

The Eyes of the Golden Hall

~ A Newsletter of The Center for Human Awakening ~

March 2020 Newsletter

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FROM THE EDITOR's HEART

Our theme for this edition of *The Eyes of the Golden Hall* is **The Therapeutic Relationship**. We reached out to our community to ask them about their experiences with their therapeutic / healing relationship. How did the therapeutic, healing relationship emerge and evolve? How did the relationship with the therapist / healer affected you? How and / or why did the therapeutic relationship came to an end? These were just a few of the questions we invited people to explore.

We received a beautiful potpourri of responses and experiential sharing about the therapeutic relationship. In addition, our Founder, Richard Harvey, offers several articles about the topic.

Added to the sharing of my own experience with the therapeutic relationship, we have four other blessed contributions from Vivek Krishnani, Dr. Nicki J. Monti, Jesse An Nichols George, and Bonnie Oaks Charron. We are grateful for these contributions. Together they result in a rich sharing of experiences about the therapeutic relationship and what may be possible.

We continue to be blessed to have Michael Richardson-Borne contribute to our newsletter. Michael shares another one of his poems from his collection of poems called *Two-Headed Monsters: Poems for a New American Dream*.

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. A Letter To Emma, by Richard Harvey:

At the very heart of effective counseling, healing and psychotherapy is the quality of caring that the practitioner/listener/friend offers to the person in need. This has long been accepted in circles of human psychology and it even has a name—the therapeutic alliance or the therapeutic relationship. Relationship is central because relationship is what it's all about—your relationship to the world, to your birth, to your parents, your siblings, to God, to others, to the world, time, purpose, leisure pursuits, satisfaction, peer group, friends, lover, husband, wife and ultimately yourself—all are relationships.

As one of my clients recently remarked:

The therapeutic relationship taught me or showed me those aspects of myself that I couldn't see. Since parts or aspects of self are misnomers or semantic creations it would not be too much to say that the therapeutic relationship revealed and presented me with myself. The sense I make of this is that when I first came to therapy I, like many others, was not myself. Not myself and yet I identified myself with the image I had created of who I was. My therapist was thus the screen onto which I projected or transferred myself. This self was so hidden, so extremely foreign to me that the first meeting with my therapist was an expression of the dissociation I had experienced for all of my known life without being aware of it. He spoke to me in what I can only describe as a voice from another land. I was stymied, agog and looking into his eyes I remember feeling paralysis and terror, rather like perhaps standing on the edge of a tall cliff and looking down.



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A Letter To Emma

Some of the complexities of the healing relationship with the therapist-healer-guide are expressed in the following letter to a client called Emma (name changed). This is an actual letter, reproduced here with her permission. It was written when she was experiencing excruciating difficulties and blindly lashing out in anger and disappointment, knowing somewhere deep inside her that this was the transference of her own anger and torment, her despair at ever being able to love, her inability to truly relate, and her meanness of soul and spirit fighting in despair from the corner up against the wall of her own making.

Please read it as inspiration, a *mantra*, a commitment, a *mudra* of the soul, a prayer, an evocation, and a profound encouragement to ascend to the heart. Emma had been working in therapy with me for an extended length of time so some of what may appear to be assumptions in the letter come from a deep familiarity and wouldn't be appropriate for clients of a lesser time period.

Dear Emma

I do not shepherd you through the veils, if I am merely a commodity you pay for. The therapeutic relationship is both complex and simple. First, it is complex because it is outside most people's experience. The purpose of the healing relationship is to heal you initially of the limitations and the contractions of the past. Everything you experience within this relationship is your *past* life. That's how complex it is. The only way to be with you effectively is to accept it all, the whole thing, and to remain present and receptive and to consistently and relentlessly allow you to bring this material that is so sad, painful, hurtful, and angry-making into the sacrificial fire of therapy.

Second, it is simple because it embodies and expresses great acceptance and love. When you haven't experienced these qualities, you may find it hard to recognize them when they are present. You may simply feel that there is something faintly attractive, or even repulsive, about them. You want and don't want to have them and this ambivalence is projected onto the therapy and the therapist.

The therapist is a spiritual teacher. He or she must be. If not, then he is merely a symptomatic counselor, rather like a motor mechanic. As a motor mechanic fixes your car, the therapist who is only a symptomatic counselor deals with symptoms and affects and fixes you. Then you feel better, you get on with your life, your relationships, and your work.

But people are not mechanical. They might pretend to be machines and their behavior is very often machine-like (*mechan* means tricky from Greek the "*mekhanikos*," meaning resourceful, inventive, ingenious), but people are not machines, because they have souls and because they are spirit and ultimately because they are consciousness arising in temporary individuated forms. People are really modifications of the Divine and not even pieces of the Divine. Human beings *are* Divine—that is what we are!



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So a psychology of humanity and a psychotherapist who practices authentic human psychology must express the required depth, so he can meet you on all levels of your spirituality and humanness.

He does not do that by being partisan, biased, or by bringing his personality into his contact with you. In fact he can only be of any use at all when he has realized that his personality is comprised of defensive, aggressive, protective forms of ego-processes. The therapist is not really interested in his own small self or ego-processes anymore and he is certainly not interested in yours! What he is interested in is what will cause you to awaken, to become liberated, and to finally merge with your true Self.

That Self is so magnificent, so splendid, and so brilliant that you can only get an indirect hint of it through transference and projection—the loved one, your image of the Lord, of the Goddess, some splendid sight or experience. Now take all of these and multiply them by a thousand. This will not come close to who you are in reality.

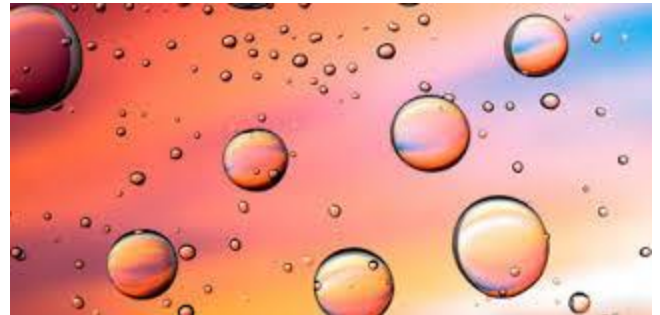
Not only is the goal (your true Self) inconceivable to you, but so also is the means, the way, and the method. That is where the teacher or guide or therapist comes in. The therapist doesn't know either, but he has clues and he knows more than you do (or he is confident about knowing less—it amounts to the same thing!). He knows

that your personal journey is reflected in the relationship you have with him. That's because he is closer than you (if he's not, then you should be his therapist!) to who you really are. In effect he has a closer relationship to your true Self than you do! And that's why you can trust him... with your life, because he knows and understands and stands in true relationship to life in all its forms.

The relationship between the therapist and you is an accurate gauge and the process and the healing takes place *within* it. Don't be fooled, the real therapist does not bring a toolbox; he does not appear with methods and ideas, strategies and philosophies—you have enough of them already. He appears as himself before you, open, available, intelligent, and wise.

Now what about when none of this appears to be how it is for you in your relationship to your therapist?

The first possible explanation is that he is not the therapist you thought he was; he's just a symptomatic counselor, a fix-it sort of therapist. The second possible explanation is that you have missed him, fallen out of relationship to him, because some big breakthrough is on the horizon and rather than deepen in your healing relationship to the teacher-therapist-guide you are going to sabotage it and mess it up completely, so that you don't change.



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The therapist is patient. He takes everything that's thrown at him. Sometimes he responds; he never reacts. When he appears to react, it is for a reason and that reason originates in the heart. It is a heart-reason which is totally different from strategy. It is intelligent and wise, rather than knowledgeable and clever. He is not trying to manipulate you; he is trying to shepherd you to the other side by whatever means he can, by whatever means you allow him to use. Your resistance is unconscious and it is destructive. It is a sort of addiction to remain as you think you are and to become all that you truly are appears to you to be such a burden, such a great responsibility, even an impossibility.

So you struggle against the healing, against the therapist, against the whole process. Cynicism enters in: he is only after your money, he wants to cause you harm, he wants to take his own stuff out on you, he's even more screwed up than you are. The doubt sets in: you can't or won't change, who wants to anyhow? Who do you know who has experienced lasting change through therapy, counseling, meditation, or spirituality? It's all nonsense, garbage. You've had enough anyway, you've paid enough in time and energy and money and engagement and particularly relationship! You're tired, exhausted, you want to be "normal" and if you stop now you can be "normal." No one you know is in such a bad state as you are and you do therapy, so therapy is probably the cause. Therapy is no good for you—it doesn't work and it causes harm. You're better off without it.

