

The Eyes of the Golden Hall

~ A Newsletter of The Center for Human Awakening ~

May 2019 Newsletter

Volume 4, Number 3

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FROM THE EDITOR'S HEART

The theme for this edition of *The Eyes of the Golden Hall* is “Practicing in the Second Stage of Awakening.” Second stage awakening in Richard Harvey’s 3-stage model of human awakening is rooted in the transformation into authenticity.

In our first article the Founder, Richard Harvey, writes about “Practice in the Way of Sacred Attention: Part 3 of 4.” The article explores the central themes of second stage awakening: authenticity; compassion; and heart-centeredness.

In the second article I share my personal, ongoing journey of transformation into authenticity. It is an account of a very tumultuous and terrifying time in my life that ushered in a new way of seeing myself, the world, and my place in the world.

Our third article is another offering by Richard Harvey entitled “Psycho-Spiritual Exercises and Practice.” The article is a rich and beautiful offering of various genres of psycho-spiritual exercises for students of inner work entering into the second stage of awakening: writing and drawing; experiential; and psycho-spiritual practice.

Please take a moment to review the ‘Soulful Sharings’ that round out this newsletter with news about what’s new and upcoming at the Center, as well as links to a plethora of resources. Let us know what you think. Write to us at info@centerforhumanawakening.com.

OM SHANTI,

~ Robert Meagher, Editor

THEMED ARTICLES

1. Practice in The Way of Sacred Attention: Part 3 of 4, by Richard Harvey:

The Three Pilgrims

Three pilgrims – they may have been priests or witches in this or another life – wander in the mountains and through the valleys for a long time. Traveling far and wide they sometimes give up hope and plunge into despair.

“There’s just no path,” the first pilgrim says.
“The way is too hard,” says the second.
“If we ever make it, it will be a miracle,” says the third.

Stumbling and faltering, striding and sauntering they go on... and on.

One day on a fresh winter’s morning they come to a certain road. As the stars melt and the sun enters the golden ocean of the numerous days, in the liminal light all three pilgrims are seized with bright certainty.



“This is it! This is the gate!” cries the first pilgrim who falls onto the road in worship.

As they press on the pilgrims look among them and see they number only two.

“Where is our companion?” asks the first pilgrim.
“Our companion stayed lain prone on the road,” answers the other.
“We cannot go back and anyway it would be of no benefit,” says the first pilgrim.

As they walk on, the second pilgrim shakes and tremors, assailed by raptures, occasionally uttering sacred sounds and appearing to dance with arms raised on high. Finally in a mighty swoon of elation the weary traveler pitches into the middle of the road and lies absolutely still.

“At last I am home,” the pilgrim whispers, hesitantly stroking both earth and stones.

The third pilgrim goes on. The journey becomes both harder and more easy. At last the two experiences merge as the road goes on... and on. And there is just the walking... then the footfalls... then the padding, rustling sounds... then merely impressions on the road... and finally... *nothing at all*.

Many of you know the first pilgrim. Some of you know the second. Who is the third?

Second-stage practice is for those who have completed their personal therapy, come to the end of the Process of Self-Discovery and who have crossed the transformational threshold, a personal act of surrender to their true nature. The practice begins, famously or infamously!, with waiting. A lull is necessary in the forward motion of growth and development in order to allow the transformational process to settle. The organism needs to realign and balance and become gently familiar with the new energetic, emotional, and physical changes that have taken place in a radical way throughout the psycho-physical organism.

Over time the aspirant is likely to experience the last vestiges of childhood ego-patterns and defenses, which I call “loose ends.” This might be considered the final death throes of the childhood ego-self as it comes to terms with its demise. The “historical” work that proceeds from these loose ends should be taken seriously but not considered overly time consuming to deal with and heal.

The central themes of the second stage indicate the focus of practice. First, **authenticity**. Following the Threshold of Transformation the aspirant is established in a new center, physically, emotionally, and energetically. You might say this gets some getting used to, hence the need for subtle integration and pausing through the waiting period. Released from the past the aspirant now discovers her true nature. She explores her true nature, authenticity, and the new realigned center in relationship with her therapist-guide. Directness, spontaneity, action without explanation and/or excuses, practicing with an internal point of reference, personal presence, dealing with new “powers” of manifestation, relationship, and magnetism are but some of the possible presenting issues that the therapist-guide adapts and offers as personal – not general, one-size-fits-all – exercises and discipline.

