

# The Eyes of the Golden Hall

~ A Newsletter of The Center for Human Awakening ~

**May 2021 Newsletter**

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## FROM THE EDITOR'S HEART

Our theme for this edition of *The Eyes of the Golden Hall* is '**Anger**.' Anger is ubiquitous throughout society. It touches all of us in every aspect of our lives. We have a wonderful compilation of articles to explore this theme—three articles from our Founder, Richard Harvey, and two articles from myself.

If you haven't heard about our ongoing Spiritual Seminar Series, *The Novena Teachings: Nine Jewels of Sacred Approach*, please visit this page of our website for details...

<https://www.centerforhumanawakening.com/Spiritual-Seminar-Series.html> . As part of the Spiritual Seminar Series, we are hosting a lecture titled "Anger: The Destruction and the Dissolution of the Sacred" on June 15. If the topic of 'anger' is of interest to you, please join us on June 15.

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 (September 2021) will be '**Freedom**' If you would like to contribute a piece for our September newsletter, write to us at [info@centerforhumanawakening.com](mailto:info@centerforhumanawakening.com).

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](mailto:info@centerforhumanawakening.com).

~ Robert Meagher, Editor

# THEMED ARTICLES

## 1. Some Introductory Remarks On Anger, by Richard Harvey

In our journey into and through anger, the first station to stop in and take a look around is... *family* – no surprise there! Family and the ancestral line reveal the fundamental relationship to anger. Anger of course appears as annoyance, frustration, irritation, hate, or depression and is expressed in dark clouds, violence of all kinds, and resentment (a very powerful tool for reinforcing the ego-self). So, family is first and students of the SAT course will feel justified in spending so much time and effort on the seven core elements in order to penetrate this dense, fascinating, and profoundly healing area of self-exploration.

The generational spread of anger is highlighted in “Anger – The Destruction and the Dissolution of the Sacred” below when a father of two children, not for the first time, loses his temper with his children:

Reeling from a mixture of heated passion, self-justification, rising regret, shame, and guilt, he withdrew to a room to be by himself. He threw himself into a seat and, looking up in despair, he was confronted with his father’s livid, angry face. His shock was palpable – his father had died some years before – when it dawned on him that he was looking in a mirror and *the face was his own*. The realization and the integration of the insight took some time to stabilize inside him, but from that day on he made an inner commitment to not give in to his anger.

The second station to visit for a time is embodied in the question: how do I behave in relationship to anger? Anger consists of a continuum between assertiveness and homicide encompassing hate and fury. Speak to your friends, relatives (perhaps!) and lovers and colleagues. Why? Because you may have a big blind spot on the subject because this may really take you to the edge of your awareness and because it is hard for example to recognize how we may be acquiescent, timid, fragile in anger’s vicinity while these reactions may still be an aspect of anger condition.



*Photo by Ketut Subiyanto from Pexels*

The third station is the thorough house-cleaning. In second stage awakening, third stage awakening, and beyond anger in ever more subtle forms and derivatives may be present. Throughout your psycho-spiritual journey anger has always been a defence preserving separation and division, illusion, delusion, and the separating rift from Reality. No wonder then that anger stays with us for a long time, masquerading as other emotions, justifying itself in self-righteousness, reasonable arguments, and the dual perspective.



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

## 2. Anger, by Robert Meagher

A dear soul and I recently completed a project that, for some, would be considered stressful. On one particular day during this several-month-long project, we were both having a trying day and upon my making a comment that was perceived as an attack against my brother, he snapped and yelled at me. I tried to remain calm, step aside and let the anger pass by, and simply got on with the task at hand.

Later that day I forwarded the following passage to my brother, along with love:

You are still asleep if you blame others, situations or events for your stressful feelings. Stress comes to tell us there is something we need to change within our self, not in the other. All stress is self-created regardless of the circumstances. Every time you blame others for what you feel, it means you are asleep to the truth that your thoughts and feelings are your response, therefore your responsibility or 'response ability'. The awakened person accepts full responsibility for their thoughts/emotions/attitudes/actions...everywhere and always! Not easy, especially when almost everyone seems to find it easier to point the finger, which means they have learned to believe 'it's not me, it's them'.

Much to my delight, this was my brother's response:

On the other hand, one could say all emotions are self-created - sadness, joy, love; but of course they are not. The potential to experience these emotions is always there but lays dormant until awakened through human or non-human (nature) interaction. That's the beauty of the human condition. Blame and stress are a lethal mix but they are not co-joined. Often, and certainly with me, the anger and blame and subsequent stress I feel are self-directed. I blame no one but myself. (One can feel stress without anger and anger without stress). My snapping at you yesterday was a moment I felt stress, anger and shame...but my anger was at me for creating a situation over which I do not have full control, my haphazard manner in which I do things, and shame for lashing out at you and the people I love most in life. So, while it may seem as though I was pointing my finger at you, my finger was pointed directly at me.



*Photo by Designecologist from Pexels*

And so it is with anger:

1. We are never angry at what we think we are.
2. Anger is the ego's attempt at making someone else feel guilty for our own inner pain and grief.

The next time you feel anger welling up inside you, you will do well to remember the lessons above. If possible, step away from the situation and be still, quiet, for a moment. Bring yourself back to your heart place—where love rests to be shared with all those around you.



**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. Practicing Forgiveness: Six Steps to Freeing Yourself From Anger and Blame, by Richard Harvey

The first step to practicing forgiveness is admitting that we are attached to vengeance. This means owning our feelings of anger and resentment, which often have their origins in the distant past. We must admit that we feel angry and then find out what it is that we are angry about before we can work on our attachment to revenge.

The second step is exploring the complex emotions that prevent us letting go of blame and anger and keep us feeling vengeful. Denying or concealing our deeper feelings binds us to the acts and the people we are unwilling to forgive. Our sense of offense, indignation and outrage may be so powerful that we are unwilling to let them go, even when they cause us great suffering. Our sense of self and our self-importance conceal our victim stance and hopelessness and self-pity are the adverse byproducts.