And so you have scapegoated your own process of self-discovery and instead of using it to allow yourself to go through to the other side, to awaken, to transform and become authentic, you relent, you backslide, you give in... *tragically*. Just at the moment when something of immense significance is about to happen: the transformation of your habitual sleep, of your unconscious body-mind into consciousness, into the life of the heart, into awakening.

You cannot do this on your own. Along the way there are so many pitfalls, so many wrong turns and false paths, seductions, illusions, deliriums, chimeras. The therapist warns you off and gently guides you through, past, and

around these obstacles. He uses his skill in timing and evaluation, intuition, higher instinct, trust and faith, acceptance and challenge. When you look back it appears tremendously complicated, like a dance that must have been conceived, produced and choreographed by a great artist. But it is all you; one individual, unique process of self-discovery in which the therapist has participated, sometimes like a mirror, a friend, a savior, an archetypal parent, a divine being, a flawed human, a confidante, a trusted companion. In reality he has practiced profound friendliness; he has wished the very best for you. But not content to leave it at that, he has practiced and made all the right moves that would bring you home to yourself.

Struggle less, arrive sooner. Talk less, listen more. Try to understand. Bring attention to the things of importance over all the rest; and there is so much! More than anything, remember what you are here for, who you are, why you're here, and what your purpose is. To meet and be with someone who knows that already rubs off in the most instinctive and powerful way. You become affected deeply by his authenticity, but you must be receptive, you must allow yourself to take it in... and you must trust deeply and completely.

Will he challenge you? Well, yes, of course, he must. Will he offend you? Definitely! You are already deeply offensive to yourself. He will highlight this, he will show you what you are doing to yourself, how you don't love yourself. Will he hurt you? No, never intentionally. Sometimes when you are working together you will feel hurt and at certain times you will feel that he has hurt you. Try to remember that this is never the case, because you are hurt already. This painful hurt is the revisiting, the re-feeling, perhaps the first experience of full emotion—it is the doorway you have had the courage to open, it is the beginning of release, integration, and change. Does he have a right to comment on you? Of course, when he intuitively sees that it is the right time. This will challenge, test, expose, even hurt at times, but it is absolutely necessary, and never done without reason.



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Is the therapist working *for* you? No, he is definitely not working for you. He is working *with* you. This is a joint practice, a sharing, a meeting. He is not the expert, you are the expert. He is not authoritative, although he may speak with authority. He does not ever tell you what you *must* do, although you may hear it that way, but he may give encouragements, guidance, direction. And yes, at times he will tell you when behavior—yours or another's—is not alright, is unacceptable, or inappropriate.

Here is a further challenge. This sharing, this relationship, is unequal. As your guide, the therapist necessarily knows more than you. He has traversed the terrain, stood naked and humiliated, felt the inside of the dragon's mouth, crawled over the cut-glass, been washed away in a tidal wave of emotions. He has been there. He will hold and contain you; he will provide the presence and the essential emptiness in which you are received, recognized, acknowledged, and at last "seen." You will feel amazing relief from this contact, from this connection but, don't forget what I said before, you will struggle and fight against it. Sometimes you and he are polarized, sometimes it is easy between you, sometimes it's casual, at other times formal. You experience the therapist-guide as distant and close, but you go on regardless. Faith and trust triumph. You will get there, *never doubt it*.

According to your tendency, the therapist-guide may be a temporary relationship for you. That's alright. Remember though that if you have a tendency toward serial relationships or if you have a tendency toward

single-minded monogamy and loyalty this will be reflected in the therapeutic relationship, because *everything* is reflected in it. This relationship is like no other; it is the mirror of your soul. And, like everything... it will end.

When it ends you will feel overwhelming gratitude and respect, honor, and reverence. You will look back on it as the way, the path, the means by which you have arrived at the authentic human existence and you will wonder why everyone doesn't do it! Be accepting of everyone in their limitations, in their ignorance. While you don't want to become a boring evangelist, you will want to find a way to express, to give back, to represent what you have discovered and to bring the sacred treasure of illumination into the community of souls you number among your friends, family, and wider networks. Surrender to the artistic impulse to express through your life, in your creative expressions, in your home, your relationships, work and family. Bring it in, be proud of it and yourself, and share it generously.

You find yourself now on the peaks of wisdom, on the precipice of intuition, on the mountain-tops of compassion. Knowledge and cleverness mean less to you—much less—than wisdom and direct, inner knowing. Quoting, referring to others' wisdom, scholarship and knowledge mean less to you now. Poised on the edge of a breakthrough I am sure you feel scared... and beneath that, terrified. You want to hold on and you want to let go. You want to argue and you want to accept. You want to fight and you want to surrender. Trust. All will be well.



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Let go of illusion, transcend conditioning, and rise to the heart-level of awareness, live the life of transformation and authenticity. Now you stand at the threshold. You have a steep learning curve ahead of you. Many people enter therapy and never change, never transform their lives irreversibly and permanently. This is because it is so difficult to do. It is difficult to find a practitioner who can facilitate this, difficult to find one who has experienced this and we are so enormously, unconsciously resistant to taking self-responsibility for our lives, our emotions, our relationships, and our human foibles. Unconsciously we prefer to blame someone, something, anything, rather than take responsibility for ourselves. Take total responsibility for yourself now. Only then can we go on. Not because I say so, but because as a transformative psychotherapist anything else (with me as your therapist) is merely going over old ground.

Old ground and repetition are the materials of the habitual life—everyone does it all the time. Life doesn't change, it just mixes round and round, so the same patterns of emotion, feeling, and behavior arise repeatedly. If you can work with a therapist who witnesses, sees you, is not invested in the outcome, stands somewhat apart yet involved, and possesses sense, intelligence, and most of all heart, and symbolizes these attributes in your life and in your healing, then it *is* possible. This relationship is very rare—I offer it to you. This relationship is the first necessary requisite for inner transformation.

The second necessity of transformation is that you do what you don't want to do. This may sound innocent enough, but it is nearly impossible. What will happen is your ego will present two sides and you will vacillate between the two, until you decide which one is the one you don't want to do and then you will do it, but it will always be your decision and so it will not be what you don't want to do. The therapist-guide has to give this challenge, this test. He may only offer it if he has received it in his own personal travail.

From some time ago in many different ways I have offered this to you. Your ego-processes are so strong, as is your sense of survival—the two are the same—that you haven't been able to accept the challenge. Now you

can, and must, if you want to go further. The form of these challenges can never be known beforehand, so it would be useless of me to tell you what guise they will appear in, but when you feel great resistance to your deepest guidance, that is the time! Do it anyway!

The reason this is so important, so crucial, is that you cannot erode the ego-processes wholesale and you cannot defeat the ego by fighting it. You defeat it by seeing through it, by loosening its hold on your life piece by piece, a little bit at a time, until gradually you're free. Any other way, for almost all people, is too much. They fall into shock and the ego strengthens to revive and return them to their habitual lives (and the madness of repetitiously going over old ground again).



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These two elements—the therapeutic healing relationship and doing what you don't want to do—are what separates the people who dabble in inner work from the ones who attain.

No one else can decide for you. In some senses not even you can decide for you! You see, always in therapy work, in psycho-spiritual work, there are two beings; the small self trying to keep everything in place just as it always was, not wanting to rock the boat and the rebel, the subversive one who stands *against* the status quo. Which one is which is sometimes very difficult to discern. The small self can pretend to be all sorts of things it is not or it may act as a deceptive controller or a seducer pretending to care and give you what you want, so long as you don't do anything too risky. In a multitude of ways you fool and deceive yourself for the sake of your survival. But you no longer need to be in survival mode. Life is much more—more expansive, more exciting, more fulfilling, more loving— than that!

Awakening is being yourself without apologies or compromise. You take responsibility for yourself and your life like never before. Jeanne de Salzmann, a disciple of Gurdjieff, said: “You receive exactly what you give... you take all, you accept all without any sense of obligation. Your attitude toward life is the attitude of one who has the right to make demands and to take—who has no need to pay or earn. You behave that all things are your due—simply because it is you. None of this strikes your attention, yet this is precisely what keeps one world separate from another.”¹ Let these transformative words revise your thoughts and revive your spirit!

It will be very hard for you to believe what I just said. You will think that I am acting out of self-preservation, self-pride, and wanting to be liked. But I am not. That is because my center is whole now. It didn't use to be and when it wasn't, I needed other people, like you do now, to confirm that it was alright or not alright. Now I don't turn to others. Others actually are not at all reliable, because they will confirm almost anything you want. They will take sides or collude because they want to be liked, because they are stuck in the limitations of conditioning and defensive character. Collusion gives them some temporary relief from their own inner conflict. They are trying desperately to survive.

