

The Eyes of the Golden Hall

~ A Newsletter of The Center for Human Awakening ~

January 2024 Newsletter

Volume 9, Number 1

In this e-Newsletter...

FROM THE EDITOR'S HEART.....	3
THEMED ARTICLES.....	4
1. Love, by Richard Harvey.....	4
2. The Expansive Energy of Love, by Robert Meagher.....	7
3. The Face of Love, by Richard Harvey.....	9
4. Our Capacity for Love and Compassion Is Infinite, by Robert Meagher.....	18
5. Can We Love Enough?, by Richard Harvey.....	20
6. Divine Love: Our Home, by Regiena Heringa.....	22
7. The Path of Love, by Richard Harvey.....	24
SOULFUL SHARINGS:	27
8. What's New and Upcoming at the Center?	27
9. Other Center News and Offerings	28

10. Links 31

FROM THE EDITOR'S HEART

I am humbled to offer this edition of our newsletter. The theme is '*The Expansive Nature of Love*.' There is only one thing in life that once you have it, the only thing you want to do with this thing is give it away. And this 'thing' is love. We so freely give it away because we know that in order to have it, we must give it away. We also know that in giving it away, we will receive it; for in giving is receiving because what goes out always comes back.

This newsletter purposefully contains articles that are a blend of lived experience and grounded spiritual teaching. We are blessed to have Richard Harvey, our Founder, share four of his writings on the topic of love. Richard's writings ground us in his spiritual teachings on love. I share some intensely personal, lived experiences of the expansive nature of love. We are most blessed to have a guest contributor, Regiena Heringa, share a beautiful, channeled passage on the expansive nature of love that is rooted in Richard Harvey's third stage of awakening teachings.

The theme for our next newsletter (May 2024) will be 'surrender.' If you would like to contribute to our May 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

THEMED ARTICLES

1. Love, by Richard Harvey

Love evades all our seeking, because we can never possess or define it. It eludes discovery or understanding, because it is so close to us we may never make an object of it or see it clearly. Ultimately, love is what we “are.”

The dancing goddess of Japan, Ogamisama, teaches the refinement of the soul through the practices of prayer and egolessness. In a dance of ecstasy she dissolves self-love and wishing to be loved. Before this dissolution we must begin to understand what love really is; we must undergo a deep self-exploration and experience what love has been for us.

Love is one of the most overused and inaccurately employed words in our language. We say love when we mean need, want, lust, envy, or admiration. Love may be love of self, and even then it may have different meanings. There is narcissistic love where we fall in love with our self-image and become self-obsessed, or there is the kind of self-love where we open to ourselves and grow through self-acceptance.

Love may be reflective like when we project some part of ourselves onto another. It may be beauty or kindness, human sentiment or maternal warmth, fondness or physical attraction. When we project these parts of ourselves onto another, we are compelled to be with them to be close to the part of us they possess. When we fall out of love we are compelled to take back our projections of ourselves and our disillusionment makes us and the other a little more real.

Love may be transcendent, like the love of God, and through such love we may expand and meet the Divine in ourselves. Such love is a genuine opening of the heart, a flowering of our spirituality. It involves no other, because there is no separation or projection involved.

As varied as the different kinds of love are, they share a common source. While the source of love is pure and undefined, the many forms of love assume different expressions. Every love seems to want to achieve perfection.

It may be that falling in love is a reflection or even a feature of divine love. However, it is a challenge of inner work to see through illusion and fantasy, or at least to see things for what they are. Therapists frequently play

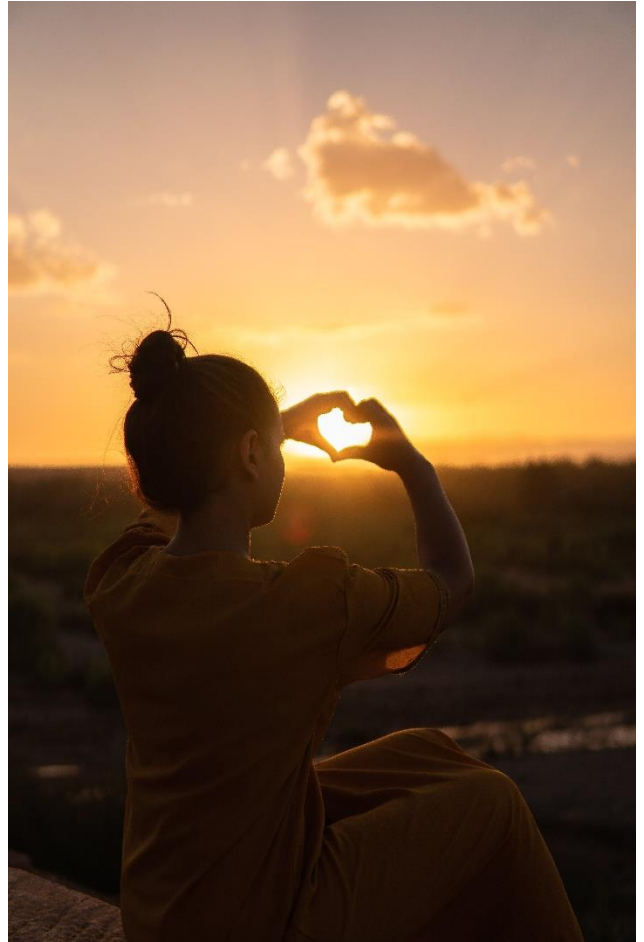


Photo Credit: pexels.com - Hassan Ouajbir

the role of what psychotherapist Irvin Yalom calls “Love’s Executioner”: the one who penetrates the mystery, dissolves the illusion, and releases us from enchantment.

Perhaps love between two people can be as frail as this, but compare Yalom’s point of view with what may be the pinnacle of love between two people – the relationship of the Indian saint Ramakrishna and his wife. Ramakrishna worshipped his wife, Sarada Devi, as the manifestation of the Divine Mother. During worship, he and Sarada lost external consciousness and were united in spiritual consciousness. At Sarada’s feet Ramakrishna offered the merit of his spiritual practice.

This worship was not merely the shallow-rooted projection of idealization. The love between Ramakrishna and Sarada had the human qualities of pragmatism, personal challenge, and the growth of intimacy. In Sarada, Ramakrishna saw all women, which enabled him to worship her as the goddess – the Divine Mother. Sarada spoke of her relationship with Ramakrishna in the kind of poetic terms which reflect the natural and involving course of human love.

Love grows in our hearts and seeks to be realized. Love is endless and love is timeless. We can never define love but we can learn to understand and deepen into – and beyond – our partial human experience of it.

Love is commonly portrayed as a commodity to acquire – through enticement, seduction, material boasting, and manipulation. We believe that we need love, from others, from outside ourselves. We believe we are lacking in love, loved too much, spoiled for love, competing for love, in and out of love. But how different life becomes when we understand that we *are* love and that the flow of love from the deep source of our own heart is unlimited. In her book *The Chasm of Fire* a lovely exchange takes place between Irina Tweedie and her spiritual teacher when she asks him how great is the capacity of the human heart and he replies that there is no limit when we are drunk with the wine of the eyes of the Beloved.

When love is no longer a commodity to acquire, give and receive, the only opportunity love offers is the blessing to love, rather than be loved. We are no more dependent on the object of our desire for love than they are on us. Love is like salt water to a sea fish – it is all around us, we are swimming in it, yet we hardly notice it. Loving, however, is not a personal act, but an impersonal one.

