

The Eyes of the Golden Hall

~ A Newsletter of The Center for Human Awakening ~

January 2020 Newsletter

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FROM THE EDITOR'S HEART

Our theme for this edition of *The Eyes of the Golden Hall* is **Sacred Attention Therapy (SAT) Online Training**. SAT Online Training is a psycho-spiritual psychotherapy training that is progressive, radical, and innovative. Applications from prospective students are invited from:

- 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

Our Founder, Richard Harvey, offers several articles about SAT and SAT Online Training. His first article is titled “The Psychotherapist and the Spiritual Teacher.” It is an excerpt from an interview about SAT Online Training. Richard’s second article is titled ‘Life Statements and the Cut-Up Technique.’ This article focuses on one of the core elements of SAT Online Training, life statements. Richard’s last of three articles in this newsletter is entitled ‘The Unique Teachings of Sacred Attention Therapy.’ The article summarizes twelve theoretical and experiential constructs that are considered unique to SAT.

We have a wonderful contribution from a previous SAT Online Training, Level 1, student. Katalin Czondor recounts her experience with the SAT Online Training certification process. What do you think of Katalin’s experience?

To round out the themed articles, I offer my personal experience with SAT Online Training, Levels 1 and 2. The article compares and contrasts the first two levels of training.

We are blessed to have Michael Richardson-Borne and Nick Heap back for this newsletter. Michael shares another one of his poems from his collection of poems called *Two-Headed Monsters: Poems for a New American Dream*. Nick Heap returns with a creative exercise called “Empathy Walks” and the outcome of such exercises, in his article entitled “*Random Acts of Listening*.”

Please take a moment to review the ‘Soulful Sharings’ at the end of 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.

~ Robert Meagher, Editor

THEMED ARTICLES

1. The Psychotherapist and the Spiritual Teacher, by Richard Harvey

Richard Harvey interviewed on the Sacred Attention Therapy Online Training

You are a spiritual teacher and a psychotherapist. Is there not some conflict there?

None at all. In order to arrive at an authentic meeting with spirit it's essential that we work through our personal psychology. Therapy and spirituality meet in what has been known as transpersonal or psycho-spiritual psychology. In my work it is known as the Way of Sacred Attention.

Tell us about your Sacred Attention Therapy online training. What is it about and who is it for?

Sacred Attention Therapy (SAT) training is a self-training for people who are intent on self-transformation. In a sense it is for everyone, at least everyone who would like to transform their lives in a positive way by releasing the limiting hold of childhood conditioning. It is also a training for practitioners who wish to add a transpersonal or psycho-spiritual dimension to their overall approach and it is a training for those who want to become counselors or therapists and work with others using the SAT approach.

How do you bridge the gap between professionals and lay people in the training?

What gap is there to bridge? The myth of professionalization has been accepted by the laity for over a hundred years but a new paradigm is rising and that is the one in which human potential is unlimited. You know I, like you perhaps, have noticed that whether we hire a solicitor (or lawyer), a doctor, an accountant, or a psychotherapist, alongside effectiveness, everything depends on the trust and resonant feeling we have toward the so-called professional. Certificates and experience may constitute societal approval and a toolbox, but the effectiveness and richness of our experience with so-called professionals actually depends on our feeling toward them, the way in which they meet us in common humanity. Now nowhere more is this more the case than in counseling and therapy. The effectiveness of therapy rests on the positive qualities of the relationship itself. So in SAT training the therapeutic relationship is one of our principal focuses.

What would I get out of the training?

The possibilities are many and various but depending on your motivation and application the sky's the limit! For some it may be a deepened awareness of who they are and how they have created their life, for others freedom and liberation from restricting life patterns that limit satisfaction, fulfillment, and the realization of their destiny. Each individual human being is more amazing than they know. The tragedy would be if you never found out the possibilities in life that you are preventing yourself from realizing.

What distinguishes the SAT training from all the other therapy, counseling, and healing trainings which abound today?

The training is more expansive. It incorporates the insights of depth psychology and spiritual teaching and clearly connects the two in what I believe is the most wise way forward for human beings today. We have to do the groundwork of healing the psyche before we can truly enter the Divine realms. The spiritual teacher who dismisses the struggle with the ego and the therapist who fails to recognize the spiritual dimension of his or her clients both have only a part of the total picture. The spiritual teacher today needs to be a psychotherapist and the psychotherapist a spiritual teacher.

(This article was originally published at <http://www.therapyandspirituality.com/articles/interview-psychotherapist-spiritual-teacher.html>)



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

2. A Proposition for Flexible Timelines for Certification in SAT Training Course, by Katalin Czondor

When I started the Sacred Attention Therapy (SAT) Training Course Level 1 in 2015, I believe that the course was (and is still) offered to individuals who already are practitioners and want to add SAT to their repertoire, but also to non-therapists who would like to deepen into their inner work and/or want to become therapists. I would like to write now from the perspective of someone who falls into the latter category, with a little twist. My primary motivation for starting the course was to deepen, support and accelerate my individual therapeutic process with Richard Harvey, and to follow my urge to ‘understand’ the mechanisms of life, the psyche and beyond. But my intention for becoming a therapist was at the beginning not clear at all. I didn’t have a clear vision, a clear yes or no answer. However, as it was present in my life as a possibility, my other motivation for taking the course was to find out whether I actually wanted to become a therapist.

My reason for sharing my point of view and writing this article is because in my individual case I felt that the deadline for the certification process to become a therapist (set at within 2 years of starting the training) was not beneficial. Of course it is possible that I am a special case, but because there is a chance that there are or will be other SAT students in similar situation, I wanted to raise this question “publicly:” Could a certain flexibility regarding the time between completion and certification add to the SAT training course? Or would it be harmful because of losing a firm boundary and what the deadline represents?



I guess it is not a big surprise that I would like to elaborate my point of view in support of the first question. But before I start, I would like to highlight that this question concerns a “special” group of SAT training course students. Namely those students, who enter the training with uncertainty regarding the certification, or in other words, without a firm intention to become a SAT therapist or without being sure about doing the course solely for deepening their own inner work.

When I faced the fact that the two years since I started the training course was over and I was asked whether I would like to make the certification (i.e. submitting the written material), I was still not sure about whether I want to become a therapist or not and I was also not in a life situation that would have been supportive to that process. But the question and the knowledge that if I don’t do it now, I will lose the opportunity to get certified made me dive deeper into this matter and I contemplated a lot on the necessity and purpose of this deadline. I couldn’t do anything else than exploring and taking into account my own experiences with other trainings and educations, which of course was thus a subjective approach. Very quickly did I arrive at the conclusion that I consider the SAT Training course to be an adult training, which I personally believe to be quite different from general education (e.g. primary school, high-school, perhaps first university degree etc.). I had personal experience with adult education while being part of a PhD program for 4 years and participating in a postgraduate program for Mental health, which lasted 2 years. While contemplating on these experiences (and

comparing them to my earlier studies) I reached the conclusion that in these educational processes I had a lot of flexibility (much more than in what I call general education) and was able to decide for myself in many ways. Surely, certain deadlines were given, but there were also many opportunities to arrange both the educational part as well as the graduating part as it fitted me the most. Importantly, in both cases, the completion of the studies and the graduating process were not tightly linked, i.e. both had their separate timelines (and requirements) and I was the one deciding when to initiate the graduating process.