Where your therapy has brought you to now is a real choice. Do you want to go on living as you always have done? Or do you want to change—radically? Do you want to be free or do you want to be chained?

The precise step you find yourself at is the decision to let go of anger once and for all. This does not mean that you will never get angry ever again. It means that you will not be chained to anger (and sadness, resentment,

¹ Jeanne de Salzmann, *The Reality of Being: The Fourth Way of Gurdjieff*, Shambhala Publications 2011.

frustration, anxiety, and so on). It means that when you are angry the anger will be spontaneous and appropriate, never personal and defensive, never merely a justification for your character.

I have traveled with you this far. I have been your therapist, guide, and teacher. You have done some incredible work. If you turn away now (and you may choose to) you will know yourself, be far more aware, see yourself fall in the dark pit of personality and character and see yourself climb out. But if you carry on, by dropping anger you will open your heart in a way you have never done before. With your open heart leading you, you will be able to live a courageous life, a compassionate life, a life such as you would have wished for when you were young. This is what you have always wanted and always longed for, and now it is within reach. How do you cross the threshold to it?



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You need to *practice*; practice heart-centering, listening, and compassion. The choice is made from the heart. The therapeutic, healing relationship between therapist-teacher-guide and client-adept-seeker is a manifestation of divine energy. It is very significant, because it goes beyond itself. In fact all relationships should do this. For example, take marriage partners; if the relationship is to survive and flourish it must embody something *beyond* itself, in this case the unity of soul and spirit, of the divine and the human, of human love and transcendent love. It represents the divine marriage, the inner ceremony of unity and spirituality. The same is true of friendship, family relationships, and all other kinds of relationships; they represent and symbolize the essence of love and connectedness in all their varied aspects.

The therapeutic relationship is peculiar in this regard, because it is the symbol of healing. It stands for the two becoming one. The great saying in Matthew 18:20: “For where two or three are gathered together in my name, there am I in the midst of them,”² is the most cogent expression of this. The symbolic act of collaborating for the purpose of healing is a staggeringly powerful symbol that goes beyond itself and stands for healing—*all* authentic healing.

Therefore, when it is truly entered into, the bond between therapist and client is extraordinary.

I am aware that you have heard much of this before, aware that you have worked with me for a substantial period, and that you have done good work, work that gives me a lot of faith in you, and this faith you should have in yourself too. Now is the time for much of what you have heard to sink in, to become a part of you. Approach this inner work now with increased respect and honor. From now on, please don’t be flippant in any way about this archetypal process. I am not a “shrink”; I am your psychotherapist, sometimes your teacher (particularly where in the groups you have been a student) and potentially, if you choose, even your spiritual teacher. None of this is possible if you are flippant. Flippancy is an expression of disrespect to yourself. And it does you dishonor; it is an irreverence you cannot withstand at this crucial juncture. The stakes are too high; the crucial importance of attitude is central.



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² The Holy Bible: Authorized King James Version, New Ed edition, Collins 2011.

I wish you well. I have always wished you well. I will always continue to wish you well, whatever you decide.

[Excerpted from Richard Harvey, *Your Sacred Calling: Awakening the Soul to a Spiritual Life in the 21st Century*, Austin Macauley 2017, pp 252-264.]



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

2. From Outward Therapist to Inner Guide, by Robert Meagher

There may be no greater gift than the transformation possible through the healing or therapeutic relationship. My one and only embodied therapist saved my life. Not in the sense that I was wanting to take my life or end my life. The healing relationship saved me *from* a life of egoic-based separation.

Working with my therapist served as the mirror on my perceptions. Another trusted soul was able to poke at my perception of reality and gently guide me to question that existence.

The journey with my therapist began tentatively. I was afraid. But I had grown less resistant to my fear of change than my fear of staying the same. The way I was living my life was no longer serving me. I was not at peace, yet I didn't quite realize this was the core issue at the time.

As the relationship with my therapist grew and matured over time, I was granted the blessing of knowing my authentic self was being witnessed. I could show up and try and put on a façade and act like someone I was not. But I quickly grew to know my therapist could see right through me. At first this was unsettling. But it quickly became an immense relief. I could, perhaps for the first time in my life, be exactly who I was, without judgement.

After my therapeutic relationship came to a formal end, something quite poignant started to unfold. An inner guide started to emerge, and this inner guide was a graceful extension of the embodied therapist I had been working with. Through my working relationship with my embodied therapist, I was able to develop a stronger connection with my authentic being, what might be called 'Higher Self' in some milieu.

What was evident to me at the time was that this new, authentic teacher and inner guide was not a replacement for my embodied therapist but an extension of the therapeutic relationship—a sort of Therapist 2.0! This new therapeutic relationship was one based on opening myself to the wisdom of the heart. This new therapeutic relationship was training me to move away from my fears into the presence of God—to be 'in' love as a state of being.

The transformation from the outward therapist to inner guide was, in retrospect, a natural progression for me. Not a progression in terms of advancement or raising my level of consciousness. The progression was more about an expanding awareness of returning to my original state of being. I needed to grow in relationship with my inner guide to return to my original state of being. My outward therapist played a critical and fundamental role in ushering me toward this primordial awareness. My outward therapist was a stepping stone along the road of the healing relationship.



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Some of you might be asking, “But what did the first therapist actually do to facilitate this transformation?” The therapist didn’t ‘do’ so much as ‘be.’ The therapist was a grounding presence that modelled the possibilities inherent in being in the present moment. The therapist did not offer any advice. The therapist merely witnessed me; and through a process of gentle inquiry, the therapist guided me to an awareness of my true, authentic and divine self.

As for the inner guide, the ‘how’ of the healing relationship is reminiscent of trust. For many people, opening yourself to an inner guide may be analogous to building your intuition. The relationship with this inner guide goes beyond intuition, however. The inner guide nurtures an enduring trust in life. When you develop a trust in the unfolding, problems melt away and all that remains is peace.



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

3. Counseling and Psychotherapy: Qualities of the Practitioner, by Richard Harvey

The human dilemma comprises the challenges and opportunities that arise from the human condition. The perennial questions are Who am I? Where am I going? and what is the purpose of life? There are four therapeutic relationships: counselor, therapist, depth psychotherapist and spiritual mentor or guide.

Q: Why do people come for counseling and therapy?

R: For a vast range of issues and circumstances that are inherent in the human dilemma.

Q: The human dilemma?

R: The challenges and opportunities that arise from the human condition. These are essentially the perennial questions, which can be summarized as Who am I? Where am I going? and what is the purpose of life? These basic questions can be expressed in a variety of ways, but they boil down to three.

The first question can manifest in the niggling problems of life that have to do with emotionality, confidence, the search for understanding and meaning, relationship difficulties, confusion about life expectations – that kind of thing.

The second question concerns your life trajectory, stage of life, thresholds and demands that are psychological or instinctive, the fulfillment of roles and complementary questions to do with value and self-worth.

The third question reaches towards the spiritual realms or at least to the question of higher power, numinous experience and directly addresses the fear of death and thereby all fears.

Q: As a counselor or therapist are you engaged in a different way according to which of these three questions forms the basis of the client's concerns?

R: Yes. Essentially there are four relationships: counselor, therapist, depth psychotherapist and spiritual mentor or guide. As a psycho-spiritual therapist I expect to flow easily between these four definitions of my role and function, depending on what is required.

Q: From different clients?

R: From different clients or from the same client at different times. The human predicament is so rich and varied that an individual may find themselves in some personal issue that drops them suddenly into a more profound level of enquiry.

Q: Can anyone do it? What I mean is, since the abilities of the therapist seem synonymous with being a caring human being to a large extent, what are the peculiar resources that are the exclusive domain of therapists?



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R: In a way you are right: a therapist is a caring human being. But there is a bit more to it. Plus, caring can involve challenge, deep acceptance, really being able to listen, empathy, profound receptivity, a pronounced resistance to solving problems and a holistic sensitivity. Couple all of these with skill and consideration, study, understanding and a repertoire of techniques and a consistent meditative or contemplative disposition reinforced by consistent practice and you have it mostly covered, I think!

Q: I followed most of that, but what do you mean by holistic sensitivity?

R: For some reason I always think of a story I heard once about a Tibetan lama who seemed to manage great feats of physical prowess, skimming just above the ground and traversing immense distances, defying gravity-that kind of thing. When asked to explain how he managed to perform these feats, a monk replied, “He breathes through his knees.”

