures and supporting documents.

The process was daunting. Month after month Richard toiled over the lecture material and supporting documents. I would make a discovery and progress in one area of the technology equation, only to be set back with the realization of the challenges, shortcomings, and/or glitches with the approach being considered. There were times when the entire process seemed out of reach.



But we persisted and in January 2015, SAT online training, Level 1, was launched. Since that time students from around the world have applied and enrolled in this progressive, radical, and innovative psycho-spiritual psychotherapeutic training program. Very soon after Level 1 was launched, Richard and I talked about developing Level 2 of the training program.

Four years later, with many of the same challenges we faced in Level 1 training development and production, Level 2 of SAT Online Training has been launched. Level 2 has a distinctly different look and feel. The content is very different, but a natural extension of Level 1 training, and the lectures themselves have a very different look and feel to them.

Over the past 4 years, numerous people have enquired as to what Richard's part was in the development and production of the SAT Online Training, and what my part was. I rejoice in the question because I think there is a vitally important message for therapists, aspirants/seekers, and the world at this time.

As for the details of what Richard and my parts were in the development and production of SAT Online Training, I have already spoken in general terms about what Richard and I did to make SAT Online Training become a reality. No further detail is needed. But what is vitally important to share is that without each other—without Richard's part and without my part—SAT Online Training never would have been possible. While I may have the ability to write the content that Richard did, it certainly was not my strength. And while Richard could have easily taught himself the technological side of the equation, that was not where his strengths were. Together we made a great team, bringing different skillsets to the table, working beautifully together, and

allowing a synergy to emerge that was truly blessed. Alone, SAT Online Training would not have been possible. Together, however, anything was possible.

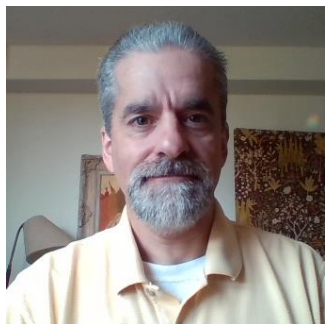
And so this message of ‘we need each other’ is a fundamental underpinning of SAT Online Training and the therapeutic relationship at large. The therapist AND the aspirant need each other. The therapist does not have all the answers nor does he / she wave a magic wand to heal the aspirant. The aspirant is not the weak, sick one, needing guidance and advice. The therapist needs the aspirant just as much as the aspirant needs the therapist. Without each other, the therapeutic process would not be possible. There is a beautiful line from a non-dualistic teaching called *A Course in Miracles* that beautifully summarizes the symbiotic nature of therapy:

*I will be healed as I allow Him / Her to teach me to heal.*²

The message of ‘we need each other’ that was so evident in the manifestation of SAT Online Training is also a much needed message for the world at this time. Never before in my lifetime has there been a time when we needed each other more. Our divisiveness and separation has created an untenable global condition. It will only be through our joining that the healing of our separative thoughts will release us from our illusory self-perception-and-deception to the realization of our oneness, as the penultimate release and ultimate healing.



Richard and I needed each other to create SAT Online Training. The therapist and aspirant need each other for healing to manifest. Humankind needs each other to heal our separative thoughts. We need each other!



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.

² ACIM T-2.V.18.6. *Foundation for Inner Peace*, Combined Volume, 3rd Edition.

3. Inhabiting the Heart: Practicing Compassion, by Richard Harvey

Excerpt from Richard Harvey's book "Your Essential Self."

Most of us are unaware of the depths of our emotions, because we don't breathe deeply enough to experience them. During respiration we retain a portion of inhaled breath called "residual volume," so that some air is always left in the lungs even after we imagine we have exhaled completely. When we breathe in again we are inhibited from filling our lungs to full capacity. The result is that many of us live with a chronic background depression: our chest becomes chronically, energetically, and even physically concave, and a full breath into the abdomen and pelvis is habitually inhibited. As a result, our emotions and relationships are merely reactive, since our feelings are mechanical, contrived, and automatic, with little or no emotional spontaneity or authenticity.

