

# The Eyes of the Golden Hall

~ A Newsletter of The Center for Human Awakening ~

**May 2023 Newsletter**

Volume 8, Number 2

## In this e-Newsletter...

FROM THE EDITOR'S HEART.....	3
THEMED ARTICLES.....	4
1. Playing With Your Fears, by Robert Meagher .....	4
2. Now: Freedom and Fear, by Richard Harvey:.....	6
3. Holding On / Letting Go, by Robert Meagher.....	9
4. Ruled By Fear, by Richard Harvey: .....	11
5. That Which We Think Will Tear Us Apart May Actually Bring Us Back Together, by Robert Meagher...	13
6. The Attraction of Fear, by Richard Harvey:.....	15
7. Whatever I Am Reacting to Has Nothing To Do With The Other, by Robert Meagher .....	17
8. What Are We Really Afraid Of?, by Richard Harvey:.....	19
SOULFUL SHARINGS: .....	22
9. What's New and Upcoming at the Center? .....	22

10.	Other Center News and Offerings.....	23
11.	Links .....	26

## FROM THE EDITOR'S HEART

The theme for this edition of our newsletter is *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? These are some of the questions we may explore in this newsletter.

This newsletter purposefully contains articles that are a blend of lived experience and grounded spiritual teachings. We begin with an article about one of my way-to-close-for-comfort encounters with a black bear on one of my cycling adventures. Richard's grounded offering speaks of entering into the present moment as a choice for freedom, instead of fear. I then retell a story about sitting bedside with a man who is transitioning and the experience of fear through the eyes of a person in transition. Richard then shares how humankind is essentially in a state of perpetual fear and how this state is usually buried in the unconscious. Next, I share a story of a friend who decided to file for bankruptcy and the fear my friend went through in going through the process. The revelation was that what my friend thought would tear his world apart actually brought it back together. Richard then reminds us of, and speaks about, what attracts us to fear. I finish my personal stories about fear by sharing the experience of having to rush my partner to hospital emergency one day. Richard closes his grounded teaching about fear by answering the question, "What are We Really Afraid Of?"

The theme for our next newsletter (September 2023) will be 'The Stories We Tell Ourselves.' We go through life with the imprint of stories forming and shaping our lives. Most of us are never aware of these stories we tell ourselves. Yet, our liberation may be found in an awareness of what these stories are and, then, choosing to change the story or let the story go all together. If you would like to contribute to our September newsletter, reach out to us at [info@centerforhumanawakening.com](mailto:info@centerforhumanawakening.com).

Please take a moment to review the 'Soulful Sharings' at the end of this newsletter with news about what's new and upcoming at the Center, as well as links to a plethora of resources. Let us know what you think. Write to us at [info@centerforhumanawakening.com](mailto:info@centerforhumanawakening.com).

~ Robert Meagher, Editor

## THEMED ARTICLES

### 1. Playing With Your Fears, by Robert Meagher

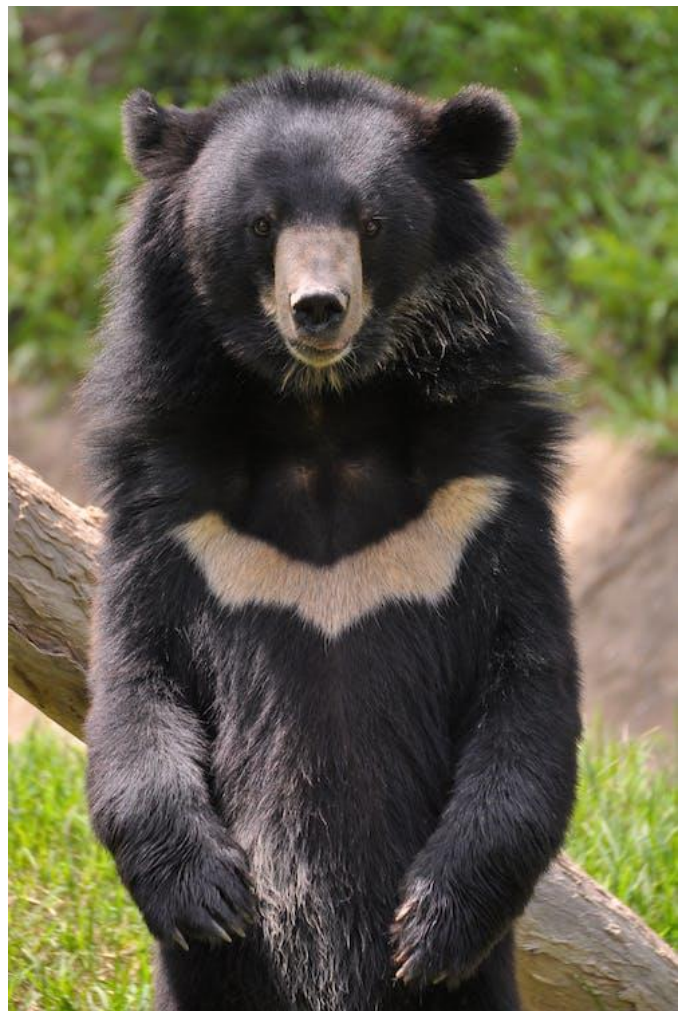
I was out for one of my day-long cycling adventures in the Gatineau Hills / Park (Ottawa, ON, CANADA), a favorite summertime playground for me. I was well into the ascent of one of the longer and steeper hills in the park. It was the third time I had made this ascent on this day and I was tired. As I neared the summit, I told myself, “Just keep your head down and keep peddling!...breathe...breathe...breathe!!! I was rounding a sharp corner and something out of the corner of my eye distracted me, however. I lifted my head and...