Holistic sensitivity is, for example, listening with one’s whole body, being open enough to receive unconscious communications, practicing non-judgmentally with complete awareness, and allowing the senses and supra-senses to flow freely in the body, so you pick up from the other person as much of the truth of their present condition as is possible.

[Excerpted from the article of the same name originally published at <https://ezinearticles.com/?Counseling-and-Psychotherapy:-Qualities-of-the-Practitioner&id=6320936> in 2011.]



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

4. My Personal Journey with Therapists, by Vivek Krishnani

My name is Vivek and I have worked with multiple therapists in the past 10 years. The reason I considered therapy was because for years I struggled with different aspects of my life—mainly to do with my emotional life (anger, fear, guilt, shame, self-doubt, worry etc.) and my financial life (ability to earn the income of my desires).

I used to be the typical ego-motivated male who was driven by success, money and material possessions. I didn't care how I made it—I just wanted to make it bad! My quest for this success started at the age of 27, right after I got married and it lasted 10 years with barely any results. I tried many business ventures and jobs, and nothing worked. Some businesses failed and some I quit, because I just couldn't stand it anymore. Some jobs did go well until the company went bankrupt or I got laid off for some other reasons. It was a shit-show. During those 10 years, I became very depressed because I couldn't figure out how to create the life that I desired. I ended up becoming fat, isolating myself and turning to alcohol to medicate myself. I used to be the guy who would get drunk at family parties and had to do the walk of shame the next day.



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I tried many different things to help me figure out how to get my shit together and create the life I desired. I tried life coaches, reiki practitioners, NLP, chakra clearing sessions, coached with Bob Proctor, went to see Tony Robbins in Fiji, and the list goes on. I may have spent well over \$100,000 in the last 10 years on my personal development. They all helped, a little, BUT nothing gave me that “aha this is it! I found what works!” feeling.

I never considered seeing a therapist because my ego thought therapy was only for mentally handicapped people and I was smart, intelligent and a hustler (who was thinking like a dumb-ass), and I don't need therapy. But life (the universe) has a way of bringing you back to what you need, no matter how much you try to fight. Seeing a therapist was one of my LAST RESORTS. I was skeptical and didn't know what to expect. Nonetheless, I entertained it because I was sick and tired of being sick and tired!

To my surprise, it was one of the things that truly allowed me to go within and question EVERYTHING ABOUT ME, MY LIFE, MY THOUGHTS, MY FEELINGS—EVERYTHING! I had never done before. I started with regular psychologists, but over time I started shifting towards seeing therapists who specialized in the areas of emotional healing, spiritual awakening and surrender. These are the subjects that resonated with me and got me the most results. I know why now, but I didn't know back then. I am currently going through a spiritual awakening and that's why a therapist who is familiar with these life subjects is a good fit for me.



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Disclaimer: I do highly recommend working with a therapist BUT I also recommend working with the correct fit for you. Find a therapist who is able to help you with the things that cause you the MOST PAIN in your life (that is where life / the universe is leading you, which is why you have that pain or else you wouldn't have it).

Working with a therapist who was “specialized” in spiritual awakening allowed me to ask all the questions that were burning from the inside. I got to explore esoteric concepts, emotional issues, the “why’s” of questions I had been yearning to know the answers to. Just a side note, I think therapy is great as long as you are yourself doing a lot of self-exploration / introspection yourself. In the end, NO ONE can help you more than you can help yourself.

So, therapy got me to question a lot of my thoughts, beliefs and feelings which led to a lot of AHA moments. I am still exploring many more areas of my life, but therapy allowed me to truly open up to myself which has been almost like a saving grace for me because now I love going within. I have stopped hiring life coaches, going to seminars, doing affirmations etc. I am at this time, letting life unfold in its own way and NEW things are happening which have not happened before. Its starting to get exciting.

If you are on the fence about a therapist, I highly suggest giving it a try along with your own self exploration and introspection. Good luck to you!



Vivek Krishnani: is a 37 year old male from Long Island, New York. Vivek is intrigued by topics like spiritual awakening, super natural, healing, mysticism, psychology, human behavior and why we do what we do. Vivek is currently going through a spiritual awakening process—it has been one of the most difficult things he has done. Vivek loves spiritual music, like Snatam Kaur, Ajeet Kaur and Anugama. Vivek is married and is grateful to The Center for Human Awakening for inviting him to write this post. Vivek can be reached at vivekkrishnani111@gmail.com.

5. The Midwife of the Soul, by Richard Harvey

Remember that we have discussed earlier how serious inner work, psycho-spiritual endeavor is only possible through a healing relationship with a skillful mentor, teacher, or therapist. In other words, the soul must have a midwife. Some person who is a comforting, encouraging presence, who lends you her trust in Nature, her confidence, her faith and inner surrender with a conviction that all is somehow good, all is somehow beneficent and generous, giving and compassionate. It is like the wonderful Goddess Kanzeon or Avalokitesvara in the Buddhist tradition, who is present and attentive to all your life's travail, all your ordeal, all your tests and challenges, your pains and your triumphs.

Today, this gentle midwifery is in the hands of therapists, counselors, guides and teachers, priests perhaps but less so, mentors and healers.

But rather like the world of natal midwifery, the process is dealt with shabbily. Both maternity and inner development has been hijacked by the medical profession. This is because we are afraid of pregnancy and birth, like we are afraid of inner processes and psychological birth. We are afraid, and rightly, because nobody has told us about it.

The world is full of information now. Information about almost everything... but where is the wisdom, where is the life, where is the encouragement for the one thing of supreme importance – the spiritual, sacred Divine, the inner essence, the practical implications of being a soul in the world... and what can and should we do with that? The internet, literature, the availability of a million and one apparently psycho-spiritual methods and philosophies has not helped people to see any better at all. I think we saw clearer in the 1970s when I didn't know it, but I was part of a collective worldwide impulse later known as the Human Potential Movement. We were pioneers, we possessed Beginner's Mind, the mind of openness and possibility. Later, the forces of commercialization seized the sacred and popularized it in best-selling books, videos, DVDs, tapes, courses, trainings, formal institutes and organizations. Points of view were expressed, definitions were given, opinions and philosophies and methodologies were put forward. This was perhaps inevitable, but in the early days we were swimming in uncertainty, openness and unformedness. Knowing nothing now seems like a wonderful luxury; experience was our only gauge, our sole reference point... and some tried to create a religion of it. But thankfully others of us were irreligious, rebellious; some of us stood by the possibilities of Beginner's Mind and wise innocence and not-knowing. This quality of wise innocence is what is needed in the midwifery of the soul.

Mullah Nasruddin asked a spiritual teacher if he could become his disciple. The teacher looked at the Mullah doubtfully and said, "Do you know what is required of a disciple?" The Mullah of course had no idea, so he asked the teacher to tell him. "Well, you have to work very hard gardening, building, cooking, performing domestic chores, and lots of heavy work. In addition there is a lot of study. Are you prepared to do all that?"

"Well," replied the Mullah, "now I know what the disciple has to do, please tell me what does the teacher do?" "The teacher sits and



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quietly gives spiritual instruction,” came the reply. “Well in that case, I don’t want to be a disciple,” said Mullah Nasruddin. “Why don’t you make me a teacher?”

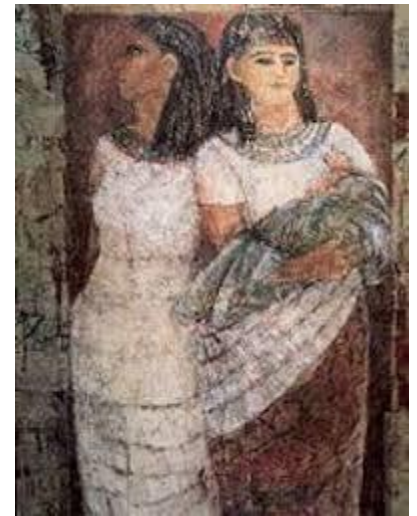
Humility, paying attention, and not interfering are primary interpersonal skills in almost any circumstance. Yet the more non-interference is needed, the stronger is our desire to interfere. Masterly inaction is a term I remember from first aid training and it is a term which has stayed with me because it is so evocative. As a therapist, one of the most grounded, wise, skillful actions I possess and retain in my therapist’s tool-box is the ability to naturally be with the other person, accepting them with awareness and not reacting, interfering or altering anything in any way. Life is change; we merely have to enter the flow.

