

The Eyes of the Golden Hall

~ A Newsletter of The Center for Human Awakening ~

January 2023 Newsletter

Volume 8, Number 1

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FROM THE EDITOR'S HEART

The theme for this edition of our newsletter is *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.

This newsletter purposefully contains articles that are a blend of lived spiritual experience and grounding spiritual teachings. We begin with an article from Richard Harvey about the truth of our body and our relationship to our body. I then share my first article about a bike ride experience that had me push my physical and psychological limits. Richard shares an article that reminds us about the truth of our capacity, potential, and destiny. I then continue my writings about my bike ride experience to share in more depth the experience of pushing my edge. In Richard's last article, he talks at length about 'What Is Freedom?'

The theme for our next newsletter (April 2023) will be 'fear.' What is fear? What are you afraid of? What are you 'really' afraid of? What do we do with our fear? How do we manage it? If you would like to contribute to our April newsletter, reach out 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

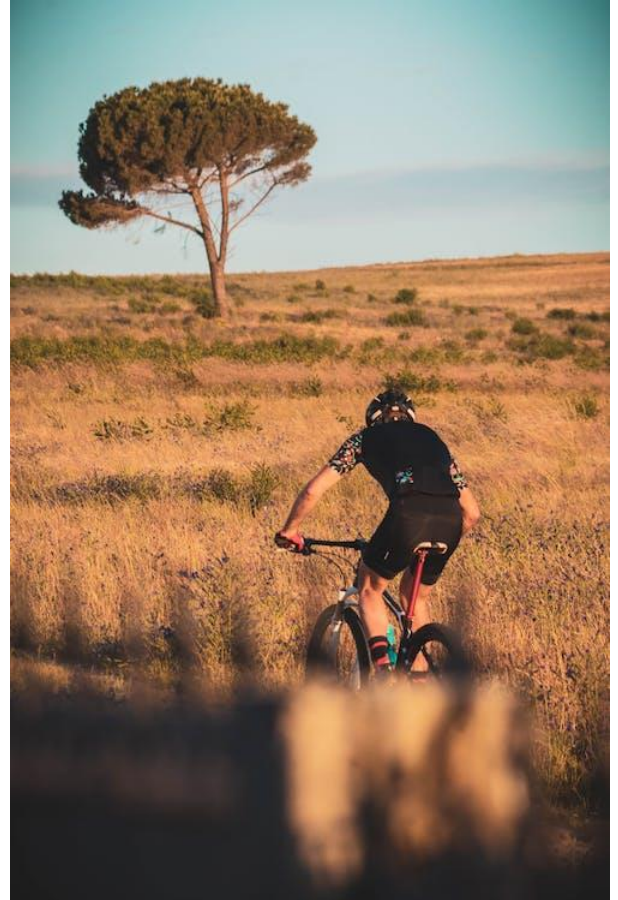


Photo Credit: pexels.com - Myburgh Roux

THEMED ARTICLES

1. The Body And The Immortal Soul, by Richard Harvey

The *fundamental* spiritual wisdom of life is this: Look after your body and take care of your basic needs. Your body and its needs are holy and your body provides you with a vehicle for the ordeal and the imbibing of wisdom in the relative world. Time and space erode the body. The body only lives for a certain length of time. But your immortal soul and spirit are eternal. You reflect the deep knowledge of your humanness with these spiritual-human practices; eat in a way that enhances and energizes and makes you healthy and balanced, wear clothing that is comfortable and preserves the body, take exercise that is sufficient and meets your needs in a balanced and intelligent way, avoid imbalance in your diet, discomfort in your clothing and shelter, and extremes in your taking exercise to keep the body in health and alignment.

Concern with the body should always be held in perspective and balance for the contemplative. You notice how the necessities group people may practice extremes of food, drink, recreational drug-taking, exercise, and self-aggrandizing shelter, their homes stuffed with gadgets and gizmos that exceed their needs. This is because they inherently know that the human necessities are merely partial and not an end in and of themselves. However they are not yet ready to go beyond this, their present level of consciousness. Inebriation, extremes of sex, and looking for further thrills, incredibly dangerous sports and risky physical pursuits, over-indulgence of all kinds, eating, drinking, and in some cases neglecting intentionally to eat—for example in order to become fashionably thin—all belong in this category of the over-indulgence and over-concern with the body as something *in itself*, as self-serving.