When the Beloved is recognized within us, we become an instrument of love. Scott McPherson’s inspiring play, *Marvin’s Room*, was made into a Hollywood movie that explores the nature of love in unusual depth. It tells the story of two sisters, Lee and Bessie, who haven’t seen or talked to each other for twenty years. Lee left home to make her way in the world, while Bessie stayed at home to care for their bed-ridden father and eccentric, elderly

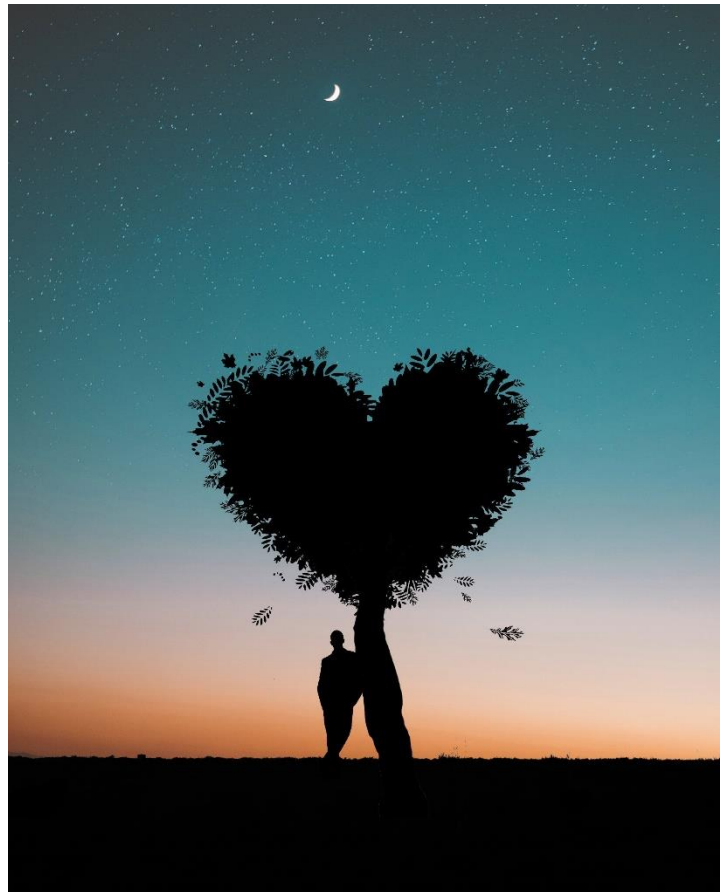


Photo Credit: pexels.com - Rakicevic Nenad

Aunt Ruth. In a pivotal and touching scene the two sisters reveal their very different attitudes to love: Bessie declares how lucky she feels to have had love in her life in the form of her father and her aunt. Lee replies that she can see that they love her very much. Bessie says that is not what she means, what she means is that she has been *fortunate to be able to love so much*.

When we seek love outside ourselves, we have difficulty loving. Bessie has discovered love in the opportunity to care for others. She is grateful for the opportunity to love in circumstances in which others might feel resentful, bitter, or taken for granted. When gratitude precedes the act of loving, love is genuine selflessness. When we feel deeply grateful for life, love simply flows out of us.

Seeking to love rather than to be loved is a deep inner quality of our true nature. Being the lover rather than the beloved opens us to the experience of unconditional love. Conditional love is a state of doing; unconditional love is a state of being. For many of us, a sense of merging our being and with our doing is apparent in early life. Later, we re-experience this merging when we “fall in love” with another. Falling in love is involuntary – with our thoughts in abeyance the usually inhibited life of our emotions overcomes us. The same is true of spiritual love, which lies beyond intellect or reason.

Love is opening. There is an abundance of love, but we keep ourselves protected from it. This abundance may be expressed in an endless variety of ways; in kindness, in compassion, in marriage, in friendship, in genuine caring, and in service. Opening to the abundance of love returns us to our Real Selves and the essence of it is giving, rather than acquiring. Love is the deep morality of existence. It needs no acquisition, it is all-pervading and it is what we are: we do not ask for love, we give it.

Giving love is everybody’s nature when we are true to our innermost being. The ocean does not want for water, the sun does not want for heat, and the real does not want for truth. What need have we of love, when love is what we are? This is what Ogamisama calls dissolving of self-love and wishing to be loved. And with this comes a deeper motivation, the third level of commitment, intention, and awakening – the impulse to realize ourselves.

[This article is an excerpt from the book ‘Your Essential Self: The Inner Journey to Authenticity and Spiritual Enlightenment.’ See <https://www.therapyandspirituality.com/books/your-essential-self.html>]



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

2. The Expansive Energy of Love, by Robert Meagher

If you have been following me over the past few years, you know that I love cycling. It has become a passion of mine. The more I cycle, the more I realize that cycling has become my moving meditation. Cycling has expanded to be a spiritual practice and teacher for me.

Turn the clock back 20+ years ago when I first moved to Ottawa, CANADA, and started exploring the National Capital Region by bicycle. Back then, other than public transit, my bicycle was my sole means to commute to and from where I wanted or needed to go. My rides would typically be leisurely outings along the amazing National Capital Commission (NCC) dedicated bike paths through parkland and meandering riverside pathways. Rides would typically range from 1 – 10 km in length.

Between 10 – 15 years ago, I started using my bicycle for more than just commuting to and from places I wanted or needed to go. Cycling became a pastime. I would spend the morning or afternoon touring around the region. My joy and love of cycling expanded and the distances I would cycle expanded too. I was now riding distances of upwards to 25 kms on a single outing.

About 10 years ago, I started to think of my cycling as an outing for part of the day. I would leave before noon, find myself a nice, quiet spot to stop and have a lunch I prepared for myself. Then I would carry on cycling for a while longer. Now my rides would regularly see me cycling 50 kms or more on an outing.

The more I adventured on my bicycle, the more I saw, and the more my wonderment flourished. I became inspired to keep exploring further. I became energized to see what lay beyond ‘that’ stop sign, where ‘that’ road would lead me, what ‘that’ destination would be like to cycle to and through. My love for cycling just kept growing.

Then, 5 years ago, I started setting new goals for myself. I wanted to cycle 100 km in a single day. This was a big deal for me. I gradually worked myself up to the distance, first cycling distances of 60 km, then 70 km, then 80 km...on a regular basis. I remember how exhilarating it was to be able to cycle 100 km on a single ride. I was also becoming aware of how meditative my long(er) rides were becoming. I would lose myself in a blissful state of being, of cycling for hours at a time, stopping only for brief nature and nutrition breaks.

Today, my rides are typically 150 – 175 km in distance, riding for 8 - 9 hours. Earlier this season I completed one ride of 225 kms, taking me more than 10 hours of riding to complete. Next season I intend to join an international group of cyclists—with a Chapter here in Ottawa—called the Randonneurs. The Randonneurs is a long-distance and ultra-long-distance cycling club. Rides range from 100 – 1,200 kms. Yes, you read that right...upwards to 1,200 kms. The thought of riding for days on end excites and inspires me beyond description!



Photo Credit: pexels.com - Matheus Viana

What's the point?

The point is...when you are 'in love,' the energy of love expands. The energy of love never, ever stops expanding. The very nature of love is to continue to expand, without any incumbrances. My cycling journey and adventures are merely a metaphor for the expansive nature of love. My rides are symbolic of loves never-ending extension of healing energy.

Have you ever heard the expression, 'Follow your bliss.'? Well, if you follow your bliss, you will not only find love, but you will be 'in love.' Your joy, peace, and contentment will be indescribable. Your life will be a meditation in grace and tranquility. You will live your life in the heart of the Divine, where love is all there is.



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

3. The Face of Love, by Richard Harvey

Love is inevitable.

You have to learn to trust love. You have to learn to give up your self, your ego, and stop manipulating reality with your mind. Your ego should not stand between you and the truth and your spiritual awakening. Love is the way this happens. Love is the way that everything happens.

Enlightenment is inevitable.
Death is inevitable.
Love is inevitable.

