

The Eyes of the Golden Hall

~ A Newsletter of The Center for Human Awakening ~

May 2024 Newsletter

Volume 9, Number 2

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FROM THE EDITOR'S HEART

This is an intensely personal edition of our newsletter. The theme is '*Surrender.*' I have been blessed to practice surrender in a gut-wrenching way over the past 10-15 years. Nothing in life is only ever one-dimensional, however. The surrender I speak of in my writings has also offered me amazing opportunities for personal and spiritual growth.

We begin this newsletter with a couple of my writings on lived experiences with surrender. These personal accounts portray life in the trenches with surrender. It's not pretty; so it seems. But I remain resolute there is something in these life challenges. There is something in the surrender.

The next series of articles are from our Founder, Richard Harvey. Richard grounds us in the spiritual teachings of surrender through the parables of Mullah Nasruddin and his spiritual teacher. Via a series of four articles, we follow Nasruddin on his journey of surrender. Richard offers a fifth and final article to polish off, as a fine jewel, our offerings on surrender.

The theme for our next newsletter (September 2024) will be 'Devotion.' If you would like to contribute to our September 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. Our Freedom And Peace Are In Letting Go, by Robert Meagher

So much of our discontent is the result of us holding on. When we hold on to things, we create the fertile ground for sadness, anxiety, grievances, anger, hatred, and conflict.

What do I mean by holding on? I don't mean holding on to things in the literal sense. For example, I don't mean holding on to a coffee mug or a hair dryer. Although, if either the coffee mug or hair dryer are scalding hot, letting go will stop immediately stop the burning sensation. I am referring to holding on to things of an emotional or psychological nature. For example, holding on to the way life was. Or, holding on to expectations that someone will act or behave a certain way. Or, holding on to hopes and wishes that something will turn out a certain way.

Allow me to share an example that shows what holding on can look like from different angles. I will use one of my passions, cycling, as an example.

Cycling season in Ottawa, ON, CANADA, runs from, approximately, April through to November. The heart of the cycling season is May through September, with cycling in April and October being hit and miss from a weather standpoint. There are some hardy cyclists who cycle year-round, regardless of the weather, but those brave souls are scarce.

When my cycling season stops, in late October or early November, I turn to other outdoor activities to get some exercise in the great outdoors. My primary exercise in the cycling off season is hiking. If the weather cooperates, I will get out to enjoy some cross-country skiing and/or ice skating. The warming of our climate has seen less snow and cold in Ottawa, and the season for skiing and skating has shrunk significantly over the past five year alone!

During the cycling off season, I often find myself reminiscing and daydreaming about my cycling adventures from the previous season. My reminiscing and daydreaming are a form of holding on. When I hold on to my memories of my cycling adventures, I miss the chance to embrace the present moment and the present opportunities to enjoy other activities. I miss the opportunity to allow the ebb and flow of life to lead me, instead of me trying to control my life. Trying to control my life surely is a recipe for discontent.

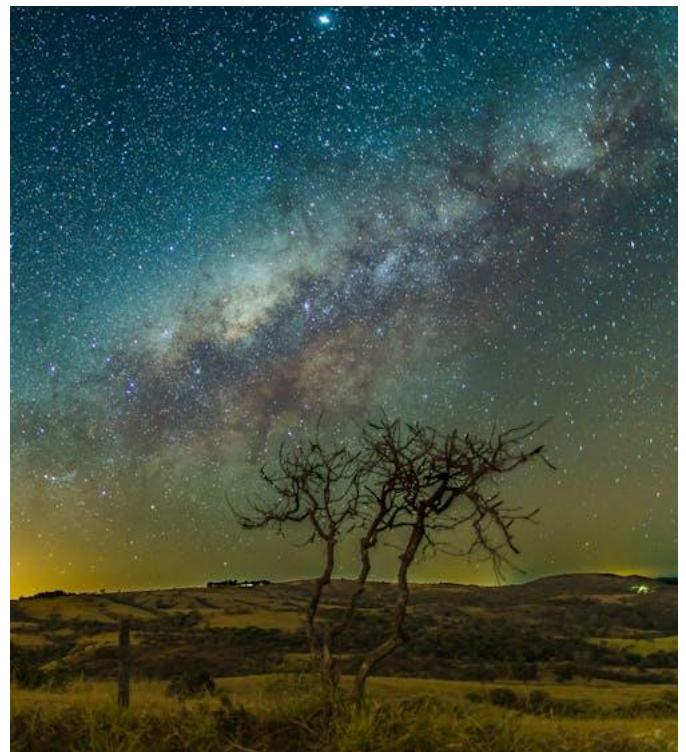


Photo Credit: pexels.com - Nando Paz

Continuing to use my love of cycling, allow me to share a different form or angle of holding on...

