

The Eyes of the Golden Hall

~ A Newsletter of The Center for Human Awakening ~

May 2022 Newsletter

Volume 7, Number 2

In this e-Newsletter...

FROM THE EDITOR'S HEART.....	3
THEMED ARTICLES.....	4
1. Catastrophe and Equanimity: A Psycho-Spiritual Response to Present World Events, by Richard Harvey ..	4
2. A Psychological-Spiritual Perspective on World Events, by Robert Meagher	6
3. The Consciousness Exercise: A Spiritual Method for the 21 st Century, by Richard Harvey	9
4. Spiritual Solutions to the World's Problems, by Ellie Inskip.....	12
5. The Future: A Vision of the New World, by Richard Harvey	15
6. A Letter of Freedom, by Tuula Saarela	21
OTHER ARTICLES:	23
7. Livestock, by Michael Richardson-Borne	23
SOULFUL SHARINGS:	25
8. What's New and Upcoming at the Center?	25

9. Other Center News and Offerings 26

10. Links 29

FROM THE EDITOR'S HEART

Our theme for this edition of *The Eyes of the Golden Hall* is 'A *Spiritual Perspective on World Events*.' There is much going on in the world these days. But what is actually going on? Who is experiencing these events? What is the world for that matter? This edition is dedicated to exploring current world events from a psychological-spiritual perspective.

We are most grateful for all the contributions to this newsletter. As ever, we have some wonderful contributions from our Founders, Richard Harvey and myself. We are also blessed to have Ellie Inskip and Tuula Saarela share some deeply personal and heart-centered writing.

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 2022) will be *Stillness*.' If you would like to contribute a piece for our September newsletter, write to us at 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.

~ Robert Meagher, Editor

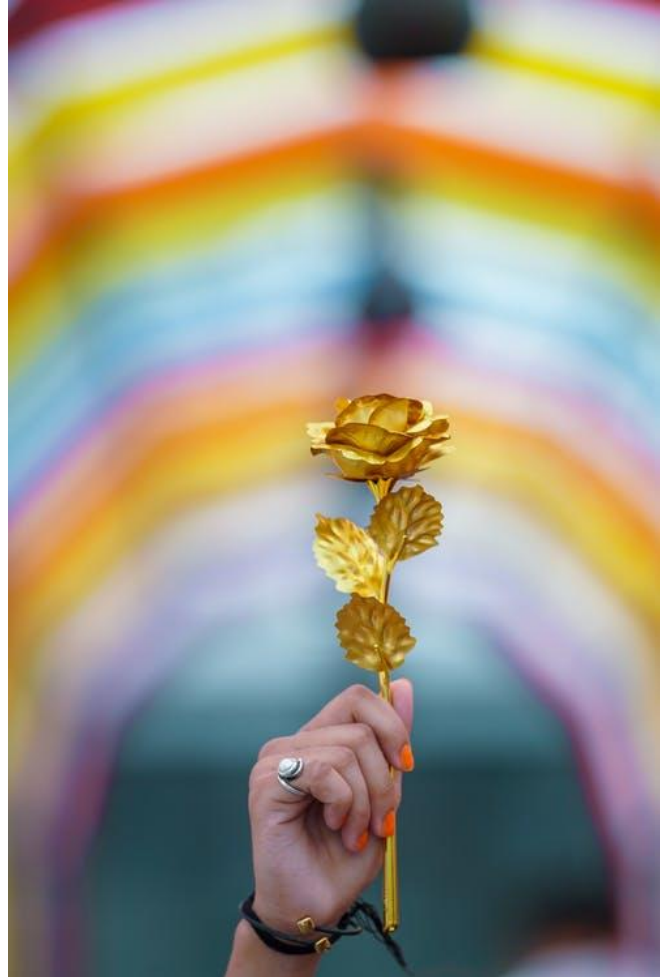


Photo Credit: pexels.com - Kaushal Moradiya

THEMED ARTICLES

1. Catastrophe and Equanimity: A Psycho-Spiritual Response to Present World Events, by Richard Harvey

Today we are facing a number of extraordinary world events. In human history these events may be unprecedented and yet the reactions or perhaps the responses we have to these events are quintessentially human. As humans we experience fear, anger, loathing, disgust, joy, exhilaration and empathy, sometimes to an extraordinary degree of intensity and strength and at other times as mere background hums to the passing of days. But when those days and their passing are under threat emotions, experience and responses become acute, powerful for we feel under threat and that threat today is patently palpable, a reality.

Nuclear conflict leading to either localised or global destruction is more likely today than at any other time in human history. The environmental crisis, should we survive the possibility of nuclear conflict the present environmental crisis lies waiting who knows however many years off. In fact we are feeling the effects of it now on a global scale. The recent pandemic, while perhaps not being responsible for enormous human casualties in comparison to nuclear war or the mounting environmental catastrophe, has affected everyone's lives and in addition to the human suffering, caused enormous unrest, destabilising society on a mass scale. Behind these, the big three, lie the associated damaging effects of present-day capitalism, corruption in business and politics, global poverty, dwindling resources of water and energy, overpopulation, perpetual wars, injustice and divisiveness, ethnic religious and gender prejudice, energy crisis, social breakdown... and many other global concerns.