The third step is becoming aware of our reaction: how we dealt with what happened to us and working with our desire for vengeance. We may fantasize about a series of acts which those who have hurt us would have to perform or ordeals they would have to endure to deserve our forgiveness. But, of course, we do not really intend to forgive them, whatever attempts they might take to make amends.

The fourth step is discovering our investment in blaming and letting go of it. We may feel self-importance and be unable to see our part or take responsibility for what we did to the other. Or we may feel justified in our vengeance. Or we may not want to take responsibility for our life and seek justification for revenge in our suffering. Or we may feel grief, anguish and it is easier than joy and the challenges of living happily and fully. The question at the fourth stage is, 'What is my investment in blaming the other?' and it is a hard question to answer honestly unless we take deep responsibility for our negativity.

The fifth step is finding out *who* is suffering most from our not forgiving and the answer, of course, is ourselves. We see that we have become our own worst oppressor. The voice inside us, modeled on our mother, father, grandmother, teacher or whoever it is that rakes over the events of the past, is our own. It is only we who prolong and feed it, so it is within our power to stop it. If we reach this stage of forgiveness we begin to be empowered to truly forgive.

The final step is the 'juggling stage'. We must hold all these levels of enquiry together simultaneously – knowing more, feeling more, revealing more, letting go of more, seeing more. Then we see that our sense of ourselves, our feelings of presence, exist only in the present and that this is the one thing that is constant in our lives. One fact becomes startlingly clear: we cannot let go of the past unless we learn how to forgive. So we



*Photo by Alessio Medini from Pexels*



cannot be who we truly are. The insight dawns in us that we have traded our self, the present moment and our life for the dubious comforts of anger and revenge.

As we work through these stages steadily and diligently the contents of our attachment to anger and revenge become clear.

As we deepen in the 'juggling stage', the past gradually peels away and separates from the present. We have been living as if the wrongs that were inflicted on us in the past were happening now. This sense of distance has not previously been there because we have replayed the tape of our past oppression, kept the memories alive and superimposed the past on the present. Now we know that was then and this is now – and distance grows between us and what is unforgiven.

This gives us one of the most crucial insights of inner work: *No one but ourselves causes our distress or is responsible for our problems.* The present issue is always within our power to do something about. This insight empowers us to change.

[This article in an unedited version was written in 2011 and is available to read at <https://www.therapyandspirituality.com/articles/>. As you scroll down through the list of articles it helps to locate the article by year.]



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

## 4. You Get Angry and I Get Curious, by Robert Meagher

I used to avoid conflict. Sometimes I would go to great effort to avoid conflict. Conflict was a very uncomfortable space and place for me to be in, so I would often do whatever was needed to avoid it. This avoidance could have manifest in a variety of forms, but my two favorite ways to avoid conflict were to either remove myself from the conflict or try and placate the situation to calm the waters.

Removing myself from the perceived conflict would often manifest as saying nothing and physically walking away from any perceived conflict in progress. Another example is I would physically cross the street or change my direction, chart a new course, if I perceived any form of conflict up ahead. This was merely another symbolic form of removing myself from, or avoiding, the perceived conflict.

Placating the situation to calm the waters was a favorite strategy of mine to avoid conflict. Not only was I trying to avoid the conflict, but I would get an egoic rush when I thought I had successfully stopped someone else from fighting. I thought I was being successful and / or useful when I stopped others from fighting. This was born out of my early childhood conditioning to try and fix others and to make things better.

Conflict is still not the most comfortable environment for me to be in. I certainly do not consciously seek out conflict. But I no longer avoid conflict or conflictual situations. When my perception of conflict arises, something quite different unfolds now.

Present in any conflictual situation I encounter, is anger. I have come to recognize and observe two immutable laws of anger. First, I am never angry at what I think I am. Second, anger is simply my ego's way of trying to make someone else feel guilty for my own inner pain and grief. So when dealing with anger, my first line of inquiry may always be: "What am I really angry at?" and "What am I covering up?"

Anger is also my ego's default mechanism for trying to control people and situations. Think about it; when I get angry, I am trying to change the outcome of whatever is being presented to me. My anger may be a way of trying to overpower, distract, persuade, manipulate, or change another person or situation—all thinly veiled attempts to control other people and other situations.

Ultimately my anger, as a tool for control, is my window and mirror on my fears. What is it I am trying to control exactly? Someone else? A situation? Why can I not accept someone as they are? Why can I not accept a situation as it is? Why do I need to control others and other situations? Very simply, because I fear losing



*Photo by Gabby K from Pexels*

control. I fear the feeling of not being *in* control. I fear letting go. I fear not knowing. I fear the unknown. I fear my own demise. I fear my death.

So when I am present in a conflictual situation, of which anger is rooted, I am aware that whatever seems to be the source of my anger is not the real source of my anger; I am merely projecting my anger out on to whatever is presenting itself to me. And I am aware that I am merely trying to get rid of my anger and avoid taking responsibility for what it is I am experiencing—thinking, seeing, doing, and feeling.

This awareness allows me to start to get curious. What is at the root of the anger? What is this person (myself perhaps) trying to project? What is this person trying to get rid of? The inquiry allows me to create some space between the situation, the events, and my response to it. This is as natural to do as when I observe others in conflictual situations, as it is when someone appears to be angry at me or when I am tempted to be angry at someone else.

On a deeper, spiritual level, perhaps, I know that I am only ever being shown love or a ‘call for love.’ A ‘call for love’ may come in many different forms. But it’s all the same ‘call.’ Conflict and anger are very common forms of ‘a call for love.’ So when I receive a ‘call for love,’ I know there is something for me to learn. Again, I get curious.