I recently shared about my partner's dementia diagnosis. In the weeks following the diagnosis, I scampered my way through a myriad of emotions. I was drawn into projecting on to the future what things would be like. Even though I am fully aware I cannot possibly know what will happen in the very next moment, let alone weeks or months from now, I fell into a practice of predicting what the future would hold.

One of the focal points of my commiseration was the prediction that I would have to give up my outdoor cycling in order to stay close and watch over my partner. The thoughts of giving up outdoor cycling led me to sadness, anger, and resentment. I realized just how much I was holding on to my anticipation of a future state of being (i.e., cycling outdoors again). The only way out of this emotional predicament was to let go of my wants and needs. There is a beautiful teaching that goes something like this... 'We don't always want what we need, and we don't always need what we want.'

Ultimately, it is a matter of surrendering to life. Can I trust enough in life that life will do what is the best for me? Can I trust that there is a time and place for everything in life and that if I cannot do something right now, that is what life has in store for me? Can I surrender to life and trust that a Will greater than mine is at play and that to fight that Will is not the path to peace? My path to peace is surrendering to the truth that life is not happening to me, but life is happening FOR me. If I am meant to do something in the future, I will do it. If I am not meant to do something in the future, I will not do it. It's that simple.

I have used a couple of very simple examples of what I mean by holding on. I trust you can realize the places in your life where you are holding on. Letting go, or surrendering, doesn't mean giving up all our hopes and dreams. There's nothing wrong with hoping and dreaming. Just realize that we plan, hope, and dream because we are afraid of what would happen if we didn't! Planning, hoping, and dreaming can have some very practical applications in our lives (e.g., making a grocery list to go to the store), but our peace is found in letting go and accepting all that 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).

2. Going Through The Dark Night Of The Soul, by Robert Meagher

In the fall of 2023, I entered the ‘dark night of the soul.’ What appeared to usher in this purification? My partner was diagnosed with dementia. My partner had already been living with Parkinsons for 20 years, and was now living with advanced stages of Parkinsons. The dementia diagnosis was not a surprise, as it is often the natural progression of Parkinsons, but it was a psychological and emotional blow!

In the weeks following the dementia diagnosis, and the realization that the dementia had been unfolding for several years, I was plunged into darkness. There was a pervading sadness that rested upon everything...like a dense, dark, heavy storm cloud moments before it opens up to poor torrents of rain upon you.

I could feel myself sinking deeper and deeper into the darkness. I could feel my body becoming heavier and heavier. The feelings and sensations grew to manifest as a constant sinus and cranial pressure. My mind was foggy most of the time. I was sleeping okay, exercising daily, and eating my usual healthy diet, but I often felt fatigued.

As my awareness of these sensations grew, I wanted to ignore them, thinking they would just dissipate. But the feelings lingered. My cursory self-diagnosis was that I was experiencing depression; as the symptoms most closely resembled depression. As I meandered my way through the stigma associated with such conditions, another, different awareness was gifted me. This was the ‘dark night of the soul’ taunting me and gesturing for me to enter into its lair.

As I approached the entrance to this dark night of the soul, my physical symptoms started to abate. My body started to lighten up; my sinus and cranial pressure loosened. But I knew that I had to enter the dark night of the soul. I knew that if I backed out, my bodily sensations would return. I knew that if I wanted to heal, I had to enter the dark night of the soul. So...I entered.

Entering the dark night of the soul was a pure act of surrender. I knew that the only way out was to go into and through the pain. This surrender allowed the bodily sensations of heaviness, sinus and cranial pressure, and mind foginess to continue to dissipate. As I venture through this dark night of the soul, the pervading feeling of sadness remains, but the bodily sensations are lifting.