I also contemplated about my motivations for these postgraduate studies and about what role my motivation played in my experience. A good example for the difference I experienced between adult education and my previous studies was the Mental Health training, for which I signed up because I felt very motivated to learn more about this subject. At that time I was not really interested in getting the degree, as I was working as a biologist (which makes this experience similar to my example with the SAT Training Course). During this study I experienced for the first time what it means to learn as an adult: I didn't do anything because it was required from me, or in order to get the certificate, but I did everything because I wanted to learn and I was motivated. This is energetically very different from the other cases, such as learning, because it is expected from me (i.e. it isn't my choice) or learning in order to get to the end and receive a certification so that I have the paper. While I was thinking about this, I became aware what an adult training program actually means to me: I believe that the responsibilities are (or should be) different than in the case of mandatory education. Me as an adult student, I am responsible for taking the lessons, process them, making the required exercises/homework and deciding when (or whether) I would like to apply for the certification/graduating process. I am doing all this because I decided to take that training program, because it's me who wants that education, and not because a teacher is expecting/requiring me to do so (in which case it feels to me that the responsibility is handed over to the teacher or institute). And if I have the responsibility to process the material the way it fits me the best, I should also have the responsibility of asking for the evaluation, when I feel/think I am ready for it. I see the responsibility of the faculty of a training program (next to establishing the education program of course) in establishing an evaluation system through which they can make sure that once the student decided to do the certification/graduation process, the experienced professionals can evaluate whether the candidate is eligible for the title, whether he/she is meeting the requirements of becoming a teacher, a biologist, a therapist or any other profession.



In my case (out of different reasons), when I arrived to the deadline I didn't feel ready for entering the certification process of the SAT training course, but I also didn't want to lose the opportunity to be certified as a SAT therapist, after having done all the work. At this point I realized that it is important to me to make the choice of becoming a SAT therapist for myself and I would like to go through the certification process only when I have an internal motivation/commitment for doing so. Or in the other case, it should be me who makes the choice about not proceeding with the certification, because my inner work lead to the insight that I do not want to become a therapist. However, I felt that the firm deadline without any flexibility for the certification process did take that responsibility from me. And not only the responsibility, but in my opinion the quality and

energetics of the certification process would have been also effected. Doing the certification out of the motivation that I don't want to miss the deadline which closes the door for becoming a SAT therapist and/or I don't want to lose my chance for going further to Level 2 didn't feel right to me. So that was the point when I first asked about the meaning of the deadline of 2 years and proposed the implementation of flexibility. I did question the purpose of this deadline also because of the special structure of the SAT training course, which resembles the PhD process in certain aspects: I didn't earn the PhD title solely (or actually not at all) because I took the lectures and exams, or defended my thesis, but because of the work and experience I gained during those years working in the laboratory while being a PhD student and the year after. The graduation process served here as an independent evaluation of my abilities as a researcher, but these abilities were largely gained from the experience and practice, not from the educational part of the program. Translating this to the SAT Training, in my opinion, it's not solely the knowledge I acquire while going through the Modules which will 'make me' a competent SAT therapist, but also the implementation of the material into my own inner work and the gained self-awareness, which is so tightly connected to the SAT Training Course material. There is the inner work and the individual SAT sessions – which I'm still continuing, even after having completed the course material and after the 2 years deadline. During this additional time everything I learned about in the course is constantly used, it is further maturing. And as such, I believe that the content of the material I would submit maybe 2-3 years later would reflect a higher quality, it would be more advanced and mature, which should in my opinion be valid for evaluation within the process of becoming a certified SAT therapist.

I would like to emphasize that I am not questioning the necessity and positive impact of boundaries (including deadlines) in general and their usefulness in the operation of any educational and accreditation process. However, what I would like to propose in the case of the SAT training course is to implement some flexibility into the deadline of certification (e.g. making the completion of the course and the certification process a separate procedure). I believe that because of the special nature of the SAT training course, flexibility would be rather beneficial to those students who completed the training part of the course, but may arrive to the commitment of wanting to become a certified SAT therapist only later. In addition, allowing the student to take responsibility for the initiation of the certification process could also have a positive impact on the quality of the certificate.



After presenting my personal point of view via a rather mental approach, I would like to end my article with sharing my most recent silk painting that was inspired by SAT and by the therapeutic process I am going through.



The painting represents the cracking of the conditioned self through the healing process of therapy.

The core elements of SAT are represented with the 6 individual circles, each one having a single color and being connected to each other. Each of them is also connected to the middle circle, which represents the Central Character Dynamic (CCD). The complexity of the CCD is expressed by involving all the colors of the 6 other core element. Strong and pure colors were allowed to flow from the outside (Universe) inwardly, towards the middle part (True Self concealed by the CCD) and to penetrate a thick wax layer (which was put on the circles of the core elements, expressing the confinement and rigidity of conditioning) after cracking the wax layer, in this case literally.



Katalin Czondor, PhD: is a neuroscientist, currently working as a freelance scientific advisor. She is a student of the Sacred Attention Therapy Online Training, Level 1. Katalin has also recently published her first book ‘The Power of Mind over Body.’ Katalin can be reached by email at czondork@gmail.com.

3. Life Statements and the Cut-Up Technique, by Richard Harvey

During one individual therapy session with the client-student (who here chooses to remain anonymous), work on Life Statements in the Sacred Attention Therapy Training either brought up some difficulties or impasse or perhaps simply discussion –I don't really remember which. What I do remember is having a flash of the godfather of the Beat writers, William S. Burroughs, writing his meisterwerk, The Naked Lunch. Burroughs either inherited the cut-up technique from the Dadaists or the artist Brion Gyson or he stumbled on it and recognized its similarity. In any case he used it to write his book. One of the ways of using the cut-up technique is to write words on pieces of paper and throw them on the floor and see what compositions emerge. Loads of fun! Prompted by the image and my intuition I presented the idea to this client-student and the following rather spectacular, vividly emotive and profound, in-depth exploration was the result. I am grateful for permission to reproduce this work for the interest of readers of the newsletter, SAT students who may wish to employ the cut-up technique, as well as the curious. – Richard Harvey



As part of my SAT Level-1 coursework, in April 2019 I completed a suggested exercise (identifying my 'Life Statements') in the suggested standard form. ("Draw a tree, with the trunk as the core Life Statement, the branches as major Life Statements, and then further sub-divisions and sub-divisions again, as representing less major but significant components".)

This work is reproduced below as 'First Cut, 11 April 2019'. (Material beginning 'Module 4 ...' is taken directly and without editing from my inner-work journal, which I keep in electronic form. The crayon-drawn image in the middle of the reproduced material is from another Level-1 Module, concerning Sub-Personalities. It represents a Sub-Personality called 'The Tortured One'.)

One 'dynamic' feature of this image is that the lower-left branch – 'I can't Love' – leads to 'I can't Love my children', leads to 'I deserve to be tortured', leads to (a psychological, inner, connection not-shown in the picture) 'I'm Bad' – i.e. the core, trunk, statement. Thus, the trunk grows branches that ultimately become roots!