Only 20-30 feet in front of me, on the other side of the road, was a mother black bear and four cubs. What had distracted me was that the mother had been standing on her hind legs and when she dropped back down on all fours, her movement had caught my peripheral vision.

The mother bear let out a soft, yet deep, growl. I thought to myself... “That can’t be good!” My next thought was... “I can’t turn around at this point because the grade is too steep. If I try and turn around, I will simply topple over (based on my experience!) and turning around means turning in the direction of the bears (as they were on the other side of the road)...and I don’t want to be moving closer to the bears!” Then I thought... “Uh oh...I’m trapped! I can’t turn around. I can’t go to my right, because I’ll fall off a cliff! I can’t go to my left, because I’ll be moving closer to the bears!”

When the mother bear let out her soft, yet, deep growl, the cubs bolted for the forest on the other side of the road. But there was a steep embankment where the cubs bolted towards and two of the cubs clung to some rocks and tree stumps half way up the embankment. The other two cubs tumbled back down the embankment, to come to rest at momma bear’s feet.

Momma bear looked at me. She let out another soft, yet deep, growl...as if to say to her cubs “Follow me!” Momma bear turned around (away from me) and started to run up the hill I had been making my way up. The cubs scrambled after momma. After running up the hill about 15-20 feet, momma bear stopped, turned around to look at me again, then turned back around and continued running up the hill, with baby bears hot on her heels.



*Photo Credit: Picas Joe*

A few seconds later, momma bear and baby cubs had turned into the forest and were able to make their get-away.

Just before the bears dove into the forest, another cyclist came screaming around the corner, coming down the hill at high speed. I yelled “Bears!!!”...pointing directly across the road from me. The cyclist hit their brakes and careened toward me. Fortunately, the cyclist was able to gain sufficient control of their bicycle to avoid colliding with me. As I watched the bears disappear into the forest, I resumed my climb. For the next kilometre, I warned cyclists that were making their way down the hill (I was continuing to climb) of my bear citing.

The further I moved / cycled away from the scene / encounter with the bears, the more I felt the tension ease in my body, until I was in my relaxed state again. I became aware of just how afraid I was. I hadn't panicked, in the sense of screaming or running for my life...but I was afraid just the same. I can remember having the thought “So...this is how it's going to end!” I had never been that close to bears in the wild. I remembered the feeling of having momma bear staring at me so intently that I almost felt an out of body experience. I remembered thinking “Talk to the bear...tell her it's okay...tell her I'm not going to hurt her or her cubs.” I remembered seeing the drool/foam around the momma bear's muzzle. I remembered thinking the bears were so close I could smell them.

I made it through the experience alive, obviously; here I am recounting the experience to you. But in truth, I was never in danger for an instant. Only my fear thoughts had me in danger. That I didn't panic was, perhaps, a good thing. But even if I had panicked, it would only have been my panicky and fearful thoughts that would have expressed themselves, not actually what was happening.

Whenever we're in a situation that scares us, remember, it's not the situation itself that is fearful, it's our thoughts about the situation that are fearful and, consequently, make us feel scared. Everything is neutral. It's our thoughts that determine how and what we experience.



**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).

## 2. Now: Freedom and Fear, by Richard Harvey:

Far from being unknown, the future, like the past, is painted vividly by the colors of our present imagination. The future is like the past because both are perceived through the filter of fantasy. When we consider a past event and retell it one, two or three different ways we see that the past and the future are neither fixed nor definite but, on the contrary, they reflect the changes in our interpretation. The only place we find the living unknown mystery is in the present. Ram Dass writes:

In the end, of course, our approach to the future comes down to how we feel about mystery. As much as we may know of ourselves and our existence, there will always be a great deal more that we will never know. The Soul has no trouble with mystery at all. Mystery is the Soul's element. As wise elders, we come to know that the Ego has no control over anything, and so we begin to rest in the mysterious present and let the future unfold as it will. (28)

A common dream is one in which we are sitting an exam or on a stage entirely ignorant of what is expected of us and ill-equipped to perform. It reflects the anxiety of the present age, the fear of failure, a threat to personal survival in a world that requires us to prove our usefulness or value in exchange for acknowledgment and approval. A singer provides an illustration of the same theme from waking life with this vivid account of stage fright:

I stepped onto the stage in a blinding haze of fear. My name had been called over the house sound system and the applause of several thousand people was threatening and deafening. I was paralyzed by expectation; somewhere deep inside me I had shut down and folded up into something very small. The guitar looked and felt foreign to me, my hands were like strange appendages I didn't recognize, the coordination of hand and voice that produced song was far beyond my perception or imagination. I stopped and gazed out at the sea of anonymous faces feeling like the last person on Earth. Terror crawled and convulsed inside me; I was feeble and vulnerable like a newborn child... then just as I felt my most helpless, my energy surged and crashed over the front of my body in a crescendo of waves of light and I felt absolutely vital and powerful. The surge was so intense I grew wings of energy out of my taut, tingling shoulder blades. My body was unable to contain them. They lashed and waved around my physical form as I stood inside a fire of intensity and potency. I was fearless... I played and sung like I had never done before and over the next 45 minutes I performed without a single flaw.



*Photo Credit: Pexels.com - Mart Productions*

The inner journey is reminiscent of this singer's energetic metamorphosis, the transformation of fear into freedom that comes from fully inhabiting the present moment. Fear has no meaning outside the context of the present moment. Whereas personal therapy is concerned with the past and the future, transpersonal therapy takes us beyond the spatial-temporal realms into the present. It is here, and only here, that we *are* and this is where our true spiritual development takes place.

To enter fully into the present we must go beyond reason and belief to direct experience unhindered by thought. Thought anticipates and tries to protect us from uncertainty and insecurity out of the fear of what is to come. Usually our thinking attempts to preempt all eventualities and outcomes, so that we are prepared and defended against life. Life becomes the enemy laying in wait, threatening to ambush us.

