

The Eyes of the Golden Hall

~ A Newsletter of The Center for Human Awakening ~

September 2022 Newsletter

Volume 7, Number 3

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FROM THE EDITOR'S HEART

Stillness, and the practice of stillness, have become a true blessing in my life. I have experienced stillness in the most stressful and chaotic times in my life. Equally, stillness has evaded me during the seemingly mundane times in my life. So, I was excited about the opportunity to welcome 'stillness' as the theme for one of the Center's newsletters.

What is stillness? Is stillness desirable? If you want stillness, how do you cultivate it? Once you've found stillness, what do you do with it? How do you hold on to it? These are just some of the questions this newsletter may examine.

This newsletter features articles from Richard Harvey and myself, as well as poems emanating from stillness by Charles P. Gibbs.

The theme for our next newsletter (January 2023) will be *Living Life In Safety Or On The Edge*. Where do you play it safe in your life? Where do you take risks? Would you like to change either of these parameters? Where is that borderland between pushing yourself to new limits and caring for yourself? Where is your source of energy? Power? Wonderment? Awe? These are some of the questions we may explore in our January newsletter. If you would like to contribute a piece to our January 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

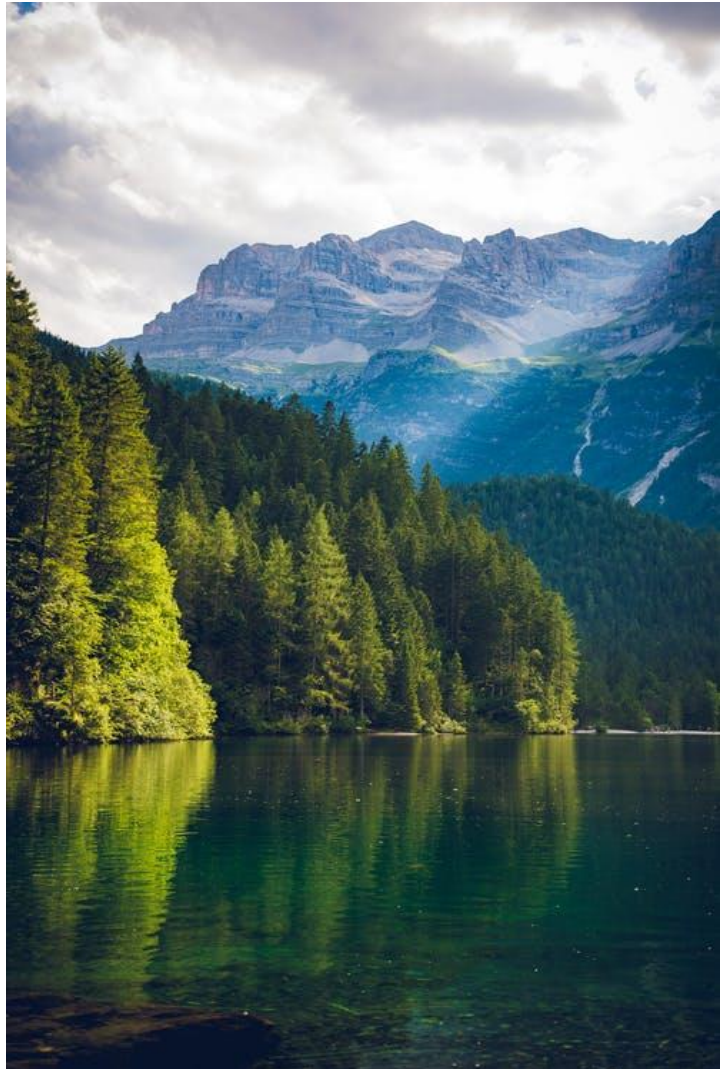


Photo Credit: pexels.com - Phillip Ackermann

THEMED ARTICLES

1. The Story of Huang-ti, by Richard Harvey:

Huang-ti had ruled the world for nineteen years. He was a king, an emperor and his commands were heeded by all. When he heard about how Master Kuang Ch'eng had fathomed the Perfect Way, he went to visit him on top of the mountain of emptiness and identity.

Huang-ti asked, "I have heard about the Perfect Way, but Master, what is its essence? I wish to understand the heart of heaven and earth, so that I may aid the five grains to nourish the common people and use it to control yin and yang, and ensure the growth of all living things. How may I do this?"