At each of my children’s’ births my wife and I have had two concerns to deal with. First and foremost, the natural, blessed process of human birth and how to honor and respect it with reverence, adaptability and openness. Second, how to keep the fearful midwives and doctors at bay when they are not needed and when they are trying desperately to interfere, because they know what’s best.

The one time I witnessed any of this wise innocence from a midwife at any of my children’s’ births was in the last one. We had a water birth, my wife as usual declined any painkillers, medication or oxygen and we had devised a now seasoned birth plan. During the hours of giving birth, the midwives merely sat to one side, recognizing I think that we knew what we were doing and had the confidence to know what we wanted, which was the space to get on with it in the way we knew how. Our baby Gabriel was born into the water, brought up to my wife’s breast in the gentlest and least traumatic of births we had experienced. After a respectful period, the midwives rose gently, came over to the birth tub and said, “It has been a privilege to be here,” then they quietly left.

This restored my faith in the ability of midwives to see that birth does not have to be a medical intervention. The anticipated revolution in healthy natural childbirth pioneered by Leboyer and Michel Odent in the 1970s and therapeutically to some degree by Frank Lake and William Emerson, the pioneers of Primal Integration, has had little effect on modern attitudes to childbirth, as it has slid back into the dark era of fear, paranoia, accountability, and ignorance.

The same attention is needed when the soul is born into the world. The therapist-guide is an attentive reflection of deeper wisdom. When this sacred attention is brought to bear on your ego-centered experience, it dissolves in time. It dissolves and only your attachments preserve it. And when you release these attachments, the observation of a separate, identifiable ego-self in a hostile world is replaced by the witnessing awareness of soul, not as a personal individual entity, but as what it really is – a shared essence, a shared heart which communicates to us the eternal truth through space and time that we are all one unity consciousness. We are not all the same by any means, but we are all one, just like the beach is composed of multiple grains of sand, each one individual and unique, yet comprising collectively one single beach.



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[Excerpted from Richard Harvey, *Your Divine Opportunity: How to Awaken to Your True Self in the Modern Era*, 2020, an as yet unpublished manuscript.]



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

6. Sleeping Alone, by Dr. Nicki J. Monti

I've never liked sleeping alone.

Maybe it reminds me of that first wrenching scream-companioned birth separation – the one right away ripping us from source. What a rude awakening. A too-fast swallowed scalding drink that burns the soft palate.

This birth shock gets reiterated over and again throughout life doesn't it! We awaken, fall asleep, awaken, fall...and with most of these awakenings there is again the burning.

You know what I mean, don't you?!

Yes. You know.

Because life has its way, doesn't it, of constantly ripping us away from what seems to steady and nurture us. From the notions, intentions, behaviors and supposed certainties we've been clinging to as we travel the choppy or surging or even sometimes serene seas of our days and ways.

Oddly, each time, we seem surprised - as if we never before faced the onslaught of the new vulnerabilities that feel oh-so-much like tired confetti tossed our way at a party we never meant to attend. Vulnerabilities calling us to step up, like it or not.



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Indeed, I've never liked sleeping alone.

But now I am. Because my husband of thirty-two years is too ill to climb the thirteen stairs to our bedroom. Because once again I find myself called into a new version of service to Life on Life's terms.

Watching the (mostly) graceful way my husband greets the indignities of physical collapse coupled with clawing elderhood, I am humbled. Along the way I have been less graceful and gracious than he, as I arduously struggled against crusty overwhelm. "After all," I told myself as I repeatedly fought back from the brink scooping up my angry, exhausted, resentful, grief-painted tears, "I'm a therapist with thirty-five years' experience. I've grown some measure of renown and capacity! I can do this, I can do this!" But no matter what pep talk I gave myself, I started feeling like the little engine that couldn't.

There were other things to complicate matters. Household collapses. Needed home repairs. Sudden unforeseen money challenges. Stunning disappointments. My lonely bed nights quickly became the least of my problems.

You'd think I would have seen all this coming.

After all, my husband is very much older than me. After all, there's that longtime therapist thing. After all, I've spent my life deeply dedicated to the discovery of how deep-psyche material affects Self and Other. Of determining how healing best happens; what stops us from healing fully; and what prevents us from being all

we're meant to be. I've had the honor of intellectually, emotionally and even physically embracing countless people during their darkest soul dives; of intentionally and extensively exploring their curiosities, fears, triumphs, doubts and more. I have even numerous times had the extraordinary gift of sitting with dying. But when it's closer to home....well....that's, as they say, is a hungry horse of a different color.

As we all know, there's all kinds of ways to respond to challenge. Some try sidestepping, repressing, denying or buckling under life's load, while others send up a battle-cry and get into new action. I'm mostly the battle-cry type – the person who races back into the burning building. Thus, when this “crisis” started, I did what I do. That's what usually happens for us all. We go into pattern.

Yes, I ran screaming towards the burn. I buckled down and proceeded to handle *everything*! Being a do-or-die warrior woman had always worked, so why not now! All day and night I'd alternate my time between urgent, yearning clients while meanwhile fighting through the morass of medical problems, financial exigencies, home base collapses and more.

Unfortunately and uncharacteristically, during all this I rarely shared what was going on inside. “This time,” I thought, “I simply can't risk it! I'll totally collapse,” I told myself. “I'll burst into flames or disintegrate, like the burning edges of crisp paper.”



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I knew very well what I was doing – knew how dangerous ignoring myself was – but couldn't find a way to fit “me” in. But you know that phrase ‘Physician heal thyself’? That ain't no joke!

Finally (and Blessedly) the doing-it-alone business became intolerable. My stomach was on fire. I had constant headaches. My nutrition was crap. My exercising became non-existent. My friend meetings disappeared. All the things that sustained me got fogged over by circumstance.

Luckily, my well-trained inner instructors finally shrieked: **Enough is enough!** By then, pretty much on my knees, I sought a new psycho-spiritual teacher for ME. It had been forty years since I'd been in individual therapy. Forty years.

Now, for much of my life I'd worked with some of the world's most extraordinary group-process psychological and spiritual guides, but since my primary mentor died ten years ago, I'd done even little of that. I had a million reasons why not. Don't we all.

But it had now come to a point where the psycho-spiritual loneliness was excruciating. Seriously. Excruciating. Why do we wait so long?

I needed, of course, someone amazing – an experienced, range full therapeutic guide who'd offer a wise listening ear. Someone smart, fluid, experienced, expressive, spiritual but grounded, and more. I needed eyes to witness my pain; someone who'd connect the dots of understanding; and hold my hand in the senseless dark.

Yes, I needed to be held. It was clear. Perhaps I would be sleeping alone, but I did not need to be walking alone.

I deserved emotional, intellectual and spiritual companionship. I deserved to have my tears massaged by receptive ears. I deserved to know someone was on the other side of my breaking heart. It needed to be for me and about me. I needed to rest in the knowledge that someone not specifically *in* my life – someone with no agenda - was walking with me; knowing my moments of quiet pain; hearing my outrage; feeling my fear; addressing my loneliness, and even laughing with me about the sometimes ridiculous daily events.

Indeed, this is the therapeutic relationship at its best. A relationship that heals and holds. A nearly mysterious, compassionate force that allows two beings a reverential, quite Sacred conjoining. It is an intimacy so brave it nearly wants only to be whispered about, the way one might use hushed tones when entering an ancient temple.



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In an extraordinary stroke of fortune, I found the incredible therapeutic facilitator Richard Harvey. He magically manages to be all the things I was looking for and more. With his help I've simmered down – am coming to understand the similarity between that original birth scream and my early overwhelmed raging against the deathing process. I'm learning to embrace the sweetness of the time my husband and I have now been given together to ease into the losses we face.

Yes, I hate sleeping alone.

Many nights I lay in bed with my husband for a few hours before going up to my own alone bed. I cuddle a little against his bony chest, watching his slow slide into other worlds, hearing his questions and requests: What day is it? What are you doing here so early? Stay here. I love holding your hand.



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My dear brilliant, bigger-than-life Hemmingway-like husband is slightly confused. Not uncharacteristically he's refusing to see the extent of the confusion. He wants to believe a brand new start is coming. That he will be up and around and things will be as they have been. They won't. But for today I am deeply grateful for his breath against my cheek and the impish grin that accompanies his throw-away wry comments.

Maybe it's all as simple as wanting to remember love's cuddling presence. To feel love breathing beside me. True love. Profound love. Divine love. Human love. Selflove.

And as it turns out – that's exactly what this fertile, stunning moment is teaching me.....again.....again: For Life, of course, is the great Love teacher and to that teacher we must bow, attending with *active listening*.

