

The Eyes of the Golden Hall

~ A Newsletter of The Center for Human Awakening ~

January 2021 Newsletter

Volume 6, Number 1

In this e-Newsletter...

FROM THE EDITOR'S HEART.....	3
THEMED ARTICLES.....	4
1. Therapy—The Strangest Pursuit, by Richard Harvey	4
2. Allow Things To Go Where They Need To Go, by Robert Meagher	6
3. Letting Go Of Everything, by Richard Harvey	8
4. Just Let It All Go, by Robert Meagher	11
5. God Will Disappear And You Will Remain, by Richard Harvey	13
6. Letting Go And Trusting, by Robert Meagher	15
7. Letting Go And Non-Attachment, by Richard Harvey.....	17
8. Letting Go Of The Last Vestiges Of The World As I Know It, by Robert Meagher	21
9. The Consciousness Exercise: A Spiritual Method For The 21 st Century, by Richard Harvey.....	23
10. What Do You Gain By Letting Go?, by Robert Meagher	26
11. Letting Go, by Dr. Mira Reiss, PhD	29

OTHER ARTICLES: 32

12. Crown, by Michael Richardson-Borne 32

SOULFUL SHARINGS: 34

13. What’s New and Upcoming at the Center?..... 34

14. Other Center News and Offerings..... 36

15. Links 39

FROM THE EDITOR'S HEART

Our theme for this edition of *The Eyes of the Golden Hall* is '**Letting Go.**' We have a wonderful compilation of articles on the theme—five articles from our Founder, Richard Harvey, and five articles from myself. We are grateful for a submission from a first-time contributor to our newsletter. Dr. Mira Reiss, PhD, offers some practical guidance on how to let go in her article titled "Letting Go."

We continue to be blessed with Michael Richardson-Borne's contributions 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*.

The theme for our next newsletter (May 2021) will be '**Anger.**' If you would like to contribute a piece for our May newsletter, write to us at info@centerforhumanawakening.com. Please note our next newsletter will be published in May 2021. We are changing our publishing schedule to every 4 months, or 3 publications per year.

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. Therapy—The Strangest Pursuit, by Richard Harvey

I think it was first when I was a kid I noticed how people got themselves ‘caught’. Whether through a fixed opinion, some prejudice, a closed state of mind, a rigid assumption or envelopment in a cause or a movement it was apparent to me that people limited, restricted, and imprisoned themselves in a structure they were unwilling or unable to escape from.

When I discovered the human potential movement, the advent of the new therapies, personal growth, and deep inner work, the message that was central was let go. Let go and be free! Some of it was dubious. For example, the adage that to be free was to do anything you wanted and damn the consequences. Some of it was insensitive and irresponsible. But the central tenet was there and present to develop and deepen into, so that today we can write, contemplate, practice, and experience letting go in all its glorious release and liberation.

It is, as I have often said, the strangest pursuit. For in therapy we seek to lessen ourselves to come away with less than we went in with, to relinquish ourselves of our guilt, our shame, our attachments, and our burden.

For elucidation or obfuscation, I will finish here with an account of a legendary meeting between Confucius and Lao Tzu (Laozi) in the state of Chou, while Lao Tzu was curator of the royal archives. It was published by Ssu-ma Ch'ien in *Historical Records* and is here retold by Robert G. Henricks (with some slight editing of my own) in his book *Lao Tzu's Tao Te Ching*, Columbia University Press, 2000.



Confucius once went to Zhou wanting to ask Laozi about the rites. Laozi replied: "As for the things you are talking about, those people along with their bones have already rotted away! All that remains is their words. Moreover, if the gentleman lives at the right time he rides in the carriage of an official; if he does not, then he moves about like tumbleweed blown by the wind.

I have heard it said that the good merchant has a well-stocked warehouse that appears to be empty; and the gentleman, though overflowing in virtue, gives the appearance of being a fool.

Rid yourself of your arrogant manner, your many desires, your pretentious demeanor and unbridled ambition. None of these is good for your health. What I have to tell you is this, nothing more."

Confucius left and said to his disciples, "As for birds, I understand how they can fly; with fish, I understand how they can swim; and with animals, I understand how they can run. To catch things that run, we can make nets; to catch things that swim, we can make lines; and to catch things that fly, we can make arrows. But when it comes to dragons, I cannot understand how they ascend into the sky riding the wind and the clouds. Today I met Laozi, and he's just like a dragon!"



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

2. Allow Things To Go Where They Need To Go, by Robert Meagher

As some of you may know, I facilitate numerous online study groups each week. These study groups bring together an eclectic mix of people from North America, Europe and beyond.

These study groups gift those in attendance with a rich discussion and sharing. The variety of views is astonishing at times. While there is much alignment among the participants, sometimes there can appear to be disagreements about what is shared.

I usually begin each gathering with a piece of poetry, then a few minutes of silence, as grounding meditation, and then we move into the evening with a reading. The remainder of our time together is used to reflect on the reading. People share their questions, comments, reflections and inquiry.

As the sharing portion of the gatherings unfold, sometimes the discussion can go in interesting directions. Usually, the discussion meanders and bounces around. Sometimes I attempt to bring the discussion back to the focus of the initial reading. Sometimes I don't. I have received comments from participants, outside of the study group gatherings, that discussion sometimes get off topic and that they would prefer the discussions remain focused on the topic at hand.

As the years have rolled on, I am becoming more and more comfortable allowing the discussion threads to take us where they need to go. Granted, even I have limits on where the discussion may take us. But I am a patient man and will at least, initially, allow most any discussion to be brought into the gathering. What I have learned is that discussion threads take us where our healing is needed. If we truly learn how to listen, there are healing words offered in any discourse. We simply need to learn patience.

In a recent gathering, one of the participants chose to share a personal experience of how they dealt with their fears. This person's sharing about fear was not directly related to the initial reading. However, there was one small snippet of their



Photo Credit: pexels.com - Valentin Antonucci



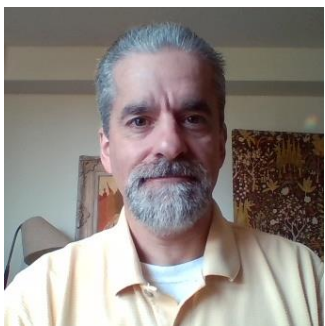
Photo Credit: pexels.com - fauxels

sharing that touched me at a soul level and provided much healing. Others in the group also expressed their gratitude for this sharing on how to deal with fears.

I have witnessed all too frequently that the words that are spoken in the gatherings are of healing to at least one other person in the meeting space. The words we speak will always resonated with someone. That is why they are spoken. I remember one particular gathering where there was a rather vocal and boisterous sharing that resembled a preacher standing on the pulpit in a church spouting off biblical verse after biblical verse. While most of the people in the gathering cringed at the discord, there was one person who later (after the gathering) shared with me that they received much healing from the ‘preaching.’

It has been said that If we truly learn how to listen, everyone becomes our teacher. Every word that is spoken can offer something to someone. The key is patience. Sometimes the person speaking themselves is the person who needs to hear the healing words. Sometimes the act of speaking our mind is healing in, and of, itself. Often times, the healing is extended to those around us too.

Be patient and kind with others. Allow, even facilitate, them to say what it is they need or want to say. You may be surprised where your listening takes you.



Robert Meagher: is Co-Founder of The Center for Human Awakening. Robert is a Certified SAT Therapist (Level 1 and 2).

3. Letting Go Of Everything, by Richard Harvey

The price of awakening is letting go of everything. Everything has its opposite in the world of dualism. You cannot realise your wholeness while clinging to one-sidedness. It creates imbalance and you fall off the spiritual path. One-sided clinging might manifest in your greed, your lust, your intellectual views, your material attainment, your need to be special – the list is endless. Let us try to clarify this issue of clinging and attachment.

No other person has the means to pronounce judgement, or to make a valid assessment, of your clinging and attachment. He can make a qualified guess if he knows you well, but it is no more than a guess, because he can never know your inner world

intimately enough. Even you may not know yourself sufficiently deeply. The practice of releasing attachment is deeply inner and profoundly authentic. You can ask, “How would it be if I lost everything?” But do you truly know the answer? Is the answer ever fixed and constant? When you consider the question, “What would I like to be doing when I die?” or “What would I like to be doing if this was the end of the world?” you tend to think of your most euphoric, transcendent or intensely pleasurable moments. These are the “special” moments of great rapture and delight, often where the small separate self is totally forgotten. But what of the rest of life? The routine moments? The mundane moments? Where do you place your attention, your center, yourself if you refer solely to outer events to define your inner experience?