These ‘calls for love’ are a wonderful opportunity to learn about the person calling out. But I know, ultimately, that there is only ever an opportunity to learn about myself. The person I am seemingly angry at, or who is angry at me, is merely reflecting back to me my own anger and my own attempts to avoid looking at myself. The ‘other’ is only ever ‘me’ and the other is showing me what it is I am angry at.

So when someone else gets angry, I get curious. It is the only way to heal my separated mind. For in the awareness that the other is merely a reflection of me, I see the other in me and myself in the other—I am given an opportunity to experience oneness.



**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.

## 5. Anger Basics: Understanding It, Respecting It, and Releasing It Responsibly, by Richard Harvey

Anger is most often a lid on a deeper emotion, like grief, fear or need. Anger remains repressed and confused with aggression and rage, which are fundamentally different experiences. Anger is toxic and bad for you, whereas release in the form of catharsis is not. We must become familiar with our inner world in order to understand anger as a cover-up for a deeper feeling. We must differentiate between feeling or experiencing anger and releasing or expressing anger to make responsible decisions about how to handle anger. Accept anger and concentrate on dealing with it intelligently and understanding it deeply; treat anger, fear, need, hurt etc. with respect and cultivate gentleness and humility. Angry behavior is like any other conditioned emotional behavior: it is learnt.

By far the most commonly experienced human emotion is anger. As irritation or annoyance anger is frequently expressed with tacit or overt approval, even social acceptance. Rage and fury, of course, are less likely to be socially acceptable. Resentment and frustration are par for the course. So anger, toxic as it is, has a place in the social setting, since it is understood and forgivable and since it represents a human failing that is considered morally acceptable... so long as it doesn't get too out of hand.

But what do we need to know about anger? How can we heal ourselves of it? Why are its negative effects so potent?

First, let's understand one basic point. Anger is most often a lid on a deeper emotion. So, for example, if you are experiencing deep grief, anger is easier to feel as a distraction. When you are overwhelmed with a conflict of emotions that is a challenge to express and which fills you with uncertainty and vulnerability, anger may be chosen as a viable surrogate emotion.

Second, although we pay lip-service to its social acceptability no one really likes anger. So it remains repressed and confused with aggression and rage, which are fundamentally different experiences.

Third, anger is toxic and bad for you, whereas the release of anger in the form of catharsis is not. This is because held-in anger is energy that has to go somewhere; it must take form, usually in the unconscious world and/or in the physical organism.

So what can we do about anger?

To understand anger as a cover-up for a deeper feeling we must become familiar with our inner world. Our emotions must not be a secret from us and we must not always keep them hidden from others. Working our way down through layers of experience at mental, physical and emotional levels as a daily exercise, we can begin to become familiar with our inner life and benefit from a growing awareness of ourselves.



*Photo by Tima Miroshnichenko from Pexels*



To deal with the social rejection of genuine anger we must differentiate between feeling or experiencing anger and releasing or expressing anger. Then we are able to make responsible decisions about how to handle anger. Playing tennis or squash, chopping wood, running and energetic walking are all effective ways to release anger.

A couple more things to “get”: One, ***accept anger in yourself***. It is not unnatural; we are not all saints and it is nothing to be ashamed of. Concentrate on dealing with it intelligently and understanding it deeply.

Two, anger, like fear and hurt, are emotional tones and expressions and experiences of your total energy system. It is vital that you ***treat primary emotions like anger, fear, need and hurt with respect*** and honor them as part of the human experience to be healthy in mind, body and soul.

Three, ***cultivate gentleness and humility***; be less reactive and self-obsessed. Angry behavior is like other emotional conditioned behavior: it is learnt. Breaking the habit cannot be overestimated. So, identify your triggers, become aware of what makes you angry, and then safeguard yourself against them by setting yourself the challenge to respond in a more gentle way.

Finally, psychotherapy and counseling are the specialist approaches that deal with anger patterns and the sources of angry behavior. Going into therapy or counseling, for even a short time, may teach you enough to turn your life around if anger is a problem for you.

[This article in an unedited version was written in 2011 and is available to read at <https://www.therapyandspirituality.com/articles/>. As you scroll down through the list of articles it helps to locate the article by year.]



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

## 6. Anger: The Destruction and the Dissolution of the Sacred, by Richard Harvey

Let us start with a story. This is the recorded experience of a young man in one of my workshops.

“I never knew how angry I was until one day in a therapy group. Surrounded by my companions and trusted therapist I had located a great tension in my right calf. This tension was so strong I could hardly stand and my therapist suggested I lie down in the middle of the group and breathe. As I breathed and relaxed into the increasing tension, my whole body began to shake uncontrollably. The energy that had been held in my calf flowed up through my thighs, through my pelvis, my abdomen, my solar plexus, and my chest; at the same time it flowed downward into my ankles and my feet. My whole body was shaking violently. As the energy flowed into my shoulders and arms, and my neck and finally my head it was as if I blew my top; my top literally blew off and I either imagined or perhaps there really was a tremendous noise, a great drone like an airplane just before it takes off. And suddenly I was screaming uncontrollably, thrashing my legs and arms, twisting my waist and torso, as my head swung from side to side. I was at once the little baby lying in the cot abandoned, screaming to be held and fed. I was the infant two-year old exploring the world when something bewildering and unexpected hurt me. I was the misunderstood, frustrated teenager, the terrified, posing twenty-something year-old feigning confidence, desperately wanting to throw myself into somebody’s arms and say take care of me, please. And I was the thirty-something year-old wondering on which side of the terrifying line of failure or success I would fall. Finally, I was seething with rage and fury blindly, lividly, bitterness and hostility oozing from every pore.