I cannot know the trajectory of my partner’s condition, and I cannot know how long my journey through the dark night of the soul may last. But I am becoming more comfortable in this unknown space—as comfortable as one can be in such a place.

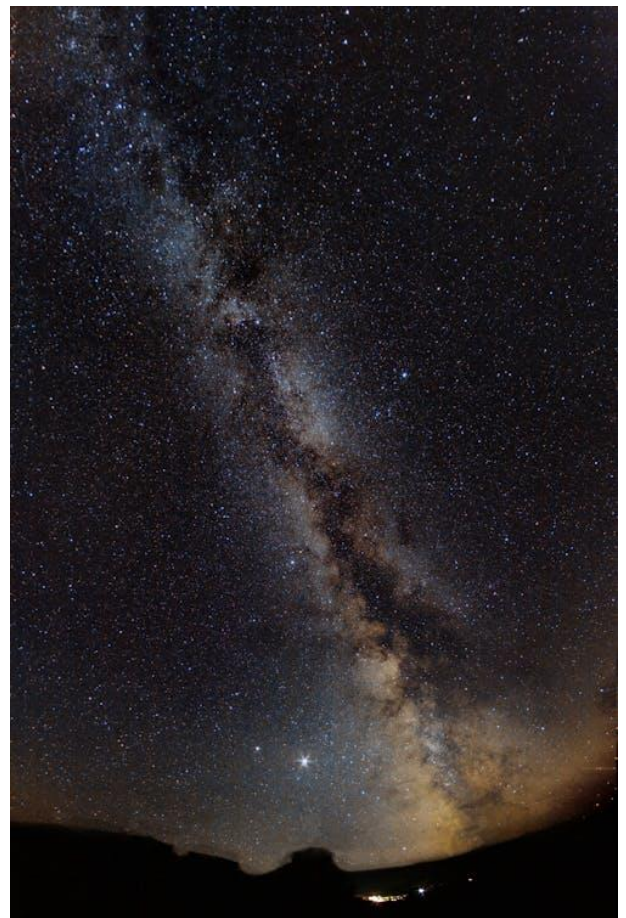
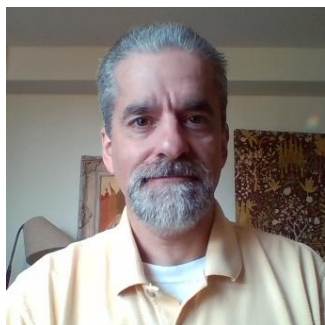


Photo Credit: pexels.com - Luis Felipe Albuquerque Briganti

As I venture through the dark night of the soul, I am reminded of the wonderful parable about a student having an audience with his teacher. During this meeting, the student shares with the teacher that he is experiencing suffering. The student shares in detail what is happening in his life that results in his suffering. After listening intently for a while, the teacher gently smiles, and says to the student, “You are not experiencing suffering. You are suffering your experience.”

The parable is a poignant reminder of how we see our suffering; that we even see suffering at all! I have given myself permission to feel what it is I am feeling about my experience. I have given myself permission to see this experience as a spiritual purification; of what?...that remains to be seen. I have given myself permission to continue to surrender to this journey through the dark night of the soul and to allow the journey to reveal to me what it is trying to teach me. I remain open and receptive.



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. Surrender: Simply Allow, by Richard Harvey

Surrender is fundamental to the spiritual, or more precisely psycho-spiritual, endeavor. Endeavor is a curious word. It means to fulfil your duty¹, to be effortful. But effort in spiritual practice is very different to effort in the outer world. Surrender demands a different kind of effort from the one we are used to. Spiritual muscles are required, not physical ones. An expansive vista of trust and faith in life, feeling the world as supportive and beneficent are only the beginning. One day surrender simply happens and it is like falling into water, just lying back into the flow of the river, not even diving in or plunging in, with no effort whatsoever. But this can only happen after a period of profound preparation.

This preparation is absolutely necessary. Before you fall back into the flow something very purposeful has to happen in you. Surrender is rightfully described as a process, rather than a mere single event.

Mullah Nasruddin came to his master, his spiritual teacher, one day and asked to be instructed in surrender. “Mullah, you simply have to let go,” declared his teacher, “just forget all about yourself and let go. Simply allow.”