We are not here however to discuss these issues these crucial issues directly. We are here to talk about a psycho-spiritual perspective on current world events. It should come as no surprise to anyone here that the spiritual or the psycho-spiritual perspective is invariably different and in contrast to the conventional material or non-spiritual perspective on almost anything! This poses difficulties for the spiritual practitioner, the seeker who endeavours to live her life according to deeper layers of truth and wisdom in a world which seems sometimes oblivious or ignorant of those spiritual truths but which seem to the spiritual practitioners to be the sanest aspect of human life.

It may also be all too easy as a spiritual practitioner to slip back into simple human form, by which I mean to abandon spiritual values and knowledge, in the face of possible annihilation. This poses the question that if spiritual truth has meaning and if spiritual teachings are real then how is it people are so quick to jettison spiritual values, even if and perhaps particularly when anticipating the end of their life or a threat to their existence?

For the spiritual truth or the decisive characteristic of spiritual teaching in religious traditions, in primitive mythology, in pagan, archetypal and heretical spirituality, as well as orthodox, conventional and establishment doctrines is that some transcendental, some numinous, some other reality exists and relates in some way to the passing events of life in this relative, temporal plane of existence. Here in temporal reality we infer or we intuit, perhaps through higher instinct, the truth or something greater perhaps, something of eternity of supra-human wisdom and design that supports, mediates or facilitates the world, this plane of arising forms. These forms,

events, circumstances, and objects are born, exist for a limited timespan and dissipate and finally die, going out of existence. This includes everything so that the world of thing-ness really isn't the same as the spiritual world although for the spiritual practitioner the one who seeks to live from her spiritual conviction and who has made a commitment to a deeper truth, that same truth may be witnessed in the passing of events and arising forms in the outer world.

If this is the same truth, if the outer world is a reflection of the inner, then the spiritual practitioner intelligently works with inner conditions to engage with clarity, wisdom and ultimately enlightenment concerning the present state of the world, as with all outward events. The business at hand is suffering and to not distance ourselves from the apparent others' suffering, to not objectify and corrupt the experience of present world events to fit in with our prejudice or judgment, and to reinforce our criticism, partisanship and petty opinions with supposed superficial understanding we must press on with our pscho-spiritual practice, inner work, and discipline. In this way our apprehension of world events may be free of our personal filters and assumptions.



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

2. A Psychological-Spiritual Perspective on World Events, by Robert Meagher

We are living in unprecedented and, at the same time, extraordinarily-interesting times. What are the world events contributing to these extraordinarily-interesting times and how can we look at these events through a psychological-spiritual lens?

I see five broad, unfolding categories of events that are contributing to the challenges and opportunities we face. First, environmental shift. Polar ice caps and glaciers around the world are melting at a rate never seen before. Drought conditions have overtaken some areas, while catastrophic flooding is being experienced in other locations around the world. Last year alone, the country I live in (Canada) experienced both historically-high temperatures and historic, catastrophic flooding on the west and east coasts of the country. I have witnessed the climate change significantly in the last 10 year alone. Winters are milder and the heat in summer is more intense.

Second, civil and geo-political unrest appears to be on the rise. From recent, pro-democracy protests in China, to continued uprisings around the world against communist-oriented and other regimes and dictatorships. At the time of this writing, Canada is in the midst of an unprecedented civil unrest and protest regarding COVID restrictions. The scale of these protest is unlike anything I have ever seen in Canada in my life. Geo-political unrest is also on the rise. The Middle East appears to be on a continuous, and precarious edge of conflict. Russia's recent invasion of Ukraine is raising tensions throughout Europe that are sending shockwaves throughout the world.

Third, we are experiencing global humanitarian challenges of epic proportions. The world has been grappling with the COVID pandemic for more than 2 years now, and according to most medical authorities, we are soon to move into an endemic stage with COVID. Human rights abuses around the world are emerging at an unimaginable rate. In Canada alone, we are only beginning to come to terms with the horrific legacy of the residential school system that is responsible for the senseful killing of an unknown number of first nations children. At the same time, we are witnessing mass exoduses and migrations of citizens from African and Middle Eastern countries to European countries, and from South American countries to the United States and Canada.

Fourth, we are seeing institutional transformation and collapse that is reshaping everything around us. The world of work, the work we do and how we work, looks little like it did even 5 years ago. Major corporations that once we thought to be immovable and unshakable are either transforming into completely different entities or are disappearing before our eyes. The goods and services we buy, and how we purchase them, doesn't look anything like what we experienced 10 years ago.