I remember spending three weeks on an intensive Theravadin Buddhist retreat during which I attained some measure of inner peace and deep contemplation. The retreat ended with a communal meal at which we were, at last, able to talk and behave

'normally' as a bridge back to our regular existences. As I was taking my place at the table, someone informed me that a friend wanted to talk to me on the telephone. My mind worked through a hundred scenarios of bad news in just a few seconds. My mind's ability to invent these explanations from the mention of a mere phone-call was dazzling. In my state of enhanced awareness, I was able to witness the workings of my mind clearly, and see that these creations were usually unconscious and registered as the background anxiety of my character.

Through character and life patterns we are so orientated to the past that we don't notice the present. Our resistance is clear. To sustain ourselves in the illusion of selfhood we cling to the past and the future, knowing that were we to lose our grip we would slip into the unknown, the spontaneous present, the eternal moment. The unknown present is effortless and unpredictable.

Looking into the future we see how we are missing the present through our projections and neuroses. Worry, anxiety, remorse, regret, desire, fear, all project us into the future or the past. But the future and the past do not really exist; they are merely projections of the present. The emotional and mental states that we experience most of the time are unreal. We might say that we are afraid of existence and, to the degree to which we are afraid, we cease to exist. Conversely, when we stop fearing the future and regretting the past, we dare to exist.

Daring to exist is the fruit of psycho-spiritual work. But now we take a further step. Since the present as we normally experience it consists of the past and the future exclusively, only in the transcendence of the present can we experience what is truly real. The ancient Hindu *rishis*, or seers, defined it like this:

'That which was not in the past and which will not be in the future, but, that which seemingly exists only in the present is called the un-Real.' The Real is 'that which defies all changes and remains the same in all the periods of time: past, present and future.' (29)

Now the present is not what it appears to be: the real present is not definable in relation to the past or the future, it simply *is*. When we look carefully, we see that we are always living in the unadorned, unoccupied present. Our

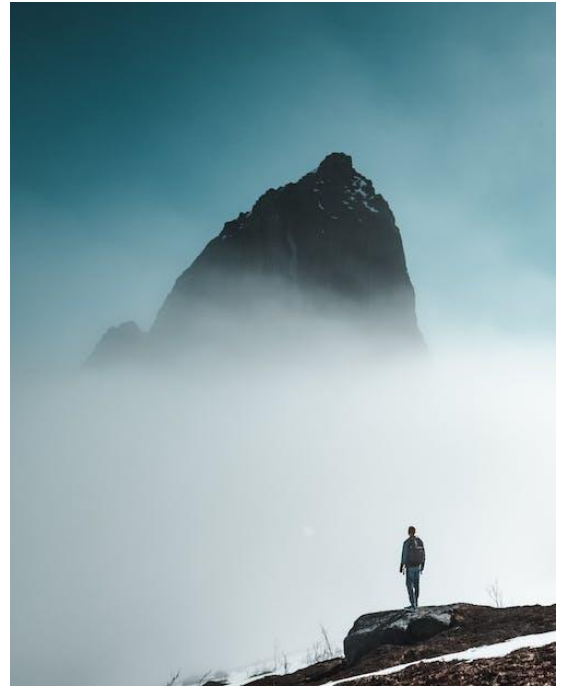


Photo Credit: Pexels.com - Tobias Bjorkil

character and our life patterns are all created and enacted *now*. When we look into the future we see that we are also living in the present through our projections. All of this – both so-called past and so-called future – are the reflection of life and death, the in-breath and the out-breath, memory and anticipation. As we witness this duality our focus converges on the moment – now. At first we feel hemmed in by it, limited and then – if we persist and so long as we can bear it – the moment opens up into unlimited freedom.

This unlimited freedom is the abyss of the moment that we are scared of slipping into or attracted to in practices like meditation and awareness. When we succeed in reaching a sense of profound presence we lose our personal anxieties, drives and ego self.

Each of us shares this common intuition of a sense of presence. The source of our presence is absence. We could say that I am only when I am not. In the absence of ourselves, the present moment is all there is. To witness this we must free ourselves of the conceptualizing activities of the mind. When the mind is still, there is emptiness and that emptiness is the source of all phenomena including ourselves. Ramesh Balsekar writes:

Why is it that nobody can honestly say that he does not exist? Because he knows that he is present... there is no entity who can say that it does not exist. If an entity did assert that it did not exist such an assertion itself would prove its existence!... the more important point which is not so easy to grasp, is that the source of this phenomenal presence (which is the manifestation of the unmanifested) is noumenal absence. (30)

In other words, we are present only when we are not! How liberating and how confusing! On the edge of this breakthrough beyond reason, we sense the spirit of the Zen koan, the disorientating ploys of the crazy wisdom school and the eccentric teachings of Mullah Nasruddin. Finally, we may experience the inner bubbling of great laughter at the cosmic joke. The present is wholly available while simultaneously being impossibly unreachable. The price is ourselves: we must give up all to have everything. It is impossible and inevitable, true and ridiculous, meaningful and meaningless.

Out of this presence we may enter into pure experience which is the spontaneous and present-created unknown. Peace, compassion and unselfconscious love are outside our grasp so long as we are. When our separate self-identity falls away, they all stream in and we exist in the now, fully immersed in the moment, without separation and this becomes our new and true center.

*[This article is an excerpt from Richard's book 'Human Awakening, 2<sup>nd</sup> Edition.'* See <https://www.therapyandspirituality.com/books/human-awakening-book.html>]



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



### 3. Holding On / Letting Go, by Robert Meagher

We live in a world that prizes possessions. Hence, we tend to hold on to things. Do you remember the last time you moved? How much of your ‘stuff’ did you hold on to? How much did you let go? And if you let go of anything, how did that feel?