The earliest recorded love story remains one of the most profound. It is the story of the goddess Inanna and her companion Dumuzi. Inanna leaves Dumuzi to find her dark sister Ereshkigal. This ceremony of love is deeper than her love for Dumuzi, because it is her love for a forgotten part of herself. In a sacred approach to her own darkness Inanna must make an offering at each of seven gates to the underworld where Ereshkigal resides in her domain. At each gate she disrobes—her dress, her earrings, her sandals, her bracelets and so on. As each is dropped she comes closer to her dark sister. When she enters her presence the grieving, crying Ereshkigal kills her, which results in her sacrifice and resurrection. She returns magnificently to Dumuzi who can hardly stand the splendour of her enlightenment and her ease with death, as she turns to him the face of Love.

In another great love story of a different kind an ancient sadhu makes a sacred approach to Buddha, the Chosen One. In each hand he carries a gourd as a gift of sacred offering. As the Buddha successively cries out “Drop it!” he disposes of each gourd until with the Buddha’s third incomprehensible exhortation to drop it he becomes enlightened.

Personifications of love

The religious and spiritual paths are filled with stories and personifications of love, compassion, and devotion. In Zen, Kanzeon is there to always help. In Tibetan Buddhism, Avalokiteśvara, “the Lord who looks down.” In China and Eastern Asia, Guanyin, “She who observes the cries of the world.” In Judaism, Abraham, Job, Isaiah and many others stand witness to God’s great love for humanity. In Sufi mysticism, the relationship to the Beloved is overwhelming to emphasize the single focus of divine love. In Islam, the Prophet. In Christianity, the Christ heart, and so on.

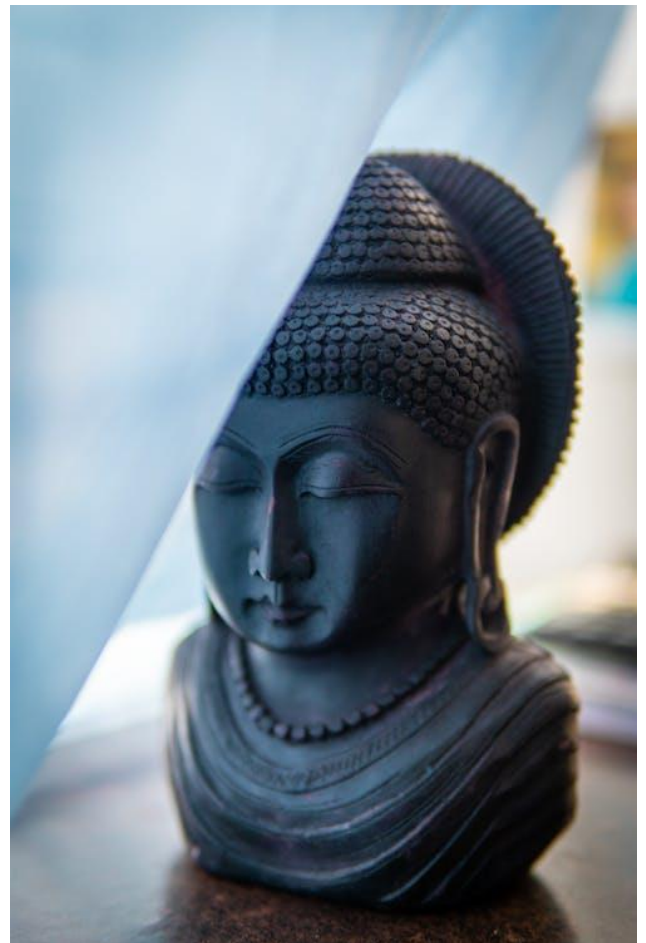


Photo Credit: pexels.com - Kaushal Moradiya

It is epitomized in the devotional love of the gopis in their play with Krishna and in the story of Krishna and Uddhava.

Uddhava was a close devotee, a dear friend, and counselor of Krishna. Krishna himself taught him yoga and bhakti. One day Uddhava told Krishna of his frustration that in spite of his great study of yoga, the Vedas, the Upanishads, and the sutras, he had still not been granted the title “Maharishi,” which means great teacher.

Krishna listened carefully to Uddhava, then suggested that he travel to Vrindavan to teach the gopis. Uddhava felt very pleased and proud that he was so trusted by Krishna, since it obviously meant Krishna considered him a knowledgeable teacher. So, he set off to Vrindavan. The gopis happily received him and they all gathered around as he began to teach the group, expounding the wisdom of the Vedas.

“Oh Gopis, you are so attached to Krishna, why do you not focus on his Divine nature, on the Godhead? You need to study the scriptures, the Vedas, the Upanishads to understand the nature of Krishna. Without pursuing knowledge, what is the point of your life?”

All the gopis listened to him with their full attention. One Gopi spoke up: “Oh Uddhava, Krishna dwells in my mind, my whole wealth is Krishna, all that I have is Krishna and every cell of my body is filled with Krishna. If Krishna represents the Supreme Godhead, he has taken over every inch of my body, tell me oh wise Uddhava, where shall I put your knowledge?”

Another Gopi said, “Each moment makes me take a side. If I always take the side of truth and love, I gain insights. Each insight awakens me from the illusion and takes me a step closer to the supreme awakening.”

Uddhava was humbled. He bowed deeply to the gopis and left. On his way back he noticed a totally new world in the same places he has passed through when he came—an eternal, peaceful world where everything seemed beautiful. Uddhava sensed a great transformation within him. He sang to himself. He offered a lift to a sick man. He stood in wonder at the sunset in the western sky.

When he returned to Krishna, he asked, “Oh my Lord, I am not interested in a title anymore. Why did you send me to teach the gopis? You knew all along how they feel and how they relate to you. No one can teach them; they not only know about your being, they are filled with you.”

Krishna replied, “Uddhava, that is what was missing in your knowledge. Love is as important as knowledge. Devotion is a part of God, so there is no separate need for liberation. Your journey is complete. You have arrived. I give you the responsibility of writing down my teaching in simple language for all those who do not have the luxury of spending their life trying to be Maharishis. You will share the gems of your knowledge with others and for this great contribution to humanity, you shall be known as Maharishi.”



Photo Credit: pexels.com - Adhwaith Chandran

Love is not separate from enlightenment

Love is inevitable. It cannot be sidetracked by pursuing knowledge or craving attainments or being attached to status, prestige, or wealth of any kind. Love is what is real. Love is the very essence of life... and it is not separate from enlightenment.

Enlightenment sounds so abstract. Is it an activity, a person, a state, a condition, a quality? Is it wisdom, understanding, great compassion, transcendence? Is it bliss, peace, or contentment? Is it perhaps love? Enlightenment is the self-sourcing state of absolute freedom, perfect liberation; enlightenment is the release from the world of endless repetition, dependent on nothing other than itself that simultaneously transcends and pervades the world as we usually experience it.

Sinking into love is going deeper than fear, transcending the fear of death, becoming one with the soul and the spirit, approaching the sacred, the divine, the eternal, and the realization that you are one with all things. However, making the divine approach requires preparation. The preparation too is divine. Each step is precious.

As Robert¹ has reminded us several times, Novena, the title of this present lecture series, refers to a ritual of prayer of reaching out to God with devotion and longing. I have taken the term and updated it or really bent it to my will! The subtitle of this lecture series is “Nine Jewels of Sacred Approach.” My novena refers to the sacred and spiritual preparation which precedes your merging with the divine. I hope one day to have written and spoken in detail on all the complex aspects of spiritual relationship and endeavor that sacred approach requires. But for now I offer you these lectures as indications of how to sacredly approach the Divine.

So far we have discussed surrender, relationships, anger, now, and disenchantment. To come are maturity, devotion, and awareness. Today we are speaking of love.