Whether it is a result of smoking, lack of exercise, emotional repression, or simply bad habit, bad breathing can be corrected through a number of steps. First, bring your awareness to your breathing. Curiously, this alone may be transformative. Becoming aware of your unnaturally shallow or directed breath may be enough to cause you to take a deeper breath and then begin to change your breathing habits. Directing the in-breath farther and deeper down, through the chest and abdomen and into the pelvis also helps, and, finally, I recommend allowing a full out-breath. When you are really paying attention, give yourself a little restful moment before taking the next in-breath. Try these techniques in any combination to transform your breathing pattern.



When we shift our emotional center into the heart we have a deeper experience of kindness, compassion, and love. The emotional center is usually adapted to memory, early conditioning, and fear. When our heart is governed by these, we cannot really love. To truly care for others, we must truly love ourselves and be aligned with our true center. Only then can we become attuned to the flow of love that expresses itself through compassion.

Compassion is beyond our control, not subject to our will. It is not sentimental, still less can it be manipulated. When genuine compassion arises in us, it has an impersonal quality, because its power is greater than the small self. We inhabit the heart—not our individual heart, but the true heart. Our innate abilities to value, feel, and empathize with others are occupations of the true heart. As authentic beings, caring for another is continuous with caring for ourselves.

When we cannot see the world as it is, we are unable to put genuine caring into action. To act with care involves setting ourselves aside and seeing what the situation demands. A caring action carried out with personal investment is inevitably flawed. It all hinges on how we do what we do, rather than what we do; the process is more important than the single event.

Deeply genuine compassion requires not merely the individual's lack of investment in the act of compassion, but the absence of individuality and an individual agency. Love today has become an idea,

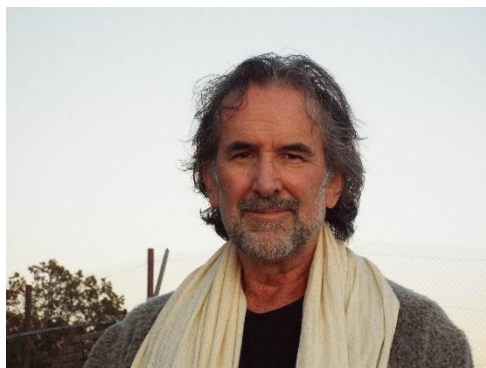
and the idea is usually of a personal love and interdependent love. But love at its highest is truly impersonal or supra-individual. You might say true compassion is only present when I am not.

What passes for feeling—our emotional reactions to experience—is often inauthentic and defensive. Real emotion overwhelms us, because it is more real and stronger than the individual self. When we are open and honest, we see the dark in the light, the fire of hate in the passion of love, and the selfishness, however slight, in the “selfless” action. We dare to risk seeing the world “as it is,” however scared we may be.

Compassion lies in the dissolving of the ties that bind two together and in seeing that we are connected and ultimately one. In her book *A Wizard of Earthsea*, Ursula Le Guin tells the story of Ged, a young wizard. As a young man, he inadvertently releases a monstrous form in a display of youthful hubris. Ged spends his life fleeing from this monster that follows him wherever he goes. This monster is his shadow. At last exhausted and resigned, he goes out to meet his shadow on a sandbank in the middle of a vast ocean. His shadow assumes the shapes of grim old age, his father, an old enemy, and a terrifying monster with a snout and talons. He embodies Ged’s self-hate, his fear, and all the consequences of his past actions. As Ged approaches him and speaks his own name, the shadow speaks his name also. The names, of course, are the same. Ged reaches out to his shadow, the shadow reaches out to him ... and they merge into one.

This beautiful account of the owning of the shadow symbolizes the deep act of compassion toward ourselves that frees us to be compassionate toward others. Compassion arises from accepting and transcending our individual, separate self. When we deny a single part of ourself, our compassion is limited.

With true compassion there is no separation. Compassion is the total acceptance that we feel when we perceive the other in ourself and ourself in the other. Love may be expressed through acts of consideration, care, and kindness. We should not dismiss the day-to-day opportunities for showing love and compassion. When love and compassion are viewed on a grand scale, we may lose sight of the diverse acts of kindness and generosity that can fill our lives and connect us to the world. Interpersonal love can lead to universal love—an experience so overriding and full that all of the manifestation is included. And yet universal love, too, is evident in simple acts of kindness.