“But I have *tried* doing this. This is what you told me to do before,” cried the Mullah.

“Then now it is time to let go of the *trying*,” said his teacher.

In spiritual practice or *sadhana* we have to let go of the trying. Trying is an effort based in the ego, really it *is* the ego, because the ego has no real substance—you see, the ego is not real. Psychology, at least the psychology of the last 150 years in the West, has cast this idea of ego into a form that has taken on substance. This is the power of the word; name something and it is given substance by the mind. When Dr Seuss made up a being called the Grinch,² which is not real at all, it took on a certain substance, a certain reality. I watched a movie recently where a famous actress who is really not that beautiful was repeatedly referred to as a very beautiful woman. The idea seemed to be that if we were told often enough we would believe it was true. This is the power of the word. The ego has been called many things, examined and analyzed, colored in and given the appearance of substance,



Photo Credit: pexels.com - Josh Hild

¹ From the old French *deber*, which derives from the Latin *debere*, to owe.

² Dr Seuss, *How the Grinch Stole Christmas!*, HarperCollins Children’s Books; Rebranded edition 2003.

but it has none. It is unreal; it is void. Like a beautifully-packaged, expensive Easter egg amid cardboard and golden paper, tied with ribbon and adorned with a bed of neatly wrapped, delicious candies and cellophane, at the center there is nothing but space, vacuousness, no substance at all.

[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 ~

4. Fly Like An Arrow, by Richard Harvey

The Sanskrit word that is translated as surrender is *saranagati*. It means to fly as quickly as an arrow to the refuge, to protection, or to the place of rest. The act of surrender is a process of determined and totally concentrated effort, and engaging your whole being. Ramana Maharshi said of surrender, “Your eagerness must be equal to that of a man kept under water trying to rise up to the surface for his life.”³

So rather than passivity or not doing or yielding, surrender is to fly like an arrow in to the presence of the Lord, to Reality, to Truth. It reminds us of the wonderful stories of Krishna and the gopis. When Krishna played his flute the gopis dropped their worldly responsibilities and fled to him in total distraction. This is the real meaning of spiritual surrender.

The Mullah Nasruddin returned to his teacher for further instruction about surrender. “I have let go of trying finally,” he confessed, “and it hasn’t been easy, but now what I have to contend with is inertia, lethargy, some kind of indifference. What should I do?”

“Let go of your inertia, your resistance too and then just let go,” advised the guru.

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Photo Credit: pexels.com - Tuesday Temptation



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

³ Talks with Sri Ramana Maharshi, recorded by Sri Munagala Venkataramiah, Sri Ramanashramam 2006, Talk 43.

5. Striving For The Divine, by Richard Harvey

Spiritual preparation has been left out of the mind-body-spirit version of contemporary spirituality. The orgasm, the sweetmeats, the climax are all offered without the foreplay, the main course, or the unfolding. Life is not like that, reality is not like that, nature is not like that, true spirituality has and never will be like that. Today, desire and hedonism have replaced perseverance and sincerity... and patience. Actually anything worth getting entails some sort of ordeal—love and relationship, family and children, studying to attain a degree, taking music lessons to learn to play an instrument. Through the process, the ordeal, the study, the concentration in the endeavor, the duty, and the forbearance you become worthy of the attainment, of the gift. The gift must be earned and you are transformed in the process. The self-taught must be very wise and self-directed in this. The student, the pupil, or the aspirant usually benefit from the sage advice and direction of the guru, the master, or the teacher.

Like the Mullah Nasruddin we tend to bounce between opposites for a while, to ricochet back and forth from the opposing momentum of effort and inertia, trying and lethargy, until we understand that they are not so very different but merely two sides of the same coin. We require a third option, not an either/or. And here is a spiritual secret: it is *never* either/or. Either/or are the two options that plant your feet firmly in the realms of the opposites, relativity, *samsara*, the realm of sorrows. Your spiritual eye must be drawn through the middle, to a distant point that is unquantifiable and unrelated to the opposites. Your way is through and transcendent of the present time, so-called reality. You must strive for the inconceivable, the impossible, for more than you think possible. You must strive for the Divine, for the beyond, for the perfectly transcendent, sacred truth. It is the only thing that will satisfy the heart.

