

# The Eyes of the Golden Hall

~ A Newsletter of The Center for Human Awakening ~

**May 2025 Newsletter**

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## In this e-Newsletter...

FROM THE EDITOR'S HEART.....	2
THEMED ARTICLES.....	3
1. Relationships Are Always About You, by Richard Harvey .....	3
2. Three Spheres of Experience, by Richard Harvey .....	5
3. The Inner Wisdom of Relationships, by Richard Harvey .....	7
4. The Three Stages of Relationship, by Richard Harvey .....	10
5. Spiritual Devotion, by Richard Harvey .....	12
6. The Veil of Separative Relationships, by Richard Harvey .....	13
SOULFUL SHARINGS: .....	17
7. What's New and Upcoming at the Center?.....	17
8. Other Center News and Offerings.....	19
9. Links .....	21

## FROM THE EDITOR'S HEART

Preparing this Edition of our newsletter was fun! First, there is a wonderful collection of articles by our Founder, Richard Harvey, for you to enjoy. Second, I am excited to share with you that a new wave of activity has sprung up at the Center.

I am most grateful to a graduate of Sacred Attention Therapy (SAT) Online Training for offering to compile the articles shared in this Edition. The articles revolve around the theme of '*Relationships*' and are excerpts from various books by Richard Harvey. The articles range from speaking about relationships in the traditional sense, to speaking about the deep, spiritual truth of relationships.

A new wave of activity has sprung up at the Center. You may be interested in four, new initiatives that are now being offered through the Center:

- **Sacred Attention Online:** Richard is offering two monthly online groups to support your inner work.
- **Sacred Attention Therapy Online Study Group:** Michael Luckett and Julie Schroeder have created a forum where students can meet and deepen their understanding of the Sacred Attention Therapy Online Training Course material.
- **Silent Satsang:** These Silent Satsangs will invite participants to develop and nurture a relationship with their own guru, their 'higher Self,' and find the answers they need at their *spiritual altar*.
- **Sacred Attention Therapy Online Supervision Group:** Richard is offering an online group for SAT therapists for supervision, discussion about therapy practice, how to develop your practice, and more.

For more information about the above initiatives, refer to 'What's New and Upcoming at the Center?' at the bottom of the newsletter.

In addition, there has been a deepening engagement and intensification of interest in the Way of Sacred Attention. Richard is offering a new format of experiential events that comprise a submersive residential retreats experience, supported by online retreats, starting this year. Richard's intention is to deliver the clearest, most detailed, intense and most transformative experience of SAT yet. Richard will be leading these retreats with experienced and skilled SAT therapist, Agnès Bussièrre, and their intention is to establish a structured programme of SAT retreats which encapsulate, preserve and make his work available to assist, inspire and guide psycho-spiritual seekers. In order to support these developments, Richard's center in Andalucia will be expanding. Refer to 'What's New and Upcoming at the Center?' at the bottom of the newsletter for more information.

The theme for our next newsletter (September 2025) will be announced in the coming months. If you have ideas for the theme for our September newsletter, or if you would like to contribute to our September newsletter, reach out to us at [info@centerforhumanawakening.com](mailto:info@centerforhumanawakening.com).

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

~ Robert Meagher, Editor

# THEMED ARTICLES

## 1. Relationships Are Always About You, by Richard Harvey

*“Spirituality is your relationship to life, your relation to the core and to the essence of all that truly matters.”*

The next kinds of impressions obscuring eternity in life for the spiritual practitioner today are what we popularly call and think of as relationships.

We crave a being, a partner, a mate who we will spend our time with, a meeting of bodies, a sharing of emotions, a joining of spirits, a communion of souls and this very special relationship is to change our lives forever, brighten our days, illuminate our waking and our sleeping and deepen us in self and other intimacy, open our energy system up sensually, sexually, lovingly, relationally as we shine into the world from this paragon of love.

Who is this other person who we would give this much time and attention to?