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

4. Ending? Or Beginning?, by Robert Meagher

I referenced in the article above (*We Need Each Other*) that Richard Harvey and I recently completed production of Sacred Attention Therapy (SAT) Online Training, Level 2. In the article I spoke about the challenges we faced over the past 4 years with development and production.

When Richard sent me the final written material for the Level 2 course, he expressed great joy that this Level of the training had been completed. Four years of hard work had come to conclusion—it had ended. I smiled along with Richard at his, at our, sense of accomplishment. Indeed, there was a great sense of accomplishment knowing that all our hard work had finally come to fruition.

For me, however, there was an overwhelming sense that this journey, with SAT Online Training, Level 2, had only just begun. Yes, the course material was completed, developed, packaged, and launched; but now the journey of sharing this progressive, radical, and innovative psycho-spiritual psychotherapeutic training program with the world would begin.

This ending and beginning with SAT Online Training, Level 2, got me thinking about how we treat endings and beginnings in our lives. How do we deal with endings? Do we resist endings? Do we run away? Do we loathe endings? Or do we embrace endings? Do we celebrate endings? And what about beginnings? How do we treat beginnings? Are they reason or cause for joy? Concern? Fear? Of course the answer to any of these questions may differ, depending on the situation. But, in general, how do you treat or deal with beginnings and endings?

Birth and Death

Is there any more poignant metaphor for beginnings and endings than the societal metaphor of life and death. Conventional wisdom has us being born to start our life, and dying to end our life. It was not until my 30s that I questioned this story of birth and death.

I can't remember exactly where I heard the following, but it was either on a radio or TV show many years ago. The host of the radio or TV show was sharing that many of the great faith and spiritual traditions share the common pedagogy that when we die, as our soul leaves this realm, we pass through a dark tunnel but we see a light at the end of the tunnel. Many spiritual and faith traditions indoctrinate their faithful to "go to the light" upon their passage to the mythological heaven. The host of the show then shared their ponderings about what it must be like for a newborn child to pass through the birth canal. The newborn child may experience a dark tunnel but see or sense a light at the end of the tunnel. The host of the TV show asked if it was possible that the process of death as we commonly know it was merely a passage way from one life, one ending, to a rebirth or new beginning?



If this be so, is there really an ending or beginning? I have heard it said that death is not the end of life and birth is not the beginning. Life always *was*, always *is*, and *will always be*.

The Flow of Life

Is it possible that death and birth, endings and beginnings, are the natural flow of never-ending life? What happens when we examine these matters from our mind versus our heart? When we open up our heart center, do death and birth allow us to see endings and beginnings differently?



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.

OTHER ARTICLES:

5. Change-Makers are Creating a New and Better Future Together, by Dr. Maryann Miller

Have you asked yourself lately, How Can We Collectively Create a Better World? In America, Change-Makers now represents an astounding 38% of adult Americans – with estimates that the number may rise to 50% by 2020. This group is spreading globally in similar percentages.

The ancient Chinese sage Lao Tzo said, “*If you want to awaken all of humanity, then awaken all of yourself. Truly the greatest gift you have to give is that of Your own self-transformation.*”

Have you heard about the 100th Monkey Effect?

This is an excerpt from the book by Ken Keyes Jr., *The Hundredth Monkey*:

The Japanese monkey, Macaca Fuscata, had been observed in the wild for a period of over 30 years. In 1952 scientists were providing monkeys with sweet potatoes dropped in the sand. The monkeys liked the taste of the raw sweet potatoes, but they found the dirt unpleasant. A female named Imo found she could solve the problem by washing the potatoes in a nearby stream.

She taught this trick to her mother. Her playmates also learned this new way and they taught their mothers too. This cultural innovation was gradually picked up by various monkeys.



Between 1952 and 1958 all the young monkeys learned to wash the sandy sweet potatoes to make them more palatable. Then something startling took place. In the autumn of 1958, a certain number of Koshima monkeys were washing sweet potatoes — the exact number is not known. Let us suppose that when the sun rose one morning there were 99 monkeys on Koshima Island who had learned to wash their sweet potatoes. Let’s further suppose that later that morning, the hundredth monkey learned to wash potatoes.