“When it was over I lay panting. I felt metaphorically that I was lying in a pool of blood and vomit. I felt like I was prone in a toxic lake. Yet I felt wonderful. I felt alive. I felt whole and there was at last hope. I understood without a shadow of a doubt that not only could I release my anger, but that I could be entirely free of it if I worked at it, if I allowed it to flow within me, rather than conceal and constrict it through bodily tension. I even saw that I would have to let go and let go of a lot, because my character was bound up with surliness, a certain irritation, hostility, and aggression which underpinned my character. It was how I had imagined heroes, how I saw movie stars I admired, and how my father had appeared to me in my childhood. A man, I had thought, was basically angry and strong, powerful and aggressive, and only reluctantly loving, tender, and vulnerable. But the kind of woman you wanted was the kind who longed for the challenge. The challenge was taming the angry beast in the man to prove herself worthy of the sensual, caring man within. It was ludicrous, merely a male myth. It was all about control. Controlling emotions was the same as controlling a woman, having power over the world, over nature, over sexuality, over life. In that moment of letting go, however, I realized that I didn’t have any control at all.”

### **Anger is control**

Anger is a way of seeking to control the world. In whatever form it manifests, anger shows us our attachment to me, mine – the ego-processes. Anger seeks to control because we are attached to objects, to inanimate things, to people, time, and events. We want these objects and relationships to conform to our expectations. When they don’t, we get angry. We hope that by intimidation and force we can control and make events conform to our will. We never can.



Anger is self-perpetuating. Once you begin you cannot stop. You wind down into a negative spiral of bitterness and resentment. The wheel of anger rolls on propelled by the friction of aggravation and conflict. Most insidious are the lesser feeds of anger – annoyance, irritation, and resentment.

Resentment feeds the ego-self. It is nourishment for the ego. Without it the ego withers and dies. We regulate ourselves through setting up a slow drip-feed of resentment. Resentment itself requires feeding through indignation, grievances, and grudges. Caught in a childish world of justification, of unfairness, partiality, and unjustness, a perpetual fight for justice, an ideal world of heroes and villains, we take the position of victim, the one who suffers through being tricked or taken unfair advantage of.

Anger reveals the very nature of fear. At the root of fear is the fear of the death of the ego. Anger keeps the ego alive in a world of conflict, fight, and discontent. Ego does not survive in peace and harmony.

You fear to be out of control. But here's the paradox: anger merely confirms that you *are* out of control. You cannot control through anger, violence, intimidation, domination. You only create an illusion of control.

We become as attached to anger as we do to our mother's breast or to life itself – annoyed by this, annoyed by that, irritated at the least disturbance, disturbed at the least irritation. We seethe in a circle of restless negativity and pointless reaction.

Our sense of self-importance is replenished, refreshed, and fed by anger, even as it is offended and insulted by the apparent causes of anger. No wonder anger makes us mad (mad of course is American for angry). Anger sustains the ego and the ego-sense perpetuates the anger. It is a journey of increasing intensity and power creating a negative vortex.

Anger always seeks to justify a position, an identity:

Frustration – a place we have not yet reached

Annoyance – a condition idealized that may never come

Irritation – a background hum of looking for reasons why everything is not alright

Resentment – the slow drip, the maintenance dose of the anger addict

## **Anger is defeat**

Anger in truth—as any school teacher or exasperated parent will tell you—is admitting defeat. Anger always costs more than you expect and more than you get back. Anger—and its family of emotions—is both your own worst enemy and a gauge of your ego-attachments. To make matters worse, usually it is not even yours originally, it was inherited.



*Photo by cottonbro from Pexels*

Many years ago when I was a young father I started a parenting magazine.<sup>1</sup> Some of you may have read some of the articles on my website. One of the purposes of the magazine was to provide a forum for sharing and discussion. In one particularly memorable piece a father of two children described how, not for the first time, he lost his temper with his children. Reeling from a mixture of heated passion, self-justification, rising regret, shame, and guilt, he withdrew to a room to be by himself. He threw himself into a seat and, looking up in despair, he was confronted with his father's livid, angry face. His shock was palpable – his father had died some years before – when it dawned on him that he was looking in a mirror and the face was his own. The realization and the integration of the insight took some time to stabilize inside him, but from that day on he made an inner commitment to not give in to his anger.

If your family environment was angry then you have learnt to deal with anger. How? How have you learned to deal with anger? Do you get angry? Easily? Only after much provocation? Are you resentful, bitter, depressed, easily annoyed, often irritated, frustrated with others, frustrated with your life.

Curiously, the deepest expression of anger is withdrawal. The angry withdrawn individual is a tinder box, a melting pot, an explosion, descending, imploding waiting to reach critical mass, and then flash out like lightning, very often reacting out of all proportion to events.

### Expression and experience

In emotional processes there are three fields: inner experience, outer expression, and the boundary between the two. In infancy, before conditioning has really calcified our patterns of reaction, the boundary between inner and outer is flimsy or non-existent. We show what we feel. This is perfectly healthy and desirable. The baby or infant tantrum is powerfully strong, but soon dissipated and exhausted. As we learn through the responses of our parents and caregivers how to adapt to our environment, we learn to inhibit our spontaneous feelings as they arise. We learn to contain them and repress their outward expression. Over time these responses to emotion create concealment, containment, shame, guilt and of course neurosis and self-persecution. We feel that we are bad for having unacceptable emotions, because our parents and caregivers couldn't handle their natural outward release. Expression of feeling is not experience of feeling. Crying is not sadness, it's releasing sadness. A screaming tantrum is not experiencing anger, it's expressing anger. The psycho-physical organism is an