Master Kuang Ch'eng replied, "What you say you want to learn about concerns the true substance of things. But what you say you want to control concerns the divided state. Since you began to rule the world rain falls before the clouds gather, plants and trees shed their leaves before they have turned yellow, and the light of the sun and the moon grows sickly. You are the emperor of the world but your mind is shallow and bland and filled with mischievous wittering and flattery. What use would it be for me to speak to you of the Perfect Way?"

Huang-ti gave up his throne and withdrew from public life. He built a little hut and lived simply with a mat of white rushes in retirement for three months. Then he returned to Master Kuang Ch'eng. He found the master lying with his face to the south. Huang-ti humbly approached on his knees, bowed his head twice and said, "I have heard, Sir, that you have mastered the Perfect Way. Please would you teach me how to govern my physical body and merge with eternity?"

Master Kuang Ch'eng sat up with a start. "Excellent, this question of yours!" he cried and he began to teach Huang-ti. "This Way is deep and dark. At its extreme it is shrouded in impenetrable mystery and lost in sublime silence. Let there be no seeing, no hearing, but lead your spirit to quietude and balance your body. Cultivate stillness and purity, do not allow your body to struggle, harmonize your essence, and you will attain a long life and, who knows, you may even enter eternity.

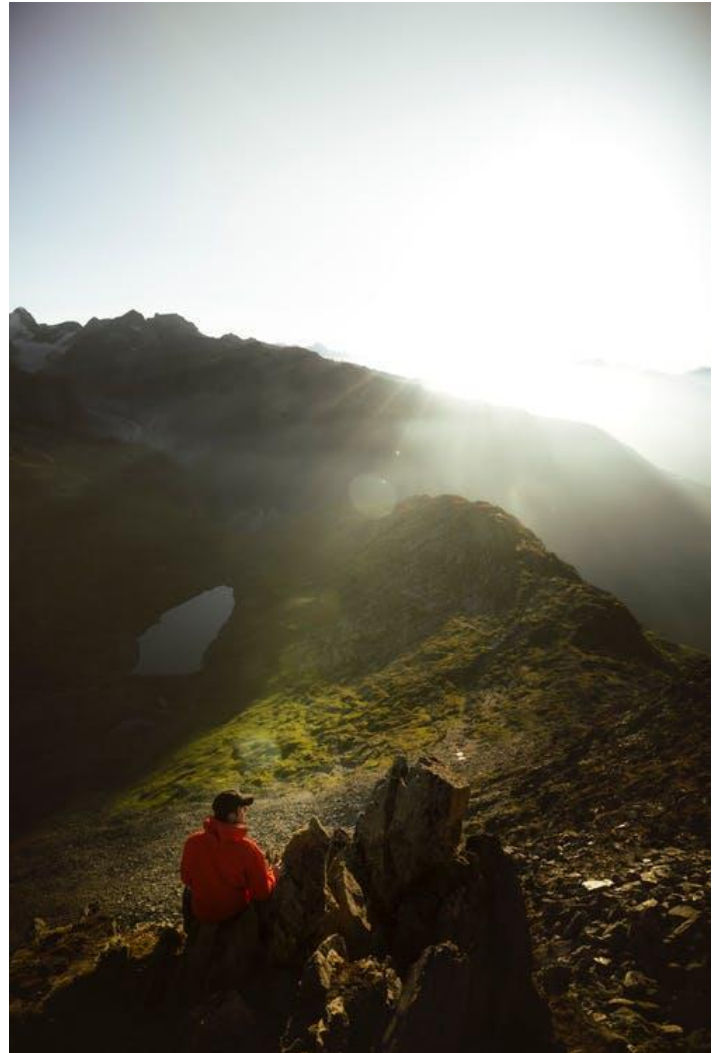


Photo Credit: pexels.com - Christian Buergi

When the eye does not see, the ear does not hear, and the mind does not know, your spirit will protect your body, and the body will enjoy longevity. Be aware of what is inside you and ignore what is outside; too much knowledge is harmful. I will lead you up above the Great Brilliance, to the source of the Perfect Yang. I will guide you through the Dark and Mysterious Gate, to the source of the Perfect Yin. Heaven and earth have their laws, the yin and yang their sources. You have only to take care and guard your own body; all else will be given. I guard this unity, rest in this harmony, and so I live in vibrancy and consciousness.”