Personal possessions are perhaps the most obvious examples of holding on and letting go. Yet personal relationships can be even more dramatic example of holding on to, and letting of, things. More than our personal possessions, we tend toward holding on to our personal relationships with even greater verve. We tend toward clinging to our relationships. And then when we let go of relationships, if we do, our response can be far more dramatic than with personal possessions.

More than personal possessions or personal relationships, the most vivid experience I have witnessed of holding on and letting go is with what we call life in the embodied state. I have been blessed to do many things with my Ministry work, but perhaps the most meaningful work I do is Chaplaincy work that focuses on visitation with the sick, infirm, and transitioning (or what is commonly referred to as dying).

I had the honor of sitting bedside with a man who was in the process of transitioning. I remember the day very well. He was nearing the veil of death and he shared with me that he was afraid. I held his hand and offered to him to squeeze my hand if he felt any fear. His grip became iron clad.

At one point I said to him, “It’s okay to let go.”

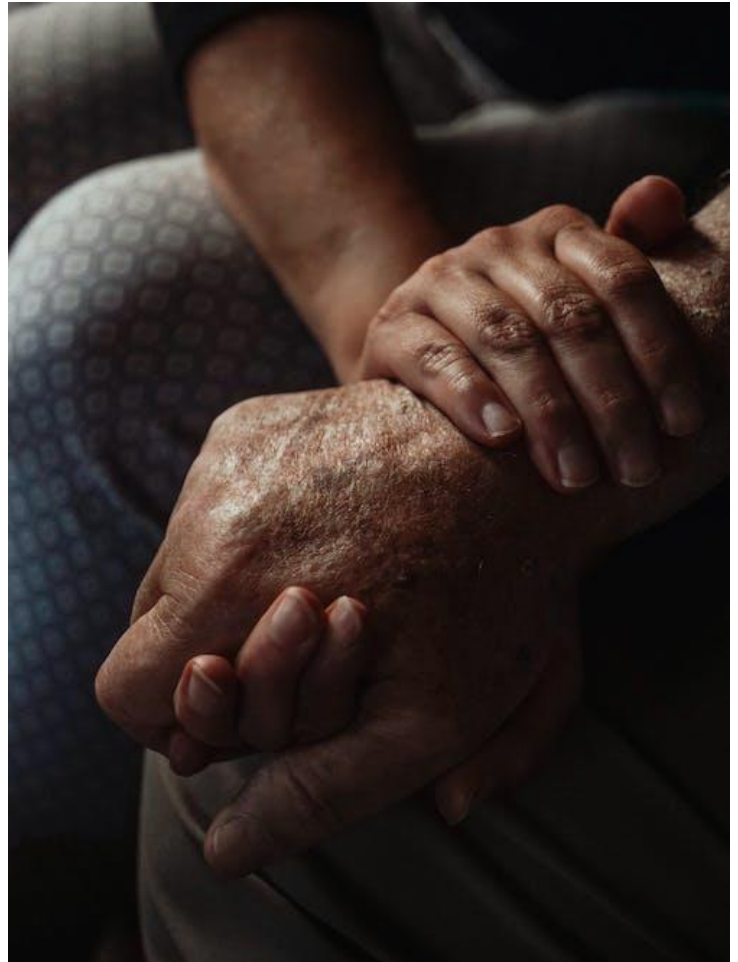
“But I’m afraid.” he said.

“I am with you. I will remain with you to the end of your time here.”

His eyes opened and I could see his fear lessening.

“Where am I going?” he asked.

“You aren’t going anywhere. You will simply remember a state of being that has always been with you. It is a state in which you will know nothing but peace and love.”



*Photo Credit: Pexels.com - Kindel Media*

And with those words, he closed his eyes and journeyed through the veil of death. His grip on my hand weakened. A sense of peace washed over his body.

This man's ultimate peace was in letting go of embodied life itself. He clung to his life. He was afraid to let go. But in letting go, he was offered the greatest gift of remembering life in its purest sense—without our myriad of illusions cast upon it.

What are you holding on to in your life? How are you holding on? What is it you need to let go of?



**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).

## 4. Ruled By Fear, by Richard Harvey:

Self-consciousness has given rise to highly sophisticated, tangled, and labyrinthine processes: predictability, the stifling of spontaneity in favor of safety, and the cultivation of habit. Humankind is basically in a state of fear and this fearful state is usually buried in the unconscious, so a person doesn't realize how their very existence is ruled by fear. Hate, anger, deadness, grief, pain, and hurt, along with their symptoms; chronic restlessness, dissatisfaction, lack of fulfillment of energy and pleasure, of feeling and being aware, of a flowing emotional life and responsiveness, unhappiness, the inability to experience pleasure or joy—these are just some of the results of the suppression of that fearful state which dominates humanity.

Psychotherapy, at least in the way I teach and practice it, directly revisions these conditions through healing the wounds of the past. Oh, I know there have been many claims, many false prophets, so to say, in the world of human psychology, therapy, and healing! But after nearly 40 years of endeavor, I have refined the method, the signposts, and the work we all need to do on the false self in order to embrace our truth.

### **The filter of early life experience**

The point for us to remember is this: until the conditioning has been released, everything in your life will appear through the filter of your early life experience, *absolutely everything*. Alongside this your ego will commandeer, hijack, absolutely everything you introduce for your well-being and to better your inner health and clarity. There is no way at all to avoid this. To work to change it you have to maintain awareness, courage, and resolve in the direst of circumstances. But there is no way to avoid your ego hijacking your attempts at improvement. This means that, without exception, your spiritual practice is fundamentally flawed, since the ego takes away any spiritual progress or attainment for itself. When this conditioned ego is acting dominantly in your world, inner and outer, I call it the first stage of awakening, because you have not yet shed your attachment to the past, your early life, and childhood traumas, out of which you have created character defenses and a false self.