How extraordinarily valuable it is to have (and to be) the big bowl into which others place their tears, fears, yearnings, loathing's, furies, hopes and wondering. Over time, as it turns out, I'd forgotten this

piece.....worried primarily about powerful impact; about probing others into awakening; and, naturally, about insistent, recuperative nurturing. That is, I'd been doing more when even less was needed.

Today I am beyond grateful. My husband is not likely to get better, but I get to love him anyway. My clients continue to surprise me with their hunger for change and with their fear of it. My friends keep showing up in unexpected ways...and I have learned to greet them with gentle appreciation; my heart is more expanded than ever before; and I'm moving into a new stage of life with more grace than I imagined possible.

Yes, though I've never liked sleeping alone, even worse is walking alone. Today, I walk alone no more.



Dr. Nicki J. Monti: is not your typical therapist. She walks beside you every step of the way, using wit and her own personal experiences to instantly spot your core issues - patterns of limiting behavior and thought that have severely undermined your happiness. Her authentic, no-nonsense approach combines extraordinary compassion and an honest voice free of judgment and full of possibility. The happy result is freedom from stuckness. Dr. Nicki's successful books: *Stuck In The Story No More* and *Our Love Matters: Find it, Fix it, or Let it Go!*, her television appearances (*Keeping Up with the Kardashians*; *Millionaire Matchmaker*; *Love Handles*; and more) plus articles,

and podcasts have made her a household name. She has guided thousands to love self and to find or heal partnership love. She works extensively with transitions, including how to find your way through difficult life stages. Dr. Nicki works with individuals and groups, plus conducts intense life-changing workshop seminars. She's available in-person in Los Angeles, California, and works as well by Skype and Facetime with individuals and couples all over the world. For more information, please email Appointments@stucknomore.com or call (818) 558-6379.

7. Client-Therapist Connections, by Jesse An Nichols George

In my experience, a therapeutic relationship can certainly be quite an impactful experience in a person's life; however, many tend to enter it with illusions of being "fixed". The therapist has a tremendous amount of power and influence over their client; and if misused can open some very challenging spaces for those involved. A little bit of caring can easily be misconstrued into something more than a client and therapist dynamic. I have often seen people go in seeking for something specific; maybe an affirmation, confirmation, or someone willing to allow them to remain in their victim space.

I have worked with a therapist twice in my life; and I was fortunate, that both times the therapist was clear in how things worked and stuck to what they said. They both made it clear how the sessions would go, that times needed to be adhered and respected both for themselves and other clients that they may have an appointment with. Having the clarity upfront was crucial to creating a safe space to open up in. In addition, both therapists stayed true to the parameters that they had created.

There is no question that I was not their normal client. Mostly, because I am a person that is very proactive in my own personal work; and do not seek someone out to simply listen to me talk. One of the therapists at first was not even certain why I was seeing him; because in his opinion I was already taking the steps that needed to be taken. While a nice affirmation to my own work; at times I felt like he may have been a bit lost in what to do or suggest.

I have found that just as a therapist needs to set parameters, it is also important for the client to express any expectations or parameters that they may need or have. In doing this, it can be determined up front if there is a workable relationship that will be beneficial for the client. When I entered into a relationship with my therapists; I let them know that I was not interested in them "fixing" me. I did not feel that I needed drugs, or to be told what to do. Mostly, I needed an objective opinion; and was seeking out additional perspectives on things that were happening for me. I mostly needed someone that could maybe shed some light on things that I might not be seeing; or to perhaps help me make connections that I was missing.

It seems to me that the some of the strongest results come, when someone can help you see the gaps. As aware as one might be, there are always insights that others can provide through listening and observation. I do believe that some people need the tools and exercises that a therapist can provide. In my experiences, those tools and exercises will not be a specific psychological issued piece; but one that comes up through the client's own choosing.

In my experience, when a therapist asks questions to help the client come to their own answers and understanding, there is an aspect of personal freedom or self-empowerment that emerges. It teaches the client to trust themselves instead of being reliant on the therapist to tell them what to do, for it is the dependency on others and things outside of themselves that have often led them to seek therapy in the first place. When a therapist asks questions to the client such as, "what can you do to become more peaceful in stressful situations?"



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What things do you normally work with to become calmer, and how can that be brought into this stressful situation?”, the client begins to build their own solutions.

Not only is this helping to restructure valuable neural pathways in the brain, but also increases the knowing for the client that there are options and solutions that can be integrated into their challenges. When a client creates their own possibilities, without being told step by step what to do, they will become naturally more invested in resolving what challenges them, and creating new experiences for themselves.

The therapists that I have worked with have followed up in subsequent sessions, asking how I chose to implement their suggestions or invitations to explore something into my own chosen experiences or situations in life. For example, giving me a suggestion to see what it feels like to play more; then following up to see how I chose to incorporate play into my life. They would follow up with how that new awareness or exploration worked for me. They had no judgment, and they were not rushing to meet a goal in a specified time period. They kept re-centering into what I tried, what else might be possible, how it worked, how I felt about it, and if I was feeling any shifts or differences.



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Too often, I think it is easy to just get the awareness of something, and then do nothing with that. However, it is in the follow up action that the real transformation seems to happen. Maybe I was just blessed to have 2 great therapists available to me at the times that I needed them; however, I feel that it was through both their thoughts and suggestions as well as my own active participation that allowed me to gain the real benefits from our connection.

I have learned that there is as much joy for the therapist as there is for the patient when a breakthrough is made. When the client/therapist relationship is strong, the experiences are undertaken as a journey that is unattached to a particular outcome, and is mutually rewarding to be a part of. There is so much that can happen when both show up fully, communicate clearly, set parameters, create a space of safety, and then journey together to see what can unfold from the connection and sharing of what each is willing to give to the experience.



Jesse An Nichols George: is a Code Interpreter and Scribe, and is currently focusing her work on *The Code Journey*, which releases a new edition each year. In this work she unfolds and explores the essence of the energy present on a yearly, monthly, and daily basis. Through this work she provides people with the opportunity to live compassionately and maneuver the currents available to us with wisdom and wholeness. You can connect with her through her website and email at www.compassioncodes.com or at jang@compassioncodes.com

8. The Search for the Spiritual Teacher, by Richard Harvey

Do I need a guide?

If you want to embark on the road of self-discovery and true spirituality on your own, governed by your egoic processes and character defenses, you will not get very far. The personality, the character, the individual and egoic processes of aggrandizement, self-serving, replenishing, suffering and unhappiness that we call our individual life is a sheep-like figure with no *coeur*, no courage. The ego-self has no heart to penetrate, to annihilate itself or loosen its attachments to the fetishes and bonds of egoic existence, which takes even the most beautiful and precious human accomplishments and events, and reduces them to self. Furthermore, personality, character is comprised of so many aspects within you, there are so many different beings inside you that you cannot possibly know what is best for you. That's why, it has been said so many times, although we seem reluctant to hear it: you must have a master, a teacher, a real friend, a guide. Whoever this person is and whatever title they go by, they know you better than you know yourself. This is the crucial sign. When someone enters your life and he or she clearly is not only wise and compassionate, but knows you better than you know yourself, you are offered a gift from the universe and Providence has entered into the path of your destiny.

Remember, you cannot possibly know what is best for you. There are so many different beings inside you, it can be impossible to tell how far you are even being consistent. The only thing you can do, if you are serious about self-discovery, is to surrender, to let go, and to allow to get anywhere in the psycho-spiritual endeavor.

Surrender wasn't very difficult for me. I was sure from the beginning that my therapist and spiritual teacher knew me much, much better than I did. At times he cajoled, at times he humiliated, at time he ridiculed, by turns he praised and honored and respected, then ignored, derided, betrayed and abandoned me and yet he stood by me like a father, like a best friend, like a lover, like a god, like a Zen master, like a teacher until all my fears had manifested through him out of his behavior. I couldn't put my finger on him. I could not tie him down and I couldn't reduce him to my points of reference, because he had none. He was free.

Sometimes people speak of time healing, or the growth and development that come with age and natural maturation, but this healing is not the same as the healing that results from therapy. Months or years of therapy is irreplaceable as it both accelerates growth and allows a depth of inner work which is only possible in a relationship with a wise and compassionate "other." Self-therapy lies somewhere in the middle. People come to me who have read self-help books and spiritual books and they are disappointed that nothing has changed in their lives. They have been meditating for years – same complaint. They attended informal leaderless workshops for years – same. Self-directed development is a minefield with all the certainty and chances of success as of winning in a grab game at an amusement arcade. You do have the possibility to gain insights and maybe something will change certain aspects of your life, but profound healing can only occur through a relationship, since all wounds and splits inside you originated in a relationship (with the mother, father, other caretaker, or with God).