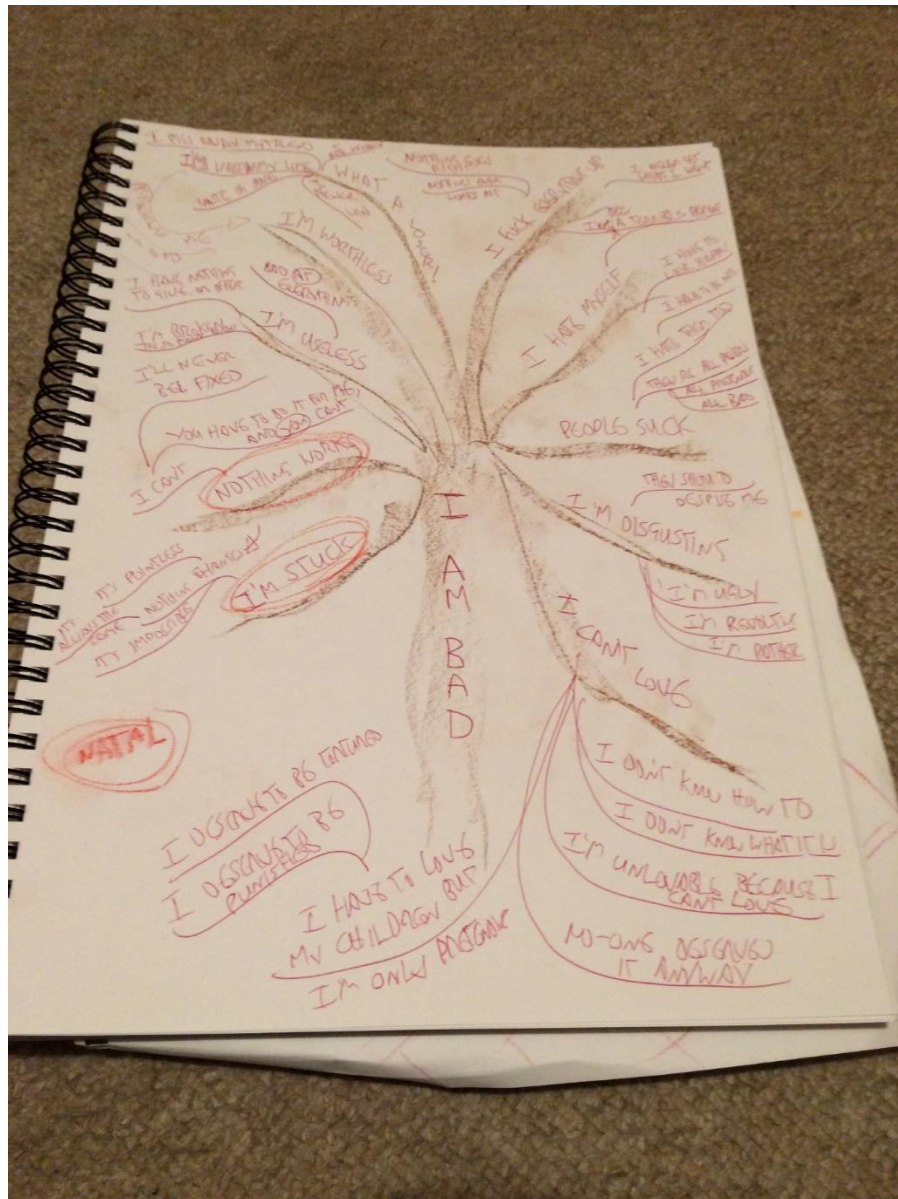
In discussions about this in therapy with Richard Harvey, he suggested an alternate approach that could allow for the revelation or expression of dynamical features and relationships. Instead of using the pre-set 'tree' structure, I started writing Life Statements down on individual pieces of paper, that could then be arranged into any 'form' – as seemed right, appropriate ... healing!

This work is reproduced below as 'Take Two, 9 October 2019'.

Certainly some of the content of the Life Statements changed over the six-month interval. But my main personal experience was the power of allowing this aspect of psyche to express in its own form – as a triangular portal that belches darkness, and births a cat-o-nine-tails whose action seeds space itself with 'bad' blood ... blood that seeds and leads to a triangular portal ...

The tree was helpful, in developing awareness and insight. ‘Take two’ brought me into a much more vivid and intimate connection with this important and amazing aspect of myself.

**MODULE 4 – LIFE STATEMENTS:
EXERCISE 1: INNER WORK**
First cut, 11 April 2019

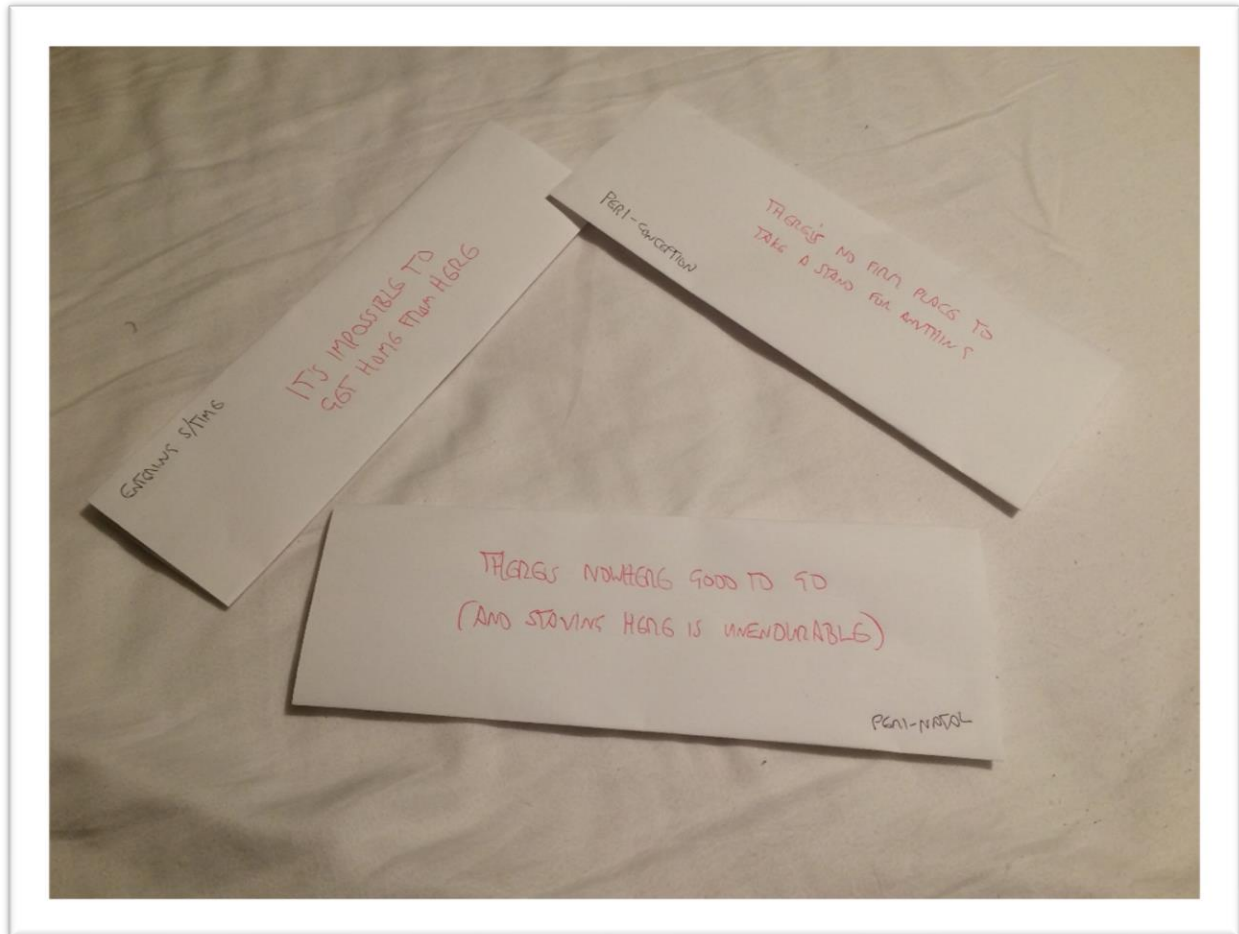


Take Two, 9 October 2019 (6 months later, almost to the day!)