Some of this institutional transformation and collapse may be due to the fifth category or events, technological change. From mobile computing to online shopping, technology has transformed our lives. The combustion engine looks like it may disappear in the next decade, making way for electronic cars and/or driverless cars. Elon Musk and Richard Branson's bold entry into commercial space travel have ushered in a whole new era of technological exploration and discovery.

Amidst all of this shift and transformation, we have become a society of instant gratification. Gone are the days (for most people) when we grew our own food and cooked our own food. The speed at which we live life has accelerated at a dizzying pace. We have become a society of fast food, fast cars, fast sex, even fast spirituality.

Environmental shift, civil and geo-political unrest, global humanitarian challenges, institutional transformation and collapse, and technological change...what sense are we to make of these seismic forces and what can we do about, and with, it from a psycho-spiritual perspective?

From a psychological perspective, we are being given the opportunity to become more of an observer of life, instead of getting drawn into it. The more we can learn to simply observe, the more we position ourselves to be at peace with whatever is unfolding and whatever emerges. We can welcome all events as an opportunity for reflection about what it is bringing up for us, and in us. What are these events showing us about ourselves?

From a spiritual perspective, we are being offered many gifts. We are being given an extraordinary opportunity to trust in life. I am reminded of the teaching "When things appear to be falling apart, they may actually be coming together." We can only begin to come to terms with any/all of these events by choosing to see them differently. People sometimes ask me... "When will the devastation stop?" It will stop when we stop seeing it as devastation and something that needs fixing or correcting.

Some psycho-spiritual teachings suggest that the whole purpose of psychotherapy is to remove the blockages to truth by questioning the client's state of mind or reality. The premise is based on the assumption that the client's state of mind has them seeing their reality the way they are (typically in a way that is causing them dis-ease). To question this state of mind/reality, is the beginning of us seeing our reality differently.

Here are two examples of seeing devastation differently. First, from Deepak Chopra. He was once interviewed about the current state of environmental disaster. Deepak Chopra responded by saying the current state of nature is an expression of our inner state of being. Nature is in chaos because we are in an internal state of chaos. If/when we calm down, nature will calm down. Nature will not let us destroy it. It is not nature we need to concern ourselves with. It is our state of mind we need to be concerned with. Second, from the outspoken George Carlin. He delivered a rather controversial stand-up comedy routine once to address the issue of climate change. Here is some of what he said. "We are arrogant to think we can save the earth. Nature is fine. Nature is doing what it needs to do to survive. Nature existed long before we delinquent humans got involved. And nature will exist long after we snuff ourselves out from our arrogant, ego-centric, and self-centered ways."

The current state of global affairs is the unfolding and integration with its rebirth. There is only one thing that will protect us and guide us through this transformational time; and that is love. As the Reverend Dr. Martin Luther King once said, "Hate (fear and anger) cannot drive out hate; only love can do that." This teaching is echoed in other non-dual teachings. Ultimately, only love will protect you. It will lift you out and above all trials and conflict and into a place of perfect peace and safety.



Robert Meagher: is Co-Founder of The Center for Human Awakening. Robert has been ordained as an Interfaith Minister and Certified as a SAT Therapist (Level 1 and Level 2).

3. 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, excitation, 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.

[This is a slightly edited version of pages 319-39 in my book *Your Sacred Calling*, Austin Macauley 2017. See <https://www.therapyandspirituality.com/books/your-sacred-calling.html>]



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

4. Spiritual Solutions to the World's Problems, by Ellie Inskip

Unprecedented. This word has been used so much over the past two years. These are unprecedented times. The challenges we face are unprecedented. This change is unprecedented...and yet I have found myself feeling that, in reality, there is something very familiar about all of this.

I recently picked up a copy of 'Living in an insane world' by Krishnamurti. It is a collection of transcripts of a number of his talks given around the world between the 1930's and the 1970's. One of these transcripts is of a talk he gave during the Second World War. He spoke about the human capacity to be at war with oneself. Our propensity for violence, aggression, competition and destruction. Of course, he was speaking of a time where the world was at war: a time of bombs, fighting and murder. But I feel that his words are just as relevant today as they were then. We are living in an insane world and our capacity for greed and destruction is just as present now as it ever was.

We are still at war with ourselves. A daily scan of the news gives endless examples of separation, division and polarization. Fear and anger projected outwards onto the other. Discrimination, subjugation and hatred. The vaxxers versus the anti-vaxxers; Western governments hoarding vaccines while poorer countries are left to suffer; new rules around who can go where. Who is acceptable and who isn't. We live in a world where the colour of your skin, your gender or your sexuality dictate how valuable you are. Human beings fleeing persecution, death and destruction are considered 'illegal'. They are feared, rejected and left to die or exist in a no-man's land. Rape, murder and genocide continue around the world every day. Climate change is threatening the existence of life on earth and there is a tangible sense of powerlessness in the face of corporate greed and government disinterest.