For the contemplative, the body and its appetites are not of primary importance. We enjoy taste and touch and fragrances and visual and aural stimuli, but always with an awareness of the spirit, of the spiritual sensibility, of the invisible, of something that the object of our soul senses, symbolizes, or suggests to us, further than itself.

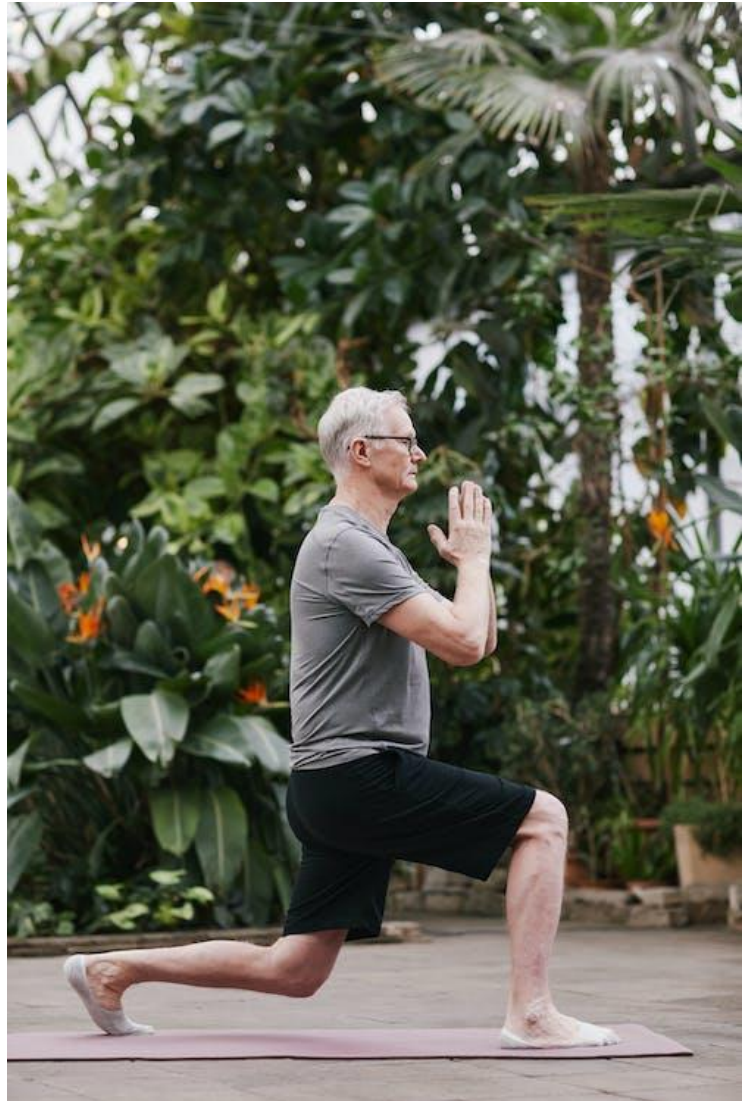


Photo Credit: [pexels.com](https://www.pexels.com) - Marcus Aurelius

[This article is an excerpt from the transcript of a talk called **'Being Born A Human Being: An Invitation To Live In The Divine Mystery'** published in *Bodhi Ocean*. See <https://www.therapyandspirituality.com/books/bodhi-ocean.html>]



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

2. Joy Won!, by Robert Meagher

As some of you may know, I am a cycling enthusiast. I am an avid road touring adventurer who loves exploring the roadways and pathways in and around the National Capital Region, Ottawa, CANADA. I ride outdoors from mid April to the end of October. When I'm not cycling outdoors, I enjoy working out on my indoor stationary bike.

To keep me motivated throughout the indoor cycling season, I am signed up for a fitness program called iFIT. For a modest monthly fee, iFIT allows me to cycle all over the world with professional trainers. I can follow along with the trainer via a small, color monitor and experience their rides with them through stunning locations. While the iFIT experience is not the 'real thing,' it is motivating and keeps me in good shape for the outdoor cycling season here in Ottawa.

At the time I wrote this piece, I was working with iFIT trainer, Nicole Meline, who took me on a 12-part Patagonia Adventure Series. The theme for this adventure series was "Riding Your Edge." Nicole had asked us to reflect on the following questions: 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?

I took Nicole's insightful inquiry to heart, and undertook a new, challenging cycling adventure. The route started in downtown Ottawa, where I live, and had me cycle east to Cumberland, then south to Enbrum, and zig-zag my way north-west back in to Ottawa. The route was through, mainly, farmland that had me meander through quiet country roads. The total distance was 122 km.