*Photo Credit: Pexels.com - Mart Productions*

In the second stage of awakening these products of early life conditioning are released so there is a different set of challenges. These challenges concern the heart and they are namely love, compassion, impersonal love in particular, authenticity, and maintaining the heart center. This stage is a bridge to the truly spiritual life of divine

sadhana. All that has taken place previously is psychological in origin, because it hinges on the human as an individual, an ego-driven, fearful entity, motivated by self-preservation and personal survival.

*[This article is an excerpt from the transcript of a talk called 'Poor or Rich? A Discussion of Vision.' published in Bodhi Ocean. See <https://www.therapyandspirituality.com/books/bodhi-ocean.html>]*



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

## 5. That Which We Think Will Tear Us Apart May Actually Bring Us Back Together, by Robert Meagher

A dear friend recently shared with me that they had begun the process of filing for bankruptcy. They shared with me about the circumstances that had unfolded over the past 15 years that had contributed to the current situation and decision to file for bankruptcy. My friend talked about how they held on, and held on, and held on some more, until they decided to let go. And in their letting go, they found peace.

What drove my friend to hang on so long were the base emotions of shame and guilt brought on by societal expectations of how one should make money, how one should spend money, and what one should spend their money on. But perhaps underneath the shame and guilt was the very root emotion of fear.

My friend talked about their: fear of failure, or their perception of failure; fear of what the future would hold given the stigma associated with filing for bankruptcy; the fear of what friends and family may think; and the biggest fear, how their life partner would react to the news.

After speaking with a trustee, my friend recounted driving home and knowing that when he arrived home he would have to tell his spouse about the meeting he just came from and that he would be filing for bankruptcy. My friend was fearful of the worst—that his life partner would want to leave him. My friend feared that news of his situation and decision to file for bankruptcy would tear the relationship apart.

My friend went on to share the gut-wrenching scene that unfolded when he arrived home and immediately proceeded to tell his partner about the meeting with the trustee, the decision to file for bankruptcy, and the impact it would have on their financial future. My friend told me that as he bared all to his life partner, his partner simply sat and listened. The silence, my friend said, “was deafening.” “The silence cut like a knife through my very soul. I felt daggers were piercing me, penetrating deep into my body, slashing, ripping my flesh to pieces!”

“But as I went on,” my friend said, “My partner just kept listening, almost ‘cold face.’ There was little to no reaction at all.” Finally, after saying everything he needed to say to his partner, he asked his partner to please say something, anything.

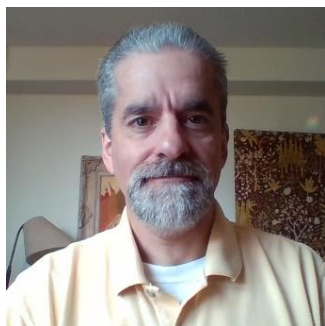


*Photo Credit: Pexels.com - Nicola Barts*

My friend's partner, first, told my friend how happy he was to have been confided in. My friend's partner went on to share how much he loved my friend, and that the news did nothing to change that love. My friend's partner went on further to emphasize that he not only would stand by my friend but wanted to help in whatever way he could. As the healing sharing unfolded, my friend came to a beautiful realization about all that was unfolding in that moment...

My friend said, "That which I thought would tear me apart, actually brought me back together." What a profound teaching! Our fears fracture us. Our illusory fears hold us back from healing. Paradoxically, however, it is our fears that lead us to healing. It is only our pain threshold that holds us back from healing. The greater the pain threshold, the more we resist healing. We look for cures of the symptoms, but we aren't interested in any deep healing at the soul level, the level of cause.

The form of our worry and fear is illusory. What we worry about and fear is nothing. It is our thoughts about the thing, the form, that creates worry and fear. Our healing begins when we bring the worry and fear up to the surface for exploration and examination. When we embrace the courage to look at that which we think will tear us apart, will we realize it is our gateway to returning to peace, grace, God.



**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).

## 6. The Attraction of Fear, by Richard Harvey:

The second question: What attracts us to fear?

The importance of this question is the dual nature of fear itself. On the one hand we are attracted to fear, because fear is synonymous with the ego. So from the egocentric view we are attracted to ourselves; we find ourselves attractive. The ego-self, the small self was created out of a most basic fear, the fear of survival. To protect ourselves from insensitivity, hostility, and ignorance in early years we have formed a false character, a self that acts as a shield or skin to protect us and most particularly defend our soul against danger. This character of necessity becomes attractive to us, as we become attached to it. In the indoctrination of our early years, our very life depends upon it. But when you look at it carefully, it is all fear: the character, the defensiveness, the made-up ego-self, *everything* is fear. So in this view of fear we are simply attracted to the bogus savior, the one who now clearly costs us far more than we can afford to keep paying, as it becomes clear to us how our being is contracted and our life is limited by its suffocating over-protection.

On the other hand, we are attracted to fear out of the impulse to grow in love. Growing in love is returning to our true nature and it implies also growing in wisdom, developing inner peace, equanimity, becoming authentic, real, and ultimately realizing our inherent divinity. Fear may become a signpost for our inner growth and development, because it tends to reside on the border of the known world. This world, the one with which we are familiar, defines the inner restrictions we lay on our own life. It is our job, our challenge, if we are committed to the inner journey, to push these boundaries, to expand beyond them, to grow and develop. How do we recognize where exactly the inner boundaries are? Where is the border between the known and the unknown? The answer is fear.

### **Fear becomes a friend**

To the committed inner seeker fear becomes a friend, even an ally. Always demonstrating where we restrict our growth, fear leads us on. So this is the dual nature of fear.