The Hell-Mouth Forms ...

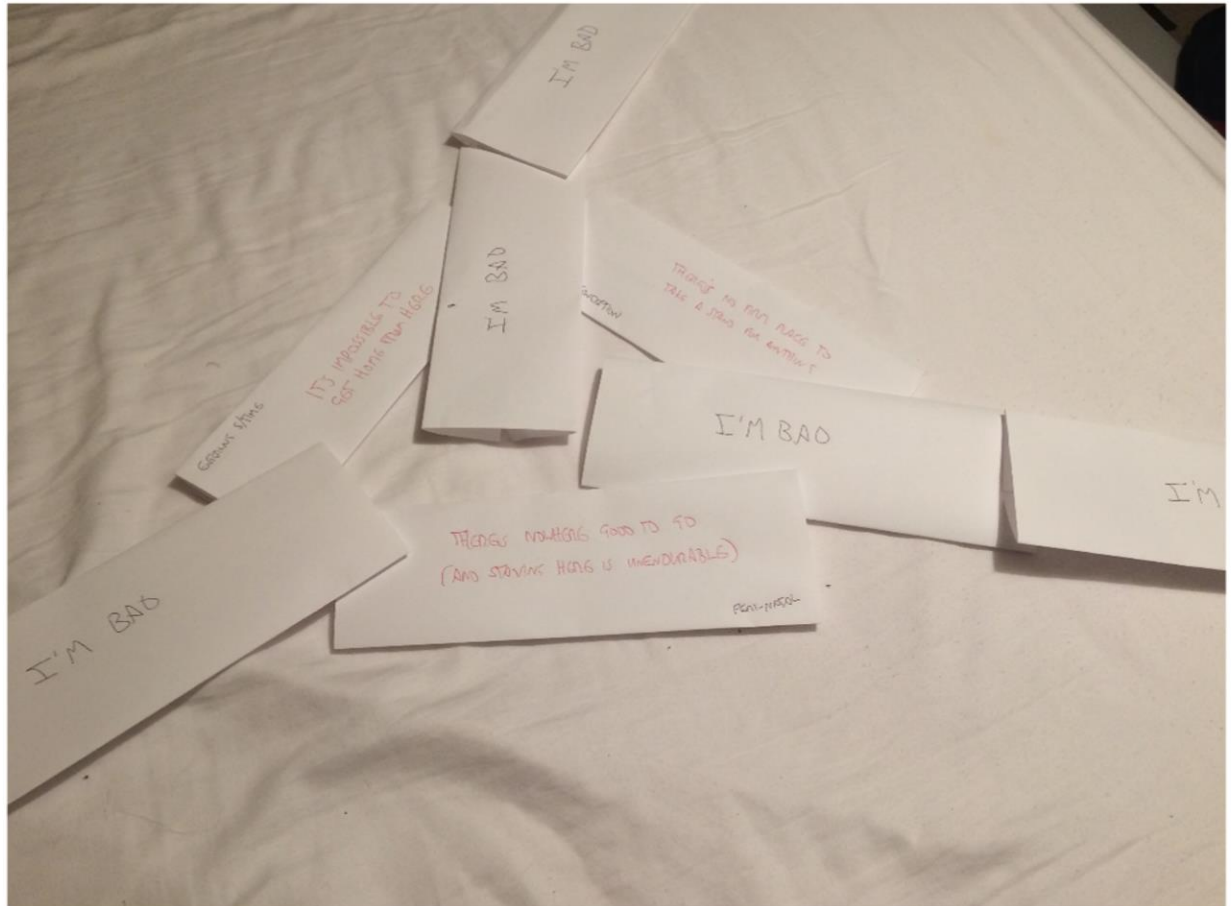
Three Life-Statements create a portal, through which energy can pour into 3D-experience. This unHoly Trinity is:

1. *Entering the Cycle of Death/Rebirth in Time: 'It's impossible to get Home from here'.*
2. *Peri-Conception: 'There's no solid, firm, reliable place, to take a stand for anything'.*
3. *Peri-Natal: 'There's nowhere good to go (and staying here is unendurable)'.*



The Spew of 'Bad'

The Core Life-Statement spews out everywhere, filling space with darkness: **'I'm Bad'**



Three Dimensions Emerge

Three space-structuring limbs associate with components of the portal-structure:

- A. **'I'm Broken'** (associated with 'impossible to get Home' – brokenness makes that true).
- B. **'I'm Pointless'** (associated with 'can't take a stand' = can't express a Purpose).
- C. **'Joy Begets Savage, Brutal, Overwhelming Attack'** (associated with 'nowhere good to go').



Substructures Ramify ...

A. 'I'm Broken':

A1: '**I'm wrong**' [my right-choice-maker – Wright-mind? – is broken']

A1': '**My heart is broken**'; leads to

A2: '**I can't Love**' [because my heart is broken]

A3: '**No-one *really* Loves me**' [which breaks my heart ... and because 'I can't Love'?!]

['I can't Love' leads to 'I'm worthless', as below: it's the Purposeless/Loveless-pairing that establishes utter worthlessness actually, rather than two separate paths to worthlessness ...]

[Interesting that heart and mind are singled out as broken, but body isn't mentioned?! Because I do have inner complaint about Body, in various ways ...]

B. 'I'm Pointless':

B1. '**I'm worthless**' [because I lack Purpose].

B2. '**I'm disgusting**' [lacking Purpose, I'm a sort of gebbeth!]

B3. '**I'm a loser**' [I've lost my Sacred Purpose].

C. 'Joy Begets Savage, Overwhelming, Brutal Attack':

C1. '**It's better not to feel**'.

C2. '**I might as well just feel sad**'.

C3. '**What's the point [in trying to feel good]?**'

Cat-o'-Nine-Tails: Termini Flay 'Badness into Space', Seeding the Spew

Nine termini ('t'-labelled) slice the skin, spraying Bad-blood everywhere ... including, somehow, into the invisible 'Other Side' of the portal ... seeding and creating the very Spew of Bad ... that *leads* to the Punishment ...



A. ‘I’m Broken’:

A1t. Because 'can't make right choice' [so can't get home]: **'Out-cast forever'** [cuz Bad!]

A2t. Because ‘can’t Love’ [my children!]: **‘Deserve Hell-fire Damnation’.**

A3t. Because ‘no-one Loves me’: ‘**They Deserve Shitty Lives [and I Am Them!]**’



B. 'I'm Pointless':

B1t, B2t, B3t are *each/all*:

'I need to be punished, to stop me being a disgusting, worthless loser'

(so, there's a sort of bar across the three tails here ...).