The adventure allowed me to live the questions the trainer had been asking me to ponder: 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?

The adventure challenged me to push my limits in several ways. First, the sheer distance (i.e., 122 km) was a new, one-day distance record for me.



Photo Credit: pexels.com - Mubaik Cycling Clothing

While I was familiar with the first 25 km of the ride, the remaining route was on roads I had never ridden on before. While this was very exciting for me—to ride on new roads and discover new roadways—it can be tempered with trepidation about the unknown.

My fearful mind chatter had me concerned about any variety of inhibiting and self-limiting thoughts. Some of these thoughts included: What if I experience mechanical issues during my ride? How do I properly fuel myself for this long ride (i.e., food and drink)? Will my partner be okay while I am out riding?¹

As I worked through each of my internal, fear-based questions, I knew it was possible to do this ride. I did what I needed to do to be prepared. I put in place what I needed to, to make sure everything would be okay. This included extra safety equipment on my bike for the ride, GPS systems on my cellular phone to guide me along the route, and caregiving in place for my partner while I was out riding.

So, one day during August, I took the leap of faith and set out on my biggest cycling adventure yet! As I crossed the threshold from the first part of the ride I was familiar with, to venture on to new roads and routes, the excitement of the moment drew me ‘in’ to the experience. The excitement pushed and propelled me forward.

I immediately fell into a world of wonder! Every turn, every vista, was brand new. I was filled with wonder and awe at the sights. My fears crept in now and then, as I continued to cycle further and further into my ride. I passed through villages and communities I had only ever heard of, never even drove through. I had a sense of where I was, but was mostly disoriented. I trusted in my GPS maps and carried on.

When I reached my furthest point from home, more than 60 km into my ride, I had the overwhelming feeling of how far away I was from home. I was basically in the middle of nowhere! There was some car traffic, and I had passed a small village about 5 km earlier, but the mid-way point of my ride had me smack-dab in the middle of farm country with nothing but corn and soy bean fields for as far as the eye could see. Even though there was an ever-present, underlying fear simmering in my belly, the sense of freedom was exhilarating and joyful!

Knowing I was now heading back toward home, my spirits lifted even more. I continued to feel



Photo Credit: pexels.com - Jean-Daniel Francoeur

¹ I am full-time caregiver for my partner who lives with Parkinsons.

exhilarated by the whole experience. I had heard about the communities and villages I was cycling through, but never, ever saw them before. And here I was cycling through them! There's something about the wonderful pace of cycling that allows one to take in what's around you at a much more intimate level than whizzing by in a car.

For this 'city boy,' the sites of farmers' fields, silos, and horses and cows grazing in pastures, was thrilling, awe inspiring, and brought about joy so vast that any remnants of fear were gently washed away, cleansed from my mind. With only 20 km left on my ride, I started to feel and witness the transition from rural to urban settings. The excitement of the adventure continued to propel me forward.

After returning home and reflecting on the experience, I welcomed the realization that joy had won out on this day. Joy had won out over fear. Joy had washed away my fears. Joy had opened up new possibilities for me. Joy had expanded my world, my life, my heart.

The adventure showed me where I play it safe in my life, and where I take risks. I touched that borderland between pushing myself to new limits and caring for yourself. I touched the source of my energy, power, wonderment, and awe. It was a very liberating experience. One that I will carry with me as I venture out to discover new, uncharted roadways of life.



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. Capacity, Potential, and Destiny, by Richard Harvey

Now let's look at three important, inner areas for our awareness. They are capacity, potential, and destiny. First, capacity.

Capacity is both in the moment and in our life as a whole. In this moment and in this period of your life you may have some capacity awaiting fulfillment: the capacity to grow in love, for example, the capacity to receive greater insights, the capacity to stretch yourself in some way. Capacity asks, How far can I go? How much do I have to give? How much can I tolerate or bear to receive? How much can I hold? The word itself capacity derives from the Latin *capax* meaning "able to hold much."

I offer you two exercises to discover your innate capacity. One is inner, the other outer. The outer exercise is: please take a deep breath and drop in to your inner self the question, What is my capacity? Now extend your arms as far as you can in a great circle around yourself. Let your arms move upward naturally and circle expansively around your body and then gather back toward your heart and then breathe and allow your arms to describe the same vast circle in the air. Do this exercise over several minutes with enjoyment. Move the arms slowly and meaningfully, breathing deeply in as your arms rise and fully out as your arms descend. Feel how the movement itself symbolizes and actualizes your awareness of your capacity.