Huang-ti bowed deeply and said, “Master, you are an abundant blessing to me!” The Master said, “The Perfect Way is inexhaustible, yet men suppose that it has an end. It is unfathomable, yet men suppose it has a limit. He who attains the Way will be a Bright One on high, and a king in the world below. But he who fails to attain the Way, though he may see the light above, will remain below in the dust. The myriad creatures are born out of dust and to dust they return. So I will take leave of you, to enter the inexhaustible gate and wander in the limitless fields, with the light of the sun and moon, and partake in the constancy of Heaven and earth. Whatever stands before me I mingle with, what is far from me I leave in darkness. All others may die, but I alone will survive!”

[This article is an excerpt from the transcript of a talk called ‘Penetrating Wisdom: The story of Huang-ti, the Upanishads’ Carrying Fuel, and the Journey around the Self’ published in Bodhi Ocean. See <https://www.therapyandspirituality.com/books/bodhi-ocean.html>]



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

2. Truth is Found in Stillness, by Robert Meagher

Ten or fifteen years ago, I met a man to discuss collaborating with him on some workshops. During one of our very first meetings, he spoke about his search for truth. He was an avid writer (author of a couple of books) and seeker of ascetic spiritual practices.

This man told me about one of his adventures to find truth. He was airlifted to a remote area in the wilderness, with a canoe, food, and water to last him 10 days. He gave himself 10 days to navigate a river with multiple sets of treacherous rapids. He shared with me that his intention was to push himself to the limits of survival in the hopes that if he came out alive, he would find 'truth.' He made it out alive, but was no closer to finding 'truth' than when he began his adventure.

I have met other people along my journey who were dedicated to intellectual pursuits aimed at finding the truth. These people have toiled much of their lives in expressing, in words, their seeking for truth. None have told me they have found this elusive truth.

I have also had the pleasure of meeting people who have travelled the globe in search of truth. They have spent days, weeks, months, even years at a time in various spiritual community. They express not feeling any closer to finding the truth than when they began their travels all those years ago.

The above experiences I have shared does not mean that ascetic spiritual practices, intellectual pursuits, or participating in spiritual community cannot find one truth. Those people I spoke to personally did not find the truth they were looking for. There are, however, accounts of people finding the truth through such endeavors, but these people seem few and far between.

Those people I have met who searched for truth in ascetic spiritual practice, wild, death-defying adventures, intellectual pursuits, and world travels to a plethora of spiritual community, have not found the truth they seek. This has led me to appreciate that truth is not found in words or intellectual pursuits. Truth is not found in spiritual practice or even in spiritual community. These efforts may serve as a stepping stone to finding truth. But, of themselves, they will not bring you truth.

So where does one find truth? How does one cultivate truth?



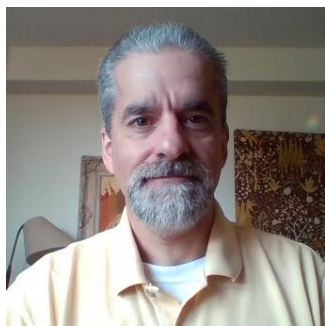
Photo Credit: pexels.com - Riccardo Bertolo

First, let me try and define what I mean by truth. Truth is transcendental reality, beyond time and space. Truth is total, indivisible, all-inclusive, constant, and changeless. Truth cannot be destroyed. Truth is given, it is not something you establish; truth is received when you are ready.

This truth I speak of, illusive to many, is found in stillness. Stillness is a state of inner peace that is unshakable. Stillness does not require silence—even though silence can bring about stillness. Stillness is as possible in a crowded room or shopping mall, as it is on a meditation cushion in a Buddhist monastery.

Cultivating stillness is a practice of calming the mind as one walks in this world. Stillness is a practice of non-attachment to the constant barrage of stimulus that continuously distracts us. Stillness is being able to observe any event and say to yourself, “That just happened.” and to move on with your day. Anything that emerges in our consciousness after an event, is the result of our perception of the event. Our perception is devoid of truth. Truth comes only in accepting what is; not in judging it or trying to change it.