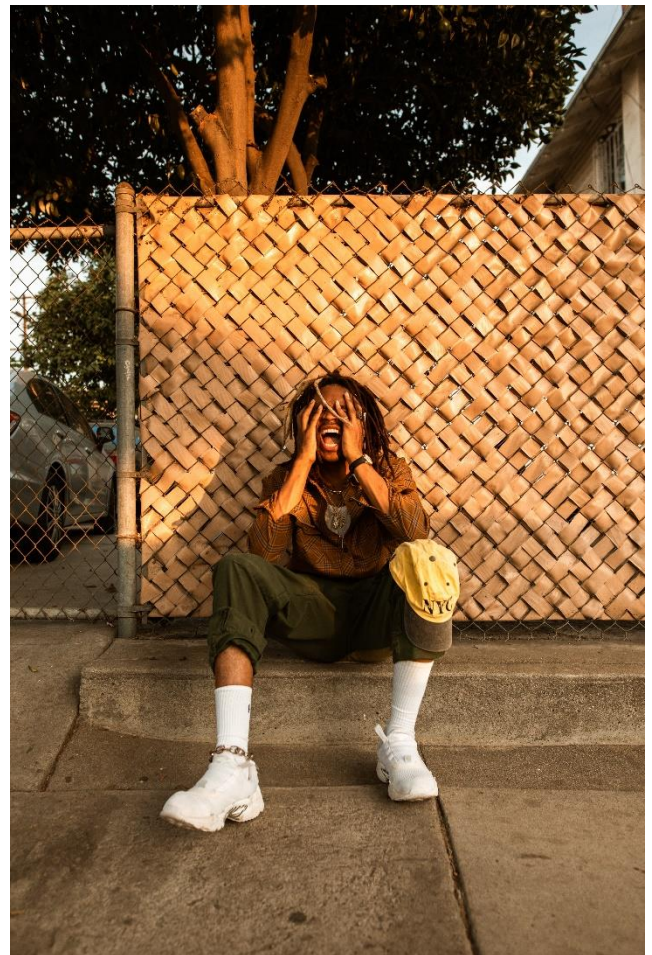


Photo by RODNAE Productions from Pexels

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<sup>1</sup> See articles under *Inspired Fatherhood: The Magazine for Actively-Engaged Fathers* at “Articles on Parenting, Family and Society” at <http://www.therapyandspirituality.com/articles/parenting-fatherhood-family.html>



incredibly wise, self-regulating, self-governing complex of healthy adaptation – so long as we get out of its way and trust and allow.

This was one of the liberating insights of the Human Potential Movement, a collection of new therapies and approaches to the education of well-being and wholeness that emerged in the public domain about 40 years ago. The children of the Second World War parents embraced the catharsis of anger, fear, sadness, and hurt with enthusiasm and zeal. We had learnt stoicism, to endure suffering, from our parents who had experienced so much. Their legacy to us was that experiencing and releasing emotions was counterproductive. But they bequeathed us a war effort of our own—the war on the inner world of emotions. In the aftermath of the counter culture, liberating sexuality, intellectual freedom, and artistic experimentation, we rode on the waves of emotional expansion, acceptance, and freedom until we hit the metallic, brazen cynicism and materialism of the commercial 1980s. Suddenly everyone wanted to be a healer, a therapist, a complementary-alternative practitioner and the institutes and short-term trainings were born.

Now there were all chiefs and few Indians. In those days therapists-in-training would diagnose themselves in their therapy sessions with me. They would develop their own explanations and disciplines of catharsis and personal change. By the time we hit the 1990s the transformation was complete. In the public mind therapy was synonymous with self-indulgence, weakness, and the inability to cope with life. The stiff upper lip of repression reasserted itself in the popular mind. Those that really needed to re-learn self-regulating and trusting emotional processes were now securely hidden beneath professional facades.

Today so many practitioners are laboring under the avoidance of their personal life issues. There is no more thorough effective concealment than becoming a therapist who lives and heals inauthentically through his/her patients, clients, pupils. This vicarious strategy results in paucity and unfulfillment for everyone and supports the endemic repression of emotions in collective humanity.

First, a disclaimer – I, like you I hope, love to witness the diversity and the dignity of the human spirit, the kindness in human eyes, the small acts, the tenderness and attention between families and friends, shown in public and in the domestic environment. Human beings inspire awe and wonder.

But in the modern era we are mostly deeply unhappy. And we may not even know it. The many shades of anger predominate in the psyche of collective humanity. Fear and ego-processes are so absolutely present as to be unnoticed. Domestic violence and depression are rife, so called mental disorders are more common than ever before in human history.



*Photo by Tima Miroshnichenko from Pexels*

We have more, we know more. We should be able to love more, enjoy more, and live more wisely, more enlightened, more compassionately, kindly, and contentedly than ever before. Yet humanity is essentially miserable and discontented.

We have succumbed to fear, desire, supporting the ego-processes of imagined protection, separation, and divisiveness. Our sense of individual, separate identity is stronger than ever. This is the age of the individual.

We have emerged out of the 20th century, which has been called the century of the self, into the 21<sup>st</sup> century, which presents us with massive, intense, spiritual and sacred challenges. Only if there is a spiritual revolution in the heart of humanity can the inevitable destruction of humanity and its world be avoided.

Humanity has lived in the energy centers of anger and fear for too long now. It is time for humans to realize the heart, the love energies, the subtle etheric energies of compassion and kindness, enlightened vision, resonance, and empathy.

Emotionally intelligent humans know now that separate identity gives rise to separation. Separation gives rise to division and prejudice, division to conflict, and conflict to oblivion. In the heart there is no separation, no division, no prejudice, there is only truth and love, compassion and peace.

The human collective depends on the individuals that comprise it. Your individual relationship to anger and humanity's need to rise into the heart are not merely connected—they are the same thing.

Cultivate awareness, mindfulness, and compassion. When you feel angry, don't suppress, but equally don't indulge. You cannot afford the sneer of disgust, the slammed door, the raised voice, the slapped table, the stamping foot, the broken china, the insult, the swearing, the tight face, the sickening lurch of depression, the deadened heart, the tense muscles, the raised fist, the tirade of retribution, the withdrawal, the refusal of life, fear, control, temper... because if you do, we are lost. In that moment of hate you have let go into destruction and with that comes the dissolution of the sacred.