Second, **compassion**. The new dawning of love in the heart of the second-stage aspirant requires stillness, attention, and powerful nurturing. Again the therapist-guide notes and responds from her skill and experience to the client’s needs in recognizing and living from compassion and selfless love in their individual life. Themes for practice include clearing loose ends and subtle desires of the early life-conditioned ego-self, reflecting on impersonal selflessness through the veil of separation and division, self-identification, relating in the world of Two which means with a fading sense of subject, as the temporary adaptive witnessing of arising forms in the matrix of consciousness becomes clearly apprehended,

cultivating an acute sense of negotiation, contractual, and conditional love and exchange in relative life relationships, and questioning your own relationships in this regard,

Third, **heart-centeredness**. This somewhat clumsy sounding term stands for the precious arising of consciousness into the heart or fourth chakra energy center. In the Way of Sacred Attention we consider this not merely a personal act of individual importance but a crucial, collective act which has great significance for present day humanity. Heart-centeredness entails the shedding of the child ego-self in the collective and represents turning away from the present day violent, prejudiced, blaming, guilt-ridden, fearful culture of competitiveness and separation. Centering in the heart requires increased moments of stillness, peace, and tranquility.

The latter period of second-stage practice centers on spiritual preparedness. All the building blocks of the everyday world of thought, emotion and sensation are re-visioned, as are the usual modes of perception and



experience. The most full account of this profound work may be found in “The Novena Teachings: Nine Jewels of Sacred Approach” in my book *Moksha Dawn*.

(“Practice in The Way of Sacred Attention” is a four-part article. Parts 1 and 2 gave an introduction and discussed practice in the first stage of awakening, and appeared in the March newsletter. Part 4 discusses practice in the third stage of awakening and will appear in the July newsletter.)



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

2. Transformation into Authenticity, by Robert Meagher

The beginning of my transformation into authenticity consciously began to unfold in 2006. I was aware that I was very unhappy in my work life. Because work was a central pillar to my life, the rest of my life was impacted, including my close, personal relationships. At the time, I started to blame everyone and everything around me for this unrest. It was not until years later, as the transformation unfolded, that I realized the source of the unhappiness was me.

In 2007, I began working with a life coach to chart a new course for myself. The coaching process took me through 2007, and into 2008. At the end of the coaching process I emerged with a renewed career goal... “To work for a small organization that offers products and services of socially-redeeming value.” In 2008, I tendered my resignation for 1 year hence. That fateful day in 2008 was when I realized ‘there had to be another way.’ I officially left my post in August 2009.

The August 2009 departure from Corporate Canada accelerated my transformation into authenticity. I intentionally chose to set myself adrift and explore a new way of living and seeing the world I was living in. When I left Corporate Canada in 2009, I did not have another job lined up. This ‘out-of-work’ scenario was deemed by many to be reckless, to others courageous. For me it was one of the most terrifying times in my life. But, it had been said that change happens when the fear of change is less than the fear of staying the same. And by August 2009, the fear of change had lessened and felt the least of two evils (change or stay the same). I came to be aware that my soul was calling out to me, and I was starting to listen.



I had no idea what I was in for, however. Nor did I have any idea how much my life would change. Three mysterious weeks unfolding immediately following my departure from Corporate Canada. Over those three weeks I was networking full-time. But on three separate occasions, I was asked “Have you ever considered ministry?” My audible response to the first two queries was “Are you crazy?!” I could not even imagine such a possibility and I was baffled by why the person was asking me such a question. On the third occurrence in as many weeks, immediately after the person asked “Have you ever considered ministry?”, I began to say “Are you...”...but then I paused. I explained to this contact that they were the third person in as many weeks that asked me the identical question. I paused further and asked, “Why are you asking me that question? What do you see in me?”

Somehow, some way, before I even got home from that third, fateful coffee, my thoughts of such a direction in my life started to resonate with me and began to capture my interest. Within a few weeks I had researched various possibilities to pursue ministry work. My search led me to an Interfaith seminary in Northern New York state. Eighteen months later I was ordained (November 2010). And the day after ordination, I launched my spiritual ministry initiative in Ottawa, called ‘Spiritual Guidance.’

Shortly after ordination and the launch of Spiritual Guidance, I discovered the work of Richard Harvey. I was immediately drawn to Harvey’s work. The opportunity to integrate my undergraduate studies in psychology with my more recent studies in divinity and spirituality, was irresistible!

The transition from life in Corporate Canada¹ to a more contemplative and monastic life, that began in 2009, was in some ways rapid. At times it felt too fast. As I struggled with my fears of what was unfolding and, more importantly, the unknown future, I learned to surrender to life and all its offerings. At other times the transformation felt slow and arduous. And in all humbleness, I have a heightened awareness that the transformation is an ongoing process. Part of this transformation was spent in therapy, working with Psycho-Spiritual Psychotherapist, Richard Harvey. Part of the transformation emanated from a growing base of spiritual practice and teachings (i.e., meditation, yoga, and a potpourri of spiritual teachings) that all coalesced to give me the grounding I needed to trust and give myself over to life.