One more point about fear. It is physiologically so similar to excitement in its bodily expression that it can be a helpful exercise to “court” fear and transform it surprisingly easily into an excited bodily state of arousal. Change the concept; change the experience. The resulting energy after you have transformed fear from negativity to



*Photo Credit: Pexels.com - Rene Asmussen*

positivity can be used or stored! If it is inappropriate to use it at the time, store it in the body by sitting with a straight back, breathing in deeply down the front line of the body from the nostrils to the perineum. When you have established this front-line breath over several in and out breaths, follow the out-breath up the spine to the crown of the head, so creating a circular breath. Your hands should be connected, ideally left in right, your tongue should be on the roof of your mouth and you should be sitting in a chair or on the ground on a stable base. Your head and neck should be straight, in line with your spine so that your chin is slightly tucked in. Relax your shoulders and your whole body. In this way you can store and develop your potential for transforming fear into positive energy.

*[This article is an excerpt from the transcript of a talk called 'Awakening, Liberation, and Spirituality in the World: Part 2.' published in Dharma Sky. See <https://www.therapyandspirituality.com/books/dharma-sky.html> ]*



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



## 7. Whatever I Am Reacting to Has Nothing To Do With The Other, by Robert Meagher

For some this will be no surprise. For others, this will be hard to accept. Here it is... whatever we are reacting to has nothing to do with the other. Let me explain with a personal story.

One day I had to rush my partner to the hospital emergency. My partner was feeling very poorly, and had increasingly been feeling poorly for several days. My partner has been living with Parkinson's disease for almost 20 years. During that time, we have paid many visits to the hospital emergency; too many to count. In each case the visits to the hospital results in a banter of tests being run that, with few exceptions, don't reveal anything conclusive. Such was the case last week. That the doctors could not find anything wrong was, in one way, a blessing I suppose.



*Photo Credit: Pexels.com - Pixabay*

So as the events of that morning unfolded, a cornucopia of emotions ran over me like a mack truck! Everything from fear, worry, anger, frustration, anxiety, joy, love, compassion...you name it! Any and every possible emotion landed in my lap over the course of that morning and day. Perhaps you can appreciate that by the end of the day I was emotionally drained and physically exhausted.

It was only the next day that some clarity started to emerge over the events of the previous day. As the events unfolded, I perceived an 'other' in the unfolding events. In this case, the 'other' was my partner. I was seeing and feeling an 'other' person. As a result, I bought into the idea that the 'other' was causing me to feel whatever it was that I was feeling. If I was feeling fear, it was because the 'other' was causing this fear. If I was feeling worry or anxiety, it was because the 'other' was causing this worry or anxiety. Nothing could be further from the truth!

Every moment of that prolonged event—from the time we left our home to the time we returned—there never was an 'other' person making me feel anything. I was feeling something based on what I perceived was happening. My partner was not making me feel anything. I was 'feeling', full stop. I was feeling something. To suggest that something or someone was 'making' me feel something was abdicating myself of responsibility for what I was thinking, feeling, seeing, and doing.

In truth, whatever I am reacting to has nothing to do with the 'other'. Anything I see or feel is my choice. No one or no thing can make me feel or think anything. I am 100% responsible for what I think, for what I feel, for what I see, for what I do.

Deeper than the preceding is the realization that whatever it is I am seeing, is only showing me myself. In the events of that morning, I was being shown some aspect of myself. It was being shown to me so I could learn about some aspect of myself. If I learn the lesson(s), the feelings associated with that event will not repeat themselves. If I don't learn the lesson(s), then the event and associated feelings will most surely repeat themselves.

The implications for this teaching are far reaching. As I said at the beginning of the article, for some people this is old news. For others, this will be hard to accept. If you are in the former group, be glad. You have opened yourself to living in peace. If you are in the later group, and you find it hard to accept this truth, don't worry. Life will end up teaching you, one way or another.



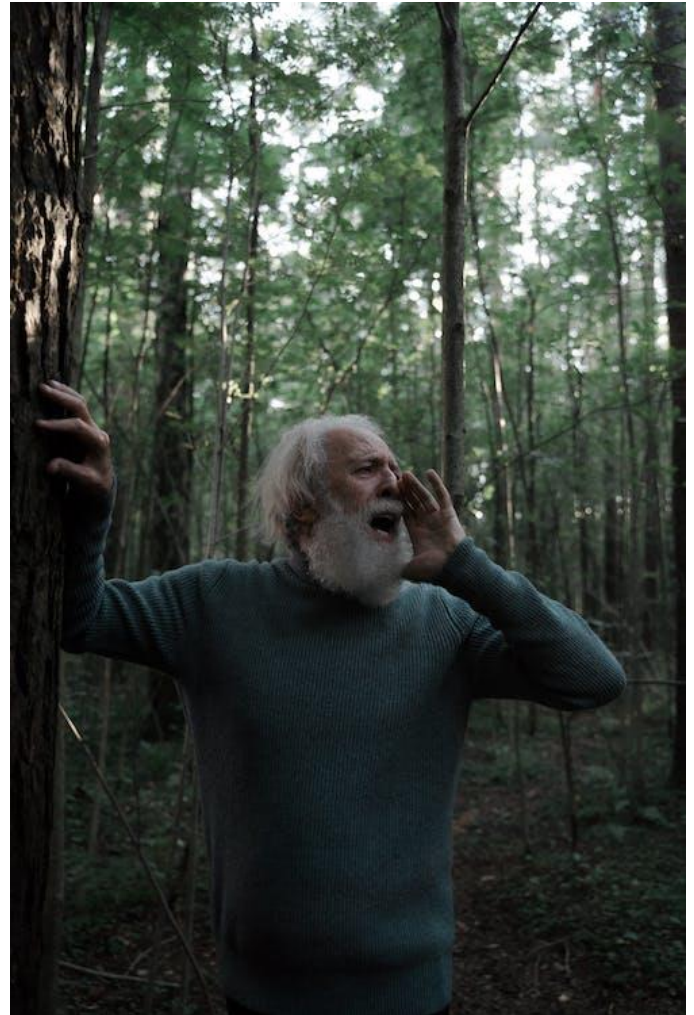
**Robert Meagher:** is Co-Founder of The Center for Human Awakening. Robert has been ordained as an Interfaith Minister and Certified as a SAT Therapist (Level 1 and Level 2).