The inner exercise is to sit quietly in a meditative posture and enter deeply into your interior world. Now when you are alert and relaxed, drop in the question, What is my capacity? and allow the answer to come to you. It may come to you symbolically or with an allusion to a specific challenge you are presently facing. It may come to you indirectly in inner sound, color, resonance, or even as a symbolic object. Whichever way it comes, find a way to express your gratitude for the answer.

Do this exercise over several days to gain the most benefit and particularly to deepen in your awareness and understanding of your personal capacity.

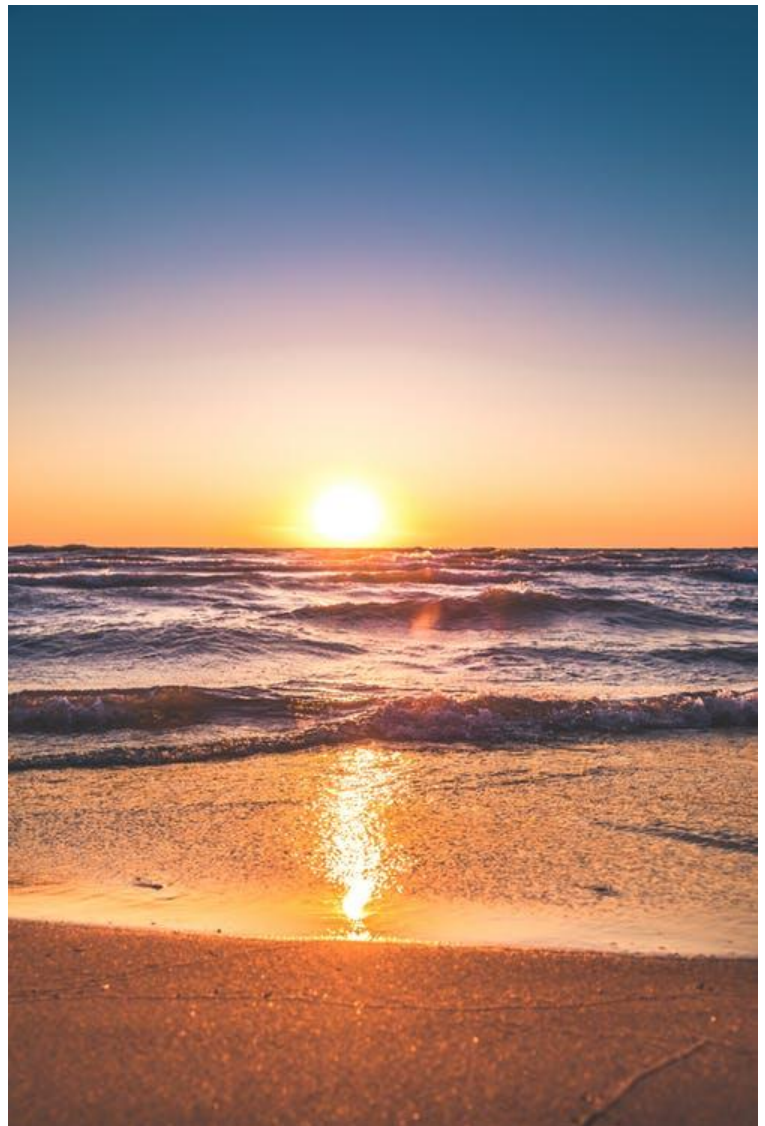


Photo Credit: pexels.com - Travis Rupert

Second, potential. Potential differs from capacity. Whereas your capacity is the measure of how much, how far, how expanded the amount you can hold, potential speaks to us of inner and outer possibility. It derives from the

Latin *potentia* which means “power, might, force.” What is possible for me? What am I capable of? What could I do? What could I achieve? How could I be and how could I live? It’s all about possibility and since conditioning limits our sense of the possibility of our personal potential in many different ways, your real potential awaits you after conditioning and its limitations have been shed.

There are two exercises again for potential, and again one is inner and the other outer in focus. The inner exercise is essentially the same as the one for capacity, except instead of the question, What is my capacity? drop in the question, What is my potential? Extend your arms in an expansive circle around you and follow the breathing instructions as before.