Where am I now? Here, of course. Where is 'here?' In a place of peace—in a growing sense of trust in life. Where I am now is neither better, nor worse, than where I was before. It has all been a part of the journey of transformation. Am I happy where I am now? Yes! But that is because I have taught myself how to be happy through an acceptance and honoring of who I am. There are fewer pretences, less facade, no more automaton-induced conformity and compliance with the status quo and/or societal expectations. I have allowed myself to be free—to be me. But like all that preceded this happiness and growth into authenticity, the journey continues. It is never ending. The difference now is that it is more joyful. The journey is more full of gratitude and reverence for life.



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

¹ I worked in Corporate Canada for more almost 25 years, from 1986 – 2009.

3. Psycho-Spiritual Exercises and Practices, by Richard Harvey:

(The following is an edited excerpt from the Sacred Attention Therapy Online Training Course, Level Two, Module 1: Toward Human Freedom, Exercises and Practice. This online course is available on the Center for Human Awakening website at <http://www.centerforhumanawakening.com/SAT-Online-Training-Level-2.html>)

The question you must answer from the very beginning is, "Will you grasp this principle and become a practitioner?" Not will you merely practice the outer features of the discipline and habits associated with our unique culture, but will you practice as someone who has truly "heard" and "seen," who has been converted from the problem, converted from always trying to solve some problem, overcome some dilemma, or achieve some release. (Adi Da Samraj, *The Dreaded Gom-Boo*, Dawn Horse Press 1983)

I have given guidelines for inner work practice at both "Spiritual Inner Work Practice" (<http://www.therapyandspirituality.com/articles/spiritual-inner-work-practice.html>) and "Inner-Work Practice" in YES, pp.20-23. In the following exercises where there are no specific instructions please use your inner guidance to decide on intellectual, emotional, or physical work for personal exploration using your therapy notebook, bodywork, or movement. Fairly often a combination may be called for. Occasionally an exercise is finite, calling simply for an immediate response to resolve the enquiry, while at other times persistent practice may be called for.

Practice, for some, is a difficult word and a concept toward which you may feel resistance and even abhorrence. This is natural. After all, the very thing that will release you is bound to be obnoxious to the ego-being. The separate self is certain to get riled up when you introduce, apply yourself, and commit to transformative psycho-spiritual practices. The same reaction is expected toward the introduction of discipline and the certain belief in personal liberation and, in some cases, the reality of sacred-spiritual life that awaits you.

Writing & Drawing

The psycho-spiritual perspective

What is the psycho-spiritual perspective... for you? How would you define psycho-spirituality? What is its significance and importance in the modern era? Why do you choose it above other approaches?

Ten fears

Write down the ten uppermost fears that you experience. These are the fears that most often beset you and that you are therefore most familiar with. Now, contemplating these ten fears, what do they tell you about yourself?



Hidden criticisms

What hidden, residual, or unconscious judgments do you harbor toward people who don't question or develop or look at themselves? Don't be too quick to dismiss this question. Beneath an allowing exterior or façade we might nonetheless have something to say in an inverted sense of criticism of others and their values. Plus people who don't self-reflect may often do harm with apparent indifference or unawareness.

Your sacred calling

What sense do you have of a sacred calling in your life at present? If you have it and know it for all time then attempt to describe it in the way that makes sense to you. If you don't have it yet then give an account of any clues you may have about it... what it could look like, taste like, and feel like. Finally if you have some presentiment, but your sacred calling is still not quite in focus, then write this into your notebook and explore the clues that you have.

Archetypal images

Certain images have occupied your attention in waking and dreaming life. They have an extra special quality, perhaps of vividness, brightness, otherworldliness. They may incite deep powerful emotions of longing, of love and togetherness, of belonging, of challenge and excitement. They may have been ignored many times as you woke from their deliciousness and their exhilaration and made the practical decision to set them to one side and engage with your daily schedule. Now, however, it is time to reclaim these images, to re-discover and deeply explore them. They are the archetypal images that reside in your deep unconscious and whether in your work with yourself or your work with others they are of the utmost importance. We will return to archetypal images in subsequent Supporting Documents. For now, the exercise is to begin to identify these images. Describe them, draw them, dance them, spend time in the timeless, archetypal realms of creative imagination, and allow them to develop within you. See what they evoke and begin to intuit the deep message that each image contains.

Experiential

No-thought experience

The method of no-thought may be easier than you at first imagine. First, become aware of the constant flow of thoughts inside your mind with its seeming inevitable movement from generation to atrophy. Second, notice another element which is your participation in being distracted. Isn't it rather like being in a room with a television beaming out noise and images? It is difficult to not become distracted... difficult, but not impossible! So in this exercise (and there are others in subsequent Supporting Documents) you simply practice not becoming distracted by thought forms. The mental television is on and inviting your attention but you are not in the business of being distracted by it.