We can search for truth where ever we wish. But my life experience has shown me that the only truth I need and will ever find is with me always. It is found at the altar within—the altar of the heart, where joy, peace and love reside, everlasting, for eternity.



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. Turn Off The Machines, by Richard Harvey:

My mother, always a direct and opinionated person, was quick to react. “How ridiculous,” she cried, “they should be turned off.” “But Mom,” I replied, “they’re people.” “But they have no quality of life. What are they kept alive *for!*” she retorted. I remonstrated with her a couple of times, but there was no budging her. They were not productive, creative, industrious, or useful. They couldn’t work, talk, or perhaps think. Their lives, in her eyes, were totally useless. There was no question about this issue for her. In a heartbeat she was quite prepared to turn off all the machines herself.

We live in a utilitarian culture where anything of value is something of use. The arts, the sacred, the ceremonial, and the ritualistic—we are quite content for them all to atrophy, but technology, science, vocationalism, the useful things, that is quite another matter. As you age you watch people leave the body and you begin to ask yourself, given all their aspirations, like your own when you were young, what residue have they left in the world, what impression, what legacy of lasting value and you begin to wonder: What is true? Why would they want to leave any trace?

My father is dead now, and my mother. In a few years the memory of me will be as significant as my grandfather’s and my great grandfather’s. The world turns, lives are left and begun. What is the significance of any of it? Even apparently significant people seem to leave less impression than we think. What of Gandhi and India today? What of the teachings of the great *rishis* of the East in an increasingly westernized eastern culture? What of waves of goodness? What of the abolition of slavery with hundreds of millions still in slavery today? And what of two thousand years of the Christian teaching of forgiveness after we have recently passed through the bloodiest, war-torn century of all time in human history?

We live in a utilitarian culture, but what is it we want to do? And why is doing so much more important than being or praying or teaching or meditation or becoming aware or merging with consciousness? Why is being useful any better than being useless? Why is being busy better than being lazy? Why *is* anything at all?

Truth or Tao adopts the symbol of the useless tree in Chuang Tzu’s evocative story. Is the Divine somehow useless, or beyond useful and useless, or what?



Photo Credit: pexels.com - Tima Miroshnichenko



Photo Credit: pexels.com - Engin Akyurt

In the material, practical world, the lives of secular mundane existence, usefulness is in the higher order of things. Making money, developing plans to increase production, to make more, the apparent proliferation of matter, status, progeny, and reputation are highly valued and desirable. For in the material world, status, prestige, wealth, the generation of children and money and things is paramount.

What then of the Mystery? For there is an endless Mystery of existence that leads nowhere and can never be located, defined, understood, or fixed. It is the endless Mystery of existence that invites our contemplation, meditation, and involvement, living in and as the Mystery. You can't do both easily; either you prioritize appearances and matter, or you prioritize the Mystery, being with existence as it arises or doing something to fix or in some way influence or alter it.

Problem-solving is a very good example of this. When you take emotions and a life predicament to the untrained counselor, they tend to want to problem-solve, to offer a strategy to make you feel better. When you take the same issue to a wise counselor, they sit with you, feeling into the problem, turning it over with you, re-examining it until a sometimes quite unexpected course of action evolves out of the sharing. Sometimes it is merely the listening itself that turns out to be important. So then it was a process, an indefinable event, nothing like fixing a problem.

Inner work, psycho-spiritual work, turns out to have a characteristic movement from outward and goal-oriented behavior and endeavor to intuned experience and process, or stillness-oriented behavior and endeavor. The journey is from doing to being, from having to relinquishing, from thinking to being. Even the very idea of purpose is forfeited. Life has no purpose. It is what it is—what it *really* is—and that is the Mystery, the great Mystery. It is not something to possess or do something with or improve or propagate. You simply are IT. Forms may come and go, appear and dissolve, but the stillness remains.

All activity based as it is on striving, on searching, or trying so very hard, is anti-spiritual, anti-truth, and anti-consciousness. In the spiritual fraternity excessive fasting, eating, self indulgence, deprivations, turning in or out, asceticism, and spiritual practices of all kinds, are used to conquer the experience of feeling confusion and suffering, with little or nothing at all to do with enlightenment or Self-realization. Rooted as it is then in suffering that is all that it is.