Letting go of everything is perfect surrender and requires the courage to be, in Karlfried Graf Durckheim's evocative phrase, “transparent to transcendence”: you open yourself up and you allow God through. You give everything to consciousness and become quite invisible; God or the Self, your True Nature is visible *through* you. The price of this final gate is everything. In her commentary on the descent into the underworld of the Sumerian Goddess Inanna in her book *Descent to the Goddess*, Sylvia Brinton Perera writes:

[Unveiling] suggests the removal of old illusions and false identities that may have served in the upper world, but which count for nothing in the Netherworld. There one stands naked before the all-seeing eyes of the dark goddess. The unveiling means being stripped bare, the unveiling of the goddess to herself – the original striptease. It suggests a need to be utterly exposed, undefended, open to having one's soul searched by the eye of death, the dark eye of the Self.

This is where everything is finally shed; it all has to go, without exception. Fulfilment and renunciation are not opposites; we live our lives fully in the outside world while renouncing the world of *samsara* – existence without enlightenment – on the inside. Renunciation frees us to live fully unattached to life and its outcome. In his book *Zen Flesh, Zen Bones*, Paul Reps writes:



Photo Credit: pexels.com - Johannes Plenio

Buddha said: ‘I consider the positions of kings and rulers as that of dust motes. I observe treasures of gold and gems as so many bricks and pebbles. I look upon the finest silken robes as tattered rags. I see myriad worlds of the universe as small seeds of fruit, and the greatest lake in India as a drop of oil on my foot. I perceive the teachings of the world to be the illusions of magicians. I discern the highest conception of emancipation as a golden brocade in a dream, and view the holy path of the illuminated ones as flowers appearing in one’s eyes. I see meditation as a pillar of a mountain, Nirvana as a nightmare of daytime. I look upon the judgement of right and wrong as the serpentine dance of a dragon, and the rise and fall of beliefs as but traces left by the four seasons.’

Like the money we keep aside for the unexpected, like the breath we hang onto when we breathe out – whatever form that little piece of the small self takes – if we hold back even the tiniest bit we are not *here*. The tiniest imbalance and we fall back into the world of duality and illusion.

For me once, that tiny bit was called “Eric”. I was some years along in my spiritual journey. My inner world had become a kaleidoscope of parts, conflicting views and indecision. I could be exalted one minute and crushed in the very next. I was passing swiftly through the realms of the selves – those parts of the small “me” that required acknowledgment to be at peace. I was going through a radical transition and I was very uncomfortable with my life. Everything was somehow “wrong”. I was practicing slow walking meditation in a group, when I fell down unexpectedly. I was devastated and in utter despair. I felt like a stumbling toddler and the unforgiving “me” was outraged. Falling down seemed to symbolise everything I was getting wrong in my life.

I fled the building where the others were slowly walking. I threw myself on the earth outside and, beating it with my fists, I cried to the sky, “What do I have to do?”

“Love everyone,” came the reply from deep inside.

This plunged me into deeper despair. In tears of anguish I cried back, “Even Eric?”

Eric was my adversary-helper at that time. He was the teacher who was pushing all my buttons. A highly conventional controlling type, he was, in my eyes, the stereotypical second-in-command. He relayed orders and controlled the petty cash at the place where I worked. I would spend large sums of money in expenses and, whenever I tried to claim my money back, Eric would have no money or something more pressing to do or he would ask me to come back later. I had grown to hate him for the feelings of powerlessness in myself for which I held him responsible.

My work to accept, love and forgive Eric was long and hard but it was also my “edge” – the place where I was most challenged to be in my heart. Holding on to resentment towards Eric turned out to be my “sticking point”. The key to moving through this painful period for me was to see that I was hurting myself in resenting him. To



Photo Credit: pexels.com - cottonbro

forgive him, and move beyond this disabling conflict with Eric, I had to face up to the disempowering and unforgiving aspects of myself, acknowledge them and let them go.

(Excerpted from Harvey, Richard, *The Flight of Consciousness: a contemporary map for the spiritual journey*, Ashgrove Publishing 2002, 146-149. For details and ordering of this and other books by Richard Harvey see <http://www.therapyandspirituality.com/books/>)



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

4. Just Let It All Go, by Robert Meagher

During one January and February, I had a blessed experience that allowed me to practice the art of ‘letting go.’ I was having an experience with another person that was not looking like or feeling collaborative. My perception of the situation caused me some irritation, sometimes minor, sometimes major. For the most part I was confused. I could not understand why the other person was reacting, behaving, and communicating with me in the manner they were.

About mid-way through January my disbelief in what was unfolding gave way to the acceptance that not only did I not understand why the other person was reacting, behaving, and communicating with me in the manner they were, but that I could not understand. Oh sure, I could easily hypothesize what was going on. And I could speak to the person and ask what was ‘really’ going on. But my acceptance was due, in part, to a realization that it was arrogant of me to think I could understand what was happening. I realized that it simply was not possible to fully understand all that was transpiring in the other person’s life to have them behave the way they were behaving. It was likely the other person was not aware either.

What this acceptance allowed me to do was to not get caught up in the building emotional aspect to the unfolding. I simply ‘let it all go.’ All of it! My perceptions. My judgements. My belief in what was right or wrong. I simply decided I was not going to allow myself to get drawn into any continued unrest, dis-ease, or conflict.

As I stepped back and simply observed what was transpiring, I was given the precious exercise and practice of not responding in anger to what were sometimes loud and blasphemous outbursts from the other person. My choice to not respond back with anger met with further invitations from the other person to engage in the unfolding battle. The emotional energy kept rising.

I realized, however, that the minor and major irritations I had felt early in the unfolding were veiled attempts to mask and suppress my own anger. You see...irritation, whether minor or major, is



Photo Credit: pexels.com - Diva Plavalguna

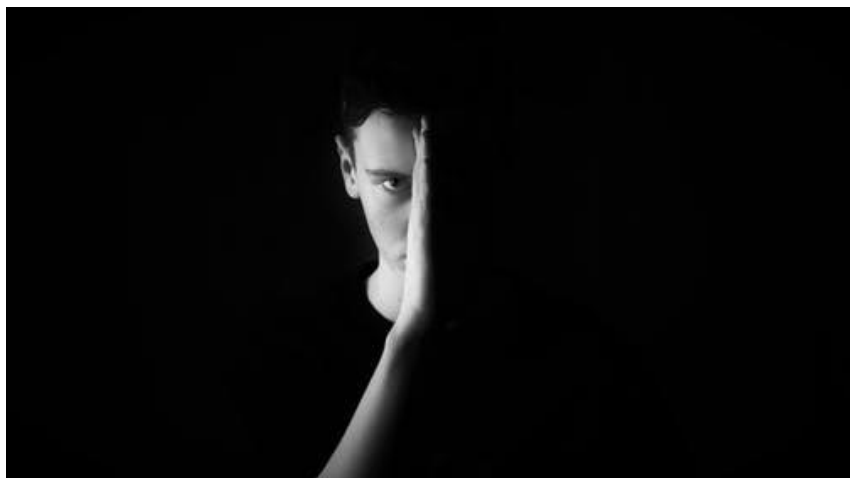


Photo Credit: pexels.com - Pixabay

merely a flavor of anger. It's all anger. Very simply, if we are not in a state of love, we are in a state of fear that most commonly manifests and expresses itself as anger, or less blatant flavors of anger, like irritation. But make no mistake about it—irritation is as much anger as all-out rage!

So, I took my minor and major irritations into my meditation each day and allowed my forgiveness mantras and prayers to cleanse and heal my irritations and anger. This daily cleansing was such an important step in allowing myself to forgive both the other and myself. It was only through this forgiveness process that I could finally arrive at the place where there was no other person that I was experiencing. There was only a mirror showing me my own irritation and anger. This ultimate awareness was only possible by first acknowledging my dis-ease, but then to choose to let it go. The choice to let it all go gave me the little willingness I needed to heal through forgiveness.



Robert Meagher: is Co-Founder of The Center for Human Awakening. Robert is a Certified SAT Therapist (Level 1 and 2).