Entering a room

Each one of these lectures can be received in at least two ways, either you can listen and learn from them to increase your supply of knowledge, or you can use the content to grow in love. Sacred approach is really quite simple. It is the ability to approach in love. Now picture this if you will: You open a door, but you do not know what is on the other side. You think you feel fear for a fleeting second, fear of what might be on the other side. What might be there to greet you? What if it is hostile? What if it turns out to be your enemy? What if it turns out to make demands or offer violence or humiliation or wants to take from you or beat you, assault you and leave you lying in pain and suffering? What if...? What if...?

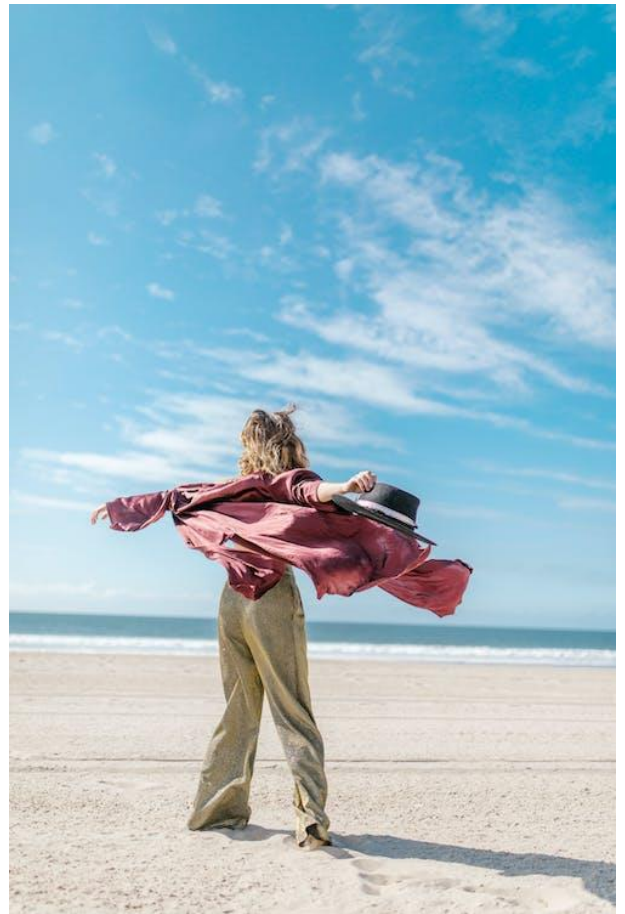


Photo Credit: pexels.com - RDNE Stock Project

¹ This refers to Robert Meagher’s introductions to the lectures.

I have entered rooms in awe, trembling, in dire terror, foreboding, excitement. I have entered rooms that contained a single person, a group of people, a new friend or lover, a sick son or daughter, the headmaster, my spiritual teacher, several thousand people waiting to be entertained. Each was an approach, human or spiritual, secular or sacred, that carried my projections, as your approaches, your entries, carry your projections. Projections of our fears, our anger, our expectations, our worth, our humiliation, our disappointment, our heaven, our hell, self-created, self-projected, self-embellished.

No “what-ifs” truly justify your forsaking love. No amount of uncertainty or insecurity makes it worth entering an unknown, temporal space feeling defensive, aggressive, ready for anything. But how can you let go? How can you reasonably shed your every defense and enter that room in strength, in dignity, in vulnerability, in openness, receptive and unprepared, in no frame of mind, with no fiction or imaginary context?

The price is too high to pay, the price for armoring your soul against events which most probably will not happen. In the workshops of the 1970s when we worked so very hard to shed this armoring, to open up and release long-held, pent-up emotions and return to a state of physical, emotional, and energetic vibrancy, we created a defense that was every bit as armored and defended as the hard one, though in appearance it was soft. In those days everyone met with prolonged hugs and for a time, and for some probably permanently, this display of openness became the new *avoidance* of intimacy and meeting. Here is a deep lesson. You must be careful not to swing to the opposite extreme of the pendulum and you must be sincere. Sincerity is your expression of reality, the hard exterior swapped for the appearance of a soft one, a closed demeanor swapped for a demonstration of openness—what’s the difference? There is none.

Later we learned that it is best to stay empty, empty out the inside of views, opinions, plans, worries, prejudice, second-guessing, predicting, and anticipation. Then you become spontaneous and this is the lesson of love. Spontaneity and emptiness are the means through which love manifests, not through preparation and reacting to fear.

Love enters you and then your words carry meaning, sincerity, compassion. Your acts, your movements, the direction of your life, carry significance. The heart thrives on space and time and ease, you may have noticed, and the heart is the organ of love.

The presence of Love; the presence of the Divine

Emptiness enables you to truly experience; the more empty you are, the more you are able to let in and receive. When you are full inside, nothing can penetrate, nothing can get in to you. When you are empty it is an affirmation, an expansion, a great “yes” to the world. Try it: open your arms wide and breathe in. Allow the



Photo Credit: pexels.com - Marek Piwnicki

world of experience, of the senses and love, to enter and fill you. Now breathe out and let it all go. You do not need to save it, to hang on to it, to doubt that it is infinite, available, and present for you in every moment. In every moment the presence of Love; in every moment the presence of the Divine.

In the great moment of Mahatma Gandhi's demise when Nathuram Godse approached him with a gun and shot him three times in the chest and stomach, Gandhi cried, "Hey... Raam," which means, "Oh... God"... and fell. His final utterance was devotional, even death could not interrupt his sadhana, his spiritual practice.

There is a tribe in Africa who every 100 years strike a huge drum, set on a mountain peak, just once. Over the centuries this drum would have played a slow majestic rhythm resounding through the ages. Can you hear this? The beat of a drum struck every century—*just once*—but creating a momentous musical heartbeat down through time. Like the thundering footfalls of a great god striding over the plains, taking steps in eternity, each one deliberate and meaningful, infused with being and existence and pity and purpose. Like Gandhi takes his last step before being gunned down, like Inanna dropping her garments to enter the cave of Ereshkigal before being slaughtered, or the thuds of the gourds on the ground dropped by the ancient sadhu as he approaches the Chosen One, like Uddhava, transformed, gazes in wonder at the sunset in the western sky, hearing the rhythm of his own heartbeat.

These beats, impacts, collisions are, each one of them, symbolic. They resonate with meaning and convey more than is at first apparent. Each one resonates with the meaning of death, love, and enlightenment. For to be human is to enter into the sacrifice. You and I have been born human, offered as sacrifices, as forms eroding and deteriorating over time, owing our life, our existence, to the death of other forms and in time offering ourselves to sustain further forms. Nothing of eternity is in this, our sacrifice; nothing of illumination, merely the natural world, the world of nature, one of the three dark veils² which must be transcended for your illumination, for your sacred approach, for you to look into the face of love.

Love, death, and enlightenment

Love, death, and enlightenment: these are the three certainties, the three inevitables. Your feelings about death are the same as your feelings about love. You love as you relate to death. Death is a screen for your fears—a mirror. Only when you have reached a sense of peace and deep acceptance about death are you free to love, are you available for your awakening, can you enter into enlightenment.