Every moment is sacred, every act is sacred, every face, expression, heartbeat, and breath is sacred. Human beings are sacred, the worlds are sacred. Sacredness is the binding, our duty to respond, to preserve and protect the forces of love, light, existence, and divinity, our ability, our empowerment to love and brighten, to not give in to pain, suffering, and reaction to our animalistic instincts, to fear and anxiety, panic and control, distrust and cynicism.



*Photo by RODNAE Productions from Pexels*

## The decision to be angry

You can decide never to be angry again. Control is in the hands of Reality, of the Divine, of Love, of *satchitananda*,<sup>2</sup> of God. Let go, simply allow. You will live fully. You will live life lovingly. You will be free. You will be realized as your Divine Self.

In the meantime resentment creates the ego and anger provides the distraction away from the True Self. We go on and on squandering our energy in an orgy of anger in all its many forms. Why do we stay in relationships which perpetuate hate and anger? Why do we remain in careers and jobs that we hate doing and become chronically embittered? Why do we maintain habits that cause us unrest and frustration and depression? Why do we perpetuate habits which we hate ourselves for and become disgusted with ourselves?

Our lives hinge on a single choice. Be loyal to the lie or be loyal to the truth. Once you have made your decision the choice is self-perpetuating. This means that lies lead to falsehoods lead to more lies and eventually you feel and become lost. Truth leads to deeper truth and wisdom and empowerment and skill in life and eventually you become clear. Which will you choose?

Is it really that simple Richard you may say? Yes, it is! It is immensely simple. Choose truth, choose love, choose wisdom and compassion, peace, contentment, and happiness. Why wouldn't you?

The world seems quite mad sometimes, doesn't it? You look at the choices people appear to be making and you can't help thinking the world is a very mad place. But consider for a moment: are people really making choices? Are people ready for choosing? Are people competent to make choices?

We would like to think so. But you notice how sheep-like people are, nodding and agreeing and wanting to be liked, to conform, to fit in? People seem to want to follow, to not think for themselves. The shocking Milgram experiment on obedience to authority in the early 1960s set out to answer the question: were the Nazi soldiers who were responsible for the deaths of so many simply following orders? The answer seems to be that they were. Several replications of the Milgram experiment have been created over the last 50 years, perhaps because the findings are so hard to believe, but each time the conclusions have been the same or



*Photo by Alex Green from Pexels*

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<sup>2</sup> A Sanskrit term meaning literally “being, consciousness, bliss,” the subjective experience of God (Brahman), boundless, pure consciousness and a glimpse of ultimate reality.

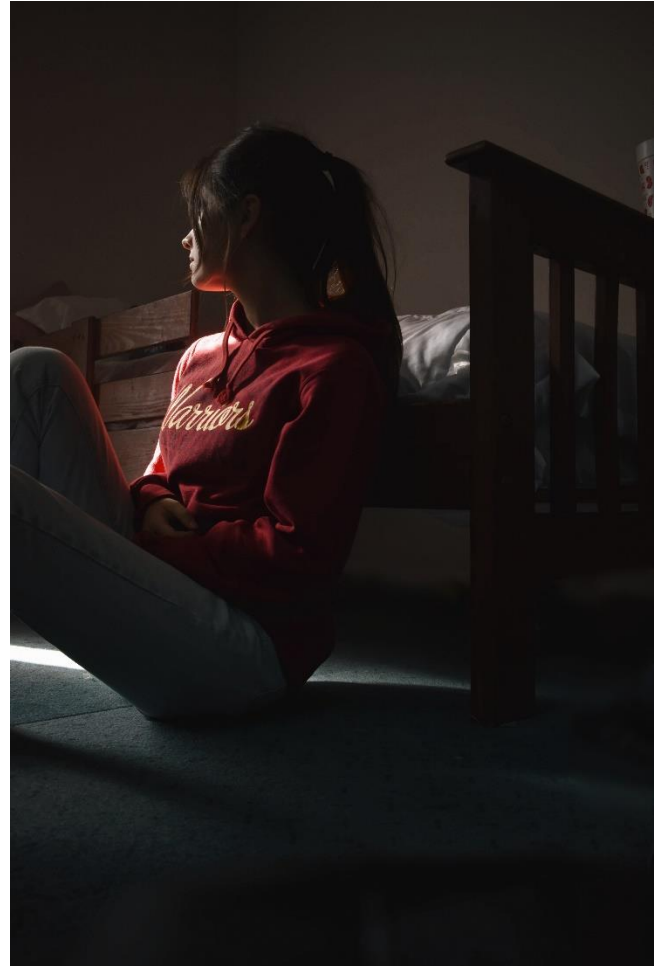


similar to the original experiment. Most recently a show on the Discovery Channel called “How Evil are You?” confirmed that people have not changed much.

### **Colluding with unhappiness**

Quite aside from being evil I long ago noticed that you had many more friends if you were unhappy. Cynicism and hostility have the vast majority of people in their clutches. I particularly remember when I was straddling the worlds, living weekends and holidays in therapy groups and spiritual retreats while maintaining a normal life appearance in conformist work places that I would be ridiculed for my part-time aspirations to awaken. When I became a therapist, it got worse. I remember one young girl, a receptionist in an office I worked in, greeting me with great sarcasm. “Oh hi Richard, g’morning, won’t you help me to find myself, please!” Cynicism is based on a certain kind of contempt, distrust, frustration, hostile self-protection, doubt, resentment, and disillusionment. It’s a kind of anger. When you step outside of the crowd mentality, you suffer ostracism and rejection. It has caused many to renounce their inner work, to crawl back under the boulder of conformity, to be ground down under the overriding wheels of belonging and group acceptance.