Research into trauma in child development tells us that 'the child will keep creating trauma in order to find ways to release trauma'. I feel that the global challenges we are facing are a collective extension of that. We continue with our desire to create conflict and chaos. It is familiar after all, and at least this way we get to feel something, either pain or self-importance – often both. Finding someone or something to hate is human instinct. The projection of those aspects of self that we find habitual and certainly preferable to facing the things we might hate about ourselves.

I see our addiction to technology, social media, constant distraction as symbolic in many ways.

Our world, Gaia, is suffering. She is calling to us. Crying out in pain, and our pain is her pain. But we cannot face it. Better to numb this pain.

If we listen to her the message is clear. It's no coincidence that at the same time as her own lungs are burning in the Amazon we are visited by a global pandemic – affecting the lungs. She can't breathe and so we can't breathe. The lungs represent grief. And we need to grieve now.

And yet, the grief is too much for most of us. At a loss, we find it easier to work, drink, have sex, take drugs, go shopping, bury our noses in Instagram or the latest Netflix series. Of course. We look the other way and hope that someone will sort it out on our behalf. Someone else must be responsible for all this right? And when I say we I really mean me. We seek to control everything in a bid to allay our fear.

We are looking for safety when all around us there is chaos. In our desire for identity, certainty and belonging, we commit great acts of violence against our fellow human beings. It was ever thus. We have no control – it is all an illusion. As Richard Harvey says in ‘Your Sacred Calling’ – the two pillars of the ego are fear and desire. And the truth is that the certainty the ego seeks does not exist.

If we are able to accept this then we come to the realization that there is no sense of self without the other. We are a living, breathing, mass. Rejecting one’s fellow human is rejecting a part of oneself.

And so what are the potential solutions to the situation we find ourselves in? I suppose thinking about solutions implies there is a problem, which of course there is if you have any empathy. But what is the problem trying to tell us. Why is all this happening right now at this moment? I believe that the solution lies in the chaos. That chaos is an opportunity. Out of chaos great things can be born. The universe itself is borne from chaos. And in a chaotic system, small changes can cause large-scale effects. As Nietzsche said: Chaos gives birth to a dancing star.

Let us embrace it. Sit quietly with it and ask it what it wants. To see it, hear it and feel it. Suspend our fear and desire. Let go of our attachment to, and expectation of it. Much as we would do with a distressed child. The chaos is there for a reason.

It occurred to me recently that perhaps the best thing that could happen is that the human race dies out. Maybe that is what is needed now. A terrifying prospect but we do seem to be firmly on a path to self-destruction. I was fascinated to hear Pat McCabe (Woman Stands Shining) from the Navajo people, say recently that she is rooting for the collapse of the world. Indeed, that she believes that we have passed through many worlds. This isn’t the first time we have lost, or been on the brink of losing one.

And yet something in me feels that, just as we have a capacity for destruction, we also have the capacity for creation. Creation of a new world. Pat McCabe also speaks of ‘a turning backward to an awakening’. A return to something we already know.

So what if we dispense with the notion of progress, achievement and success. We need to face into the sorrow and despair of who we are and what we’ve done to ourselves. Let’s stop trying to avoid it – all the virtual realities and rockets to Mars are not going to save us. They are only going to take us further from ourselves. Let us open our hearts to each other. Receive and take each other in and live in service of the love that is possible when we do this. In harmony with ourselves and each other. The answer is already here, inside of us.

As Woman Stands shining said, the indigenous people of America existed perfectly well for hundreds of years, in tune with the earth and its natural rhythms. Then along came the patriarchy and its desire for progress. It has trampled all over the Earth and brutalized its indigenous people. What has ‘progress’ ever really given us other than a desire for more progress? ‘Faster, better, stronger’ only leads to discontent and disillusion. Cruelty and subjugation. Again, like the child who wants to prove himself in the playground because underneath there is a deep sadness and lack of connection.

It is time to grow up now. Let us return to the simplicity of existing in tune with the earth and each other. Because it is only through true connection that we will have a home here.

It is time to return. To stop driving forward to destruction but to return to being. Return to love and return to ourselves.



Ellie Morgan: is a counsellor, healer and wise woman. Born and raised in Wales, she currently lives in Hampshire with her family and beloved cat. She is a firm believer in truth, compassion and the power of love. Amongst other things she loves to write, cook, dance, sing and lie out under the stars. Ellie can be reached at: elianormorgantherapy@gmail.com and www.elianormorgantherapy.com.

5. The Future: A Vision of the New World, by Richard Harvey

Let's consider some summary sketches of life in the future—a future in which humanity has responded to the need to guard, protect, and treasure the sacred-spiritual truths in order to live from the heart and has awoken to the need to save and preserve the sacred principles for leading a truly spiritual life, the way to emotional and spiritual freedom.