Stillness

Assess your present stillness practice. This may be formal meditation, quiet sitting or contemplation, a vigorous physical method that brings you to quietness, or whatever other form of stillness practice you enjoy. Your stillness practice requires regular attention. In this way you might say that it is like a website or a car. You don't just start it up and keep it going – it requires regular attention. How is your discipline? Do you practice stillness regularly? Do you practice often enough? Is your practice deepening? If not, why not? Is stillness leaking into your everyday life from your practice? While usually it is a case of attending to the changes that are necessary to improve and deepen in your present regimen, occasionally it may be necessary to ask whether you should change your stillness discipline and move on to a more appropriate form of stillness practice. Your heart should direct you in this. If you have made a commitment in yourself to a practice and it has been a deep heart commitment then do not let it go lightly. At the same time do not stay with an outmoded practice out of simple attachment.

Sitting in peace

Can you sit down quietly in a room and be at peace? If not, you have some inner work to do, but more specifically you have not the empty inner space in which to receive another. Cultivate, or perhaps aim at this profound life experience. It may fill people with terror. I have known people, perhaps you have too, who are unable to be on their own for a minute. They have to be in company, or have the TV on, or be listening to music. They have to be distracted in any number of ways, they are running from themselves running from the relationship with themselves, and in the process running from others and running from life. However resistant you are to sitting in a room alone, not even meditating, not even performing some spiritual exercise or function, just simply sitting in a room alone, try to work through it. What is it that prevents your feeling deep inner peace and being at ease? What is it that grabs your attention and distracts you? What lies between you and your inner sense of peace?

Psycho-Spiritual Practice

Clearing out your inner world

You hold on to inner objects in a similar way to the way you hold onto outer ones. At certain points in our lives we have clear throwing-outs of external objects. In letting go of them we create space and in that space potential may enter and thrive. It is similar with the inner world. So ask yourself, What can I throw out? What can I do without? Something you have been carrying around with you, some resentment, some negative memory, some long-held grudge, some jealousy or “bad” experience. Perhaps surprisingly this simple exercise, if adhered to for a week or two, may be responsible for some deep inner changes.



Experiential prayer

Compose a prayer, a prayer of divine connection, a prayer that recognizes and celebrates your inner work with yourself and others. Offer your being in the prayer, your soul and your spirit. Express your deep gratitude for

the wisdom and the light that is at your disposal and for this divine opportunity to participate in the mysterious unfolding of divine love.

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

SOULFUL SHARINGS:

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

We are happy to announce that we have launched a project which aims to make Richard Harvey's self-published **books** easily available all around the world through electronic publishing. As a first step, Dharma Sky, Moksha Dawn, and Bodhi Ocean – the trilogy of e-books containing the annotated transcripts of forty-two psycho-spiritual lectures given by Richard Harvey – will be soon available in e-book format. They will be available for purchase through major webshops like Amazon, Google Play, Apple Books, Barnes and Noble, Scribd etc. E-book format makes it possible to read on your computer or phone (e.g. GoogleBooks, iBook) or on any e-book reader (e.g. Kindle). Currently, Dharma Sky is in the final stages of publishing. Moksha Dawn and Bodhi Ocean will soon be available.

Our Founder, Richard Harvey, will be on sabbatical from mid-April until mid-July. However, he is carrying on seeing his clients. Richard will use the sabbatical to work on two books. First, ***Your Divine Opportunity*** is the final installment in the trilogy of books which started with ***Your Essential Self***, and was followed by ***Your Sacred Calling***. The second book Richard will work on is ***The Kitchen-Table Counsellor***. Do you have anecdotes to share for Richard's book? The Kitchen-Table Counsellor 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.

The ***Sacred Attention Therapy Online Training Course, Level Two***, has been up and running for a few months. Prospective students can apply for enrolment in Level 2 training without having completed Level One.

The Center is in the process of developing an ***article for publishing on Wikipedia***. Are you an active Editor on Wikipedia? Would you like to join with us to publish an article about Sacred Attention Therapy or The Way of Sacred Attention? If so, write to us at info@centerforhumanawakening.com.

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 for individuals and couples.

5. Other Center News and Offerings

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

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

Personal Retreats for personal and spiritual growth are offered through the Founder's spiritual center, Cortijo Llano de Manzano. Whether you are looking at a specific issue or exploring your life's purpose, a personal retreat allows you the time and space for personal exploration, clarity and relaxation, personal growth, deepening insights, and replenishment. A retreat gives you the opportunity to withdraw and turn inward, away from the world of ordinary everyday demands, pressures and responsibilities. On retreat you make time for issues that are calling to you from your inner world, to relax, recuperate and refresh yourself spiritually, physically, energetically, mentally and emotionally. Your retreat can be self-directed, or themed with guidance, skillful reflection and encouragement from our Founder. Retreats are available to individuals and couples. For more information about the retreats, please visit <http://www.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

6. 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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