Try it – things haven’t changed much. Find some group of acquaintances or even folk you don’t know, tell them something positive, tell them how great everything is, how successful you are being, and watch their responses. Now change the game: on another occasion bring up some disaster, death, an accident, the tsunami, cancer, weave in a little drama, some shock, scandal, controversy, something offensive.



*Photo by Sofia Alejandra from Pexels*

The likelihood by far is that the energy for the negative disaster story will far outweigh the energy of the response to the positive one. Conclusion: people are more interested, more invested, more enthused and supportive toward negative dramas. They want it all to be going wrong. They want you or somebody else to be struggling, to elicit their sympathy, their sentimental engagement, and their regrets, but underneath they are drawn in the same morbid way as we are to the scene of a bloody accident, to the disaster scenario. This is because it supports their essentially negative position about life, their distrustful, cynical position. It supports the sneering disbelief in the integrity of human beings and in life itself. It is merely another form of anger, an illusion of being in control.

When I was in my twenties I lived in London. I don’t know how it is now where you live, but in London in those days we practiced a certain kind of alienation or isolation in public. Perhaps we do it in all big cities, perhaps the alternative of loving each other and embracing each other is just too much to bear. We would sit on underground trains, subways, buses, and in public places with the eyes dead, the bodies flaccid, and an appearance of negative disengagement. You could imagine that you might die from a heart attack or have a fit



and lie on the ground frothing at the mouth and no one would give you a second glance. Nowadays I live in the wonderful brightness of nature surrounded by mountains and water, nature, flowers, green trees, and animals. When I go to the city it takes me about an hour to feel oppressed and I long for the space and the wonder of my home, where I can walk out of my front door and gaze in awe at the natural world, the sky, the light, the magnificent views of the ocean and the hills and the glades; where I can smell the flowers, hear the sounds of the goats and the gurgling streams, and be in the stillness and the silence.

## Chungliang “Al” Huang

In London though, all was concrete soullessness, advertising hoardings, and slogans everywhere, the stink of car exhaust, and the noise, the incessant noise and the bustle and the crowds. Everyone was probably trying to prevent themselves going insane. I know I was. This particular day was a Friday evening, the end of a long day and another week’s work. I was sitting in the tube with the hard look on, the sexy look, the self-contained, mean look, traveling to a church hall in the north of the city for my first meeting with the Tai Chi master, Al Huang (Chungliang “Al” Huang). I had always been attracted to the martial arts, in particular Tai Chi. The weekend course with a visiting master of Huang’s stature was too much to miss. I had signed up immediately and eagerly anticipated the event for weeks.

When I arrived in the hall all was intensely gloomy. The students who had arrived were arrayed along two sides of the large space, waiting on little wooden chairs. I sat down in one and we persisted in our appearances of depressed, Friday evening, London office workers, withdrawn, angry, severely tired, and lacking any kind of energy. We didn’t muster anything more than a cursory nod to acknowledge each other’s existence. I slumped a bit further in my chair to confirm the prevailing mental attitude and attract acceptance and sympathy, not to mention the possibility of some interest from the opposite sex. We were all manipulating, craving acceptance, longing and withdrawing just as rapidly from any kind of engagement. One guy was behaving a little differently though. I think we all assumed he had done this before or maybe he was starting early. Standing along one side of the hall he was swinging his arms, bending his knees and even breathing from the look of him; yes, his chest was rising and falling! He had some energy, some life about him. I, like the rest I think, assumed he was some kind of weird person, possibly a bit nuts, someone to coldly ignore and be extremely glad that we could never make fools of ourselves in that way.

He carried on moving however, apparently oblivious of the fact he was embarrassing himself and us. The more foolish he looked, the more I and the rest ignored him and clung to our dark attitudes and appearances.



*Photo by RODNAE Productions from Pexels*

I glimpsed up and saw that he was a Chinese guy and then I noticed that one or two others were following behind him and that he was encouraging others to behave as weirdly as he was! Obviously something was

mesmerizing about what he was doing, because before my eyes others began to join the increasing line of people flowing around the hall, swinging their arms, moving their feet, and bouncing behind the Chinese guy and seemingly loving it.

By the time I was in the minority I felt awkward and highly conspicuous. The thing to do was definitely to join in, if you wanted to be included in this thing and I, along with a mere handful of other depressed beings, wasn't included in whatever this thing was. So reluctantly and begrudgingly I rose and tried to fling myself about in the same way, mimicking the Chinese guy and the rest of the group. Highly awkward at first, after a few minutes I started to feel more alive and the rumor was now circulating back along the line that *the Chinese guy was Al Huang* – with no announcement, no introduction or talk, he had simply appeared and begun teaching through movement. He had the entire hall filled with people – depressed, London, Friday evening people—throwing themselves around behind him and worse, he had us making noises. We all started whooping and shrieking as we danced or bounced and I really didn't know what we were doing anymore.

### **Be like Al**

Over an amazing weekend we learnt the very essence of Tai Chi with Al. Tai Chi, he taught, was not merely the forms and the discipline. The essence of Tai Chi was our flowing movement through life itself. He taught us the Tai Chi of washing up, of cleaning your teeth, of waiting for a bus, and walking up the stairs.

Nothing was too holy for Al and everything, however ordinary, was sacred. He didn't teach us this in words or philosophy. He taught us experientially through movement, through joy in being alive, and through his marvelous smiling face.

It was infectious, that face. If we doubted it – and most of us did doubt it to the depths of distrust and cynicism – Al Huang's shining, smiling face absolutely assured us of the fact that happiness was real; that you could choose to be angry and scared and depressed and practice that in your life or there was another way... and that way was to be like Al.

You cannot control the world. Life is not your enemy. Let yourself merge with the world about you. Flow with life. Stop thinking in terms of self and other, in terms of separation, division, and conflict. Allow yourself to relate to the world, not as a separate being, but as awareness, as consciousness to itself, like a drop relates to the ocean, all-inclusive, seeing yourself reflected in the other and the other in yourself. Let anger go completely, accept, allow, and love.