Under the general headings that follow are short indications of how change and transformation could start in these respective areas of human concern. They comprise very brief sketches of future growth and development in the collective arena of humankind. I hope this section will inspire those with spiritual vision to expand and "flesh out" the material here in their own writings and discussions... and in their lives. More than anything though, let us be active, enthused, inspired, and energetic in our application of these principles; we have no time to waste in the present circumstances of spiritual emergency... and sacred emergence.

Home and Society

The sanest way to live is in nature, in de-centralized, small-scale communities close to food sources, waste recycling, and using natural energy resources. These small societies should be ideally self-sufficient or involved in exchange with neighboring communities to supply their various needs and as far as possible self-governing in the supply of resources and communal subsistence.

Politically this will take some long-overdue revisioning and restructuring. The wise elders who oversee (formerly the governing role of politicians) the running of the community provide and educate people in rites of passage for natural life transitions. For example, natal birth, incarnating, puberty/adolescence, young adulthood, family duties, parenting, true adulthood, mid-life, spiritual gateways, wisdom maturation, and so on. This honors the sacred passage of developmental stages in a human life and has untold benefits for the community in terms of mental, physical, and emotional health and well-being. The society as a whole should be educated in the knowledge of the essential nature of rites of passage. These are conducted by societal elders who may have other roles in the community and who pass on their wisdom and knowledge to novices.

Each small-scale community reflects in everyday life, structuring and behavioral dynamics, a balance between the visible and the invisible worlds, the inner and the outer, the soul and spiritual forces, and the practical needs and necessities of life. Unless a community has a special function, for example, caring for the disabled, producing building materials, emotional education, or spiritual discipline, each day, month, and year reflects balanced involvement through occupying, respecting and participation in mutual caring, cooperation, and the establishment of harmony, awareness, and the skills of mindfulness.

Each community is comprised of several biological families, single adults, different ethnic groups, people of varying ages, children in relationships of various kinds. The variety of each community reflects the diversity of the human family. For certain purposes associated with stages of life, separate houses or areas of the community are set aside for preparation for rites of passage, including all-women houses and all-men houses, pre-adolescent children's houses, areas for contemplative time, and retreat spaces for those about to enter into the marriage ceremony. Tolerance and cooperation, peace and compassion are reflected throughout every layer of society in the new vision—the sacred vision of the new world.

Nature is treated with great respect and reverence. Aesthetic areas, either unspoilt or fashioned with harmony between nature and human, are features of all communities. Farming and food production are considered a sacred opportunity for worship and compassion in providing the means to preserve life.

Animals are treated with utmost respect and accorded all the means to a happy life. Their relationships to individuals and the collective are considered meetings between arising forms of consciousness itself.

This is the basis of community: Love, compassion and personal-psychological and impersonal-spiritual unfolding, the fundamental effort for the aspiration toward communal life. To accelerate and potentize the character and personality work, so that groups of people can live together practically and spiritually, balanced, heart-centered, and authentically motivated to transform and reach the spiritual, transcendent, and divine levels of profound human existence.

Education: Children and Early Years

Children are naturally self-regulating, self-healing, and self-governing—all these are natural processes inherent in babyhood, infancy, and childhood. Acknowledging and respecting these inherent processes make the education of children monumentally easier. Children are taught and inspired, guided and tutored, in the Mystery. The Divine is the prevailing context for their education; the overriding backdrop and theme of childhood is the source of compassion and the reality of Love. The education of children becomes a matter of divinely instilling the feeling and the experience of love, empathy, kindness, wholeness, and compassion.

Steiner education provides the most profound, inspired, spiritual basis for education at the present time. This approach coupled with the insights of western psychology enable us to respect the natural passage of child development and meet the educational needs of children in creative, enriching ways.

Traditionally, the tests and lessons of early childhood are dependency, trust, security, punishment, blame, possessiveness, jealousy, and attachment. The tests and lessons of adolescence are independence, betrayal, intimacy, philosophy, beliefs and opinions, making a stand, resistance, rebellion or conformism, self-worth, developing the “I,” and creating an identity. In between the two are the tests and lessons of life from approximately seven to puberty—socialization, communication, mediating others’ needs and desires, creating a sexual and power-based identity, intimacy, and relationship to individuals and the collective. However, the inherent struggles associated with traditional themes of childhood and adolescence should transform over two or three generations as the positive forces of heart and wisdom prevail.

Education takes place in a blessed, aware relationship with the teacher, in the home and community life, and through the experiences, events, and interactions of life itself. In this way education is not marginalized or segmented but viewed as an ongoing reality of unfolding life.

Human Relationships

The romantic myth of love and quest, sadness, despair, and death is dislodged much easier with the new education of children. Since the romantic myth itself has arisen from the tribulations and frustrations of incomplete childhood transitions, the legacy of the romantic myth should fall away without too much wounding or leaving too wide a scar. This natural healing will give rise to the new mythology or backdrop of inherent life guidance, one that is innately natural, transcendent, and intelligent in the holistic and deepest sense. The new myth is the myth of spiritual awakening, Self-realization, and Divine Translation—the furtherance of humankind into the body of light inherent in the psycho-physical form.