5. God Will Disappear And You Will Remain, by Richard Harvey

Among the many seductions on the spiritual path, the Zen Buddhists identify ‘gedo’ Zen, the practice of Zen to gain supernatural powers and visions. Examples of this are Christian contemplation and the miracles of Jesus. ‘Gedo’ Zen is considered a place of fascination that you should not get stuck in. In his book *Christian Zen*, William Johnston recounts the following conversation with a Zen Roshi:

Roshi: Tell me, what about your Zen? What are you doing?
Johnston: I’m doing what you, I suppose, would call ‘gedo’ Zen.
Roshi: Very good! Very good! Many Christians do that. But what precisely do you mean by ‘gedo Zen’?
Johnston: I mean that I am sitting silently in the presence of God without words or thoughts or images or ideas.
Roshi: Your God is everywhere?
Johnston: Yes.
Roshi: And you are wrapped around in God?
Johnston: Yes.
Roshi: And you experience this.
Johnston: Yes.
Roshi: Very good! Very good! Just continue this way. Just keep on. And eventually you will find that God will disappear and only Johnston San will remain.
This remark shocked me... I said with a smile, ‘God will not disappear. But Johnston might well disappear and only God will be left’. ‘Yes, yes’, he answered smilingly. ‘It’s the same thing. That is what I mean.’

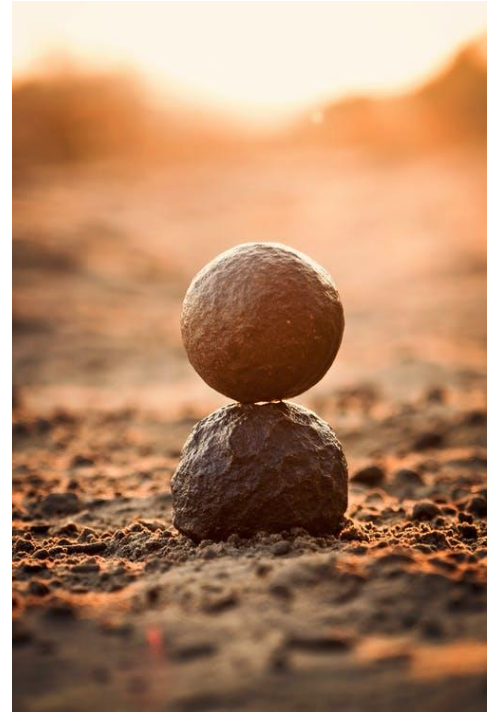


Photo Credit: pexels.com - Pixabay

As soon as the mind forms the thought, ‘I am sitting silently in the presence of God without words or thoughts or images or ideas’, the reality of it is lost. The experience is substituted by the thought and the thought separates us from the experience. The mind is so wily that even the thought, ‘I have no thought’, is enough to separate us. The tiniest, single thought is enough to prevent you entering the doorway to heaven. However slight your denial of the whole, you remain in separation. In ‘Fukanzazengi’ (Zazen Rules), the Zen Patriarch Dogen wrote:

... the separation will be as that between heaven and earth if even the slightest gap exists...

One single thought, one single attachment, one tiny clinging, one tiny aspect of the small self, one resentment, one act of un-forgiveness, one desire still yearned for, one corner of the unconscious unlit, one single idea, one single image – any one of these is enough for the illusion to be total.

Letting go of the very last thing, the final constraint on consciousness, is slipping over the wall, jumping into the abyss, taking that fork in the road marked ‘unknown’.

The Self arises to fill, fulfil, and go beyond our petty lives. The Self is the God that is ‘wrapped around us’. The Self is I, the Self is You, and the Self is All. Atman is Brahman – the individual soul is the absolute Soul. Your

centre is the Axis Mundi. The world before you is the whole world. The eyes you look into are Brahman, as are the eyes that look back at you. There is no mirror any more and so there is no projection. There is no hiding anymore and so there are no secrets and no shame. The love and the wisdom inside you is Love, is Wisdom, is the Absolute. That Thou Art. We were always here.

‘Your God is everywhere’ – in the eyes of your enemy as well as your friend, on a dark depressing day as well as a bright, happy one, in your failures as well as your successes, in the ugly and the beautiful. God – the Self – is there and always the same, whatever the conditions.

In his small ground-floor apartment in the slums of Bombay, where he lived with his wife and four children, the realized master Nisargadatta announced to devotees and pilgrims:

There is no question of going anywhere, arriving anywhere, or doing anything; you are already there. [Sri Nisargadatta Maharaj, *Prior to Consciousness – Talks with Sri Nisargadatta Maharaj*, ed. Jean Dunn, The Acorn Press 1990.]

(Excerpted from Harvey, Richard, *The Flight of Consciousness: a contemporary map for the spiritual journey*, Ashgrove Publishing 2002, 153-156.)

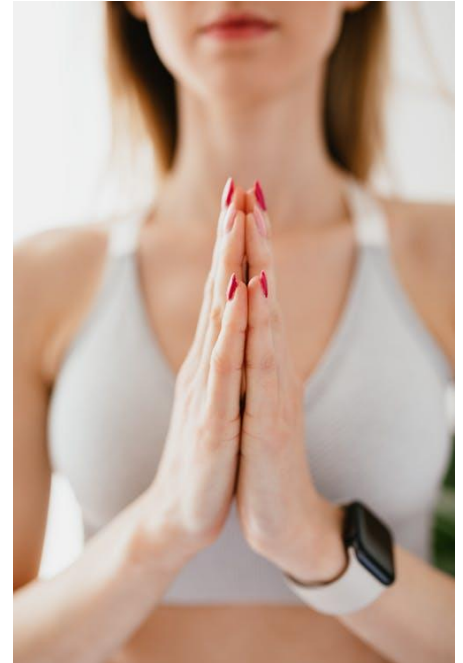


Photo Credit: pexels.com - Karolina Grabowska



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

6. Letting Go And Trusting, by Robert Meagher

Some of you know my partner has cancer and Parkinson disease. The drug regimen to combat these diseases creates an additional condition that is very similar to Alzheimer's disease where there is forgetfulness, misplacing of items and general disorientation.

Recently, my partner and I went out for a drive to visit an aquarium store; the same aquarium store we have visited many times before. (We are both aquarium enthusiasts.) As we were approaching an intersection that we normally would have taken a left turn at, I began to move over to the left turning lane. As I began moving over to the left turning lane my partner said "No!...go straight." I was a little confused by his comment, as we have been to this particular store many times and I knew that in order to get to the store we had to take a left turn at the upcoming intersection.

I asked my partner, "Aren't we going to the fish store?"...to which my partner responded "Yes, go straight." Without thinking, I responded "But we need to go left here." To which my partner responded..."No, go straight." If I had been in this scenario even a few years ago, I would have done one of two things. I would have either just turned left and ignored him; or I would have continued arguing with him until I won my way and we were heading in the right direction (in my opinion, in that moment). But on this day, I realized the drugs were doing the talking and orienteering. I realized by going straight through the intersection we would be heading back in the general direction we had started out from.

Yes, I did have a moment of frustration at what was happening. I knew that by going straight through the intersection we would at some point have to make corrections to our route and all of this would prolong our drive to the store. Worse, I knew my partner would be embarrassed once he realized what had happened (a reaction common for him in situations like this).

As we passed through the intersection, I let go of my frustration, fear and any anger that was present. It was sort of like the water in my aquarium passing through the filter to be cleansed and purified before going back into the tank. Once we passed through the intersection, I smiled and said to my partner "Let me know if I can be of any help getting us to the store."

After a few blocks, that familiar, frightened and embarrassed look came over my partner's face. He now realized what had just happened. Worse, he was disoriented and for some time did not know how to get back on track. I could see the fear in his face and instead of the situation

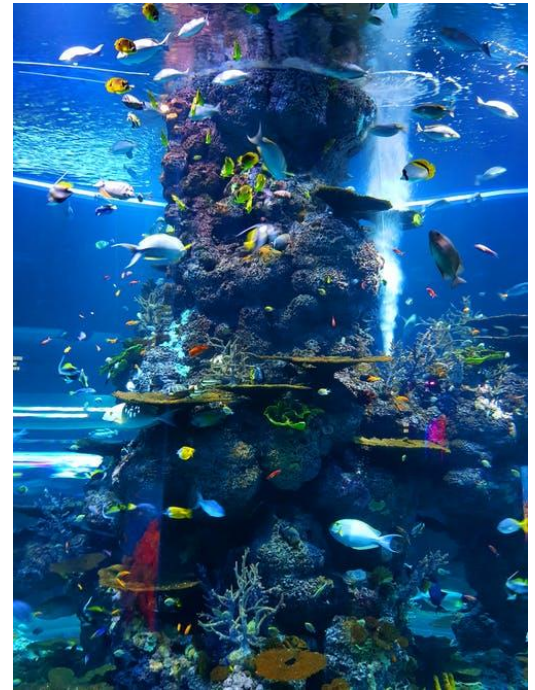


Photo Credit: pexels.com - Neha Pandey



Photo Credit: pexels.com - Dids

upsetting me, it made me relax even more. As we began to head back in the general direction we had started out from, my partner eventually got his bearings and started to re-route us. We both started to giggle at the events that had just transpired and ambled our way along to eventually get us to the aquarium store we originally set out to visit.