*Photo by Stephen from Pexels*

[This article is derived from a talk given as part of the Novena Teachings. A recording of the lecture is available at <https://www.centerforhumanawakening.com/Lectures.html>. A transcript of the lecture may be found in the book *Moksha Dawn: Talks on A Radical and Innovative Approach to Spirituality and the Sacred in the 21st Century*. Details of this and other publications are available at <https://www.centerforhumanawakening.com/Books.html>.]



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

## OTHER ARTICLES:

### 7. Parade, by Michael Richardson-Borne

# EIGHT JUSTIN BIEBER | ECKHART TOLLE

#### PARADE

What do you mean<sup>1</sup> by this, America? You see them standing under your mistletoe.<sup>2</sup> You let them kiss your disposable goods while being disposable goods. America – is their purpose<sup>3</sup> to be believers<sup>4</sup> in your economy? Is their purpose to be believers in your monied miracles and catch phrases – to invest in your wretched investment while they mimic the moves of your curt choreography?<sup>5</sup> America – is the dream of this scheme still a no brainer?<sup>6</sup> Do you laugh as they buy your sold-out concerts and make you famous? As they put you on the world's stage and dance in your

front rows care-free?<sup>7</sup> As they carry out the plan of your pickpocket pundits with their printed paper? Are you the one,<sup>8</sup> America? Was it you who hid the soundcheck when the unplugged microphone was still enough?<sup>9</sup> Was it you who claimed lady liberty as one less lonely girl?<sup>10</sup> Was it you who lived a life without the journals of self-reflection?<sup>11</sup> America – who were you before your parents were born? Who were you before you touched the eastern shore, before you fled from Germany<sup>12</sup> to Georgia, before you pinned a new earth<sup>13</sup> onto Europe and floated toward Utah?

Who were you before the void appeared as sudden as yesterday<sup>14</sup> – and as strong as the power of now?<sup>15</sup> Somewhere in the hallowed halls and wooden chambers, you will fly by night to receive the answer. You will learn that stillness speaks<sup>16</sup> and see a signpost that signals a new identity. You will accept the story that a person is not a person – you will know the narrative of a nation is make-believe. America – they are waiting to hear beyond you. Play the music that draws them to their hearts. Let them have the epiphany. Give them the joy of life's parade.

#### PARADE NOTES

1. A reference to Bieber's song What Do You Mean? from the Purpose album.
2. A reference to Bieber's 2011 album titled Under the Mistletoe.
3. A reference to Bieber's 2015 album titled Purpose.
4. A reference to Bieber's fanbase called "Beliebers."
5. Choreography is the act and art of designing dance.
6. A reference to Bieber's song No Brainer, a collaboration with DJ Khaled, Quavo, and Chance the Rapper.
7. A reference to Bieber's sold out concerts around the world.
8. A reference to Bieber's song I'm the One, a collaboration with DJ Khaled, Quavo, Chance the Rapper, and Lil Wayne.
9. A soundcheck is a test of sound equipment before a musical performance.
10. In 2010, Bieber partnered with Nicole by OPI to launch the nail polish line The One Less Lonely Girl Collection.
11. Self-reflection is a practice taught by spiritual teacher Eckhart Tolle.
12. Tolle was born in Germany and is now a resident of Canada.



13. A reference to Tolle's book *A New Earth*.
14. Tolle speaks of his awakening experience as being "drawn into a void."
15. A reference to Tolle's book *The Power of Now*.
16. A reference to Tolle's book *Stillness Speaks*.



**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](mailto: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:

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

The Center for Human Awakening is pleased to bring you a spiritual seminar series titled “The Novena Teachings: Nine Jewels of Sacred Approach,” from April 20 – December 21, 2021 (3<sup>rd</sup> Tuesday of each month). A novena (from Latin: novem, "nine") is an ancient tradition of devotional prayer, consisting of private or public prayers repeated for nine successive days or weeks. Join us for these nine seminars, these nine jewels of sacred approach, through the psycho-spiritual teachings of Richard Harvey.

**Dates:**

April 20: Surrender - Reflecting the Divine into the Earthly Domain

May 18: Relationships - The Deep Longing of the Eternal to be Reunited with Itself

June 15: Anger - The Destruction and the Dissolution of the Sacred

July 20: Now - Enlightenment has Always Been

August 17: Disenchantment - The Infinitely Blessed Path to Awakening or Provoking the Divine

September 21: Love - The Eternal Moment and the Presence

October 19: Maturity - Assuming Your Birthright to Absolute Freedom

November 16: Devotion - Absolute Surrender to the Divine

December 21: Awareness - The Expression of your True Nature

**Times:** 3<sup>rd</sup> Tuesday of each month, 1:00 - 2:00pm EST / 7:00 - 8:00pm CET

**Location:** Zoom videoconference call

**Cost:** €25 for each seminar

**Hosts:** Richard Harvey and Robert Meagher, Co-Founders of the Center for Human Awakening

**Registration:** Go to <https://www.centerforhumanawakening.com/Spiritual-Seminar-Series.html>

The theme for our next newsletter (September 2021) will be ‘**Freedom**’ If you would like to contribute a piece for our September newsletter, write to us at [info@centerforhumanawakening.com](mailto:info@centerforhumanawakening.com).



## 9. Other Center News and Offerings

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](mailto: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 book<sup>3</sup> he states the case for us being "custodians of the future" in a world that is being debased as it

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<sup>3</sup>*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](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)

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!

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

## 10. Links

### 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](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://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>

## **The Center for Human Awakening**

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YouTube: [http://www.youtube.com/channel/UCD\\_pJVba\\_LktmEzfuc51kfQ](http://www.youtube.com/channel/UCD_pJVba_LktmEzfuc51kfQ)