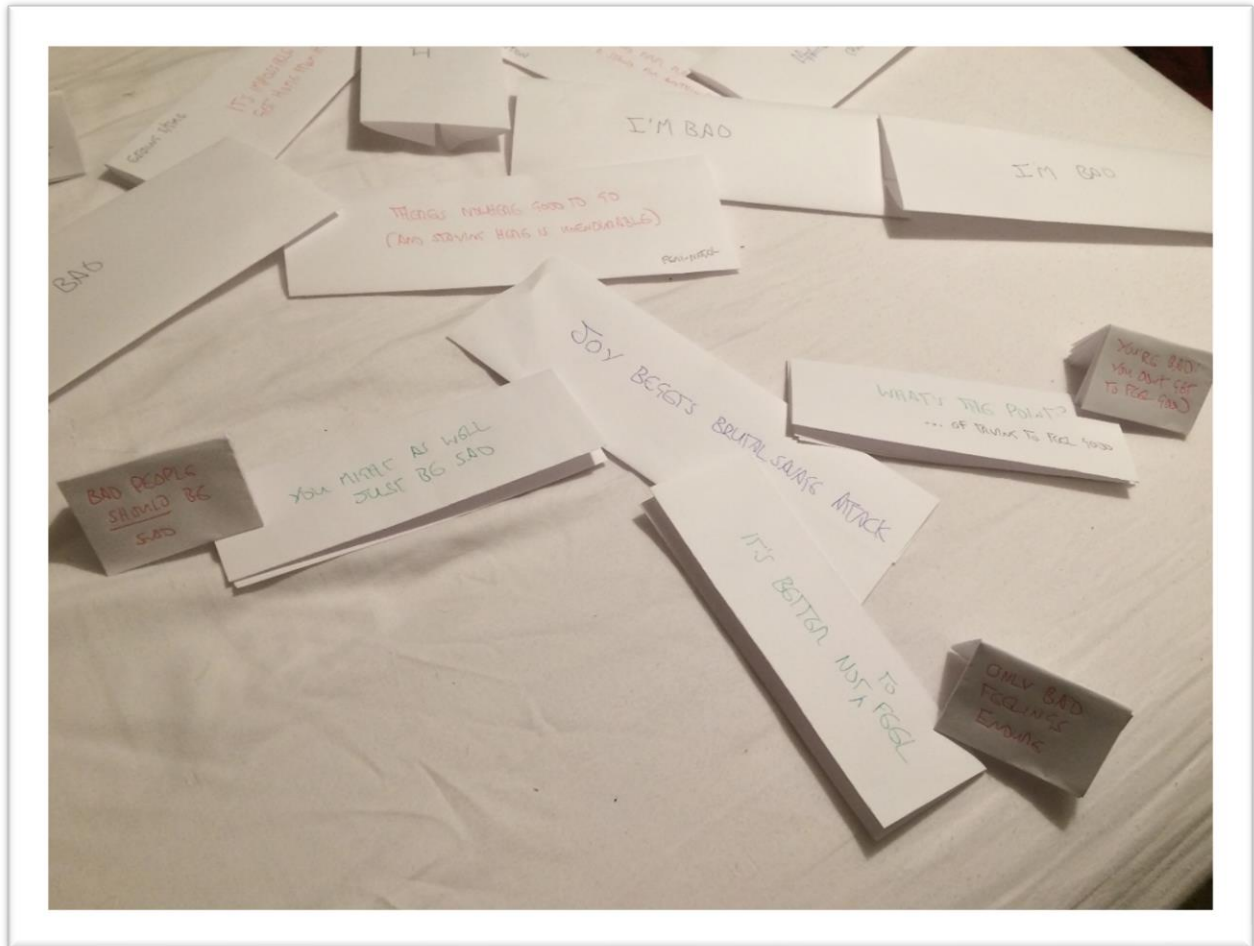


C. 'Joy Begets Savage, Brutal Attack':

C1t. 'Only bad feelings endure' [so it's better not to feel]

C2t. 'Bad people should feel sad' [so you might as well go straight there]

C3t. 'You're bad: you don't get to feel good' [so there's no point in trying to be happy]





4. A Personal Experience with SAT Online Training, Level 1 and 2, by Robert Meagher

With the theme of this newsletter being Sacred Attention Therapy (SAT) Online Training, I wanted to share my personal experience with SAT Level 1 and Level 2 training. I completed my SAT Online Training, Level 1 studies in 2015. I have recently completed all theoretical and experiential exercises for Level 2 training.

The focus of SAT Online Training, Level 1, was Stage 1 of Richard Harvey's 3-stage model of human awakening. Stage 1 is all about the journey of self-discovery. SAT's focus in Stage 1 revolves around the seven core elements of SAT:

- Family beliefs
- Life statements
- Emotional-behavioral patterns
- Emotional suppression
- Sub-personalities
- Character strategies
- Central character dynamic

A full module in SAT Online Training, Level 1 is devoted to each of the seven core elements. Together, these seven core elements are designed to bring awareness to our early childhood conditioning. As we move toward the end of SAT Online Training, Level 1, we are prepared to shed the barriers that hold us back from realizing our true, authentic self (the focus of Level 2 training).

Level 1 training is a predominantly psychological exploration. It is an exhaustive and careful examination of the factors that have contributed to who we think we are, our experience of ourselves, others, and our place in the world. Level 1 training takes us on a journey of self-discovery and guides us through a methodical process of understanding ourselves and gives us a window on our true nature. Level 1 training positions us to let go of our illusions about ourselves and others and prepares us for living the life we have always wanted to live—the life we have longed for, for so long.

For the practitioner, or those wishing to start their practice, Level 1 training also has numerous modules devoted to setting up your practice. These are invaluable modules! They allow one to ponder the myriad of issues that can arise in a therapeutic practice, and allows you to consider your position on these matters.

SAT Online Training, Level 2, is a welcomed and decidedly different experience. As we move toward freedom, Level 2 training provides a creative opportunity and process to reveal our true, authentic self. As we cross the threshold of transformation—liberation from our conditioned self—we enter a new state of being. We let go of our attachments to self and experience freedom in all its splendor.

For the serious seeker of inner work, the current therapeutic practitioner, or the person wanting to become a psychotherapist in the psycho-spiritual tradition, Level 2 training offers a whole new set of practices and tools to guide ourselves and others to cross the threshold of transformation. For example, in Level 2 we are given the opportunity to explore our personal mythology. We are given tools for dreamwork analysis, dynamic

imagination, and psycho-spiritual bodywork. Because of the pivotal nature of forgiveness in the SAT methodologies, an entire module is devoted to forgiveness in Level 2 training.

Level 2 training gives us the watch words and signs for resistance to Stage 2 awakening. There is significant attention given to the practitioner in Level 2 training. We are asked to pay close attention to our well-being through a discussion of therapist burnout.

There is a focus on working with clients at the threshold of transformation in Level 2 training. That is, how to work with someone who is shedding themselves of early life conditioning and moving into a more authentic way of living. Because this transformation involves a movement into the heart, SAT Online Training Level 2 delves into the heart nature with lectures and exercises to nurture our heart-centeredness.

Whereas Level 1 training is a predominantly psychological exploration, Level 2 training feels more expansive and creative in its delivery and experiential exercises. As with Level 1 training, the supporting documents for Level 2 training are the crowing jewel of the training and offer a treasure trove of exercises for your own personal exploration and / or to use in your therapeutic practice. For the practitioner, Level 2 training will provide a whole new set of exercises, tools, techniques and methodologies for working with your clients.