You cannot even sustain a quarter of your attention on yourself and the endless swells and troughs in the ocean of your personality, character and essence. When you get anywhere near it there is no room for another. You are obsessed, albeit in a good way, an aware way, with yourself. Trying to keep tabs on yourself and track you is full-time and you fail; you can't "do" full-time self-attention. You become distracted in a thousand and one ways. When you get away from yourself, there's no question of time and attention for another. So what is the other? Of course, he's a distraction. The other you wish for, hope for, and idealize as a perfect or at least near perfect partner, who you would devote yourself to doesn't really exist, at least not outside yourself. So he or she must be you. That is a relief because now you can concentrate more on yourself!

In Reality, from the point of view of real divine truth and being, there is no other. We are all consciousness as I keep on saying. So relationship as we know it is merely a distancing, setting up the distance you need in order to tolerate yourself in your ego-form.

Real relationship is not a matter of two; it is a matter of one. True relationship is only possible when you have drawn down the boundaries of destructiveness and separation that are between you and the other, the world, the universe, and when you see as the spiritual teacher sees that all is exactly the same. All is consciousness, bliss, truth. This is real, so a real relationship must participate in that truth. You must see the other as yourself.

Now that spiritual reality may seem a long way off when you see that psychologically you are having trouble maintaining the boundaries that enable a so-called relationship to exist at all between you and someone else. This is a psychological reality and it is a cultural psychological reality, which means that nearly everyone will have to do boundaries work first, because they don't have any. Therefore they have no authentic sense of how a real relationship is. Why? Because the other appears as themselves. But not in the spiritual way I have spoken about but rather in a bent psychological way, the way of projection where others reflect your negative and positive traits back to you, the ones you have denied, the ones that you will blame them for having, though all

along they have been carrying them for you. Rather than being grateful to them for sharing your burden, you blame them for it. Can you see how perverse this is? Yet this is the world of human psychology.

So the order of things is revision, create, and build your boundaries strong, clear, and fully to enable relationship between you and the other, carefully sort the inner objects that you see in both yourself and them. When you are in that habit of scrupulously sorting the inner objects and owning them, you have a working growthful relationship. Robert Meagher has written a book about this (*Life with Sherwin: A Caregiver's Loving Spiritual Journey*). Reflecting on a series of potentially incendiary domestic situations, he persistently reveals how we may bring the lesson out and “get it” by persistently returning to self-awareness. His book is a masterful account of profundity and simplicity and a journey of love between him and his partner into Divine Love itself. Follow that journey with another the whole way and you may even enter the transcendent spiritual gateway together.

The enormous power of interpersonal love relationships is ambiguous. They can be the most growthful, wonderful, fulfilling field of personal growth, spiritual development, and human happiness... and they can be the darkest, most toxic field of bitterness, lack of forgiveness, blame, guilt, and shame. The list of words I gave you earlier on are the key—trust, dependence, separation, jealousy, possessiveness, anxiety, betrayal, acceptance, punishment, restriction, selfishness, and guilt. These emotive words apply as much to relationships as to the source of our early experience of them in infancy and childhood. Deal with these conditions and clear the flow. By clearing the flow of energies into the heart first, you will be capable of creating a real heartfelt relationship of genuine caring and compassion. Until that time so-called relationships are all about yourself. There are no exceptions; it is always about you.

*[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 21<sup>st</sup> Century.'* See <https://www.therapyandspirituality.com/books/moksha-dawn.html>]



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

## 2. Three Spheres of Experience, by Richard Harvey

An ancient teaching points out to us that we exist within three spheres of experience, three conditional states. These three states are deep sleep, dreaming, and waking life. Our entire human lifetime is spent in these three conditions sequentially, one after the other. Either you are awake or you are asleep or you are dreaming.

### **The Sixth Sense**

These three spheres may be likened to a further insight about life. There are three stages of relationship: self, other, and the Divine. We should all be familiar with the stage of self. It is really the thought “I” and the thought “I” extends and creates me, myself, and mine. It is about identity, knowing what we do, what we have, and who we are. Before knowing who we are we must have a sense of ourself.

In some teachings this sense of self is added to the senses we are usually aware of: seeing, touching, smelling, tasting, and hearing. These are the five senses and they describe our sensual or soulful relationship to the world about us. The sixth sense, “I,” may be added since arguably without it the other five senses would not function meaningfully. No one would be there to touch, smell, feel, taste, hear, and see.