Later that day I meditated on the experience and realized that in that one little Sunday-outing-like experience was an important spiritual metaphor and lesson for our lives on this plain. We must learn to let go and live in the moment. We must learn to trust and not be distracted by what appears to be something going wrong and heading us in the wrong direction. By "letting go" (i.e., not fighting my instinct to turn left at the intersection I thought we were supposed to turn left at), I created a situation that later facilitated peace, joy, compassion and love. More importantly, in letting go I "trusted" that what seemed like a sudden, new and unexpected change in our route was, all along, the route we were supposed to take. Not for a moment we were ever not exactly where we were supposed to be.

Blessings to you and yours from a gratefully-oriented traveler.



Robert Meagher: is Co-Founder of The Center for Human Awakening. Robert is a Certified SAT Therapist (Level 1 and 2).

7. Letting Go And Non-Attachment, by Richard Harvey

Previously we discussed the necessity of letting go of our attachment to the way, to the teacher, to the gate. But what does that really mean? Here in the wake of 100 years of New Age thinking, many ideas have been misunderstood, taken for granted, or used to give a feeling of wellbeing and liberation, without any real substance. A good example for such a misinterpretation is the notion of letting go.

Letting go means releasing, dropping, freeing yourself. It could refer to anything. But in the aftermath of the humanistic psychotherapy and western spiritual movement it has come to mean that since we are attached to certain phenomena and these attachments limit us, by releasing and letting go of our attachments, we can liberate ourselves from their limiting effects. For example, if you feel jealousy, you suffer, so letting go of jealousy is positive. If you feel vengeful, you suffer, so letting go of vengeance and anger, you feel happier, and so on. Other positive conditional states like contentment, pleasure, and positivity are considered good... and therefore you don't need to let go of them!

But, when we look at what letting go could really mean it looks rather different. How do you genuinely let go? What do you need to let go of? What is it alright to keep a hold of?

A human being can become attached to almost anything. Memories, photos, past pleasures, nostalgia, pain, reliving former glories, the past, anger, yesterday, tomorrow, future plans, anticipating, reminiscing, melancholy, past relationships, sentimental recall, even negative experiences and hurtful scenarios. If you are in a lower state of consciousness then these attachments are inconsequential and unremarkable, just unremarkable conditions of your life and you accept them unquestioningly. But if you are seriously interested in liberation and concerned about becoming a fully human and spiritual being on this earth, under this sky, it must all go – everything! You must be prepared to live fully and totally, and that means letting go of, not only apparently negative states, but positive ones as well. Let go of everything outside of the present moment. Why?

Let me take you one step back. Why are you attached? You are attached out of fear; attachment and fear are the same for you. You have not learned to trust life, so fearing the future you cling to the past. You worry, plan, and panic about what is to come while you remain cloyingly dependent on what has been through nostalgia and idealization. What you should have let go of, you want again, you want to return to the past and you get your wish, because the past plays and replays in your life and is reflected in your future. Look carefully! What you have forfeited is your life, for the present gets no look-in. You have missed the present experience in your concern for what has been and what is to come.

Yet life gives you everything you want, everything you need and more when you live it totally, fully. Because it is only here and now that you are living, that you are alive, liberated, and free to breathe and experience completely, without fear in this present moment. No one who loves you truly would want you to hang on, to be attached. So when you leave any person, any condition or circumstance, do it totally, let go with all your heart,

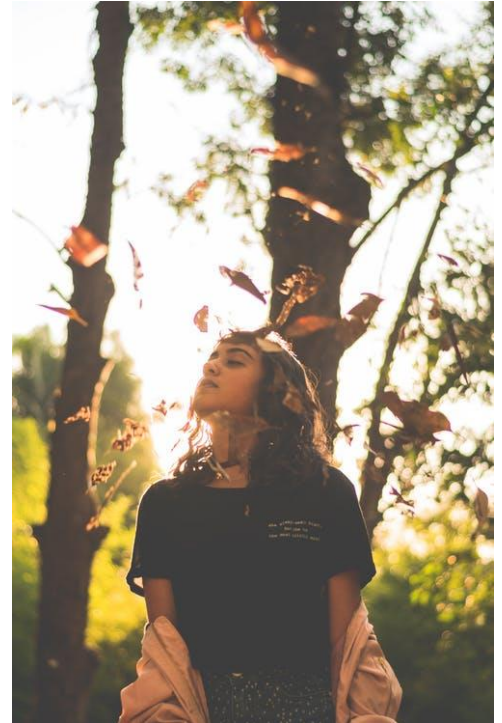


Photo Credit: pexels.com - Kaique Rocha

so your heart is present with you in the next experience, the new condition, the fresh meeting. You become like nature and you are a part of nature. You are perfectly natural, but not when you are holding on and attached; then you need to let go.

To let go, to really let go is to enter a new world of love instead of fear, since letting go is an exercise in shedding fear. The “how to” let go is therefore very simple.

You must feel your emotions as deeply as possible. When you feel them totally, emotions will naturally flow, change, or release. You simply stand as a witness, don't judge, try not to want them to do anything other than what they need to do. This is the kind of implicit trust we have in the healing process as children, but which we learn to distrust over time due to our early conditioning. So, feel everything fully, do not interfere, simply breathe and watch, and your release from long-held emotions will come about, because it is what emotions do naturally: they flow! And flowing is how you let go.

In essence, the inner journey is a process of loss. In my own case I reached a phase of life where I attained equanimity through shedding attachment to the therapist label, to where I lived what I did, offering up my will, having fewer and fewer preferences, less desires, and personal ambitions. This coincided with the fulfillment of the dreams that had been causing me suffering for many years. As I watched them all coming about in my life, I understood that I didn't have to replace them with further dreams. I didn't want to dream anymore and I didn't need to. My life changed as I deepened into the life of authenticity and, as I found the inner strength to let go progressively and profoundly. I experienced a new expansive freedom as a consequence of it. There were still some dark corners however. The challenges of clearing those dark corners are remarkably acute, sharp, and painful. But over time I cleared them and stabilized in a new phase of life that I have come to call the second stage of awakening.

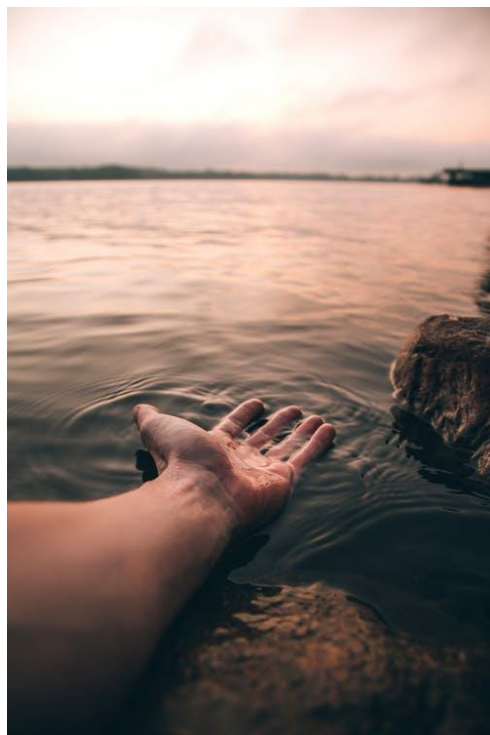


Photo Credit: pexels.com - Josh Hild

The final paradox is that you seek enlightenment, but enlightenment only is... when you are not. This is fundamental and it is fundamentally obfuscating and confusing – surely the ultimate dilemma. But what deep sense it makes. Consider desire... an endless tunnel of frustration since you cannot possibly want what you want once you have got it... a desire that would be the death of desire. Desire feeds upon itself, as every restless human being should know! Here, in the reality of the enlightened state, we have not the opposite, which is merely the flip-side, but a trans-dimensional leap: to have what you want you must pay with everything you have. How? By letting go... totally. Through the sadhana or spiritual practice of letting go and surrender, we can reach the state of non-attachment.