Once the diminishing options for your personality reaching enlightenment or joy or happiness have dried up, you are faced with this point through the center of the two. Taoism, Buddhism, Hinduism, Sufism, Christian mysticism, and all valid paths to realization agree on this essential point. You must let go, expect nothing, let the past drop away, but do not replace it with the future. Do you understand this very important point? It is not merely about dispensing with what's happened to you, your personality, life, history, personal narrative, the pain, the hurt, the damage, the resentments, your rage, your sadness, and so on. It is much, much more. You must eliminate all your tendencies to attain anything, not because you will not attain anything but for these two reasons. First, you have it already and, second, when you attain it now there must be no one present to receive it. This is the way of truth and in the relative world the way of truth appears as paradox, as contradiction, as impossibility.



Photo Credit: pexels.com - Julia Volk

The Mullah returned a third time for instruction in surrender. The teacher asked, “What is it now Nasruddin?”

“I have let go of trying. I have let go of inertia and not trying,” said Nasruddin. “Now I am left with... I don’t know... I don’t know what I am left with.”

“Just let go of I don’t know and you’re here then,” said the guru.

You see it must all go. It is a kind of super sale, everything must go, your attachments to anything at all, including your attachment to not being attached.

The word and the quality we are manifesting now is *shakti*, devotion, through the relationship to the sacred you manifest the joy, the contentment of shakti. Devotion for devotion’s sake! In time you forget all about enlightenment and attaining realization. This is essential to the process of spiritual, sacred unfolding. Live life for its own sake, live so there is no difference between yourself and another, between awakening and not awakening, between trying and apathy, between dark and light—live in freedom.

Forgetting is the same as remembering. In spirituality this makes sense. Just as birth progresses into death, day into night, and our end is a new beginning, so to remember is to forget. You forget your thought-filled life, your un-reality, and remember your real self and truth.

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

6. Blah-Blah Existence, by Richard Harvey

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

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

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

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

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

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



Photo Credit: pexels.com - Ann H

Next, you will increasingly meet the world with equanimity and acceptance. This too is a preparation, like resting in the inner stillness, for surrender. You will feel more at ease, more open, willing, and accepting toward the world, other people, circumstances, more able to meet life's events without criticism or judgment, but rather a deepening acceptance, an allowing of how things are.

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

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

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

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

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

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

7. The *Sadhana* Of Spiritual Surrender, by Richard Harvey

Now through this preparation you can seriously engage in the *sadhana* of spiritual surrender. You turn your face to the Divine, see God everywhere in everything. You cultivate a wonderful obsession, a great passion for the Divine. Sometimes you will feel an elevated dissatisfaction, but this is not to be confused with the mundane unhappiness you have felt in your life before. Sometimes you will feel euphoric, but this is not to be confused with the overwhelming joys and elation you have felt in your material life. Sometimes you will feel entirely caught up, embraced, obsessed, and distracted in the Divine, but this is not like any distraction, obsession, or embrace you have experienced in the relative world.

You find that you spend more and more time in direct communication with the Divine. You cannot bring the pebbles back from the beach. They do not retain their beauty, the radiance you saw when they glistened in the stirring, translucent sea-water. You cannot bring back anything from your direct relationship with the Divine to this realm of birth and death. But you will begin to reflect the Divine into this world, the earthly domain. The divine domain will transmit *through* you. The emptier you become, the more open and willing you are to receive and conduct love, compassion, devotion, and empathy. For you and I can bring down heaven on to the earth, because that is our function, our divine purpose. It is what being human means. We are god-people (*hu*-man: *hu* means god). Our heads are in the heavens and our feet are on the ground.

Surrender is the acceptance and the embracing of our truth and the truth is that you are the divine person, not in your ego self of course, hardly that, because it isn't real and never was. You can never be happy until you have transcended the ego and become a conduit of the divine, until you have learned to surrender.