You cannot do anything to get to here!

In therapy this is an interesting leap. The leap is when therapy changes from being a commodity to being a relationship. As a commodity therapy may be able to fix things, to alleviate distress and cure certain problems. But therapy is able to do much more. Therapy is a relationship and the therapeutic relationship may clear the slate of your life clear the board so that you can live in freedom and experience life afresh.

*[This article is an excerpt from the transcript of a talk called ‘**Spiritual Baptism: The Useless Tree, Martin Buber’s Ich and Du, and Deep Spirituality**’ published in Bodhi Ocean. See <https://www.therapyandspirituality.com/books/bodhi-ocean.html>]*



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

4. You Don't Need Silence to Experience Stillness, by Robert Meagher

Walking is Zen,
Sitting, too, is Zen.
If I speak or am silent,
Tarry or hasten:
Everything, in its true nature,
Is stillness.
~ The Shodoka ~

One of the most misleading relationships I have come across in spiritual milieu is the relationship between silence and stillness. There is a pervading idea that in order to find stillness, one needs to have silence. This couldn't be further from my experience. I have been blessed to find stillness during some of the most stressful and chaotic times in my life.

In 2016, my partner was hospitalized and underwent emergency surgery for a bowel obstruction. For seven days and nights, I sat bedside in the hospital as my partner recovered from the surgery. Over that time, I remember doing a lot of journaling, as sleep was not in abundance. I remember one morning in particular that brought me the awareness of stillness.

It was day four or five into the hospitalization experience. It was early morning. The sun was just starting to come up. I could hear the new shift of doctors and nurses come on to the ward. My partner was sleeping. I was looking out of a large window next to my partner's bed; looking out over a large field. There was an accentuated calmness in the air. I remember thinking "I'm going to miss this when it's over." I was referring to the act of sitting bedside vigil. I was referring to the near sleepless nights. I was referring to the whole experience. In amongst all the stress and chaos of the preceding four or five days, somewhere, somehow, I had found stillness. I had come to peace with the unfolding events.

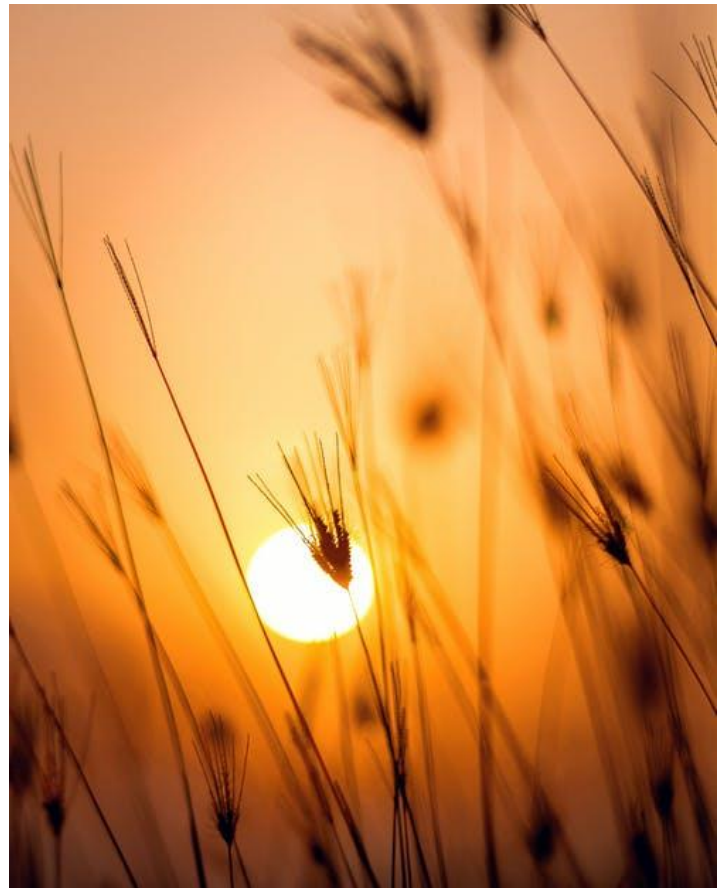


Photo Credit: pexels.com - Darwis Alwan

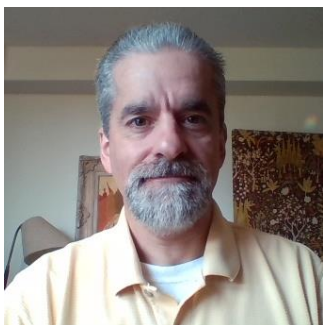
There are equally other times in my life when that stillness seems to abandon me. These are usually times when I allow myself to get caught up in the 'wheel of life' and get sucked into its vortex of illusion and suffering. It's always the seeming mundane aspects of life. Hurrying and rushing around to do this and that—people to see,