Ouspensky was Gurdjieff's follower or disciple. Gurdjieff was an early 20th century spiritual master. He was controversial, uncompromising, and extraordinarily authentic. Ouspensky recalls a train journey with the master. They were travelling from New York to San Francisco. Gurdjieff began to behave like a drunkard, not drunk but behaving like a drunkard. He wandered through the compartments of the train, waking people up, and throwing their belongings around. Ouspensky followed and anxiously tried to placate him, but Gurdjieff was not listening.

Finally, somebody pulled the train's emergency chain. The ticket collector and the guard appeared. Ouspensky apologized for Gurdjieff, saying that he couldn't explain, because he didn't understand himself, but that Gurdjieff was not mad or drunk. Just then in front of the guard and the ticket collector Gurdjieff flung somebody's suitcase through the window.

The guard decided this was enough. He instructed Ouspensky to keep Gurdjieff in the compartment, lock it from the inside, and stay there, otherwise they would both be set off the train at the next station. Ouspensky was embarrassed and angry at Gurdjieff's unexplained behavior. As the officials left, Gurdjieff was ranting loudly in Russian. But as soon as the compartment door closed he became mysteriously silent and smiled.

He said to Ouspensky, "How are you?"

Ouspensky said, "You are asking me? How are you?! You would have forced them to put you in jail, and me too, because I couldn't leave you in such a condition. What was the purpose of all of this?"

Gurdjieff said, "That is for you to understand. I am doing everything for you, and you are asking me the purpose? The purpose is not to react, not to be embarrassed, not to be enraged. What is the point of feeling embarrassed? What are you going to get out of it? You are simply losing your cool and gaining nothing."

"But," said Ouspensky, "You threw that suitcase out of the window. Now what about the man whose suitcase it is?"

Gurdjieff said, "Don't worry, it was yours!"

Alongside the wonderful demonstration of reaction versus non-reaction, an important message of this story is that non-attachment practice is almost impossible to practice deeply on your own. A teacher, a mentor who is committed to your spiritual growth can help enormously. But he or she will not always be thanked.

My first teacher used to tease me mercilessly. When I returned from India and insisted on wearing my Indian clothes he taunted me, when I got a new girlfriend he kept saying she was not good-looking enough for me, when I whined about not having enough money he goaded me. I hated him, but he was always right. He saw my games, my self-pity, my pathos, my manipulations, my weaknesses, my cowardliness and underneath, my anger, my resentment, my fears, and my neediness. I was in a stage of psycho-spiritual growth in which he knew me much better than I did.

Non-attachment is one of the major authentic spiritual practices, which may lead you to the point of desperation or a feeling of the deepest threat. Just remember what we discussed earlier that we even have to let go of the road, of the means to truth. Being attached is so commonplace in the present era, as an inherent feature of the achievement and gain-oriented society, while letting go is understood so very poorly. Everything is about defining goals, setting up points in the future toward which we need to work constantly, and controlling as much as possible. However, if we decide to follow the path of real spirituality, if we embark on the journey of Truth, we have to cultivate the skills of letting go and non-attachment to the highest degree and learn to trust life again.



Photo Credit: pexels.com - Ketut Subiyanto

What other period could be better for this than the current era of materialism? Materialism is irrevocably based on the attachment to the separate self, personality and character. While illusion is supported by separation via the personality, Reality is demonstrated through the impersonal.

(Excerpted from Harvey, Richard, Your Divine Opportunity: how to awaken to your true self in the modern era, Sacred Attention Publishing 2021, 72-74)



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

8. Letting Go Of The Last Vestiges Of The World As I Know It, by Robert Meagher

Fifteen years ago I was living a very different life than I am today. Fifteen years ago I was at the zenith of my corporate Canada career. I was serving as a Division Head in a prominent company making a 6-figure salary. I lived a fast-paced life. I lived a life full of plenty—plenty of responsibility, plenty of stress, plenty of material possessions, plenty of debt, and plenty of ego-appeasing rewards.

Amidst the fast-paced living and life of plenty was a festering and growing awareness that I was unhappy. Even though I tried to blame everything and everyone around me for my unhappiness, I knew at a deep level that my soul was dying. And I knew that if I did not change my life, not only would I never be happy, but I had a sense (albeit delusional) that my soul would die. My fear of change had lessened to the point that I was now more afraid of my life staying the same.



Photo Credit: pexels.com - Andrea Piacquadio

So in August 2009, I did the unimaginable. I left corporate Canada—all its appeal, all its societal accolades, all its monetary rewards, and all its entrapments. I decided in August 2009 to set myself adrift and explore a new way of living and seeing the world I was living in.

Within one month of my departing corporate Canada, my extraordinary transformation accelerated. I was guided to ministry and to re-initiate my study of psychology. First came my study of theology and divinity that led to my ordination as an Interfaith Minister the following year. In parallel, I began studying psycho-spiritual psychotherapy and was eventually certified as a Sacred Attention Therapy Therapist in 2015.

During the 6-year period from 2009-2015, I sub-consciously and unconsciously divested myself of much of my way of life prior to 2009. As new ways of living and seeing the world I was living in came into focus, an entirely new way of living started to take hold. As the years went on I felt and grew more in alignment with my true, authentic self and calling. A trust in life grew over me that allowed me to experience more peace in any one day than I had experienced in the entire 40 years prior to leaving corporate Canada in 2009.

But one last reminder of my corporate Canada days hung around, and that was my debt. My lifestyle prior to 2009 was one that not only numbed me into complacency but made me think that it was quite normal to have debt. As my lifestyle began to change significantly, post 2009, so too did other factors, like income. It became less and less likely that my debt would be paid off under my new lifestyle. So what to do?

Of the numerous options available to bring all aspects of my life, finally, into alignment, I chose an approach to financial restructuring that allowed me to divest myself of my debt. It was an emotional decision to take the approach I did and it was blessed with many gifts of awareness and opportunities to deepen into my inner work to unravel the teachings being offered to me.

Yes, there was guilt. Yes, there was shame. Yes, there was relief. Yes, there was the myriad of sensations and feelings associated with having lifted a very heavy burden off my back—one that had been hanging around for more than a decade. But another awareness came to the forefront that took precedence over all else.

The decision to divest myself of my debt from my corporate Canada days was a final step in letting go of the last vestiges of the world I once knew. I now felt in full and complete alignment with a new way of living and seeing the world I live in. The alignment was freeing. In part because a perceived burden had been lifted from my shoulders, but more so because now I was living in alignment with all other aspects of my life.

I was reminded of the ancient teaching that when what we say and what we do is not in alignment, dis-ease results. I realized that for many years following my departure from corporate Canada I was still in a state of dis-ease because what I was saying and what I was doing was not in full alignment. While the initial steps to bring myself into full alignment, to let go of the last vestiges of the world as I knew it, was bumpy, what has come out on the other end has been freeing, rejuvenating, grace-filled and full of divine peace worthy of our Creator's love for all of life.



Robert Meagher: is Co-Founder of The Center for Human Awakening. Robert is a Certified SAT Therapist (Level 1 and 2).

9. The Consciousness Exercise: A Spiritual Method For The 21st Century, by Richard Harvey

Follow these instructions by either having a friend read them to you or record them yourself. After a few times of doing this exercise you should be able to remember the steps.

Take a few minutes to prepare yourself and your space. Turn your phone off and make sure that you won't be interrupted for 15-20 minutes. Sit or lie down (so long as you are not tired) with a straight back. Your feet should be flat on the floor or ground if you are sitting in a chair or lying down with your knees bent, unless you are sitting in a meditation posture, for example, cross-legged—in any case the point is to have a firm base and contact with the ground. Relax your shoulders, your torso, your pelvis, and feel the support of the chair or the floor beneath you. Relax your abdomen and begin breathing deeply, down through your chest and solar plexus, fill your belly and lower abdomen with air and follow the breath all the way down to the base of your torso, the center point on which your balance and physical grounding rely, and all the way down to the perineum. After taking several deep breaths and exhaling fully, return to normal breathing.