The outer exercise is to discern where and how you are fulfilling your potential and where and how you are withholding it. Allow yourself to think outside the box, indulge in flights of fantasy. Be unrealistic and follow the inner suggestions of impossibility. After all conditioning in the form of Life Statements and long-held beliefs are enough to indoctrinate you into a world of possibility that is defined and ultimately inhibited by a line that is both arbitrary and fixed through early training, education, and conformism. Discovering your potential is the first step, then you have to live it.

[This article is an excerpt from the transcript of a talk called ‘Locating Destiny: The Sacred Tortoise, the Gospels’ Temptation of Christ, and Capacity, Potential, and Destiny’ published in Bodhi Ocean. See <https://www.therapyandspirituality.com/books/bodhi-ocean.html>]



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

4. The Edge, by Robert Meagher

In a previous article I wrote about a cycling adventure that had me ride the edge of my comfort zone. I cycled through the borderland of playing it safe and taking risks. The feelings associated with such an experience ran the gamut of fear through to liberation.

The first 25 kms of the ride were calm and peaceful. After all, I had ridden this first segment many times before. I knew every nuance of the roadways and pathways. Nothing was new. Nothing was out of the ordinary. Here, in this initial stage of the ride, I was playing it safe.

As soon as I crossed the threshold of the well-travelled path to all new territory, everything changed. I was immediately met with a surprise. The route that had been mapped for me was outdated. The point at which I was to safely cross a major highway was closed. I was starting off the unknown portion of my ride with a ‘change of plans.’ I chuckled at the situation I found myself in and, oddly, saw it as a good omen.

I glanced around me, checked my route maps and realized there was another way to get across this major highway only a few hundred metres from where I was. It wasn’t a crossing I would have chosen to take, but it appeared to be the only option I had. There were traffic lights, which was good, but this was a major intersection at a major highway. When the lights turned green, I crossed over the highway—the threshold—into an adventure I won’t soon forget. Once on the other side of the highway, I had begun the next leg of the journey that would take me deep into my adventure.

Within only a few kilometers of crossing over the highway—the threshold—my excitement steadily grew. Everything was new. Everything was exciting. It was all so exhilarating! The overarching feeling was liberation. I had somehow managed to free myself from previously, self-imposed limitations.

My whole body tingled with excitement. With each new road I turned on to, the excitement of discovery drew me ‘in’ to the ride. The sights, the sounds, the smells, were not only different, but in different proportions. Vistas opened up before me. There were farmers fields that sprawled for as far as the eye could see. There were long stretches of roads where all I could hear was the buzz of crickets, and nothing else—nothing! There were smells I remembered from many years ago—manure from farm animals filling the air with its pungent aroma.