things to do, places to go. The list just seems endless. Yet, compared to the hospitalization experience previously described, it's the 'small stuff' of life. So wouldn't you think I'd remember the beautiful teaching from the Dalai Lama... "Don't sweat the small stuff. And remember, it's all small stuff."?

Like so many other spiritual concepts, stillness is not something we find, per se. Stillness is certainly not something we find outside ourselves. Stillness is something that is with us always. It is a state of being, rather than a 'thing' to be acquired or sought for. Stillness is not even something we can cultivate or develop. It's merely something we tap into to or become aware of. Stillness merely is. Allowing ourselves to connect to that stillness is all that is required.

I have found the key to allowing myself to connect to/with stillness is in accepting Life on its terms. This practice of acceptance is beautifully stated in this simple, ageless teaching ... "Let go of what was. Accept what is. Have faith in what will be."

In those few, simple sentences are timeless teachings that lay the foundation for stillness. Stillness is born of, and results in, peace. And the resulting peace cultivates love through forgiveness. I don't need silence to have stillness. I need only accept life on its terms and allow that acceptance to open my heart to all that is unfolding. To not judge it, but merely to love it, even if I don't like it.



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).

5. Blah-Blah Existence, by Richard Harvey:

Today we have surrendered to an existence of thought-forms. Everything is thought. You cannot touch or be touched, taste or smell, hear or feel or see, without a thought being in the way. All is most un-sacred. Because when even the soul senses are not being engaged with, what chance is there for the sacred, for the spiritual? There is no chance, no opportunity for spiritual practice in a soulless world. Those of us who are seriously interested in raising the vibration, the intelligence, and the consciousness of collective humanity must start from this basic all-encompassing fact of modern day life: people live from within a prophylactic of thought-forms. Thinking dominates.

Mullah Nasruddin sat with his teacher. “I have transcended the effort, transcended the no effort, transcended not-knowing; now I am left with a mind that doesn’t know how to stop,” he explained.

“Blah-blah, blah-blah,” the teacher mimicked back.

Thoughts have led us into a blah-blah existence. One of the results of constant thinking is we get tired, tired and exhausted. We are so tired we may only see how tired we are after we have rested for a bit. Then we may connect with deeper layers of tiredness and exhaustion beneath that.

You are like a TV that is constantly turned on, transmitting information, drama, thoughts, and images. Your mind is like a TV. In the same way as the TV sucks you into an artificial world of appearances and intrigue, distracts you from real life, the mind distracts you in the anxieties and drama of the small self. Thinking and awareness are contradictory. They cannot co-exist. If you want to control, think. If you want to surrender, be aware.

Awareness, meditation, and devotion return you to a more natural and balanced state. You must use your time intelligently and well. You must learn to be quiet inside. Little by little this quietness will become one of your precious joys and you will allow the mind to take breaks. These breaks will increase and the mind’s tendency to keep churning over and over will lessen. Time alone in quiet contemplation will become a usual part of your routine. Increasingly you will learn to relax, recognize, and participate in your inner world.

Next, you will increasingly meet the world with equanimity and acceptance. This too is a preparation, like resting in the inner stillness, for surrender, You will feel more at ease, more open, willing, and accepting toward the world, other people,



Photo Credit: pexels.com - Burak the Weekender

circumstances, more able to meet life's events without criticism or judgment, but rather a deepening acceptance, an allowing of how things are.

As we let go of thought and judgment, anxiety and criticism, we open to peace, experience, and relationship in the world. Before we try spiritual surrender we must be capable of accepting and surrendering to our life just as it is. If we are standing in judgment and are critical and unaccepting of our present life circumstances we are not ready for the practices of spiritual surrender.