Relationships will be all about love, less about personal love or at least not personal love that resists or occludes impersonal love. Impersonal love is love that knows it is all-inclusive, all-giving, all-responsive, and beyond prejudice, patronizing, partisanship, or bigotry. Impersonal love is not divisive, preferential, separative, or ultimately involved in "specialness" or individual identity. The difficulty here is in the transition time. However, when begun from the Truth itself, great changes will be seen in the first generation, a transformation in the second, and, by the third, a metamorphosis into transcendental grounding and apparent, deep manifestation of spiritual, soulful, sacred vision, and Truth.

Relationships are not only no longer orientated to romance, separation, possessiveness, loyalty/disloyalty, jealousy, and violence, they are orientated to the sharing and progression of love to all. Families are no longer exclusive or separative. Children are aware of their individual parents, but they are equally involved with other adults and each child feels the experience of being in relationship with several "parents." This may mean that adults gravitate toward children who are not "theirs" biologically but in a different kind of way—spiritually, emotionally, energetically, karmically, and so on—the two beings are drawn to each other through caring ties.

We must surely all be aware that we are living presently in extraordinary times for relationships between adults and children. Teachers not allowed to embrace pupils who are in distress, pedestrians afraid to go to the aid of the injured, therapists are intimidated into not following their natural caring instincts for fear of legal retribution—whatever the justification for these extreme conditions the fallout for these unnatural travesties is injurious and damaging. Also, many different kinds of inter-human relationships are being judged, ignored, and rejected in favor of conformist ideas of how we *should* relate to each other. Conventional forms of relationship marginalize and eclipse the richness of relationships and all the feeling, love, compassion, and caring of which humankind is capable. It is time to take these relationships—the ones that are not understood, recognized, or conventional and allow them and acknowledge their inherent richness in the variety of ways human beings have of caring for each other. In fact the damage and the destruction we are doing in contemporary society by not recognizing, understanding, and supporting, but rather intimidating, persecuting, and criminalizing people for feeling, is immense. The results will never be understood and connected with this suppression, but will be revealed flagrantly, spectacularly, and negatively in the darkness of our future unless we act.

The principal trajectory for couples will be love and spiritual development and not raising children and creating nuclear family units. We are no longer principally concerned with the propagation of the species, less still with the propagation of the species as a cloak for reinforcing our sense of self-worth because it was stripped from us in childhood and adolescence. The approval that young couples seek from parents and grandparents for perpetuating the foolishness of propagating life to ensure approval is futile and widespread indeed. It is time for this utter stupidity to cease. People are worthy and estimable in themselves; indeed people are embodiments of the Divine. They do not have to perform or compromise, less still bow to ridiculous conventions and expectations.

Heart Teachers and Guides

The lower chakra concerns are no longer not only on the ascendant for humanity but they are and should be balanced and understood in the light—literally the elevated higher consciousness of the higher chakra concerns. This means that heart-opening, surrender, and acting as a conduit for the Divine becomes the life orientation for those who have the sacred calling to heal, guide, and awaken. Although everyone requires a mentor, a counselor, or a teacher to turn to for shared reflection and wise guidance, not all people are equal in regard to sacred-spiritual wisdom and the ability to teach and guide. However all beings are equal in the sense that each

one should allow, strive, and endeavor to allow their essence to radiate and be surrendered to the spiritual calling.

What has previously been known as the psychotherapist, counselor, or healer should increasingly be equated with spiritual teaching. All healing of mind, body, and soul should be based in the spiritual nature.

What was previously known as the psychotherapist, counselor and so on is renamed to release the associations with a medical model of psychological well being (a contradiction in terms) and associated and based on the spiritual teacher.

Not everyone is expected to awaken spiritually All human beings are accorded equal respect in the fulfillment of their individual destinies. However for those who are seen and understood by wise elders and guides to be ready, the age old tradition of transmission from teacher to pupil, from master to aspiring adept, directly through practice, ordeal, and inner transformation to attitude, orientation, and relationship applies. When the master sees that the disciple is ready, he transmits the teaching through esoteric ritual, clandestine means, in appropriate and effective ways.

Birth Process

The birth process is pivotal to the unfolding of a human life. In the present society birth is medicalized and pathologized. Interventions and fearful attitudes compromise natural deliveries and often traumatize both mother and baby. This is not an intelligent way to begin a human life!

Birth should be approached with sacredness and reverence as the gateway into the psycho-physical realms. The mother's inherent wisdom should be encouraged and respected with guidance and the wisdom from sage women.

The largely ignored wisdom of Frederick Leboyer and Michel Odent, and the pioneering work of Sheila Kitzinger comprise the basis for a fresh, compassionate, intelligent approach to childbirth, pre- and post-natal periods.