For the student who has completed Level 1 training, Level 2 training picks up where Level 1 training left off. As a result, for the student who has completed Level 1 training, Modules 1 – 3 of Level 2 training may feel like a logical extension of Level 1 training, as we are gently ushered toward the threshold of transformation. For the student new to SAT teachings through Level 2 training, Modules 1 – 3 will provide an orientation to the threshold of transformation before sharing practices and tools to guide ourselves and others to cross the threshold.

Level 1 training is no easier or difficult than Level 2 training. Both require a significant commitment and effort to complete. For both Level 1 and Level 2 training, I found myself spending, on average, 10 hours per Module (reading the lectures and supporting documents, and completing the certification exercises). I was comfortably able to complete one Module per month. With twelve modules, I was comfortably able to complete all exercises in one year. Preparation of the major essay was another few months for Level 1 training. I have yet to embark on the major essay for Level 2. I am giving myself six months for the Level 2 major essay.

If you have a creative bent, Level 2 training may provide more opportunities than Level 1 training to let your creativity blossom through dance, movement, drawing, writing, painting, and singing. I certainly welcomed the creative possibilities inherent in Level 2 training.



Robert Meagher: is Co-Founder of The Center for Human Awakening. Robert completed SAT Online Training Level 1 work in 2015 and was Certified SAT Therapist (Level 1). He has recently completed all theoretical and experiential exercises for Level 2 training.

5. The Unique Teachings of Sacred Attention Therapy, by Richard Harvey:

Distinguishing features of Richard Harvey's psychotherapy and spiritual teaching

Sacred Attention Therapy (SAT) is a psycho-spiritual approach that connects psychological growth and spiritual development in a single, connected process of human maturation and development.

This is a list of the distinctive features of SAT. It comprises twelve theoretical/experiential constructs that are considered unique:

- The Three Stages of Awakening
- The Process of Self-Discovery
- The Seven Core Elements
- The Ancestral Tide
- The Central Character Dynamic (CCD)
- The Original Wound
- The Seven Stages of Forgiveness
- The Threshold of Transformation
- The Authentic Self
- The Three Veils of Ignorance
- The Birth of the Soul
- The Four Stages of Ego
- The Philozovo
- Sacred Attention Spiritual Training (SAST)
- Sacred Attention Discipline (Sadhana)
- Mahanaman

The Three Stages of Awakening

The first stage of awakening is the liberation from the childhood conditioning, the character defenses and the unconscious expression of personality. In order to awaken in the first stage, therapy and/or some form of inner work are necessary. The second stage of awakening entails opening to the true heart-nature of the human being, recovering personal authenticity, and embracing the individual's true nature (true nature in SAT is distinct from the True Self, the former is the fulfillment of the whole human being and the latter is the term used for the attainment of the spiritual essence). In the third stage of awakening spiritual practice develops into spiritual discipline or sadhana and the unfolding of the life of wisdom, devotion and service.

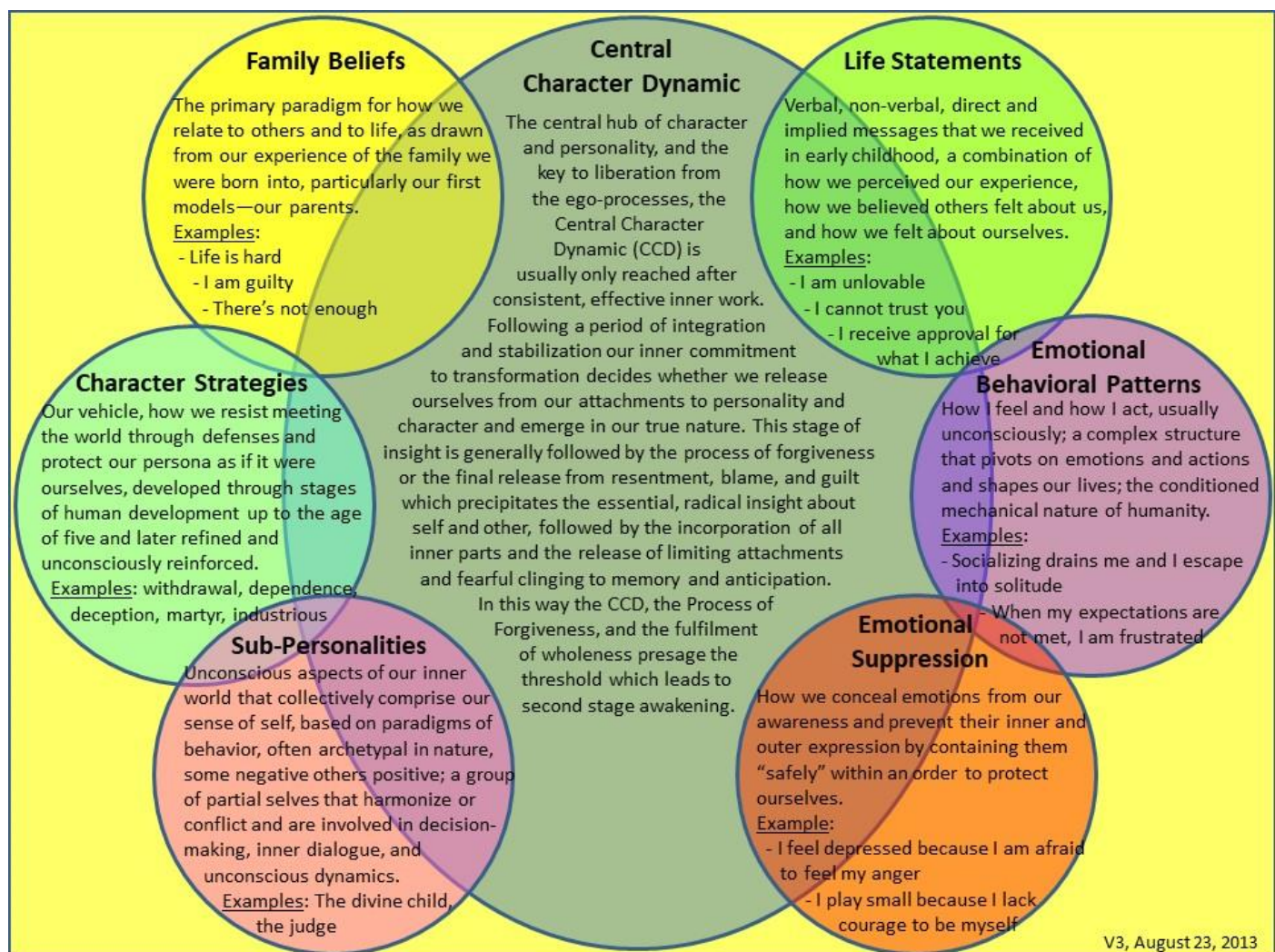
The Process of Self-Discovery

The Process of Self-Discovery involves unpacking the contents of the unconscious, growing in awareness, becoming more literate and sensitive to emotions, energy, thought forms and the physical body, particularly in their repressed expression, relocating childhood beliefs and assumptions about life and understanding their

relevance to contemporary life, reliving family dynamics, resolving unfinished business from the past, seeing how patterns are played out in relating to life in its various manifest forms, learning to forgive authentically, reclaiming projections (and transference in the therapeutic setting) and growing in clarity, wisdom and compassion toward self and others and becoming self-referring or adult, in the sense of moving steadily toward personal wholeness.

The Seven Core Elements

The Seven Core Elements (family beliefs, life statements, emotional-behavioral patterns, emotional suppression, sub-personalities, character strategies and the Central Character Dynamic) comprise a summary breakdown of the total survival strategy and a powerful approach to dismantling the childhood ego structure. (See Figure below.)