Preparation

Gently close your eyes and allow your body to be loose and find a place of balance and alignment through not holding it too rigidly or too tightly. Relax the unnecessary tensions and contractions in your body. Your breath should stimulate and invigorate your total energy system. Allow this through your awareness of breathing and through feeling awareness. Bring both feeling, in the sense of emotion and sensation, to the location of your breath and be aware of the effects of conscious breathing in your body enhancing your inner state of relaxation and alertness. Begin when you are ready.

Step 1: Withdraw from the Five Senses

Become aware of sound, the sounds around you. Bring awareness to them individually and then collectively, like distinguishing a violin playing in the orchestra and then listening to the whole orchestra. Pay attention to sound... then let it go... and take your attention back from it. Now concentrate your attention on touch, feeling the tactile sensations of clothes on your body, the air on your skin, the sensation of a breeze, the pressure of your posterior on the floor or the cushion. Allow your attention to dwell on each... then gently withdraw it entirely... and leave sensation behind. Do the same now for the olfactory sense, your sense of smell. Linger briefly with the fragrances in the room, allow your attention to rest with them... and withdraw your attention completely. Similarly with taste, attend to the tastes you can experience in this present moment, acknowledge and honor them... and withdraw from that experience also. Finally, become aware of your sight impression, visual images that you retain from before you closed your eyes. Be aware of them... and release them, let them go... and now begin to bring your awareness *in*—inside your skin, so you completely bring your attention inward to the interior of your body and away from the outer world.

Step 2: Withdraw from the Physical Body

Become aware of the bodily systems in turn—the respiratory system, the flow of the in-breath and the out-breath, filling your body with life-giving air. Now withdraw from this awareness, respectfully and entirely.... become aware of the digestive system, your stomach and bowels and the processes that are occurring there... withdraw from this also. This process is like shining a beam of light, it is the light of your awareness and after you move the light away you move on to the next focus of attention.

Now the circulatory system—become aware of the flow of blood throughout your body, your pulse, and the pumping of your heart... and withdraw the light of your attention now... and focus your awareness on the skeletal, muscular, reproductive systems, and the whole of the interior, physical body, just for a few minutes... ... and withdraw your attention now fully, retrieve it completely... and take a deep breath.

Step 3: Withdraw from Thought

Become aware of thinking now, the stream of thoughts... of worry and planning... and anxiety and creativity. Be aware of your thoughts and the kind of thoughts you are having. If there are any particular worries, just put them on hold for now and assure yourself that you will return to them in time. For now you are taking a break from thinking, so bring your awareness away from thought... and withdraw deeper... deeper inside yourself.

Step 4: Withdraw from Emotions

Become aware now of the emotions in your body—some flowing, some static, some frozen or blocked, others streaming through you. Become aware of this varied emotional flow, the movement of sadness, excitement, stimulation, aggression, fear, pain, joy, and pleasure through the internal organs and systems and etheric spaces in your body... and withdraw your attention... and pull back, withdraw... and go further in... and further in.

Step 5: Withdraw from your Energy System

Become aware now of your energy system: its vibrancy or depression, its invigorating, strengthening excitement or dullness and apathy, movement or inertia, indifference or enthusiasm... embryonic and contained within you. Be aware of your energy, just as it is—without judgment—and gently withdraw your attention from it.

Step 6: Rest in Consciousness

All the time, as you withdraw your attention and retrieve your awareness, direct yourself steadily *in...* in toward your center, in toward a point that may or may not be physical for you, a central point, a dimensionless point that represents your core. Now relinquish your attention altogether and rest... in this core place. It is still and peaceful, transcendent and empty, entirely receptive with no content whatsoever. It is unhampered by drama, eventfulness, restlessness of any kind. There is not a ripple, not a flurry or movement, no event, no thought or emotion, no sound, no happening, nothing going on... just peace... and profound inner silence.

Rest in this place—it is the home of your soul, the resting place of Consciousness itself. Transcendent of the world and its events and appearances, here, now, this is essence, stillness, and the fount of love itself. Rest here easily and fully... for as long as you need. Then when you feel ready to return to the world, do so with great awareness. Bring your attention solely and thoroughly to your engagement with life, with the body and the senses, your thoughts and emotions.

When you are ready then, very slowly and gently open your eyes... and return to the room. Take a deep breath and stretch and shake your body into vibrancy and wakefulness. Take a look around you and engage your senses with the world... gently and lovingly.

Practicing the Consciousness Exercise

When you practice the Consciousness Exercise regularly and consistently, you will find that you can reach the place of core stillness increasingly quickly. Adapt this exercise to your circumstances and you will find that you can rapidly reach Step 6 in a short time in even adverse circumstances or equally you can extend it into an hour-long guided meditation. You may want to share the exercise with friends or practice it in a group, taking turns to facilitate going through the steps. Once you have familiarized yourself with the sequence of steps, you can practice the entire exercise in almost any circumstances.

The Consciousness Exercise is the very essence of meditation. All meditation techniques are a means to connect us back to our source, to the inner reality, to the Divine within. This exercise centers you and cultivates your inner stillness, so supporting your positive attributes. You may also teach it to others when they show a tendency to spiritual inner work and are ready to develop their awareness and deepen in stillness and emptiness.

(Excerpted from Harvey, Richard, Your Sacred Calling: awakening the soul to a spiritual life in the 21st century, Austin Macauley 2017, 333-337. See also the video instructions for the Consciousness Exercise at <https://www.youtube.com/watch?v=z5vQyK8wbLI>)



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

10. What Do You Gain By Letting Go?, by Robert Meagher

This story was 20+ years in the making. Fortunately, it will not take as long to share. For some, this will seem like a silly, little story. However, the lesson embedded in the story is one I hope I have finally learned. And in sharing it with you I hope you can learn it too.

Many years ago, decades ago, I had a rare plant in my life. For you budding botanists out there, the plant was an *Epiphyllum Ackermannii*; the common name for this plant is 'orchid cactus'. The orchid cactus is an exquisite plant. Untidy in appearance, the flowers that are produced are extraordinary in every way. The sheer size of the fluted flower (some 3" x 5" in diameter) is awe-inspiring and the deep, deep red color of the flower is enchanting. The plant was in my life for a few years, faithfully producing exquisite bloom, after exquisite bloom, each year it was in my life. When I moved, the plant did not come with me.



Photo Credit: Google Images

Many years passed and I recently moved into a new house in Ottawa, Canada, that provided ample natural light for house plants. As I was going through my antique plant encyclopedia one day, dreaming of all the plants I could adorn my new house with, I came across the orchid cactus. Remembering how much joy it brought into my life in the past, and thinking I could provide the proper conditions for such a plant to thrive in my new home, I sought to bring an orchid cactus back into my life.

Much to my surprise and disappointment, no floral stores or greenhouses in my city carried this plant. I searched, and searched, and searched some more, and not a single store or supplier in my city or province carried or bred orchid cactuses. Not wanting to give up on my dream, I turned to my good friend Mr. Google of the internet-family of search engines and found a botanist in California who bred a hybrid form of orchid cactus. We exchanged a few emails and I was fascinated to be informed that the international botanist community had stopped breeding the rare and exquisite orchid cactus many years before. However, this California-based botanist had made her life passion in breeding a new, hybrid-form of orchid cactus for mass enjoyment. Without hesitation, I had a few cuttings of this hybrid orchid cactus shipped from California, United States, to Ottawa, Canada.

The cuttings arrived a few days later and I immediately planted the cuttings, carefully following the California-botanist instructions for soil, water and other care. It was late summer and I had no expectations the plant would produce any growth for the remainder of the season.

The following spring arrived, and one day I noticed a flower bud starting to form on one of the cuttings planted the



Photo Credit: Google Images

previous summer. I became very excited! The thought of being able to see an exquisite orchid cactus flower brought great joy into my life.

As the weeks went on, the trajectory of the sun was shifting fast; too fast in fact. During the winter and spring months, the orchid cactus was getting full sun. But now that summer was hinting at its forthcoming presence in our lives, the sun rose so high in the sky, so quickly, that the sun no longer was shining directly on the orchid cactus. And then one day I noticed the flower bud that had been growing, and growing, and growing, started to change color (not good!) and starting to shrivel up (not good!).