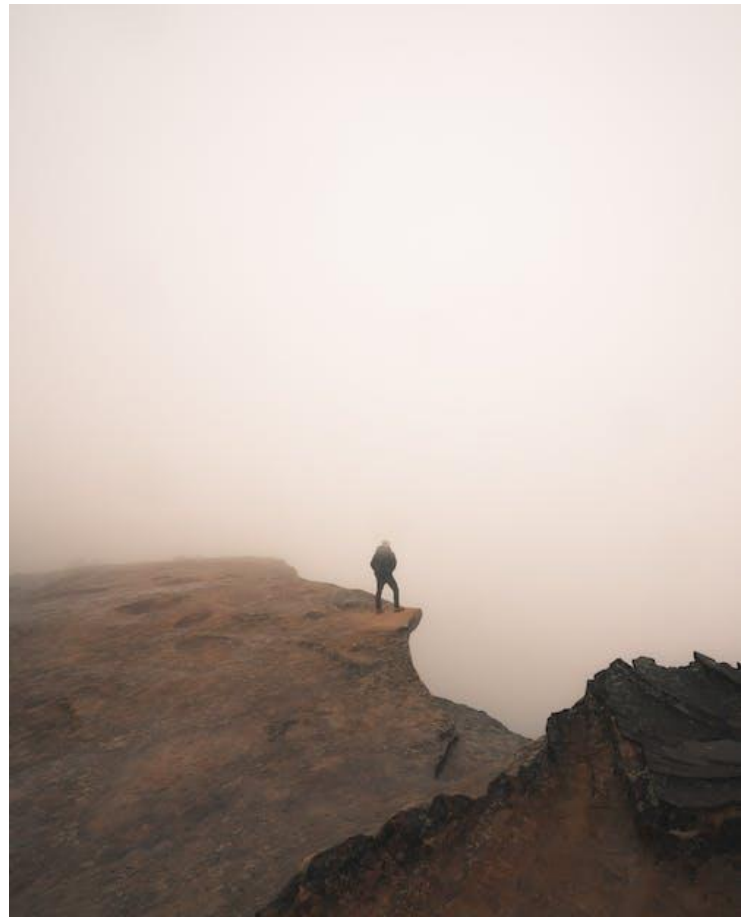


Photo Credit: pexels.com - Ben Mack

The deeper I cycled into my ride, there was this constant coalescing of fear (of the unknown) and excitement of the new adventure. I allowed faith to enter the picture and guide my experience. This faith was solidified when at only about 40 km in to the ride, I came to an intersection of country roads and, according to my route maps, was to turn left on Watson Road. The only problem was that the roads were not labelled at this point (whereas all previous roadways had been labelled). I trusted my instincts and turned left. After only a few hundred meters, I cycled in front of an old farm house. Just as I cycled by, a woman and small child came out the front of the house. I stopped and called to them, “Is this Watson Road?” “Yes,” replied the woman. I smiled and thanked her. She smiled and gave me a friendly wave as I cycled away. Just when I needed a confirmation I was heading in the right direction, I was given it!

At the edge of my comfort zone was the experience of wonderment and awe. The ‘edge’ was not merely a personal growth opportunity. It was a seismic leap into entirely new opportunities and possibilities.

The adventure revealed to me that I actually really like adventure. I like heading into the unknown and discovering new things. I have thought for a long time that I am a ‘home body,’ and that is true. I enjoy the comfort and safety of the familiar. But I have far more adventurer in me than I thought!



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. What Is Freedom?, by Richard Harvey

If freedom means having things, material things, if it means possessing, owning, then perhaps we are free. Similarly, if it means doing and achieving, our freedom to choose, then perhaps we are free. Politically, for example in Europe and the USA, we appear to be freer than people, say, in Iran or Afghanistan.

Politically and sociologically we play with the meaning of freedom with definition and comparison. One commentator, for example, argues that American slaves of the 19th century were freer than today's American taxpayer. Others argue for the rights of women or the employment rights of children in the Third World. Still others consider freedom means allowing mistakes or the right to individual choice or the liberty to allow freedom to those we despise.

Is freedom the right to make our own decisions, to think our own thoughts, to speak out without fear; the ability to move where we wish, reside where we wish, and live how we want to? And what about financial freedom, sexual freedom, emotional freedom, and mental freedom?

Do any of these define freedom itself? What does it mean to be truly free? Freedom itself seems to be elusive.

You Are Hardly Free...

In fact we are hardly free at all. In even the simplest, most straightforward of ways we are less than free, completely un-free, and totally unconscious of it.

I read these words by one of my favorite spiritual teachers, he said, "I was used to miracles the day I lived and now I begin my days myself."²

Do you begin your days yourself? It seems so obvious, doesn't it? Who begins my day? I do. But do you?

I observed someone I know well recently at the very beginning of her day. She launched into an end-gaining forward motion, meeting demands, responding to others' needs with noise, interaction, and bedlam all around. Later, she asked me why I thought she was always so tired. I said, 'Please try to listen to me carefully. The way