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Only with the confidence and safety that being with another brings, are you able to go to the very edge of your tolerance of suffering and remain in the experience. The experience itself produces the healing. In contrast, self-help or therapy without a therapist takes you to the edge of suffering but without bringing about radical breakthroughs of any kind. It is simply not possible to feel safe enough to pierce the barrier of trauma on your own!

Before being finally convinced (if you need convincing) of this argument, consider the complexity of the process of communication, expression, release, and integration in the therapeutic process where two minds and hearts are engaged in the process.

The first aspect of the process is communication: speaking and expressing yourself as trust deepens in the process of therapy itself and in the therapeutic relationship in particular. Second, now that you feel safe enough, you can allow the emergence of feelings and emotions and their experience in present time to be revealed and shared with another. As this happens, there is a freeing of energies, a lessening of shame, and a deepening of faith that healing is possible. Energetically there is also an immediate reward in feeling lighter, freer, and more spontaneous and natural. As the process goes on, toleration of emotions and expression deepens and extends. You find yourself able to descend further, to trust more, and to explore ever more deeply. Increasingly you feel in the aftermath of the felt experience, release, catharsis, authenticity, and this new vividness, as well as the ability to experience more deeply and wholly extends into life itself. The discharge of feelings in therapy leads to an underlying and progressively pervasive feeling and experience of life itself. As your life is enriched, your inner world presents itself more openly and honestly, so that a reciprocal relationship arises between your inner and outer worlds.

Integration takes place as changes appear in your organism physically, mentally, and emotionally in the form of a psychological re-attunement, a re-gauging and recalibrating of the psycho-physical body to accommodate the new experience, insights, and breakthroughs. Finally, stabilizing in the changes takes place through follow-up work and the sustained relationship with the therapist-guide, who wisely and skillfully facilitates the ramifications of transformation.

A dedicated relationship with a guide, a therapist, or a teacher is simply inevitable in the serious endeavor of inner work. Evidently, all the above discussed aspects are missing from reading self-help books, attending one-day workshops, or any other form of self-therapy. Moreover, in self-therapy the capacity for delusion is great and the possibility of wish-fulfillment therapy is prevalent. Thinking yourself into gratitude, forgiveness, or some transformed state may all proceed from good intentions, but when forgiveness, gratitude, and transformation are inauthentic, or not fully grown within you, they serve simply as a further lid on repressed feelings. Most if not all of us are far too tricky to “succeed” in self-guided therapy. I have yet to meet someone who didn’t have a capacity for self-delusion, self-manipulation, and wish-fulfillment. The therapist-guide is indispensable in steering us away from those opportunities for potential



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delusion and keeping us checked in to reality. Individual therapy is thus crucial and indispensable to effective inner work.

An Eastern saying states: “Rather than spend ten years studying every day to perfect an art, spend ten years searching for the right teacher.” When you have found the right teacher, you can let go. In a way it is in his or her hands. You are engaged at last and with conviction and in earnestness you can move forward. I never questioned my teacher, never doubted him, never considered for a moment that he may be wrong and I think that about 99% of the time that was correct, he wasn’t wrong, so my trust paid off.

But it really has to be the right teacher, who is genuinely involved in spirituality and who has the blessing of being an authentic guide.

[Excerpted from Richard Harvey, *Your Divine Opportunity: How to Awaken to Your True Self in the Modern Era*, 2020, an as yet unpublished manuscript.]



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

9. The Arrival, by Bonnie Oaks Charron

Looking for guidance can be a lifelong quest. The voyage begins at Home and ends at Home. It is a journey with many stations, likely many of the wrong ones. Therapists of all kinds, of both mind and body, can be found along the way, offering remedies. These restorative measures might work some, or not at all.

It is only by sampling different types of treatments, environments, and practitioners that one can find the right environment to reach Home. The right practitioner will genuinely want to help, have excellent listening skills and few opinions. Through the power of observation, reflective questions, and sharp insight, they can help the searcher to know themselves better. They likely never lose sight of the opportunity to be both a student and a teacher.

Home is just a concept after all. In sports, the concept of Home can be defined as ‘the goal or end point’. When the journeyman arrives at that final station, preparations are made for

The Arrival

Now
I rest
I've found my best
Shafts of light are clear
Tomes of all kinds in the rear
Salt lamp gleaming
Warm room feeling
Windows to the south
Show me the soul of the self.
I am Home.

1st station
Floor is sparkling
Barbells gleaming
Wide open door
Cold, wet floor
Moving on

2nd station
Many orderly pews
Muted hushed hues
Moving on

3rd station



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Statues have a glaring glance
Incense scattered in a trance
Little boxes for penance
Moving on

4th station

Cold hard table
Curtains dance
A breeze blows in
Expression askance
Moving on

5th station

Cold dark tile
Intense smile
Words oppress
Space, no mess
Moving on

6th station

Forest walk
Sporadic talk
Unfamiliar pack
Not the right track
Moving on

On arrival

The Door is always Open
This is the portal
Good-bye mere mortal
His pitter patter, gone
But still matters

Back in the day

How can I help, said he
Out of curiosity
Love is the focus, said he
With palms in prayer poses



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Epilogue

Is it possible for a guide to appear in one form, only to return in another, decades later?
Stranger things have happened, right?



Bonnie Oakes Charron: graduated with a degree in the classical humanities, and layered-on some professional training with a Master of Library and Information Science degree. She is a full-time wife and mother, part-time governance specialist, and first-time creative writer. Ever undeterred in the pursuit of Truth, she hopes to one day wear her pink trench coat in a re-make of The Matrix. Reach me at bonnie.charron@outlook.com to share your thoughts on the poem, the movie, or even the pink trench coat.

OTHER ARTICLES:

10. Boomerang, by Michael Richardson-Borne

THREE RUSSELL WILSON | POPE FRANCIS

SEAHAWK

These are the people of the cross.¹ They, too, are seeking a completion.² If you show them the way, they will drop their swords, say a prayer, and go deep.³ They know their champion⁴ was right – they know how to hold a tight formation,⁵ their marriage is not confused. It's living as a message of a heart intercepted.⁶ Intercepted by the fingers of a fallen angel – or by the beak of an evil seahawk⁷ that spiked⁸ its prey and hoisted its body in the thickened air for a simple season⁹. America, these soldiers are asking you a question. They're asking how a man being born of the earth can settle as a prisoner in

the sky.¹⁰ They're asking if the intent of your playbook¹¹ is pure – if you will take the time to touch down¹² in America, your namesake. All they want is their quarter back¹³ – a little change for their offering.¹⁴ Every week they hold a reception¹⁵ waiting for the return.¹⁶ So take their hearts and ordain them.¹⁷ Supply the cardinals and the doves.¹⁸ Take a vow to show them heaven.¹⁹ Host a conclave²⁰ about who they truly are. Anoint²¹ them with the oil of a diamond diplomacy. Let a wave of communion²² form a rising tide – encourage a pilgrimage from the Vatican²³ to Vermont. Show them vocation²⁴ begins

with a mass²⁵ of people on pace to pacify the particulars of place. Invite them America – invite them to the diocese²⁶ of destruction. It's time to see through the nonsense. The clock struck zero long ago – they are living your lie of being novice.²⁷ America – unmask your potential. Stop hiding in the woods and be wise beyond your years. Give them the gift of their own reflection – invite them to grow. Imitate their father who was proud and humble.²⁸ He will approve if you commit. He was a man of the word – he saw all that he needed to see. Don't hedge your bets – show them the only sin is not to look.

SEAHAWK NOTES

1. Pope Francis is the head of the Catholic Church and sovereign of the Vatican City State. Russell Wilson is an NFL quarterback for the Seattle Seahawks and a well-known Christian.
2. In American Football, a completion occurs when a receiver successfully catches a pass, usually from the quarterback.
3. "Going deep" is American Football jargon which refers to when a receiver runs the field anticipating a very long pass from the quarterback.
4. Wilson and the rest of the Seattle Seahawks were the champions of Super Bowl XLVIII.
5. In American Football, the formation describes how the players on both teams generally position themselves on the field before "the snap," or the start of a play.
6. In American Football, an interception is an occurrence that happens when a player on the defensive team catches a ball thrown by the quarterback instead of the intended offensive receiver.
7. Wilson is the quarterback of the National Football League's Seattle Seahawks.