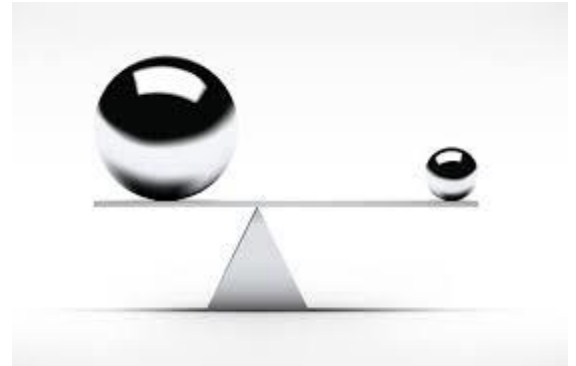
THEN IT HAPPENED! By that evening almost everyone in the tribe was washing sweet potatoes before eating them. The added energy of this hundredth monkey somehow created an ideological breakthrough!

But notice, a most surprising thing observed by these scientists was that the habit of washing sweet potatoes then jumped over the sea. Colonies of monkeys on other islands and the mainland troop of monkeys at Takasakiyama began washing their sweet potatoes.

Thus, when a certain critical number achieves an awareness, this new awareness may be communicated from mind to mind. Although the exact number may vary, this Hundredth Monkey Phenomenon means that when only a limited number of people know of a new way, it may remain the conscious property of these people.

But there is a point at which if only one more person tunes-in to a new awareness, a field is strengthened so that this awareness is picked up by almost everyone!

Penny Gillespie, who was married to Ken Keyes and participated in his work and writing said, “After our book was printed, there was some question about whether the study was authentic. Ken presented the story as a phenomenon; the concepts of morphogenetic fields and critical mass are very true and the story serves to illustrate them.”

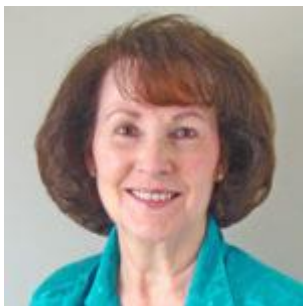


With morphogenetic fields and critical mass, there is a point at which, if only one more person tunes into a new awareness, the field is strengthened so that this awareness is picked up by almost everyone.”

Could YOU be the 100th monkey?

Is there a way I can accelerate my inner transformation, create the life I envision, live my dreams, and also help create a better future for everyone?

Coded within your DNA is a guiding intelligent blueprint designed to awaken you to action once you perceive the blueprint’s existence. To change your life you need to learn how to think and act in new ways. You have to challenge your own thinking, your own ideas, and your own beliefs about the way things *are*.



Dr. Maryann Miller: is the Founder and President of the Institute for Global Transformation® (IFGT), a community of Change-Makers who share a sense of the connectedness with all things and see ourselves as bridge builders. Dr. Miller has been on a spiritual path for over 48 years and studied western spiritual traditions. Dr. Miller can be reached by email at mamiller@ifgt.org or through the IFGT website at <http://www.ifgt.org>.

WHAT'S NEW AND UPCOMING AT THE CENTER?

The **Sacred Attention Therapy Online Training Course, Level Two**, has launched! 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>.

Join us for the upcoming **Spiritual Seminar Series**, every Sunday evening from 7:00 – 8:30, starting January 2019. The upcoming 9-part seminar series is entitled “The Novena Teachings: Nine Jewels of Sacred Approach.” A novena (from Latin: novem, "nine") is an ancient tradition of devotional prayer, consisting of private or public prayers repeated for nine successive days or weeks. Join us for these nine weeks, these nine jewels of sacred approach, through the psycho-spiritual teachings of our Founder, Richard Harvey. For more information about this upcoming seminar series, please visit the following page on our website <http://www.centerforhumanawakening.com/Spiritual-Seminar-Series.html>

Do you have anecdotes to share for Richard's next book? Richard is now devoting himself to finishing his forthcoming book *The Kitchen-Table Counselor*. The book aims to demystify psychotherapeutic techniques and help lay-folk to improve their listening, healing, and relationship skills and abilities when trying to be present for friends, partners, and relatives in need. If you have any notable stories about informal counseling, common mistakes people make, its effectiveness, its humor, positive and negative consequences, please send to Richard at richard@therapyandspirituality.com.

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>

We invite your participation in our **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>.

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 book³ 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!

³*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

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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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