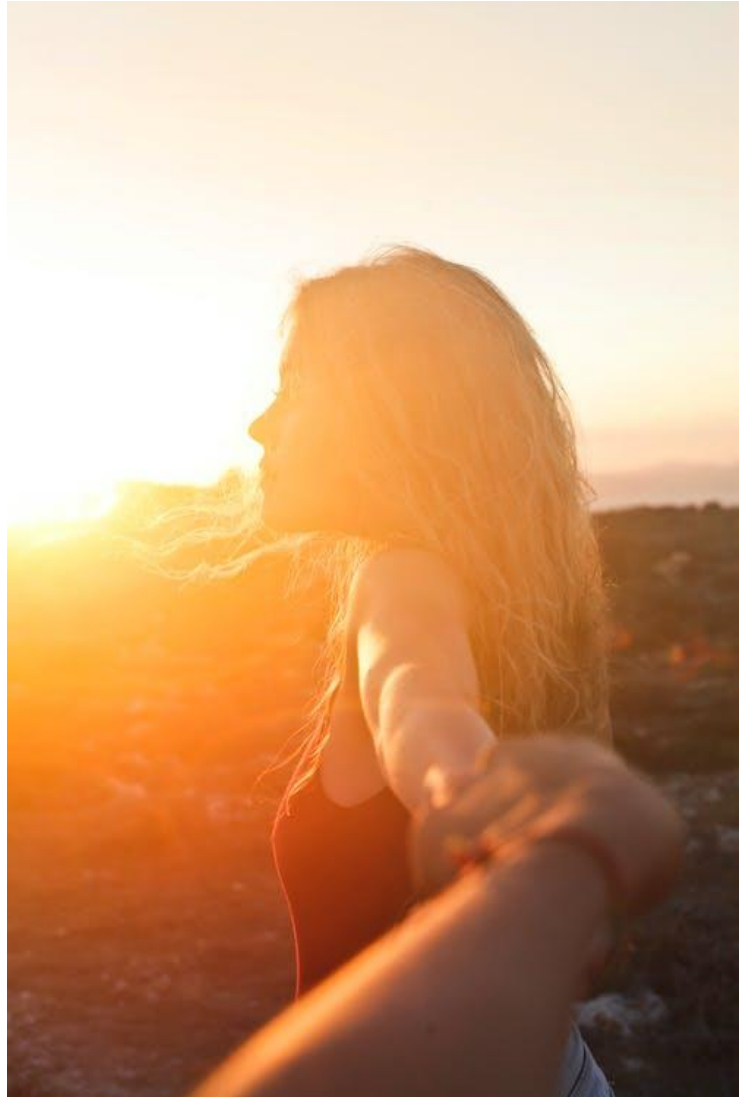


Photo Credit: pexels.com - Andrea Piacquadio

² Ruchira Avatar Adi Da Samraj, *Crazy Da Must Sing, Inclined To His Weaker Side*, Dawn Horse Press 2002.

you start your day is like our solar system. In my house we have solar electricity. If you use solar power for your domestic needs, one of the golden rules is to try to top your system up at the beginning of each day. If you can refrain from using too much electricity right at the beginning of each day, the batteries will fill up with power and you stand a good chance of having abundant electricity for your needs, throughout the whole day. Now, imagine you get up and you plug in a hairdryer, an electric toaster, and a power tool. Even if you only use these devices for ten or fifteen minutes you will bring your batteries to such a low state that they may struggle and never achieve maximum load through the day. The solar system becomes “tired,” drained, because of how it started its day and that is how it is for you. You throw yourself into a forward motion of achievement, demands, and struggle from the second you rise out of bed and so you are sapped of energy before you start. You must start the day quietly, sensitively, aligning your energies and becoming aware of your feeling, emotional, mental, physical, and energetic state, and bring all this into balance. Some minutes spent at the beginning of the day in silent contemplation, physical, emotional, and mental peace to achieve balance and harmony throughout your body, mind, and heart—this is the right way to begin.’

I also know her mother and I could see that the pattern she unconsciously enacted and conformed to is the same pattern her mother is imprisoned in. So this is an example of someone who, if you asked her, “Do you begin your day yourself?” she would say, “Of course I do, who else?” But with a little examination and self-observation, the true answer is, “No, I do not begin my days myself. My mother begins my days.” Totally un-free and completely unconscious of it.

You Are Not Free To Be Yourself

Watch yourself and watch others. Use your awareness and your powers of observation on yourself and others. For example, watch social interactions; how you greet and leave another person. Now try this: make the basic assumption that your behavior is imitative. For example, you say goodbye *in character*, like an actor in a movie or like someone you admire. Maybe you don’t even admire them, but they have provided a form, a structure, an act to follow, emulate, imitate. And this is better than not knowing what to do, what might be acceptable, what might be the “right” way to behave.

Isn’t it the same when you meet someone? You direct yourself in an emotional stranglehold of how best to keep them at your required distance—whatever that may be—to manipulate them and dominate them and maintain your separateness. Although it is commonplace to the point of being ubiquitous, meeting another and manipulating and dominating him or her with your (usually unconscious) behavior is an idea that we have a lot of resistance to until we look and see it all clearly.



Photo Credit: pexels.com - Alex Azabache

You are not free to be yourself. You are terrified to leave it all to chance. You are rehearsing how to meet someone before you arrive and before you leave them you have already gone over your act to check that it's alright, all good, that it makes the desired impression. If you didn't rehearse your act, you may be transparent, unprepared, and anything could happen! The other might see right through you.

The Courage To Be Free

So you are not free, absolutely not! You are imprisoned in expectation, assumption, conformity, defensiveness, and thinly-veiled aggression. How can you get out of all of that? How can you call that free?