But this does not mean that you stay in intolerable conditions. Should anything be fundamentally wrong with your life circumstances, yes of course set about making the changes that are necessary. You should feel basically empowered and capable of sustaining a reasonable life. You may not have enough money, you may not be with your ideal partner or be satisfied with your career and your family, but allow all of this and arrive in time at a deep acceptance. On the other hand, if you are in an abusive relationship or you are suffering because you really do not have the financial resources to provide for yourself and your dependents or if you feel your life is in any way fundamentally wrong, find help, ask for support, step outside your circumstances, and empower yourself, and in time change it.

Your present life circumstances are the result of your conditioning. Everything that is happening to you presently is propelling you through the birth canal of the first stage of awakening into the life of the heart, into the life of surrender.

When your life is free of any radical hindrances, surrender to it *just as it is*. This is the best way to provoke change. Surrender to your life wholly in awareness of its physical, emotional, material, and spiritual limitations and embrace it exactly as it is. Increase your awareness of it and deeply accept your life. You will see that it is a learning. You do not have to change anything; it will change just as soon as you surrender to what it is teaching you, as soon as you listen and receive and feel the blessings of your present life.

So to recap, this is your preparation for surrender: through awareness you are led to an insight into the veil of thought and the mind's investment in keeping you attached to the ego. You have taken inner time to learn to relax into the stillness which is at your center. And you have done what is necessary to enable you to accept life as it is and begin to flow in the field of change and wisdom teachings that are inherent in your life.

[This article is an excerpt from the transcript of a talk called '**Surrender: Reflecting the Divine into the Earthly Domain**' published in Moksha Dawn. See <https://www.therapyandspirituality.com/books/moksha-dawn.html>]



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

6. Poems Emerging from Stillness, by Charles P. Gibbs:

Reprinted from dailygood.org,

<https://www.dailygood.org/story/2924/poems-emerging-from-stillness-charles-p-gibbs/>

Into Ever Deeper Water

One moment you awoke
no longer content
to continue treading water.

You set out for the farther
shore beckoning you from before time,

patiently, subtly, insistently
awaiting your deeper listening,
your deeper opening

to the awareness
that being truly alive
offers only one choice:

set out, one stroke at a time,
into ever deeper water
toward the far unknown shore
where your Self awaits,

knowing surely that, opening
in the journey, you will arrive
and know yourself as your Self
for the first time.

New Day Awakening

I am not
different from everything
or anything else
that is and yet
I'm not the same.

The rising sun
turns the ribbed clouds
into an inviting canyon
stretched in unfathomable
depth across the dawn sky.

The wind tousles
the tops of the towering
poplars and pines
swaying as I am
entranced by the beauty
of this new day
awakening. I feel
an invitation
from the clouds, the sun,
the amber washed across
the sky, the breeze,
the trees, the damp grass
under my feet and
the tiny random daisies –
release, they say, forget
and remember.

Be more than
only an observer
in your own life
in the great life
we share. We are
not different.
We are not.

We are.

The Rev. Canon Dr. Charles P. Gibbs is an Episcopal priest, Sufi by adoption, peacebuilder, interfaith activist, speaker and writer.

SOULFUL SHARINGS:

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

The theme for our next newsletter (January 2023) will be *Living Life In Safety Or On The Edge*. Where do you play it safe in your life? Where do you take risks? Would you like to change either of these parameters? Where is that borderland between pushing yourself to new limits and caring for yourself? Where is your source of energy? Power? Wonderment? Awe? These are some of the questions we may explore in our January newsletter. If you would like to contribute a piece to our January newsletter, write to us at info@centerforhumanawakening.com.

Richard Harvey has recently published a new article titled 'Expressions of Compassion.' Richard writes... "The spiritual message is perennial and clear: I am you and you are me: we are all continuous – one Consciousness with no boundary. From the point of view of the Divine, of eternity, I am all people in all times in all circumstances... I need not, should not make the mistake of identifying with me, of thinking that all I am is myself... that would be a case of mistaken identity." Read Richard's article *Expressions of Compassion* in the New Agora Newspaper online at [Expressions of Compassion - New Agora Newspaper](#)

8. 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

9. 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>

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YouTube: http://www.youtube.com/channel/UCD_pJVba_LktmEzruc51kfQ