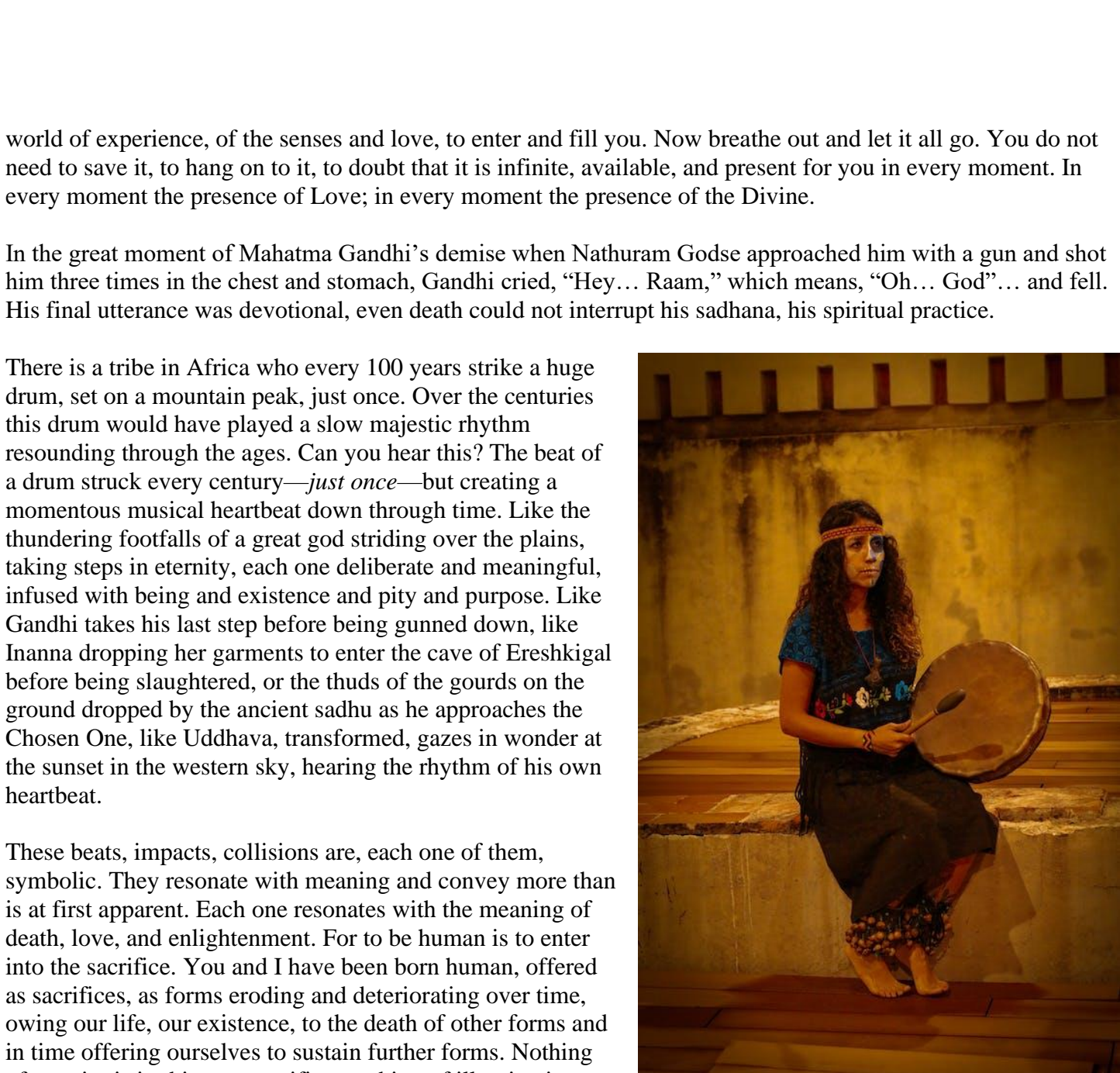


Photo Credit: pexels.com - Anya Juarez Tenorio

² See particularly *Dharma Sky: Talks on Psychological and Spiritual Understanding and Renewal for the Modern Era*, Richard Harvey, pp.197-9

Love is not your idea of love, because love is a reality, not a thought or an idea. You fix on something that you feel you lack, something that you think would make you happy when the truth is that if you cannot be happy in *this* moment with things just as they are, neither will you be happy with the person or the things you desire. Your idea of love is not love.

What is the difference between an idea and an opinion? What is the difference between an opinion and a prejudice? What is a prejudice if not a fixed idea of life that only makes sense to you or to people who think like you or agree with you?

Your thoughts are an illusion of knowledge. Your ideas are a self-constructed side-swipe at the truth. Your small mind is a perpetual insult to the sacred. In this line of questioning alone you can see the origins of war, domestic disputes, arguments of all kinds, holy wars, genocide, murders, slavery, persecution. In examining ideas we have the seed of the creation of humanity's world, not the real world but the one lived through thought. If humanity lives in a world of thought is it any wonder there is so little love? Aren't we amazed that there is any love at all? But love is inevitable and it is incredibly resourceful. It will find a way through the cracks.

What is Love?

The movement of love in self-discovery and personal healing is in the motivation to know and discover yourself. Out of great self-love, however unconscious, the inner seeker embarks on an adventure of self-exploration and eventual wholeness. Love sustains you through the endeavor and the depth of your love sees you through the difficulties and bears you through the hard work. The finale of the journey of self-discovery is the revelation of your true nature, the face you had before you were conditioned, before you compromised for the sake of survival. The role and function of love is to give you the courage, the heart, to face the darkness within yourself and to embrace your wholeness.

This leads to a transformation: the birth of the soul in this body and in this life. Usually this transformation occurs in our early forties, occasionally it may happen sooner or even later. But psycho-biologically we are prepared for the transition around the age of forty-two. The birth of the soul in our lifetime marks the most significant point in our maturity. It is pivotal, a kind of hinge between our orientation to childhood, early life, and conditioning, and physical death, later years, and old age.

When the soul is born love faces a new challenge, a radical expression, and a deeper level of truth. You live, relate, and experience in the world increasingly with a sense that there is no difference between self and other. This other may be a tree, a rock, an animal, or a partner. Increasingly your experience is that you share a common source, that fundamentally you are the same. Love leads you now into a personal surrender. The notion, the very idea of someone loving *someone* else is illusory. The relationship of love-in-heart, relating through truth and

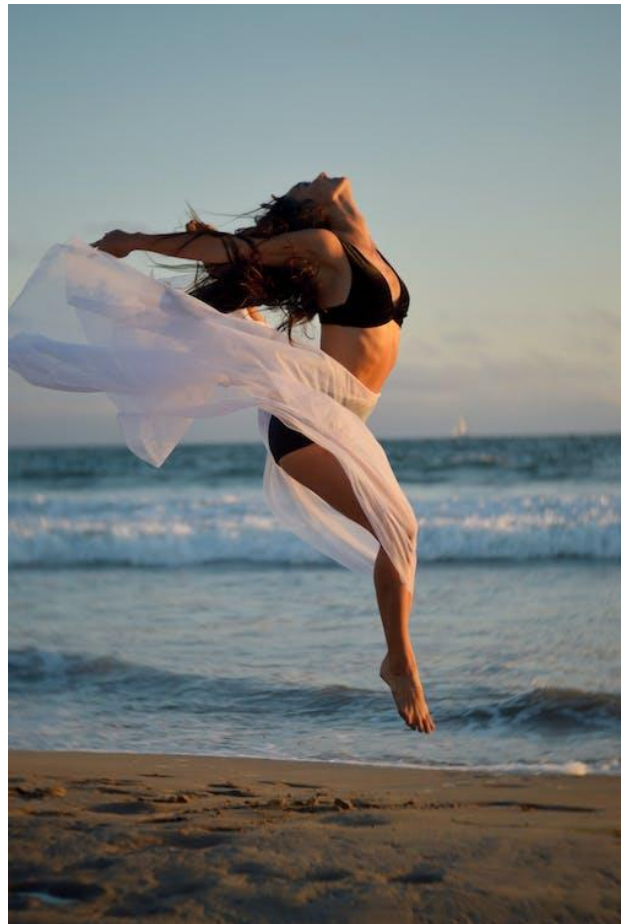


Photo Credit: [pexels.com](https://www.pexels.com) - Andrew

compassion, and living authentically is the realm of the saints those who have fully attained the fourth chakra energies, the realization of the heart. Instead of looking up to them, we should now in this period of humanity's development look at them as equals, for they have shown us the way. And they even show us *how*. For example, Saint Angela of Foligno said:

He who loves with not only a part of himself, but the whole, transforms himself into the thing beloved.