In the new society birth is a consecrated ceremony of reverence and gentleness, consisting of loving presences, calm, a complete absence of anxiety and fear, dimmed lights in a comfortable room with an optimum temperature, delivery into water should at least be considered, as far as possible no intervention from professionals with (unless there is genuine cause for concern) the newborn laid on the mother's stomach and allowed to bond through skin-to-skin contact.

Heart Opening: Authenticity and Compassion

The means to personal healing should be appropriately made available to all. Rising into the heart chakra and living a life of authenticity and genuine compassion should become increasingly common in society. In the small-scale community heightened awareness and condition of love and compassion for all should become the new consensus. Heart-opening awareness in the expression of love compassion and care-giving radiates from all.

In the event of immoral (in the spiritual sense), corrupted, or unnatural behavior in any individual or group of individuals, the whole collective or the "family" of involved individuals congregating around that individual are involved in the process of ritual cleansing and purifying the emotional and relational context of the individual

who has highlighted through adverse behavior some lapse in light-filled behavior in relationship to others, to the community, or to the sacred environment in which the collective lives and exists.

Whenever the new society faces an impasse, conflict or uncertainty on matters of decision-making, direction, or policy the default position is compassion, the voice of the heart is the ultimate reference point in the meeting between God and humanity.

The Biological Family

It is intelligent and responsive to the stages of human development that the biological family gets left behind or transcended. Since inner work becomes the common pursuit of humanity this will happen quite naturally. The primary reason for retaining attachment to the biological family as a whole and to family members individually is overwhelmingly the inability to complete or transcend the dilemma of dependence/independence and the creation of identity.

The new form and idea is that once you have been mothered and fathered, brothered and sistered you grow into adulthood. Adulthood in the present conditions of contemporary human life occurs (when it occurs at all) on or around the age of 42 (and occasionally earlier). In the new future vision this may well change as more and more people are less delayed with remedial psychological work aimed at freeing them from emotional, energetic, and mental confusion, and dilemmas about human relationships.

Transition Time

In the intermediate stages of personal and collective healing and transformation—the transition time—through compromise, establishing strong structures based on truth and inner wisdom, collective meetings of wise elders to guide and give sage guidance and advice, the reduction in power-based leadership, its replacement with tolerant, cooperative, peace-based, harmonious-based release from family ties and outmoded loyalties

When our human relationships strive toward interconnected individuals living in tolerance and cooperation, living the dream of humanity, the vision that is attainable when we turn our faces toward sanity, heartfelt existence, and collective wholeness, the sacred-spiritual life has much to contend with, much to overcome. Genocide, misogyny, infanticide, slavery, political tyranny and corruption, religious indoctrination, scapegoatism, torture, homicide, racism, sexual-orientation phobias, persecution—and this list is hardly exhaustive! It represents enormous opposition to love, acceptance, understanding, and mutual tolerance. I invite you and I invite others to write a companion list that speaks of the positive, prolife forces that represent the richness of the heart's love for humanity, the soul's deep engagement with human travails, the expansiveness of the spirit's transcendental wisdom for healing, and developing the human being to higher and higher degrees of sublimity, forgiveness, and wonder.

To live in the light of Divine truth has nowhere near been spoken of enough. The details are every bit as formidable as is the list of life-negating and degrading human hatred and violence. Darkness has been an addiction and a compulsion of humanity's for too long now; it is time for us to speak of light of consciousness and love and freedom! So let us join together as one human family now and celebrate in peace and joy the wonder of what it means to be gloriously human, let us prepare the way for human awakening and transformation.

Embracing Your Sacred Calling: Living a Spiritual-Divine Life

Now I invite you to start. What you can do *now* is work sincerely with your inner process, develop your heartfulness, and progress into a deeper spiritual practice of devotion to obtain liberation. My books include copious exercises and encouragements about how to set up and conduct an effective inner work practice. Try to connect with others to combine in a collective effort of transformation. The group should start from the right basis of sacredness, spirituality, liberation, and divine fulfillment. The way is through the false strategies and complexities of character and personality into the life of authenticity.

If you become involved with authentic awakening, you will face your very deepest challenges and you will go further in your inner exploration, and beyond, than you have ever imagined. You will be set free and *only you* will be the decision-maker of this fate. You will come to a place where nothing and no one stands between you and happiness, bliss, and peace.

So if this meets your deeper aspiration for your life, act now and prepare and gather all you require to enable you to begin your sacred-spiritual practice. I encourage and inspire your sincere efforts toward living a sacred-spiritual life and embracing your sacred calling.

[This is a slightly edited version of pages 333-337 in my book *Your Sacred Calling*, Austin Macauley 2017. See <https://www.therapyandspirituality.com/books/your-sacred-calling.html>]



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

6. A Letter of Freedom, by Tuula Saarela

Editorial Comment: Tuula contracted COVID-19 in March 2020 and continues to experience long-term effects of the virus. Tuula had written to Richard Harvey in February 2022, which elicited the following response from Richard:

"Your story is so inspiring, would you consider sharing it in our newsletter. The forthcoming issue is themed A Psycho-Spiritual Response to Current World Events and since you came through long COVID how very relevant it would be... in so many ways.