Waking, sleeping, dreaming: self, other, the Divine. This number three recurs over and over again, because it contains a basic truth. That truth is that three is the dynamic number, the number full of vibrancy, energy, and life. In contrast, two is static, the number of opposites and opposition. But three is the number whereby things happen and relationships and potential come into being. It is the meeting of streams of awareness, flows and themes of consciousness. Unless I am blind, deaf, mute, and comatose, any experience I have involves this number three. This is illustrated in the basic teachings of grammar, subject, verb, object: the cat sat on the mat. Three elements are needed for the dynamic interaction to take place—cat, sat, and mat. Take any one away and not much is happening. Cat is not a dynamic interaction. It is not a relationship, neither is mat, nor sat; each one is not by itself lively or exciting.

My Three Stages of Awakening reflect this relationship of three worlds. Like waking, dreaming, and sleeping, or self, relationship, and the Divine, the Three Stages of Awakening are centrally concerned with, in order, self, other, and God.

### **The Condition-Less Condition**

The ancient teaching I referred to earlier, however, speaks of a fourth condition. It is a condition-less condition or a stateless state. We have to stretch our imagination and vision to even begin to conceive of it, because it is not understandable through rational thinking. Not everything is rational or reasonable or intellectual. The mind is a kind of tool—technology really. It has a purpose and it has a power. It is enormously creative, organizational, and methodical. It may also be crazy, untidy, and rebellious. And it is, most importantly, the source of the ego.

So we should be wary of the mind and make it our servant rather than our master. The mind does not have the capacity to conceive or understand this fourth stage. To make matters even more difficult, this fourth stage includes the first three and also transcends them. It is the condition-less condition of enlightenment or the unchanging, invisible, unseen power in the universe that is the source of everything. It is a transcendent state of

undying, unending, eternal everything. And you know when you start talking like this that, either you have regressed to child-speech, or you are speaking of the divine, the numinous, or God.

For as long as recorded history and even before within the traditions of organized religion, a name has been sought for this power that sources all things and is at the same time beyond all arising, all events, time, space, and dynamic interaction of any kind. God, Tao, Brahman, Yahweh, I AM, Eternal, Absolute Being, Allah, Divinity, Jah, Jehovah, Lord, numen, World Spirit—perhaps God has inspired more names than anything else in the world.

## **The Name of God**

Once you have a name for God, God has entered into the world of other, the world of relationship. God names are “not-I,” they are other than I. A resistance is created when another is born... a resistance and a distance. In the history of organized God or structured religion, there have been the external relationship schools who relate to God “out there” and the internal heretical schools who relate to God “in here.” The first has relied on writings, teachings, and objects, traditional symbols, myths, and often dogma; the second relies on spontaneous experience and feeling or even apperception, which is a word that means understanding or perceiving through self-introspection, the direct experience of seeing a thing within you.

God cannot be as far away from you as even a word of description. Even the word creates distance. That distance is too great. For the outer school you can never get close to God, at least not in this life. God is too big, great, and loving; you are merely human, small, and flawed. However, for the mystic, which is the name for an adherent of the inner school, God and you are the lover and the Beloved, connected through devotion and transcending all separation in love. This is three again: the lover, the Beloved, and love itself—all is one.

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



### 3. The Inner Wisdom of Relationships, by Richard Harvey

Let us turn now to a journey of discovery and walk a deeper path into the inner wisdom of relationship, of meeting, of connection, of deep intimacy... to the “fall” of humankind, the arising out of the field of emergence, and the origins of relationship.

Once there was only I AM, the Divine or God, existing in a great timelessness and formlessness. There was no self-consciousness, no division of light and dark, no sound and no silence. There was no tension and no restlessness or discontent. In the vast resonant endlessness, the expansiveness of eternity, only love, wisdom, and pure consciousness existed in bliss and continuous being. And one day I AM asked for another, another to relate to through the great swell of eternal time, the euphoria and the ecstasy of living in the profoundly lonely perfection of unity. And out of a great compassion the over-spilling of love created another by succumbing to its own immaculate attainment, the pinnacle of Divine Reality. So, from the Ground of Perfect Being rose the other and the meeting of the two was forever impossible and longed for. No boundary was possible, no boundary, no place of meeting, that would satisfy the longing of the eternal to be reunited with itself.