... or Sri Nisargadatta Maharaj

Do not pretend you love others as yourself. Unless you have realized them as one with yourself, you cannot love them

... or Meister Eckhart

While your soul lacks union she has never really loved God, for real love lies in union, if you love God as God, as spirit, as person, or as image, that must all go.

While there is any division between you and love, you have created distance; you have not accepted yet who and what you are. The scriptures, the yogas, and spiritual pathways encourage you to attain this through Self-illumination.

Transcending the small self

for everything flowers, from within, of self-blessing;
though sometimes it is necessary
to reteach a thing its loveliness,
to put a hand on its brow
...and retell it in words and in touch
it is lovely
until it flowers again from within, of self-blessing

These words are from the moving poem "St Francis and the Sow" by Galway Kinnell. If you love yourself truly then you will transcend yourself. In the same way as love wants a thing to be beautiful, to grow and flourish and expand and become all it can be, your love for yourself is always compromised when you try to restrict and contract yourself into a patterned form, a lifeless substance. Love is beauty through acceptance, acceptance of things just as they are. And that deep acceptance brings about this flowering from within of self-blessing.

Today not only in my practice through my work, but in my circle of family, relations, and friends, two things are happening. We are getting older in years and for some this leads to a feeling of pointlessness, of purposelessness. This pointlessness or despair leads all too easily into depression, anger, and desperation. What was the point of my life? What has it all meant? Now how is this a blessing? It is a blessing because in the experience of disenchantment and only in this experience can you fully turn your face to the divine, your arms embrace the eternal and you become one with God in the heart. This divine disenchantment is love itself and its purpose? To lead you to love finally and fully and totally, Love like death like enlightenment all three are inevitable.

Love is inevitable

You want to love. You want to be loved. You wish to be surrounded by love, to have others around you who can love. But do any of these events happen before your full awakening? No. They do not. Because only Self-realization can break the cycle of identity, separation, and division which gives rise to fear. Fear alienates you from life, from others, from everything and fear is the opposite of love. Self-realization is the cure for fear... it is the only cure.

Love is the look of joy on a child's face, the liberation from confusion when you express yourself crystal clearly, the selection of precisely the right present for a precious loved one, the sound of music lifting your heart into the cosmos and beyond, the coordination of your arms and legs walking or dancing on the earth, the smell of nourishing food lovingly prepared in the kitchen as you approach the door of your home through the brisk winter air, the warmth of a log fire, the back legs of your dog kicking up the earth as he sprints toward a thrown stick, the lengthening shadows of a chestnut tree crawling across the meadow, a bird call, the spontaneous recognition of oneness between you and another soul in the most unexpected place, the crashing of the waves on the seashore, the scurrying clouds, the magnificent sunset in the western sky, a single moment of wonder, a single second of life with God in your heart, the very essence of beauty, the movement and the stillness, the layers of time and the eternal present, both form and formlessness, the yay and the nay, the alpha and the omega, the breath within the breath, the heart within the heart, the holy of Holies... in fact love is everything, everywhere, immanent, omnipresent, and undivided and unseparated in each moment. Love is inevitable.



Photo Credit: [pexels.com](https://www.pexels.com) - Aa Dil

To attain real love, divine love, you must move through the veils. You begin in this veil of sadness and death. This plane resounds to the rhythm of three. Sadness, anger, and blame where I and you are separate. But this world of three, the objective world, is the herald, the fanfare. Embrace the world of three, of so-called relationship and it bears you into the presence of the Divine through the sacred novena—always three: I think thoughts, I feel well, I listen to the lecture.

Innana stays in her sister Ereshkigal's domain of the Underworld for *three* days before her resurrection, Buddha cries *three* times to the ancient sadhu, Uddhava exhibits *three* signs of inner transformation when he sings, offers a lift to a sick man, and stands in wonder gazing at the sunset in the western sky, Mahatma Gandhi is shot *three* times.

All the changes in the relative world occur through the interplay of three. It is the number of illusion, the number of interpretation, the number of inauthenticity. But it is also the number of your initiation, of new creation, the number that ensures your awakening. It bears you into the realm of unity, the self-sourcing unconditional domain of Reality. Has anyone expressed this better than the great San Juan de la Cruz—the great

Spanish Christian mystic, Saint John of the Cross? His words have no equal, words of transcendence, words of authenticity and sacredness, as he teaches us to enter into the Eternal moment with the Presence of Love:

And when the Lord's breath
Began to spread His curled hair,
His gentle hand
He placed upon my neck,
And all my senses were in bliss suspended.

Forgetful of myself,
My head reclined on my Beloved,
The world was gone
And all my cares at rest,
Forgotten all my grief among the lilies.³

May your grief be forgotten among the lilies. May your cares take rest. May you lay your head on the breast of the Beloved and forget the world and forget yourself and find you are Love.

[This article is an excerpt from the e-book 'Moksha Dawn: Talks on A Radical and Innovative Approach to Spirituality and the Sacred in the 21st Century.' See <https://www.therapyandspirituality.com/books/moksha-dawn.html>]



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

³ From St John of the Cross, *The Dark Night of the Soul*, trans. and ed. by Kurt F Reinhardt, Frederick Ungar Publishing Co. 1957.

4. Our Capacity for Love and Compassion Is Infinite, by Robert Meagher

For more than 20 years I have been the sole (and soul) caregiver for my partner, Sherwin, who lives with Parkinsons. In October, Sherwin was diagnosed with Lewy Body Dementia. The new diagnosis was not unexpected; it is a natural progression of Parkinsons for many people living with Parkinsons.

The caregiving journey over the past 20+ years has been an interesting one, to say the least! We have seen many ups and downs. There have been many challenges along the way. Just one of the blessings has been the slow progression of the Parkinsons. We have been given time to adjust to each new turn in the road before another turn comes into view.

Soon after the Lewy Body Dementia diagnosis, I was brought the awareness of the infinite nature of our love and compassion. Prior to the dementia diagnosis, the caregiving felt like a heavy weight at times—weighing me down, grinding me down. When we received the Lewy Body Dementia diagnosis, however, a whole new wave of compassion flowed over me. The diagnosis was an invitation to dig deep within to uncover that infinite storehouse of love and compassion.

We do have an unlimited storehouse of love and compassion. We only need to let that storehouse be opened to experience it. Nothing outside of us will open this storehouse for us. It is only by turning inward that the storehouse can be revealed to us. A recent teaching from *A Course in Miracles* helped me to unlock this storehouse...

I am one Self, united with my Creator, at one with every aspect of creation, and limitless in power and in peace.

Love and compassion are the DNA of our true Self. Love and compassion are the foundation for everything we say and do. It is from this love and compassion that a healed mind emerges; the mind that blocked our awareness to these infinite gifts within us.





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. Can We Love Enough?, by Richard Harvey

Compassion may be the deepest wisdom and its expression the most profound spiritual act we are capable of, but compassion should never be confused with sentiment or the appearance of love. Genuine compassion cares absolutely. It doesn't need to please or endear when fierceness and challenge are called for. The famous Zen stick, "the encouragement stick," represents a literal symbol of such challenge and it is always administered with reverence.