8. In American Football, a spike of the ball is a play in which the quarterback intentionally throws the ball at the ground immediately after the snap. The intended purpose is usually to stop the clock.
9. In the context of football, a season is the time of year in which games are being played. For the National Football League, the season begins on the weekend following the first Monday of September and ends in December or early January.
10. A reference to Jesus and his dual nature of being both God and human. Kierkegaard called this “the ultimate paradox.”
11. In American Football, a playbook is a book containing a team’s strategies and plays.
12. In American Football, a touchdown is a play in which the team with the ball scores six points. A team scores a touchdown by advancing the ball into the opponent’s end zone.
13. In American Football, quarterbacks are members of the offensive team and line up directly behind the offensive line. The quarterback is usually considered the leader of the offensive team and calls the play in the huddle. This is also a reference to adding change to the offering plate during a Christian ceremony (see note #14).
14. In the Catholic Church during Mass, an offering is a collection of money or other gifts taken up for the poor or for the church.
15. A reference to the central liturgical ritual of the Catholic Church called Mass. Also, in American Football a reception (informally known as “a catch”) is part of a play in which a forward pass from behind the line of scrimmage is received (caught) by a player in the field of play.
16. A reference to adherents of Christianity waiting for the return of Jesus. Also, in American Football, a return is the act of receiving a kickoff or punt from the opposition and carrying the ball up the field without being tackled or stepping out of bounds. Kick returns occur after scoring plays or at the beginning of each half.
17. The sacrament of holy orders in the Catholic Church includes three orders: bishop, priest, and deacon. After six months or more as a transitional deacon, a man will be ordained to the priesthood. To ordain is to make someone a priest or minister.
18. A cardinal is a senior ecclesiastical, considered a Prince of the Church, and is usually an ordained bishop of the Catholic Church. In Christianity, the dove is a symbol of the Holy Spirit.
19. In the Catholic Church, vows are regarded as the individual’s free response to a call by God to follow Jesus Christ more closely under the action of the Holy Spirit in a particular form of religious living.
20. A papal conclave is a meeting of the College of Cardinals convened to elect a Bishop of Rome, also known as the Pope, the earthly head of the Roman Catholic Church.
21. Anointing is the ritual act of pouring aromatic oil over a person’s head. Anointing of the sick is a sacrament of the Catholic Church.
22. Holy Communion refers to Christ’s body and blood being present in the consecrated host (bread and wine) on the altar of a Catholic church. During Mass, each attending member at the Church eats the bread and wine believing that it is actually the body and the blood, soul and divinity of Christ.
23. The Vatican is known as the Holy See – the governing body of the Catholic Church and sovereign entity recognized by international law, consisting of the Pope and Roman Curia.
24. Vocational discernment in which men or women in the Catholic Church discern, or recognize, their vocation in the Church. The vocations are laymen in the world, the ordained life, and the consecrated life.
25. The Mass is the formal, official worship service of Catholicism.
26. A diocese is a district under the pastoral care of a bishop in the Catholic Church.
27. A novice is a prospective member of a religious order seeking admission into a religious order of priests, monks, or nuns.
28. A reference to the Holy Trinity or Catholic belief in “one God in three Divine Persons” – the Father, the Son, and the Holy Spirit.



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/>

SOULFUL SHARINGS:

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

Psycho-Spiritual Group: Spirit, Heart, Mind, Soul. In Buddhism the Sangha or ‘Community of like minded Souls’ is considered one of the 3 essential parts of Human development, a part often sacrificed or missed in our busy lives. A Spiritual path or practice can feel lonely at times; this group’s principal intention is to provide an honouring space for individual growth and connection with others in community. A chance to be with others who are likewise interested in the deepening and broadening of their awareness and their capacity to hold their authentic Selves. The Circle is led by experienced Psycho-Spiritual therapist Oliver Baum, MTheol, BA, MBACP. Every other Wednesday (starting February 19, 2020), in Shalford, Nr Guildford, Surrey, from 7:00 – 8:30pm. £15 per meeting or £120 for 10 meetings in advance. For further details and to reserve a place, contact Oliver Baum (oliver@theowlpractice.co.uk) or Alex Saunders (alexwakehurst2112@gmail.com).

Coming Soon! **Open Group: An Online Psycho-Spiritual Gathering** for seekers, therapists and the curious. We will provide further updates in upcoming bulletins and newsletters.

Our Founder, Richard Harvey, **recently published an article entitled “Relationships”** in *Inside Out: The Irish Journal for Humanistic and Integrative Psychotherapy* (Winter 2020 edition). You can explore *Inside Out* at <https://iahip.org/inside-out>.

12. 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>.

The Sacred Attention Therapy (SAT) Project is a rare, unique and exciting project will produce a body of writing that explores the psycho-spiritual psychotherapy of Richard Harvey through his 3-stage model of human awakening. The resultant published works will endeavor to guide readers through Richard Harvey's model with practical exercises, examples and theory. The work will almost certainly be illustrated by personal material that arises in the process of experientially learning about Richard's Sacred Attention Therapy through this collaborative venture. For more information about the SAT project, please visit <http://www.centerforhumanawakening.com/About-Research.html>.

There is a plethora of **Resources** available to you on the Center website, many of them free. You can enjoy articles, books, integrated bundles of teaching aids, videos, and more. Begin your exploration of these resources at <http://www.centerforhumanawakening.com/Community.html>.

Volunteer opportunities abound at The Center for Human Awakening. If you would like to volunteer for one of the opportunities below, or if you think of other ways you would like to share your gifts and talents with the Center, please email us at info@centerforhumanawakening.com.

- Web Developer (WordPress) to Customize BLOG
- Crowdfunding Researcher and/or Coordinator
- Hosts for Traveling Satsang
- Social media promoters
- Transcribers
- Writers
- Editors
- Mock therapy clients

For more information about the above volunteer opportunities, please visit <http://www.centerforhumanawakening.com/Volunteer.html>.

Sacred Attention Therapy (SAT) Practitioners can work with you through the three stages of human awakening. See the list of SAT Therapists that are available to work with you on your journey of self-discovery, transformation into authenticity, and union with the source of consciousness. Visit <http://www.centerforhumanawakening.com/SAT-Therapists.html> for all the details.

Richard Harvey's **BLOGs and VLOGs** are posted weekly. Both the BLOG and VIDEO BLOG are spontaneous, short pieces. The material is written or recorded in response to questions, remarks, and responses on spiritual matters that Richard has received or read during the week, interactions in the Sacred Attention Therapy Study Group, or simple inspiration with a feeling for the moment's revelation.

Read the **BLOG** at <http://www.centerforhumanawakening.com/BLOG.html>.

View the **VLOG** at <http://www.centerforhumanawakening.com/Video-BLOG.html>.

The **Study Group** brings together psychotherapists, psychiatrists, psychologists, complementary and alternative medical practitioners and therapists, counselors, coaches, healers, spiritual guides, spiritual teachers, students of spiritual and psychological growth and development, and more. We gather on our LinkedIn and Facebook Groups to build a community of SAT students and practitioners; provide a forum for raising awareness of SAT and for studying and practicing SAT; and facilitate the journey of self-discovery, transformation into authenticity, and union with the source of consciousness. The Study Group moderator posts questions and readings on Monday, Wednesday and Friday each week. For more information about the SAT Study Group, and to sign up, visit <http://www.centerforhumanawakening.com/Study-Group.html>.

Please tell others about The Center for Human Awakening; please tell your friends, your therapists, your relatives, and any forward, progressive thinking people who could benefit from this work. In Richard Harvey's newest book³ he states the case for us being "custodians of the future" in a world that is being debased as it loses touch with the genuine sacred-spiritual truths and ceremonies. If we do not act in all the ways that our true nature dictates we will become complicit in the destruction of the human consciousness of the inner worlds, responsible in whatever way for the degradation of the outer world, and ignorant and helpless in the insight that there is truly no separation between the inner and the outer, between us and them, and between the human and the divine. Thank you for being with us!

³*Your Sacred Calling: Awakening the Soul to A Spiritual Life in the 21st Century*, now published by Austin Macauley Publishers Ltd.

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

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

13. 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>

YOUTUBE CHANNEL

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

BOOKS

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

ARTICLES

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

LECTURES

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

VIDEO TALKS

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

STUDY GROUP

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

BLOG

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

VIDEO BLOG (VLOG)

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

RETREATS

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

INDIVIDUAL AND COUPLES THERAPY

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

PRACTITIONERS' SUPERVISION

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

MUSIC

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

DONATIONS

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

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