The word relationship comes from the Latin root *relatio*, which means to bring back, to restore. We seek some deep longing in relationship, a longing that often cannot be satisfied. Our urge to unite, to be at one with another, seems to be intrinsic, built in to our humanness. Sexually, sensually, intellectually, emotionally, intimately, energetically we love to indulge this impulse toward incorporating our minds, bodies, hearts, souls, and spirits with another's, through making love, touching, feeling, dancing, talking, sitting silently together, loving, and sharing.

When we are not with another human we may love to respond to this same longing with nature, animals, books, art, pictures, beautiful objects, and sometimes silently with life, breath, or in the silence of eternity and transcendence.

At other times we may commune peacefully and inwardly with ourselves, but soon a longing arises—the longing, the desire to be united, if not with another then with the Divine, with a deity, or with great love or compassion, or to be in some way something we are not or are not yet. We are dissatisfied in so many ways. Even when we are satiated or apparently satisfied or fulfilled, dissatisfaction follows later.

#### **The Three Threads**

We are human. So we carry the three threads of need, desire, and love plaited in our souls as a beautiful confusion. Within this confusing, delicious intertwining we are drawn to another being in what we might call a primary relationship, a relationship of love, heart, and soul, meeting spirit, calling out heart utterances. This relationship, however real or imaginary, is the very pinnacle of our achievement in the field of interpersonal relationships.

Instinctively we know that the joy of being alone on a winter's day in a field or a wood, by the sea, or in a quiet room with ourself avoids the challenge of meeting, of interaction, of relating with another. All the better then when that other opens our heart and offers the safety in which we may open our soul and say, can you see me, do you see me, can you validate this nakedness, can you sit with my soul and cherish this preciousness.

A loving relationship is a glorious occurrence in life and possibly the zenith of personal accomplishment and desire. It is also founded entirely on your ability to love yourself, to accept yourself, to be with yourself exactly as you are, without wanting yourself to be better, more beautiful, more accomplished, more anything than you really are. All our relationships to the other, to the outside, to the world of other, are based on this one event and attainment of self-love. Self-love is the empowered basis on which a relationship with another will thrive. It cannot be any other way.

Inner work is the process of learning to love. The first stage is learning to love yourself by removing the barriers to love that you have accepted or created. Love of self is the natural state. Delight with you is most natural. Your grace and wisdom, inherent beauty and charm, your uniqueness are beyond beguiling attraction, fascination, and possession. A human being is one of the most complex, transcendent, spiritual, and sacred events in the universe. We should be staying in and looking deeply into each other's eyes the whole time—and if not another's, then our own.

Instead we go out. We take photos of views. We express fascination and wonder at architecture, buildings, art, seascapes, landscapes, sunsets, the dawn, the countryside, the archaic cities, the quaint villages. Have you ever stopped and simply gazed into someone's eyes? Then if they allow you, further gaze at their form and feel their emotional energy, their sense of presence, the overwhelming sense of "I," the transcendent appearance of divinity in human form, the etheric, astral energies and potentialities that surround them. In time if you persist you will see the whole world, all beings, all events, all of human history, the teachers, the artisans, the heroes and heroines, the artists, the visionaries, the lovers, the wanderers, men and women, children and beings in continuous stages of restless becoming.

### **The Universal And The Particular**

Inner work is the process, the journey, of seeing the universal in the particular. It is like great art. When James Joyce or Gustave Flaubert write about an individual, a personality, they speak somehow of all beings, of life itself. No one knows how they do it. It is a mystery. Like human beings, art is a deep mystery. The artist must be gifted to be great. When El Greco or Goya paint a canvas, something beyond itself is created. When Nijinsky dances or Maria Callas sings, some magic, some alchemy is born. When Michelangelo or Donatello or Rodin sculpt, like gods they create living form from solid matter. All of these seeming beings, ordinary people like you and I, but people with a gift, inspired to reveal, to build a great bridge between the worlds, bridges you may cross when you read or see or experience their art.