Sometimes our relationships demand confrontation. When we need to challenge ourselves or a fellow seeker, our compassionate heart rises to the challenge. We are asked to abandon our desire to comfort and truly help by encouraging the other to clearly witness the predicament. It is simply what needs to be done, as it may be in a deep friendship. When we go past "the comfort barrier" the question that arises is, "Can I love *enough*?" and we may be stretched to comply with this inner request. It is not so much an issue of loving the person who needs challenging, so much as simply loving. When



Photo Credit: pexels.com - SHVETS Production

confrontation comes out of love, it works; when it comes from something else, it fails. A friend once said to me, "When people stop comforting you and trying to make you better, you know you have found a true friend."

David was an old friend who had learnt early on in his life to look happy. Whatever was happening to him and however he was feeling, his face was set with a fixed grin. On one occasion when things were clearly not going well for him he appeared smiling, while telling me of some sad events that had taken place.

"David," I said, "you are unhappy, you are one of the unhappiest people I have ever known. If you really want your life to change, you are going to have to admit that you haven't been happy for a long time, because only then can you be real and really change." He looked at me uncomprehendingly for a moment, and then his eyes filled with tears.

If you find yourself approaching or inhabiting the second stage of awakening, try this exercise now. Perhaps someone in your life could benefit from your insights and understanding. Perhaps you could have the key to help them take the next step in their inner growth. Ask yourself if you could love them enough to risk their disapproval or anger, and love them enough to challenge them to reach a little further to free themselves and become *more* themselves... and then, if it feels right to do so, *act!*

Inhabiting the heart aligns us with truth and makes us a companion to what is real. Real relationships are characterized by our ability to respond out of caring and compassion. We simply love the other, feel for them, feel with them, and wish the best for them, without shying away from the means to bring that about. Confronting or challenging someone to grow out of love is compassion in action.

[This article is an excerpt from the book 'Your Essential Self: The Inner Journey to Authenticity and Spiritual Enlightenment.' See <https://www.therapyandspirituality.com/books/your-essential-self.html>]



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

6. Divine Love: Our Home, by Regiena Heringa

Editor's Note: This article is written from the perspective of the third stage of awakening in Richard Harvey's teachings, The Source of Consciousness. This is evident in the divine tone of the article.

Let us sit together for a moment on this exquisite earth in the quiet and think thoughts of loveliness. In this silence let us imagine that we are facing a golden sunrise, waiting with extended arms and minds to receive the first light of a fresh day.

There is no rush.

Let us remain in the quiet just a little longer and receive with silent breath and open heart these glorious rays, newly created just for us to experience a gentle and holy moment of beauty and expansion. Our beings vibrate with gratitude and with a freedom that comes so naturally when we surrender to the essence of sacred splendour. We are elevated to infinite peace, transported to a place of being that cannot be described or explained. Great joy and oneness envelop us as we are bathed in Divine Love.

Every particle of matter, visible or invisible, is permeated with the creative force of this Divine Love. Our brains, our galaxies, our souls are all birthed from this same sacred force which is Oneness and which is our Home.

Having experienced untold lives in many universes, realms and dimensions, we now begin to realize that our destiny lies elsewhere: It lies in our heart-pull back to the Divine Source, for life holds within it a programmed yearning to return to its Home. With an increasing desire to become one again with our Creator and, hence, with all creation, we consciously choose to leave the shadow of the Light and joyfully enter into the glorious fullness of this Light.

All of this is very familiar to us. Why? Because we have always been living inside this Divine Love. We have never left It; we have simply not always recognized It. We have not completely realized that in every instance we think, and breathe and feel thoughts of goodness we are radiating this marvellous Love to the world and far beyond it. Each time we use our gifts and we express the qualities of our soul, we are changing the very molecular structure of our material world of energy and vibration.

Your loving thought for a leaf on a tree makes the entire forest tremble in delight.

Reflect for a moment on the marvellous language of your soul: your soul qualities. Contemplate how wonderfully you use such qualities as compassion, patience, wisdom, peace, calmness, and kindness in your



Photo Credit: pexels.com - Natalie Bond

every day life. Now, reflect on the gifts that have been given to you in this lifetime for your own progress and for the advancement of humankind. Bathe these gifts in the radiance of your soul qualities and then use these gifts to uplift our world. In this manner, you are truly are working “from home”—your Divine Home.

Wherever we travel and whomever we meet in this world we will always carry within us our precious home of Divine Love. Each time we remember and re-live the joy and peace that being Home brings us, we strengthen our sacred connection.

How fortunate we are to live with awakened hearts and minds in this earth-in-transition time. How blessed we are to recognize the language of Divine Love in the beauty and fine intelligence of inner and outer creation and in the exquisite expressions of our souls. How freeing it is to know that we are sacred centres of Love, shining in every heart and upon every hand, open or closed.

Shall we move back together now into this golden sunrise? The light is strengthening and we are invited inside it. Just for a moment let us leave our physical bodies and travel into the core of this splendid sun to savour the exquisite beauty, quiet and expansion that permeate our consciousness. Joy abounds.

Upon our return we perceive the world from a higher and deeper perspective: We are aware that we are being spiritually refined, we feel that we are forever enfolded in the heart and mind of the our Creator and we know that we are living in our eternal and infinite home: Divine Love.



Regiena Heringa is a meditator and messenger living in Québec, Canada. Her writings have been translated into French and Dutch. To read Regiena’s monthly messages, her spiritual short stories, and listen to her recorded meditations, kindly visit her website nextagemission.com. Regiena can be reached at regiena.heringa@gmail.com.

7. The Path of Love, by Richard Harvey

If we can make it through the romance and enchantment of “the honeymoon period,” relationships have the potential to develop through three essential stages.

The first stage is *loving enchantment*. We love the other as we would like to be loved ourselves. We cannot do enough and we put our own needs on hold while we bask in the warmth of the first flushes of intimacy. The accumulated pain of our past relationships and childhood conditioning is washed away in the joy and elation of love. Fascinated by everything our partner is and does, we are devoted to expressing our love and pleasing them. This is a truly magical time dominated by feelings of self-expansion and being *in love*.

The second stage is *projecting past hurts*. In time our resentments surface as our idealized partner and our relationship begin to show flaws. We feel justified in revealing more of ourselves – what we need and what we want – and our deep urge is to express a darker side of ourselves and still be loved. If we become more open and honest we may be willing to show our darker side. As we become more familiar with each other, we may even break the boundaries of honoring and simple respect. Alternatively, we may experience the darkness in our partner as a further opportunity to love them, ever more deeply. This is a time to choose, either consciously or unconsciously, to deepen together or to abandon love and the relationship.

The third stage is *spontaneous love*. It represents a quantum leap and is the stage that most of us avoid because there is no going back from the insights and the heart-opening it offers. We start to love in a wholly different way knowing that the lover is more blessed than the beloved and we begin to love our partner more deeply than ever. We value the precious opportunity to love more highly than our fragile, human need to be loved. At times we transcend the usual restrictions of human love, which are so inevitably bound up with fear, need, and desire. Our relationship is characterized by abundance, generosity, and real love. We may explore the deeper questions like, “What brought us together?” “What do we need to fulfill in this relationship?” “How can we be true to ourselves and honor our relationship?” knowing that the pairing of two human beings is bigger than the sum of the two halves.



Photo Credit: pexels.com - Cottonbro Studio

Love between two people is always indefinable. We can say what it is *now* – in this moment. But our definition never holds true for very long, because love manifests spontaneously, and sometimes unpredictably. As we surrender to deepening forms of love, it may not live up to our personal expectations, so we may become disillusioned. When we do it is because we have confused need and desire with love. If we can distinguish

clearly between these three human experiences then we can open to a real deepening in relationship. When we truly love someone, we are centered in our hearts. Out of our love of ourselves we are able to extend love to another and we tend to be less confused about our needs and desires. Need and desire are innate human experiences. So it is best to own them and respond to them honestly and treat them as a valid part of us. Sometimes simply sharing them openly with our partner will take some of the urgency out of their demands. Making them transparent lessens the darkness in which they are repressed.