It was now late April and my partner suggested I place the orchid cactus outside in the front garden where it would get full sun all day. While this seemed like a reasonable suggestion, I balked at the idea of placing this precious (to me) plant outside in the elements. I feared the temperatures (it was still quite cool at night) would stunt the plants growth, or that nature's creatures would take up residence in the cactus and leave it battered and broken. So I resisted the idea, I held on.

Each passing day saw the flower bud shrivel more and more. I was saddened. My dream of seeing this extraordinary flower in full bloom was fading with every day. Again, my partner suggested I place the plant outside in the front garden. Again, I resisted. I held on.

Finally, I had nothing to hold on to. The bud shriveled up and fell off the stalk. Not to sound too dramatic, but it was a day of mourning for me.

My partner suggested again, "Put the plant in the front garden. Maybe other blooms will sprout." Knowing that blooming plants like orchid cactus have cycles of blooming each year (and typically only once per year), I realized that my opportunity to see my orchid cactus in full bloom for this year had passed. With the acceptance of this in mind, I 'let go' and placed the plant outside in the front garden.

As I placed the orchid cactus in its new home for the summer months, I thanked the plant for gifting me with the joy and excitement over seeing this rare species of plant sprout and flower. As each day passed, and I walked by the orchid cactus in the garden, I gave it thanks for all the joy it brought into my life.

A couple of weeks had passed since I placed the orchid cactus in the front garden and one day I noticed a little growth coming out from the side of one of the stalks of the plant. I looked closely at the growth and to my delight I realized it was a new bloom sprouting! As I examined the plant more closely, I counted a total of 8 new blooms sprouting! And that turned into 12 new blooms a couple of days later. I was so excited at this turn of events. And then it dawned on me...



Photo Credit: Google Images

Look at what I gained by letting go! I had held on, and held on, to the idea of placing the orchid cactus outside in the front garden. I held on so long that the very thing I wanted to happen, the flower to bloom, I prevented from doing so. When I finally let go, a whole new world of possibilities opened up for me.

I hope to carry this lesson with me as I move forward in life. How about you?



Robert Meagher: is Co-Founder of The Center for Human Awakening. Robert is a Certified SAT Therapist (Level 1 and 2).

11. Letting Go, by Dr. Mira Reiss, PhD

Clinging to our pain, doubts, worries, and fears doesn't fix anything.

When we relive the past in our mind repeatedly, we are essentially bringing the old energy back to the present moment. Our mind perceives it as we were going through the same problem again and again.

What can you do about it? The best way is to learn to accept it and then let it go. When we allow ourselves to do it, in that very moment, everything changes.

Sometimes it is not so easy to let go. In these challenging times especially, some people can feel stuck, they don't have enough energy to move forward. They feel like victims of what is happening around them. In that situation, it is not so easy to realize that we are the creators of our own lives and that there is only one person responsible for our misery, and that is us.

So, what to do? Where to start, when we are feeling like this?

First of all, it is good to learn how to relax and be aware of the state of our mind. To check your point of view and examine if you feel like a victim who can't change anything. Because the truth is, you are the only one who is responsible for your life. We can be in a relaxed state of mind, when our body and energy is relaxed as well.



Photo Credit: pexels.com - Luizmedeirosph

Here are some simple suggestions to help you relax and calm your mind, body, and energy:

- Spend time with people and in a place which makes you happy. If you like to spend some time in nature, walk in the forest, on the beach, or just sit next to a waterfall, lake or sea, whatever you like. Just be there, and connect your energy with all energy around you. Just feel it, enjoy it. Be grateful for it.
- Breathe. Breathing techniques are beneficial as well. There are plenty of techniques, some of them are complicated, but breathing slowly, deeply, without any effort, at your own pace, will help you to achieve a relaxing state very quickly. These methods can help you stay in the present moment instead of clinging to the past and worrying about the future. This is beginning of transforming your mindset.

How do you continue? There are a lot of different ways. Try some of the following suggestions and figure out which works the best for you.

- Be open and focus on learning a new skill instead of dwelling on the ones you feel you never mastered.
- Learn to forgive; it is essential. Sometimes it is not easy, especially when you have been harmed or feel misunderstood. But in reality, when you forgive, you clear your energetic blocks, clear karma, and you feel much lighter and free. When you look at your life from a higher perspective, you start to understand that everything happens to you because you need to learn something. Learning to forgive ourselves is the most

difficult yet the most important thing one can do. Being trapped in the past stops you from moving forward in your lives.

- Open your heart, be here, in the present moment and be grateful. When you manifest this energy, your brain is producing a hormone of happiness.
- Step out from your comfort zone. Fear holds you back from doing many things because it closes your mind to your future possibilities.
- Open up your mind and believe in yourself. Recognize yourself-limiting beliefs. Remove the following phrase from your vocabulary: "I could never do that!". If you truly believe that, it can be hard to accomplish your goals. When you are experiencing a negative situation, you have the following choices: remove yourself from it, change it, or accept it.
- Start seeing problems as lessons that help you to grow and learn, to make you stronger.
- Free yourself from being controlled by what other people think. Start to prioritize how you feel about yourself. You can't live by your values if you're living for the approval of others. Remember, it is OK to make mistakes. Everybody does. Use them to learn and also learn to laugh at yourself. It is OK to feel negative emotions. Just accept them, let them go. Once you go through this process, you can move forward.
- Don't take yourself too seriously. Relax and enjoy life. Use laughter to relieve your tension.

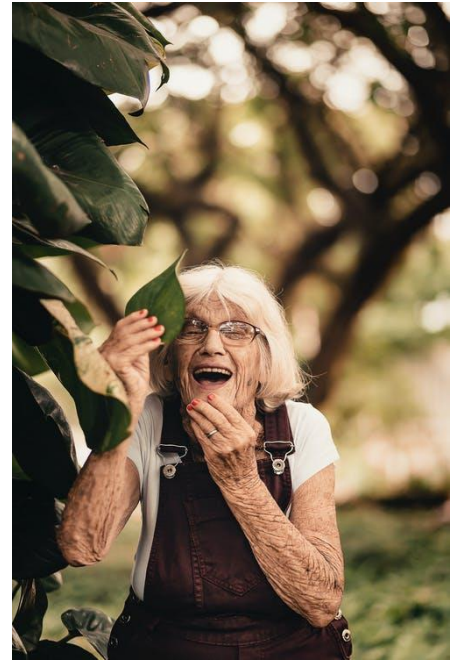


Photo Credit: pexels.com - Edu Carvalho

Choose some of the methods listed above and see which works the best for you. Go slowly, relax and you will achieve your goal. And then, when you are successful, you realize that you are not the victim but the creator of your own life. You start to understand that your karma is everything that is happening to you. Karma in the meaning of action and reaction (not as fate set in stone) means you are reaping in life what you have sown with your thoughts and actions before. And when we have this point of view, but not only on intellectual level, but when we live it, our life becomes totally different.

Be grateful for the opportunity to learn new skills and clear karma. We can actually just enjoy our life, knowing and experiencing that everything is just a manifestation of our energy. Maybe you know the Buddhist story about Lion, who arrived at the lake and saw himself in the clear water. He started coming closer to his reflection. Seeing that the "other" Lion is coming closer too, he angrily jumped in the water. Does it sound familiar?

When we understand that everything is a manifestation of our energy, we start to live in the flow. To let go does not mean to get rid of. It means to allow everything to just be. And when we open our heart, being compassionate, being grateful, all comes and goes on its own, it just freely flows.



Photo Credit: pexels.com - Gareth Davies

When we let everything just happen without any expectations, without any rejection, when we are in the flow, we let go of our Ego and go beyond the dualistic vision of good and bad. Letting go of our Ego is a process

when we do not need anything to hold on to, to cling to; even our virtues and nice experiences. Just be. And this takes great courage and trust. Trust in our real nature, trust in unconditional love, compassion and light. Trust in our deepest and real self.

Let it happen. Let it be.



Dr. Mira Reiss, PhD., is a Wellbeing Coach & Mentor at Mira Wellbeing Coaching. Her mission is to empower and support you to live a life you are meant to live - to be a creator of your happiness and freedom, to fulfil and enjoy your life purpose. Her tailor-made approach is unique, utilizing ancient eastern wisdom of Tibetan Buddhism, Chinese Metaphysics (Chinese astrology, Nine palace coaching methods) and Mongolian stones reading bridged with innovated practice. Dr. Reiss can be reached by email at mira@mira-wellbeing-coach.co.uk or through her website at www.mira-wellbeing-coach.co.uk.