Dear Richard,

This is the day of my surrender.

20.02.2022. In numerology it would be 10 and finally 1. Oneness it is.

In the midst of a snow "mountain" at the center of my old and new home town Savonlinna.

My soul sings here in my small home at Mountain street. What a strong symbol.

It is white all around, the sun light is dim behind the white clouds. Soon there will be blue skies.

I woke up to read your writings. At 10 am I listened to your vlog of Surrender. And I cry as I have finally come home.

I realized my calling for the sacred path.

Almost two years I have suffered of Long Covid. As my mind was not willing to surrender, my body took hold of my ego and burned it down.

I am listening piano music for God's promises and there is the text:

"For I will restore health to you. And heal you of your wounds, says the Lord." (Jeremiah 30:17)

I know I will heal now that I have surrendered to the sacred path I was meant to be on. Nothing less will suffice.

I was not willing but I surrender as I know it is not my choice anyway.

The text appears on the screen: "Fear not, for I have redeemed you; I have called you by your name; You are Mine." (Isaiah 43:1)

Full of Grace.



Tuula Saarela is Integral Therapist in Finland. In her Ba Therapy Practice she helps leaders and professionals in solving emotional, mental and spiritual health problems. She combines a variety of therapy modalities. She was certified on Sacred Attention Therapy level 1 in 2018. Tuula invites you to connect with her on LinkedIn: <https://www.linkedin.com/in/tuula-saarela-37349a5/>

OTHER ARTICLES:

7. Livestock, by Michael Richardson-Borne

ELEVEN PHARRELL WILLIAMS | SRI SRI RAVI SHANKAR

LIVESTOCK

“I am other.”¹ This is the hidden figure waving from the coast of your eulogy, America. It’s the fake deaths that occur in the heartland where memory has been dropped like it’s hot² coal. It’s the illusive preamble that appears to songlessness and the evil alchemy that produces³ the impossible scenario of love. To put pigeons and people in personal cages that pounce unwittingly like thunder without a signal is portentous. To turn excrement to gold or attempt happiness⁴ from a field of separation is sinister. To play along is to reinforce the

original sin – to promote the first divide imagined. America – now is the moment to shift your pedagogy. You teach them to explore the trees when the trees are part of the exploration unexplorable. You teach them to eat the lemons⁵ when the lemons are just existence itself. Experience is not something you do, America. It’s something that happens to the original happening – like swallowing ice cream⁶ at a parlor. America – it’s existence that lives experience like ingested bodies beyond reason. It doesn’t put its soul up for sale like an auction for cheap garments.

It doesn’t push against your stone walls or sink and silently cry for mercy. It doesn’t build a billionaire boy’s club⁷ with blurred lines⁸ that buy hearts like livestock. America – from Neptune⁹ to Nebraska, the cafes are empty. With people filling seats like single sutras,¹⁰ the cafes are empty. Their hearts are full as conversations criss-cross wooden tables like mirrors reflecting deeper than the image. It’s the only common thread that strikes an intimate note when sleek fingers hold coffee mugs like mudras.¹¹ It’s the quaint simple science of being honorific.¹² It’s the art of living¹³ where there is no other.

LIVESTOCK NOTES

1. Williams owns I Am Other, a multimedia creative collective that serves as an umbrella for all of his endeavors.
2. A reference to Williams’s song Drop It Like It’s Hot, a collaboration with Snoop Dogg.
3. Pharrell Williams is an American rapper, singer, and record producer.
4. A reference to Williams’s song Happy from the Girl album.
5. A reference to Williams’s song Lemon (featuring Rihanna) from the N.E.R.D album No One Ever Really Dies.
6. In 2005, Williams partnered with Japanese fashion icon Nigo to create and launch the streetwear brands Billionaire Boys Club and Ice Cream Footwear.
7. See note #6.
8. A reference to Robin Thicke’s song Blurred Lines which was written and produced by Williams.
9. In the early 1990s, Williams and three friends formed a four-piece “R&B type group” called the Neptunes.
10. Sutra is a type of religious literature present in many Asian traditions such as Hinduism, Jainism, and Buddhism.

11. A mudra is a symbolic hand gesture used in Hindu and Buddhist ceremonies and statuary, in Indian dance, and as a movement or yoga pose.
12. Ravi Shankar is an Indian spiritual teacher. He is frequently referred to as “Sri Sri” which means “honorific.”
13. Shankar is the founder of the Art of Living Foundation, a volunteer-based humanitarian and educational NGO.

SOULFUL SHARINGS:

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

The theme for our next newsletter (September 2022) will be '*Stillness*.' If you would like to contribute a piece for our September newsletter, write to us at 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.

- 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

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

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!

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

10. Links

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_LktmEzfunc51kfQ

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.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

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>

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