The Ancestral Tide

The Ancestral Tide is the weight of lineage that clients often feel more powerfully during the final stages of first-stage awakening. It comprises deep unconscious beliefs and assumptions, patterns of behavior and collective, interdependent character and personality formations.

The Central Character Dynamic (CCD)

The Central Character Dynamic is the creation and structure of the survival strategy in all its diverse aspects felt and experienced as a living, conscious entity from moment to moment complex, internal and external diagram of the summation of the survival strategies

The Original Wound

The Original Wound theory teaches that the client must be holding on and restimulating original, historical trauma consistently. The Original Wound is the core of the symptomatic and various wounds and damage the client has sustained over a lifetime.

The Seven Stages of Forgiveness

In SAT, forgiveness is an advanced stage of personal inner work. Feelings of outrage, resentment and vengeance must be resolved through feeling and catharsis before effective work on forgiveness can begin. When the stages are followed, the client is far less likely to conceal trauma and its effects beneath a sham or fake forgiveness.

The seven stages of forgiveness are, stage one – admitting that we are attached to vengeance and anger; stage two – setting about resolving the emotions that prevent us releasing outrage and blame; stage three – revealing our self-deception in our perceived right to hold on to revenge interminably and forsake a fantasy of retribution and making amends; stage four – owning our investment in seeking revenge; stage five – identifying the one who is suffering most and contacting our empowerment as the means to forgiveness; stage six – juggling all the insights of the previous five stages and feeling, experiencing and understanding our deep attachment to the past and how we forfeit real freedom for a fantasy of anger and revenge. In the seventh and final stage we take back the power and the compassion we have lost to vengeance, guilt and blame.

The Threshold of Transformation

The Threshold of Transformation is the transition between first- and second-stage awakenings, the relinquishing of the past in total (summarized in the seven core elements), the culmination of the Process of Self-Discovery, and the fulfillment of the promise of psychotherapy, counseling and inner work.

The Authentic Self

The Authentic Self is a second-stage condition in SAT teachings, which is not to be confused with the authentic self in other models. It is the seed of the original self that the client has forsaken in early life and died to under the onslaught of early conditioning. The authentic self has been replaced with a counterfeit self – the persona perceived to be acceptable to their environment.

The Three Veils of Ignorance

The Three Veils of Ignorance are thought, relationships and nature. Each one is an obstacle to full consciousness. Only when the thinking faculty has been brought into the service of the heart can we be said to be truly liberated from the stultifying effects of thinking. Relationships in the sense in which we habitually understand them are merely transactional, separative and intimidatory. As long as there is two there must be strife, contest and need and desire. The human being in essence is love so she has no need of another to satisfy what rightly belongs to her and is perpetually available so long as she is in contact with herself or her essence. Nature in its terrifying destructive guise and intensely beautiful face is a beautiful adornment of the temporal realms. We must learn to see through nature and embrace the Divine essence it points toward.

The Birth of the Soul

Rather than being a given in Sacred Attention Therapy the birth of the soul is considered a potential. The soul comes forth given the right conditions for growth and furthering. The SAT position on the soul is not totally without precedent, viz. the twentieth century spiritual teachers GI Gurdjieff and Rudolf Steiner. In short, we relate to the temporal world through the soul, through our senses. So it is our soul that keeps us attached to this world. Whereas our spirit is our wings that allows us to soar to transcendental, timeless realms. The soul is what we think of as our evolving self, whereas the spirit is beyond birth and death.

The Four Stages of Ego

The Four Stages of Ego are, first, strengthening the ego. This is the process of creating a robust healthy sense of self, particularly healing the past damage that resulted in the ego being stunted or undeveloped; second, offering the ego in service to the soulful life; third, shedding egoic attachments following the perception that ego is illusory, and fourth, transcending the ego via the truly spiritual life. The four stages of ego in the Way of Sacred Attention synthesizes the usually oppositional views of western psychology and eastern spirituality and recasts the psycho-spiritual journey as a single, connected whole process of human awakening.

The Philozovo

The Philozovo is a term unique to the Way of Sacred Attention. In an unsacred age a term to denote the call of the Divine has been largely ignored, considered unnecessary and even redundant. Concepts of course underpin thinking and the worlds of will and emotions. The Philozovo reminds us that the call of the Divine may come at any time, in any place and under any circumstances. It is a word that evokes an ancientness, the primordial experience of a meeting with the numinous, the Divine or with God.

The Philozovo can appear in a plethora of ways and instill in the aspirant-seeker a variety of responses. The history of spiritual narrative has recorded some of this diversity. Yet none of these stories is likely to prepare us for the uniqueness and awe-inspiring nature of our true call to divinity.

Sacred Attention Spiritual Training (SAST)

Toward the end of the second stage of awakening if the spiritual aspirant possesses a strong potential and motivation toward the sacred-spiritual life he or she enters into a period of intensive preparation. This period of preparation involves the re-perceiving of all the basic elements of the worldly life and their transformation from the personal or biased individual viewpoint to objective or transpersonal perceiving. The movement is away from the self-perspective and toward the viewpoint of Truth, i.e. no point of view at all. As the second stage of

awakening demanded the loss of the childhood ego with its innate sense of protection and defensive reaction to threat in order to ensure its existence, so this preparatory period demands the complete loss of individual viewpoint, endeavor and personal investment for direct and complete participation in Truth and Reality. As the basic foundation and building blocks of life as we know them are dismantled and transformed so the spiritual aspirant moves deeper into their intention, commitment and devotion to Reality.

Sacred Attention Discipline (Sadhana)

The second aspect of SAST is spiritual discipline or sadhana. Spiritual practice deepens through levels of intensity, devotion and wisdom and naturally develops into a perpetual spiritual discipline. When this takes place the aspirant is fully committed to a life in knowledge, devotion and service. The eternal moment is, as it has always been, ever-present as is the Reality of the Divine Source. No problem or issue in life is perceived outside its manifestation as arising forms in Consciousness and the self-identification at last gives way to the unfaltering insight that you are the Consciousness in which each and every form, all and everything, arises and subsides.

Mahanaman

Mahanaman (from the Sanskrit) means the Great Name and it signifies the state of enlightenment and the full identification of the individual with Reality and Truth. without separation or self-identity in the process of arising forms out of the source state of being. In the teaching of Mahanaman the Divine Person resides in the center but also the periphery of each individual as their very selves. Mahanaman is the teaching of One Self only, One Self alone, and One Self as the salvation in realization of humankind and all beings in all realms at all times.

(This article was originally published at www.therapyandspirituality.com/articles/unique-sat-teachings.html)



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

OTHER ARTICLES:

6. Boomerang, by Michael Richardson-Borne

TWO KIM KARDASHIAN WEST | AMMA

BOOMERANG

These are your socialites,¹ America. Let them love and be true as they're held in their total space. Let them drape their jewelry on ghosts of separation and let this jewelry leave them hollow.² Help them misunderstand who they are until the magic moment of reversal. It's all part of entering the way. Let them realize personality is famous³ – nobody is known except people who dream themselves people. Let them put lipstick on men and negotiate the unreal story of gender.⁴ Let it be fuchsia as they learn to drive northwest⁵ from LA to California,⁶ or southeast from Illinois to Chicago,⁷ or no direction

from the world to their hearts. Let him be their father, hatred is out of fashion⁸ – they will hug their opposite when they know the opposite. It's all part of keeping up⁹ with one another. It's public policy. They willingly fall prey to circumstance after a visit to the ashrams of India¹⁰ in the pastures of Indiana. It's common knowledge. It's like a baby girl praying on a seashore.¹¹ Or a soldier changing his appearance into a divine mother.¹² It offers a hug¹³ to the dispossessed. It heals the disenfranchised.¹⁴ It turns American outcasts into avatars¹⁵ – transcendent symbols of wholly living sorrow.