Many of us feel ashamed of our needs and desires. Needs persist whether love is present or not. If we can't answer the question "What do I want and what do I need?" and be open and clear about what we really want, we cannot grow and flourish in a truly successful relationship.

To grow in our relationships we must address the issue of *time* seriously, because of the complex demands on us. Too much time spent in outward pursuits can lead to neglecting the relationship, which needs our time and care to grow. Relationships do not just happen and they do not survive neglect. Making time for intimacy, sharing, and deepening enables our relationships to grow and thrive. So considering how we balance our time is essential for the health of a growing relationship. How do we find time for ourselves, time to be together, and time to fulfill our responsibilities in the world?

We must work at achieving a balance. Structuring our time in a disciplined way between these three basic needs (and being aware when we get out of balance) is enough. A third of our time fulfilling duties and responsibilities, a third of our time in relationship and service to others, and a third of our time in relationship with ourselves and meeting our personal needs is a good model to aspire to.

When two people enter into a relationship in middle or later years there is a tendency to want to relive the past through a sham of adolescent romance. If this is done with awareness, knowing that the relationship is fulfilling some missing experience, it can be successful and rewarding. But often, the sham of romance in middle years kills the relationship because it is not appropriate for the age of the partners involved. Older people, who have not given up their youthful desire for a purely romantic relationship for a deeper longing, sadly miss out on a more profound fulfillment. From the fifties on, if a new relationship is to work it must be based on mutual growth and spiritual values, a more searching connection of enquiry, mutual concern, consideration, and caring. Small things, which directly contrast with the more spectacular emotional bonds of our earlier years, like fondness, living together harmoniously, and cups of tea in bed are valued, vital, and more important than they used to be. While our partner may still be a sensuous and sexual partner, he or she is also now, more than ever, a companion in love, a fellow traveler to that far horizon which is closer than ever before.

Today, relationships are subject to a floating paradigm that is in such a restless process that it offers no solid guidelines. There is a lot of space for creativity and experimentation, as well as a lot of potential for insecurity



Photo Credit: [pexels.com](https://www.pexels.com) - Matheus Viana

and misunderstanding. The variety is extensive: heterosexual, gay, lesbian, inter-racial, diverse age, mentally-impaired, physically-impaired relationships – all pose particular challenges and offer unique rewards.

Furthermore we face the choice of relating to one person or having a variety of relationships – a monogamous or polygamous love life. What is the value of monogamy today? Unfortunately, many examples of monogamy are based on the fear of ending the relationship that stems from cultural expectations and morals dating back hundreds of years. It is questionable whether such values and morals apply to us today. But despite the negative associations, a committed monogamous relationship yields some of the most profound and growthful treasures we could ever receive, both psychologically and spiritually. In a sustained monogamous relationship we cultivate the qualities of loyalty and commitment in the challenges of constancy and the tests of time. A truly committed relationship challenges us to deep acceptance, to the healing of everything about us that we consider unlovable, to grow and develop through hardships, pain, and joy. As the relationship goes through the inevitable and often tough changes of a shared lifetime, we face the prospect of being truly known by another and sustaining something enriching and unique.

Ultimately, we can meet the test of deepening in love to such a degree that we are no longer separate, no longer on our own. We cannot do without the relationship and we cannot do without each other. But this is not the unhealthy dependence borne of the regressive merging of two individuals, the infantile dependence we discussed in the previous chapter when we looked at boundaries. Rather it is our heart surrendering to the liberating path of deep intimacy. Our happiness is bittersweet, because we know that we will have to leave each other someday. With profound wise foolishness, we love rather than refuse to love. We can no more deny the stirrings of our hearts than we can renege on our humanity or our spirit.

In real love the specific merges with the universal. The boundaried individual leads us to unboundaried freedom. In a delicate play of the heart we at once respect and love the individual we are with and at the same time we honor existence through our love of them. Our love is both personal and impersonal, both individual and transcendent. We see all men or all women in our partner and we honor the sacredness of life through our relationship. If we are blessed with the path of relationship, the riches we receive can be immeasurable.

One of the benefits of relationship and intimacy is support, encouragement, and companionship on life's path. No one stands alone; we all need one another.

[This article is an excerpt from the book 'Your Essential Self: The Inner Journey to Authenticity and Spiritual Enlightenment.' See <https://www.therapyandspirituality.com/books/your-essential-self.html>]



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

SOULFUL SHARINGS:

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

The theme for our next newsletter (May 2024) will be 'surrender.' If you would like to contribute to our May newsletter, reach out to us at info@centerforhumanawakening.com.

9. Other Center News and Offerings

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

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

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

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

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

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

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

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

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

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

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

Please tell others about The Center for Human Awakening; please tell your friends, your therapists, your relatives, and any forward, progressive thinking people who could benefit from this work. In Richard Harvey's newest book⁴ he states the case for us being "custodians of the future" in a world that is being debased as it

⁴Your Sacred Calling: Awakening the Soul to A Spiritual Life in the 21st Century, now published by Austin Macauley Publishers Ltd.

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

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

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

10. Links

WEBSITES

<http://www.centerforhumanawakening.com/>
<http://www.therapyandspirituality.com/>

SOCIAL MEDIA

FACEBOOK

<https://www.facebook.com/CenterforHumanAwakening/>

LINKEDIN

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

YOUTUBE CHANNEL

http://www.youtube.com/channel/UCD_pJVba_LktmEzfunc51kfQ

BOOKS

<http://www.centerforhumanawakening.com/Books.html>
<http://www.therapyandspirituality.com/books/>
<http://www.amazon.com/-/e/B004WC4YQI>
<http://www.barnesandnoble.com/w/the-flight-of-consciousness-richard-harvey/1004783095?ean=9781853981418>

ARTICLES

<http://www.centerforhumanawakening.com/Articles.html>
<http://www.therapyandspirituality.com/articles/>
http://ezinearticles.com/?expert=Richard_G_Harvey
<http://www.buzzle.com/authors.asp?author=51337>
<http://www.articlesbase.com/authors/richard-harvey/835688>

LECTURES

<http://www.centerforhumanawakening.com/Lectures.html>

VIDEO TALKS

<http://www.centerforhumanawakening.com/Videos.html>
<http://www.therapyandspirituality.com/video-talks.html>

STUDY GROUP

<http://www.centerforhumanawakening.com/Study-Group.html>

BLOG

<http://www.centerforhumanawakening.com/BLOG.html>

VIDEO BLOG (VLOG)

<http://www.centerforhumanawakening.com/Video-BLOG.html>

RETREATS

<http://www.therapyandspirituality.com/retreats.php>

INDIVIDUAL AND COUPLES THERAPY

<http://www.centerforhumanawakening.com/About-Us.html>
<http://www.therapyandspirituality.com/individual-therapy.html>
<http://www.therapyandspirituality.com/couples-counseling.html>

PRACTITIONERS' SUPERVISION

<http://www.therapyandspirituality.com/practitioner-supervision.html>

MUSIC

<http://www.therapyandspirituality.com/richard-harvey-music.html>

The Center for Human Awakening

UK, Europe, Asia, and Australia:

Cortijo Llano de Manzano
Aptdo. de Correos 183
8400 Órgiva
Granada, Spain

E: info@centerforhumanawakening.com

M: (+34) 680 741 108

T: (+34) 958 953 033

North, Central, and South America:

Unit 504 - 71 Somerset Street West
Ottawa, ON K2P 2G2
Canada

E: info@centerforhumanawakening.com

M: (+1) 613-204-0299

Facebook: <https://www.facebook.com/CenterforHumanAwakening/>

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

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