Surrender like acceptance must be complete. Like death and pregnancy it possesses no degrees of truth. It either is or it is not. Surrender is truth; you cannot have degrees of truth; it either is or it is not. You cannot live the sacred life partially dedicated to God; you either do or you do not. Surrender is the relinquishing of all that is unreal, all the counterfeit objects in your life, everything. So let them all go, as soon as you can. They have no substance. They bring no lasting joy. Your life dedicated to joyful offering to the Divine, to trusting absolutely in the sacred and the spiritual, to giving your faith to the invisible, the intransient, the eternal, is the life you were born to live. Live it now.

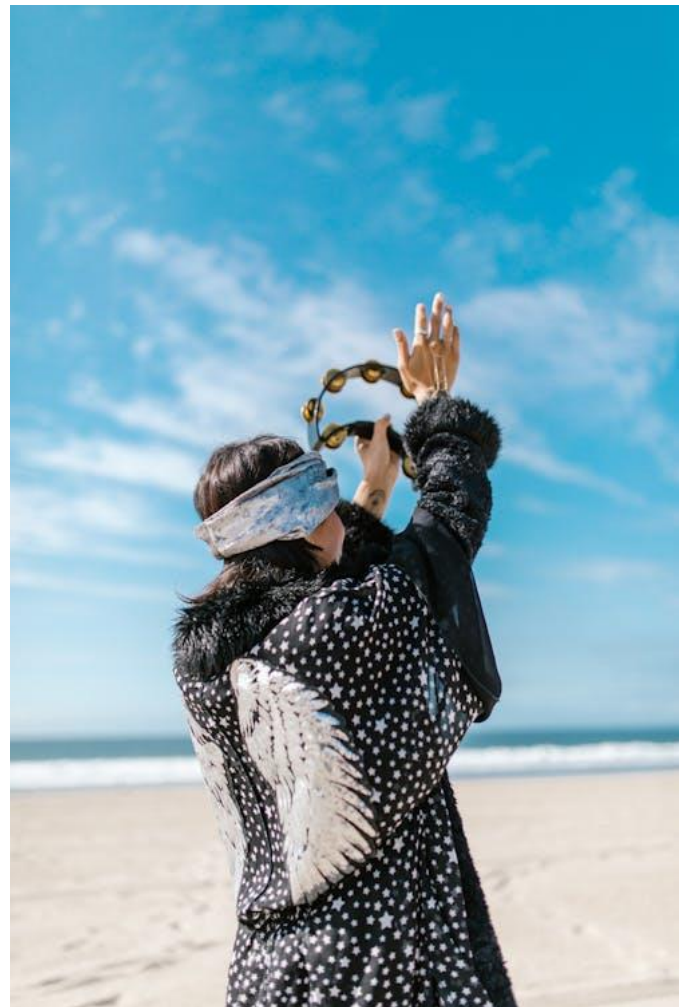


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~ Richard Harvey, Founder of The Center for Human Awakening ~

SOULFUL SHARINGS:

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

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

Retreats for Personal and Spiritual Growth...in Andalucia,Spain, with the Center's Founder, psychotherapist and spiritual teacher, Richard Harvey. Whether you are looking at a specific issue or exploring your life's purpose, a personal retreat allows you the time and space for individual exploration, clarity and relaxation, 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. You may want to give time and focus to any of a wide range of issues: health, relationships, career, personal development, a sense of meaninglessness, lack of purpose, challenges of aging, coping with emotions, anxiety, depression, crisis or spiritual enquiry. The standard Personal Retreat is one week, the extended Personal Retreat is two weeks. Longer Personal Retreats can be arranged in discussion with Richard. Retreats are available to both individuals and couples. To receive a retreats document with full details, message Richard through his personal website via this link...

<https://www.therapyandspirituality.com/contact-us.php>

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

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

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

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

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

10. Links

WEBSITES

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

SOCIAL MEDIA

FACEBOOK

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

LINKEDIN

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

YOUTUBE CHANNEL

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

BOOKS

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

ARTICLES

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

LECTURES

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

VIDEO TALKS

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

STUDY GROUP

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

BLOG

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

VIDEO BLOG (VLOG)

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

RETREATS

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

INDIVIDUAL AND COUPLES THERAPY

<http://www.centerforhumanawakening.com/About-Us.html>

<http://www.therapyandspirituality.com/individual-therapy.html>

<http://www.therapyandspirituality.com/couples-counseling.html>

PRACTITIONERS' SUPERVISION

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

MUSIC

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

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