OTHER ARTICLES:

12. Crown, by Michael Richardson-Borne

SEVEN SERENA WILLIAMS | OPRAH WINFREY

CROWN

America – are you fine in a world where war without a point constitutes love?¹ Where war with an other is like war with Venus² – a made up rally³ waiting for the return of fire. What is, is not what appears to be, America. The line judge⁴ is mistaken, the illusion is backhanded,⁵ the questions aren't served with authority.⁶ America – is there anybody watching to answer your calls in a tournament of winners and losers?⁷ Who wrote this game, who set this meal, who lit this match?⁸ Was it a single soul wearing a crown of doublethink?⁹ Or was it you or somebody you forgot or something that is forgotten?

Does it feel like anything, America? Is there a heart to get them past the opponent¹⁰ inside of themselves? To get them past the tabloid¹¹ of your heated back and forth¹² – or the racket¹³ of your studio and stadium cheers?¹⁴ America – when will you be ready for prime-time?¹⁵ When will you turn the grass and clay¹⁶ into a living soil? From Mississippi¹⁷ to Maine, from Selma¹⁸ to South Dakota, when will your network¹⁹ embrace the sum – and be greater than all of its parts? America – love is not authoritarian – it's time to submit to a lasting rapport.²⁰ It's time to interview²¹ the truth and suspend

the self interest. It's time to hear the deepest confession.²² What they want is to toe the line to see they are the line. They want politics red and blue beyond the color purple.²³ America – were your eyes watching God the day he died? Did you see the towers crumble, sterilizing a generation? Did you watch them jump out of windows to America because division wore the crown?²⁴ If this can't start the process, America, what can? Will it take the split second before the end to bring you to your senses? America, you are better than this. You are ready to awaken. Show them the way.

CROWN NOTES

1. At the beginning of a game, when both sides have zero points the game is “love-love” because in tennis, love means having a score of zero or nil.
2. Williams's older sister is professional tennis player Venus Williams.
3. In tennis, a rally is a sequence of back and forth shots between players during a single point.
4. In tennis, a line judge calls shots in or out based on the lines on the tennis court.
5. In tennis, a backhand is a stroke played with the back of the hand facing in the direction of the opponent, with the arm across the body.
6. In tennis, each point is started with a serve – once the ball is served, or put into play, the point begins.
7. A reference to a single elimination tennis tournament, the format used for most major tournaments.
8. “Game, set, match” is a common term used at the conclusion of a tennis match to indicate that one of the competitors has won.
9. In tennis, matches can be played one versus one (singles) or two versus two (doubles). This is also a reference to winning a tennis tournament, also called “winning the crown.”

10. In tennis, to get past the opponent means to win a match in order to advance in a tournament. It also is a reference to hitting a shot past your opponent, also called “a winner.”
11. Winfrey popularized and revolutionized the tabloid talk show genre.
12. In tennis, a back and forth is the same thing as a rally. See note #3.
13. In tennis, a racket is a sporting implement consisting of a handled frame with an open hoop across which a network of strings or catgut is tightly stretched.
14. A reference to cheers received from a studio audience or from spectators attending a tennis match.
15. Primetime television refers to the block of time when audience viewership peaks for programming during a defined period of time.
16. Grass and clay are two mediums used to construct the surface of a tennis court.
17. Oprah Gail Winfrey was born in Kosciusko, Mississippi. She is an American media executive, actress, talk show host, television producer, and philanthropist.
18. Winfrey played the part of Annie Lee Cooper in Ava DuVernay’s Academy Award nominated film *Selma*.
- 19 A television network is a telecommunications network for distribution of television program content.
20. Time magazine credits Winfrey with creating a new form of media communication called “rapport talk” as distinguished from “report talk.”
21. Dubbed the “Queen of All Media,” Winfrey is well-known for her interview skill and style.
22. Oprah has been credited with creating a “confession culture” via her more intimate confessional form of media communication.
23. Winfrey won an Academy Award for Best Actress in a Supporting Role for playing her role as Sophia in the film *The Color Purple*.
24. In tennis, “to wear the crown” is to be the incumbant champion of a particular major tennis tournament.



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:

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

The theme for our next newsletter (May 2021) will be '**Anger**.' If you would like to contribute a piece for our May newsletter, write to us at info@centerforhumanawakening.com. Please note our next newsletter will be published in May 2021. We are changing our publishing schedule to every 4 months, or 3 publications per year.

Your Divine Opportunity: *How to Awaken to Your True Self in the Modern Era*

The central, core message of *Your Divine Opportunity* is that it is crucial that we awaken to the true nature of our humanity. This book shows you how working with the present predicament *just as it is*, without recourse to fantasy and idealism, you may turn the present seemingly pessimistic circumstances to your positive advantage and move toward optimism and in time further into the light of wisdom... and finally through realizing your full potential and fulfilling your human nature, you can realize a sacred life.

“Authentic spirituality isn’t something a conventional-‘I’ can embark on, as it may a cooking class, or a college course. The ‘I’-word typically labels a complex bundle, including a separative process and an illusory output from that process. As both process and output must end completely, *this* ‘I’ obviously can’t find happiness – or anything else! – in the spiritual. ‘You are the Universe’ can only be meaningfully said to one who isn’t participating in illusion – and that one differs radically from the currently-consensual ‘I’. A rarity in the current field, Richard deeply understands, speaks to, and illuminates this point, here and in the rest of his remarkable corpus of work.” – **Nicholas Wright**, *The Center for the Science of Conscious Intelligence*

“Your Divine Opportunity carefully and thoughtfully guides the reader inward toward a divine life and authentic spiritual practice. The result is an awakening of our true heart-nature and the birth of our soul.” – **Rev. Robert Meagher**, *co-founder at the Center for Human Awakening, founder and spiritual director at Spiritual Guidance*

“Your Divine Opportunity continues Richard’s focusing deeply and inspirationally on the living of a spiritual life, practice (or the wayless way), and the realization of ourSelves, the true nature of our Humanity. All Richard’s books speak to a sacred Truth beyond the usual “spiritual” books and Your Divine Opportunity is no exception.” – **Oliver Baum**, *psycho-spiritual psychotherapist, BA, MTheol, MBACP*

Published by Sacred Attention Publishing.

Order soon at <https://www.therapyandspirituality.com/books/>

Your Essential Self: *The Inner Journey to Authenticity and Spiritual Enlightenment*

The publishers of Your Essential Self, Llewellyn Publications, have now withdrawn the book from sale, so there will not be a second printing. There are however a limited number of copies still available. If you would like to order Your Essential Self by post please contact Katalin Czondor at czondork@gmail.com.

In the meantime Editions Alliance Magique, a French publishing house, has purchased rights to the book and will be producing a new edition in French. See <https://www.alliance-magique.com/> where a publishing date will be announced.

14. 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. 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. 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. Contact us for a 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. <https://www.centerforhumanawakening.com/Contact-Us.html>.

The Center's **BLOGs and VLOGs** are posted on a regular basis. 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, interactions in the Sacred Attention Therapy Study Group, or simple inspiration with a feeling for the moment's revelation.

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

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

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

Please tell others about The Center for Human Awakening; please tell your friends, your therapists, your relatives, and any forward, progressive thinking people who could benefit from this work. In Richard Harvey's newest book¹ he states the case for us being "custodians of the future" in a world that is being debased as it loses touch with the genuine sacred-spiritual truths and ceremonies. If we do not act in all the ways that our true nature dictates we will become complicit in the destruction of the human consciousness of the inner worlds, responsible in whatever way for the degradation of the outer world, and ignorant and helpless in the insight that there is truly no separation between the inner and the outer, between us and them, and between the human and the divine. Thank you for being with us!

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

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

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

15. 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>

The Center for Human Awakening

UK, Europe, Asia, and Australia:

Cortijo Llano de Manzano
Aptdo. de Correos 183
8400 Órgiva
Granada, Spain

E: info@centerforhumanawakening.com

M: (+34) 680 741 108

T: (+34) 958 953 033

North, Central, and South America:

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

E: info@centerforhumanawakening.com

M: (+1) 613-204-0299

Facebook: <https://www.facebook.com/CenterforHumanAwakening/>
LinkedIn: <https://www.linkedin.com/in/human-awakening-228506131>
Twitter: <https://twitter.com/CenterforAwaken>
YouTube: http://www.youtube.com/channel/UCD_pJVba_LktmEzful51kfQ