## 8. What Are We Really Afraid Of?, by Richard Harvey:

To live—to truly live—there is really only one fear to overcome. Only one fear because it is the one which comprises all the others. That is the fear of death. Within this mighty fear is our denial of life, our avoidance of life, our lack of courage in life, and ultimately our fear of life. Fear of death is fear of life and now you sense what the journey of self-discovery has been all about. It is the shedding of fear in the form of our obsession with survival, our terror of not existing, our urge to rise out of the ground of being and realize ourselves as (and here is the great point of choice) our individual, separate self or as the true Self. This point of choice is decisive in propelling us through the void of the threshold that awaits us at the end of the first stage of awakening; a threshold into the unknown where all will change and where we may live as the soul out of our true nature out of our whole psyche, without blame or projection, without merely surrounding ourself with ourself, from the very center of our being, our wholeness, and our unity with all of life. Here we may practice deepening awareness, deep compassion, authenticity, truth, peacefulness, and skillfulness in preparation for the great third stage of our personal, psychological development to transcendent, spiritual, divine levels and heights of attainment to become the true fully realized human being, a most natural human being, the spiritual-divine, the Self, and to live Truth and Reality at last.

### **There is no differentiation at all**

This story has also been told in *Flight*. One day I was walking in a forest with my teacher and I was observing nature closely with great intent. The air was soaked in a rare atmosphere. I can only describe it as wisdom or illumination, a pregnancy, a portentousness, and a promise of wisdom teachings. I had lowered myself toward a flowing stream. The beautiful pebbles, their various shapes and colors were mesmerizing and as I sought to get closer to them I inadvertently dipped my face into the water. I took a breath and unexpectedly sucked in water instead of air. I can't tell you why or how or really what happened then, because I fell into an alternative reality. Who knows? The air, the atmosphere, the teacher, the wisdom hovering in the air, everything combined and was somehow conspiring to teach a deeper reality and level of truth. I felt my tremendous fear of death. I was utterly terrified, extraordinarily terrified, utterly petrified. I shook and trembled and as I felt myself being pulled up off the ground, my knees shook so much I could hardly stand. Some of the extraordinary events that followed I have recounted in my book. Others I have left out for now. But what binds the events together is the boundless state of endless gratitude I felt. This gratitude deepened and expanded into eternal devotion, not just to someone, something, or selected events but to All. The clearest thing about this



*Photo Credit: Pexels.com - Ron Lach*

spiritual initiation was that I experienced *no differentiation whatsoever*. Life, death, me, the other, good, bad—it had all faded and gone. It was not there at all. I was free.<sup>1</sup>

Fear holds us back from awakening into the heart. Only fear. As you have heard me say before one single fear stands behind all fears. Please relax and take a deep breath and I invite you to join me in this brief guided meditation to release yourself from fear.

*You are already dead... you have nothing to worry about... everything is unfolding as it should... what you think of as yourself is merely dead matter, organs, skin, emotions, energy, ethereal, astral, physical, mental energies... merely matter, vibrating energy. Nothing that you think of as you has any meaning or significance... your will, your opinions, your achievements, your impression on the world... all will and is as we share this time together disappearing... everything that appears is disappearing simultaneously... nothing in the world... this relative world... is permanent... it is not even here for very long... before it has gone... even now it is going... as these words are disappearing... modulating... transforming energy and your thought and feeling... listening to these words... all is appearing and leaving... arising and subsiding.*

*Just feel it for a minute... intuit it in your higher energy... and your spiritual awareness... everything born dies... everything that arises merges back into the infinite... You are already dead... merely insignificant and pointless and this is all there is... when you identify with yourself... when you identify with yourself...*

*When we die the light goes out, the spirit that inhabits the body, the physical form, leaves. Will we have lived here without at least having realized our humanity, the transition from chrysalis to flight, from fear to love, from death in life to life in life, from numbness to passion?*

*The context, the palimpsest, the atmosphere of life is permeated with growth, love and compassion. Everything is conspiring, orchestrating, and combining in the woven tapestry of life to further your awakening. Whether you are waking or sleeping, interested or distracted, open or closed, focused*



*Photo Credit: Pexels.com - Alex Green*

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<sup>1</sup> Richard Harvey *The Flight of Consciousness: A Contemporary Map for the Spiritual Journey*, London: Ashgrove Publishing 2002, 109-10.

*or scattered, Divinity works full-time toward your awakening in this life. The next step is awakening in the heart. It is your true nature, the horizon of awareness and devotion. You will awaken to your Self. You will realize that you are love, and surrender your compassion and authenticity into the melting pot of existence, bliss, being and becoming... you will be as you truly are.*

*[This article is made up of excerpts from transcripts of a talks published in Moksha Dawn. See <https://www.therapyandspirituality.com/books/moksha-dawn.html>]*



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

## **SOULFUL SHARINGS:**

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

The theme for our next newsletter (September 2023) will be 'The Stories We Tell Ourselves.' We go through life with the imprint of stories forming and shaping our lives. Most of us are never aware of these stories we tell ourselves. Yet, our liberation may be found in an awareness of what these stories are and, then, choosing to change the story or let the story go all together. If you would like to contribute to our September newsletter, reach out to us at [info@centerforhumanawakening.com](mailto:info@centerforhumanawakening.com).