America – the desire for more is their source of pain; to gain surplus by exertion, to link this bounty to grasping hands on their dying day. It's not welfare they are asking for – they intuit charity is limited, something sad for the separate. What they want is to know what love is – they want it to boomerang and infuse their living. They want their family to be what the body appears in – to worship the image of their nation lightly, like a false mirage. America – this confirmation is happening. Give them their papers and let them go. Patriots become the power of propaganda for the truth of their awakening.

BOOMERANG NOTES

1. Kim Kardashian West is an American media personality, businesswoman, socialite, and model.
2. A reference to Kardashian's jewelry line, Belle Noel.
3. A reference to the American reality television phenomenon of being famous solely as a media personality (aka famous for being famous.) Kardashian's reality television show is titled Keeping Up with the Kardashians.
4. A reference to Kardashian's father, Caitlyn Jenner (formerly Bruce Jenner), who publicly came out as a transgender woman in 2015. Jenner is a retired gold medal winning decathlete.
5. A reference to Kardashian's daughter North West.
6. A reference to Kim Kardashian's birthplace, Los Angeles, California.
7. A reference to where Kardashian's husband Kanye West grew up – the South Side of Chicago.
8. See note #4.
9. A reference to Kardashian's reality television show Keeping Up with the Kardashians.
10. Mata Amritanandamayi is an Indian guru from Parayakadavu in the Indian state of Kerala.
11. A reference to the biographical story of Amma praying at the seashore as a young girl.

12. The name Amma means “Mother” in the Tamil language. Amma’s followers believe her to be a saint and refer to her as the “Divine Mother.” This is also a reference to Kardashian’s father, Caitlyn Jenner (see note #4).
13. Amma is well-known around the world as “the hugging saint” – as her form of darshan is hugging people.
14. Embracing the World, Amma’s network of charity organizations, provides food, housing, education, and medical services for the poor.
15. A reference to Amma being called an avatar – a manifestation of a deity or released soul in bodily form on earth or an incarnate divine teacher.



Michael Richardson-Borne: is a transpersonal psychologist and the creator of Applied Awakening and the Path of Non-separation. In 2017, Michael was guided by Richard Harvey and the Center for Human Awakening as he went deeper into his spiritual journey and worked on healing a lingering depression. One of the outcomes of this guidance has been a flourishing of creative works that live at the intersection of contemporary spirituality and Michael's passion for American pop culture. One such work is a collection of poems called *Two-Headed Monsters: Poems for a New American Dream*. The poems tell the story of a dream experienced by a farmer from the American Mid-West. Each vision within the dream is spoken by a "two-headed monster," one head a

well-known spiritual teacher, the other a famous personality within the American pop culture scene. The message from the "monsters" is clear: it's time for America to culturally "level up" by embracing the gift of awakening in society's dominant worldview. Michael can be reached by email at michael@appliedawakening.com or through his website at <https://appliedawakening.com/> . If you would like to download Michael’s *Two-Headed Monsters*, click on this link... <https://appliedawakening.com/two-headed-monsters-pdf/>

7. Random Acts of Listening, by Nick Heap

The idea

Purpose: To grow fellowship, mutual understanding, well-being and the wider community.

Method: A small group go to a place where there are people, like a park or a shopping mall. There they split up and have conversations with people they don't know and might not normally talk to. (Walking while talking often helps). The main activity is to listen and understand their worlds from their point of view. Then the group reconvenes to share experiences and think how to spread the practice.



Mutual support and encouragement before and after the conversations are very helpful.

As we get more confident, we will find many other opportunities for "Random acts of Listening". Trains, buses, bus stops, coffee shops, hospital waiting rooms are all possible. Some coffee shops are already offering "Conversation Zones" or "Community Tables" where people are encouraged to talk to each other.

Anyone is welcome to use or adapt this idea. I want it to happen and don't need or want to own it.

When we have enough shared experience, we can decide how to spread this more widely or if it needs a structure. It was inspired by the [ULab](#) "Empathy Walks" exercise.

The experience

Here are some comments from the people who did some "Empathy Walks" in St Albans, Hertfordshire, UK recently. (We met as a group for a chat before and after we individually met our strangers)

"After I left you, I found myself more open to other strangers. The opening effect was quite something. Thanks for the experience."

"I also found myself wanting to engage with people after it had finished. And felt light and bright and open the rest of the day. Was fab! Absolutely loved today. Both meeting everyone and the experience itself. I think it's definitely got legs, so to speak."



"Thanks, Nick and all for a lovely morning in St Albans, a great way to enjoy a sunny day. "

"Just quickly to connect and say how much I enjoyed this morning."

"I enjoyed the experience even if it did evoke some social anxiety in me. It was lovely meeting you all. I thought the debriefing was particularly helpful. I like the concept of 'practising' outward-looking attitudes to the world around us.

"Why don't we put down our smartphones and learn something about other people by listening to them"? Use the social media revolution as a springboard back into ancient connection with others."

Could this also work inside businesses (particularly large ones) to create community, break down silos and build teams?

Any comments, ideas or questions would be very welcome.



Nick Heap: is an independent facilitator of change and learning based in the UK. He listens to people, in organisations and as individuals, and helps them listen to each other. Nick can be contacted via nick@nickheap.co.uk or Skype "nickheap" or via his site <http://nickheap.co.uk> which also has 300 + other practical developmental ideas. These are all freely available for anyone to access and use without preconditions. Any comments or reactions to this piece would be very welcome.

SOULFUL SHARINGS:

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

Our Founder, Richard Harvey, will be returning to Guildford, UK, in February 2020 (exact date yet to be finalized), to lead a Psycho-Spiritual Gathering day and give a day of individual sessions. For enquiries and booking please contact Oliver Baum at oliver@theowlpractice.co.uk.

The theme for our March 2020 newsletter will be 'The Healing Relationship.' If you would like to write on this theme for our next newsletter, please contact us at info@centerforhumanawakening.com.

9. 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 book¹ he states the case for us being "custodians of the future" in a world that is being debased as it loses touch with the genuine sacred-spiritual truths and ceremonies. If we do not act in all the ways that our true nature dictates we will become complicit in the destruction of the human consciousness of the inner worlds, responsible in whatever way for the degradation of the outer world, and ignorant and helpless in the insight that there is truly no separation between the inner and the outer, between us and them, and between the human and the divine. Thank you for being with us!

¹*Your Sacred Calling: Awakening the Soul to A Spiritual Life in the 21st Century*, now published by Austin Macauley Publishers Ltd.

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

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

10. Links

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<http://www.centerforhumanawakening.com/>
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YOUTUBE CHANNEL

http://www.youtube.com/channel/UCD_pJVba_LktmEzfuc51kfQ

BOOKS

<http://www.centerforhumanawakening.com/Books.html>
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<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>
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VIDEO BLOG (VLOG)

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RETREATS

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

INDIVIDUAL AND COUPLES THERAPY

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