To see all this clearly, you simple have to stay awake. Otherwise you will contradict what I am telling you, because it sounds all so ridiculous. But just stay awake. When you do and you watch yourself, eventually you will be able to resist conformism, because everyone else is really asleep. You must be brave if you want to be free, because it takes great courage to be free, liberated, and not require anyone's approval. You must be willing to be different, to separate yourself from the crowd, to resist the magical sleep of normality and conformity, to be real and true to yourself.

Relatively Free And Absolutely Free

There are in truth three kinds of freedom:

First, there is the freedom to enquire, the freedom to decide to look inside, to challenge yourself, to grow, to nurture self-love in order to awaken from the spell of conditioning, historical emotional-behavioral patterns, and restrictive, guiding life-statements.³

Then there is the freedom to expand, to love, and feel the world, to experience compassion, to see further than your own satisfaction. The freedom to live from the heart, from soul, from your essence, the core of life contained in us and in all others from where you are inevitably and fundamentally connected with all other beings, Nature, Truth⁴, and with Life itself.



Photo Credit: pexels.com - Renan Lima

³ Life-statements are unconscious guiding assumptions about life originating in early childhood experience that are inevitably limiting and compromising to our authentic self.

⁴ The use of the uppercase in these lecture transcripts denotes an absolute as opposed to a relative term. The defining aspect of an absolute term is that it has no opposite whereas a relative term is only understood in relation to its opposite. So, for example, love has its opposites in hate or fear, whereas Love has no opposite.

Finally, there is absolute freedom: freedom that is unassailable, that is inarguable, that pertains to no opposite whatsoever, freedom that is your natural right, your birthright, the natural state of a full and whole, developed and natural human being. This freedom cannot be taken away, cannot be removed, adapted, tainted, or touched by anyone else and it is yours for the taking.

Within the relative milieu of space and time, we are relatively free, within ego-bounds. For example we are not in prison, not in a country where laws and oppression mean that we cannot speak and act relatively openly and freely. But you are so much more than an egoic personality acting within the confines of time and space.

Withdraw inside and realize that you are emptiness, you are heart and whole, awareness, consciousness—the full state of being in which forms arise and fall, are born and die, swell and diminish. Everything does this: emotions, conditions, good and bad fortune, your daily disposition. But what remains constant amid all of this, in its very center, that enables you to see and be aware of these changing conditions? This is the absolute being that you really are.

Absolute Freedom, Devotion and Love

Absolute freedom is within. It cannot be taken away. It can be reached in one of two ways: through awareness or through devotion. Devotion is the way of love, the way of losing yourself in what is real and relative, joyful, celebratory. Devotional practice has no discernment, no intellectual objection, no intellect at all. It is irrational joy, full of life. In devotion you cast yourself into the flow of existence with abandon.

Devotion is the path of love taken to the nth degree, to the extreme. All things are the Beloved who is a gateway, a doorway into divine love through devotion. Everything begins and ends with love. That includes freedom. Remember the three freedoms. The first is the freedom to be aware, to transcend the individual character. The second is the freedom to grow in heart, to feel the world, and to practice loving. But the third is a quantum leap into another dimension, the dimension of the absolute where there are no opposites, only permanent,



Photo Credit: pexels.com - Idy Tamndy

Sometimes I have made exceptions where a word is made obvious by description—for example, absolute freedom, since it is self-explanatory.

natural, human, and spiritual conditions of the manifest heart; Truth, Love, Wisdom, Peace, Bliss, and Reality in all its forms. The way to it is through love, devotion, and surrender. It begins with awareness, because, as I said, everything begins with love and awareness is attention and attention is the expression of love. We always attend to that which we love. So awareness is where it all starts and awareness is love in action!

[This article is an excerpt from the transcript of a talk called '**Absolute Freedom: The Path to Love, Devotion, and Surrender – Part 1**' published in *Dharma Sky*. See <https://www.therapyandspirituality.com/books/dharma-sky.html>]



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

SOULFUL SHARINGS:

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

The theme for our next newsletter (April 2023) will be 'fear.' What is fear? What are you afraid of? What are you 'really' afraid of? What do we do with our fear? How do we manage it? If you would like to contribute to our April newsletter, reach out to us at info@centerforhumanawakening.com.

7. 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 book⁵ he states the case for us being "custodians of the future" in a world that is being debased as it

⁵*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

8. 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