## 10. Other Center News and Offerings

The *Arhat Project* is a residential spiritual community for people seeking personal authenticity and Self-realization where the processes of personal inner enquiry and transformation are accelerated through a neo-sacred, engaged schedule and life-style of spiritual discipline and focus and psychological exploration and awakening. Based on the psycho-spiritual approach described in Richard Harvey's book *Human Awakening*, particularly *The Three Stages of Awakening*, Arhat is a neo-spiritual living project where personal and spiritual development are intensified and potentized through communal life, group work, lectures and study, meditation, spiritual and sacred practices, and spiritual direction. If you are seriously interested in being a part of a residential community based on Richard Harvey's *Three- Stage Model of Human Awakening* (see <http://www.therapyandspirituality.com/interview-stages-awakening.html> and <http://www.therapyandspirituality.com/human-awakening.html>) and you find yourself in the first, or possibly the second, stage of this model and you would be inspired and enthusiastic about establishing a core group for a spiritual community where personal and spiritual development is accelerated, intensified and potentized in a semi-monastic, secular structure of scheduled tasks and spiritual discipline, then please write via our contact page at <http://www.centerforhumanawakening.com/Contact-Us.html>.

*Personal Retreats* for personal and spiritual growth. Whether you are looking at a specific issue or exploring your life's purpose, a personal retreat allows you the time and space for personal exploration, clarity and relaxation, personal growth, deepening insights, and replenishment. A retreat gives you the opportunity to withdraw and turn inward, away from the world of ordinary everyday demands, pressures and responsibilities. On retreat you make time for issues that are calling to you from your inner world, to relax, recuperate and refresh yourself spiritually, physically, energetically, mentally and emotionally. Your retreat can be self-directed, or themed with guidance, skillful reflection and encouragement from our Founder. For more information about the retreats, please visit <http://www.centerforhumanawakening.com/Retreats.html>.

*The Sacred Attention Therapy (SAT) Project* is a rare, unique and exciting project will produce a body of writing that explores the psycho-spiritual psychotherapy of Richard Harvey through his 3-stage model of human awakening. The resultant published works will endeavor to guide readers through Richard Harvey's model with practical exercises, examples and theory. The work will almost certainly be illustrated by personal material that arises in the process of experientially learning about Richard's Sacred Attention Therapy through this collaborative venture. For more information about the SAT project, please visit <http://www.centerforhumanawakening.com/About-Research.html>.

There is a plethora of *Resources* available to you on the Center website, many of them free. You can enjoy articles, books, integrated bundles of teaching aids, videos, and more. Begin your exploration of these resources at <http://www.centerforhumanawakening.com/Community.html>.

*Volunteer opportunities* abound at The Center for Human Awakening. If you would like to volunteer for one of the opportunities below, or if you think of other ways you would like to share your gifts and talents with the Center, please email us at [info@centerforhumanawakening.com](mailto:info@centerforhumanawakening.com).

- Web Developer (WordPress) to Customize BLOG
- Crowdfunding Researcher and/or Coordinator
- Hosts for Traveling Satsang
- Social media promoters
- Transcribers
- Writers
- Editors
- Mock therapy clients

For more information about the above volunteer opportunities, please visit <http://www.centerforhumanawakening.com/Volunteer.html>.

*Sacred Attention Therapy (SAT) Practitioners* can work with you through the three stages of human awakening. Contact us for a list of SAT Therapists that are available to work with you on your journey of self-discovery, transformation into authenticity, and union with the source of consciousness. <https://www.centerforhumanawakening.com/Contact-Us.html>.

The Center's *BLOGs and VLOGs* are posted on a regular basis. Both the BLOG and VIDEO BLOG are spontaneous, short pieces. The material is written or recorded in response to questions, remarks, and responses on spiritual matters, interactions in the Sacred Attention Therapy Study Group, or simple inspiration with a feeling for the moment's revelation.

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

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

*Please tell others about The Center for Human Awakening*; please tell your friends, your therapists, your relatives, and any forward, progressive thinking people who could benefit from this work. In Richard Harvey's newest book<sup>2</sup> he states the case for us being "custodians of the future" in a world that is being debased as it

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<sup>2</sup>Your Sacred Calling: Awakening the Soul to A Spiritual Life in the 21st Century, now published by Austin Macauley Publishers Ltd.

Purchase in US dollars (\$) here... [https://www.amazon.com/Your-Sacred-Calling-Awakening-Spiritual/dp/1786129035/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1493308719&sr=1-1&keywords=Your+sacred+calling](https://www.amazon.com/Your-Sacred-Calling-Awakening-Spiritual/dp/1786129035/ref=sr_1_1?s=books&ie=UTF8&qid=1493308719&sr=1-1&keywords=Your+sacred+calling)



loses touch with the genuine sacred-spiritual truths and ceremonies. If we do not act in all the ways that our true nature dictates we will become complicit in the destruction of the human consciousness of the inner worlds, responsible in whatever way for the degradation of the outer world, and ignorant and helpless in the insight that there is truly no separation between the inner and the outer, between us and them, and between the human and the divine. Thank you for being with us!

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Purchase in British pounds (£) here... [https://www.amazon.co.uk/Your-Sacred-Calling-Awakening-Spiritual/dp/1786129035/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1493308719&sr=1-1&keywords=Your+sacred+calling](https://www.amazon.co.uk/Your-Sacred-Calling-Awakening-Spiritual/dp/1786129035/ref=sr_1_1?s=books&ie=UTF8&qid=1493308719&sr=1-1&keywords=Your+sacred+calling)

# 11. 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](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://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**

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LinkedIn: <https://www.linkedin.com/in/human-awakening-228506131>

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