But who among these great artists could say that the greatest art they are capable of comes close to the wonder, the complexity, the beauty, the awe of the presence of a single human being. You contain the world, the universe, all beings, all events and all time and all wonder, bliss, and beauty and all potentialities within you now. We know this is true and yet how can we live it? How do we apply the realization of this incredible truth?

You and I were raised in compromise, compromise and limitation, limitation and contraction, smallness and lack of love. We have been raised in fear: fear of each other, fear of ourselves, fear of naturalness, fear of our divinity, fear of the wonder and magnificence of being a human being.

### **The Perennial Invitation**

A human being is distinguished from all other life forms, because we have the potential to be self-aware. We are all self-aware to some degree, in a different way to animals or to trees or stones or nature. However, we can become self-aware in a most refined way. We can become aware of our bodies, our minds, emotions, thoughts,



energy, attitudes, and aspirations. With this incredible ability to become self-aware comes the opportunity to be self-realized, enlightened, to transcend the worldly state of samsara, the realm of birth and death, and to live the sacred and spiritual life up to and beyond our physical death. This is the great opportunity, the perennial invitation to the human heart. Taking up this invitation entails growing as an individual, yet realizing oneself is not forsaking oneself before we are ready. The stem must not be cut before the flower blossoms or the whole plant will die. In time through succeeding stages of development the seed grows in the darkness, breaks through into the light, and reaches toward the sun, nourishing itself, nurturing itself with moisture and light and nutrients, growing up, up into the air, into life until one day the bud opens and gives its immense beauty to the world, for no reason at all, simply celebrating existence.

This is what you can do—must do. You must choose birth and life over death and darkness. Reach higher, strive for something greater, strive to be you, to be yourself.

An ongoing love relationship, primary relationship, is the most potent and challenging way for you to do this. Living alone or having serial relationships you can get away with anything you want. You may not even know how you're feeling when you are feeling fearful, unloving, or angry. There's no one there to point out your lack of consideration, your lack of caring, your compromise with self-love. You can spend days without tuning in to yourself, just getting on with things, or zoning out and freewheeling through the day.

But when you live with someone else, sharing your life with a partner, it can be immensely humbling, revealing, and challenging. You have boundary issues to deal with, compromises or insisting on maintaining your point of view or your independence. Sometimes it can feel as if you are fighting for your life.

Relationships stir up all our old emotional material, all the dynamics from our early life, and especially the themes of our early family relationships. Sooner or later it becomes obvious to us that these issues will not go away unless we give them our attention, unless we do something about them.

The comfort and feelings of safety being with a loving partner gives us inevitably re-stimulate our seminal years, the years of self-creation, of learning how to be a someone in the world. Thus, we feel that our life is not fulfilled unless we have a loving partner, a family, children, and so forth. We think that, if we have these, we will be happy.

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

## 4. The Three Stages of Relationship, by Richard Harvey

There are three stages to relationship between two people. First, the relationship stimulates and reveals your emotional-behavioral patterns and in time serves to heal them. This first stage is experienced as attraction and then aversion to your partner. Really it is your wrestling match with your relationship with yourself, intensified in the mirror of the other. Mostly you don't experience the other and if at all only minimally. The task and the challenge is to see and own and love yourself. Thus relationship in the first stage is a movement into separation. This separation allows you in time to truly relate to each other interpersonally. You become two to empower and enable you to relate, one to the other. But this can happen only after the childhood, early life patterns of merging and distancing, need and withdrawal, betrayal and punishment, and so forth, have been transcended.

The second stage is the heart stage, the practices of love and caring. You enter a period of deep compassion and the key to this stage is that the invitation to love takes precedence over being loved. Your need is fulfilled in the giving and the focus is overridingly on the beloved who you have the opportunity to love. Thus you have moved from need and desire to love and compassion, also from object to subject and in time even that dissolves, as you experience yourself and the other as the same in heart-awareness.

The interplay of personalities which is both celebrated and transcended in this stage primes and prepares you for the third stage of relationship and the most exalted condition of interpersonal relationship.

The third stage is the spiritual-sacred one. Here you enter into the life of wisdom and devotion as companions together on the spiritual path. No longer the focus of each other's neuroses and the path through the healing of the opposites in you and with the long and exhilarating test of heart-challenge, awareness, and compassion behind you, you enter into spiritual-devotional awareness practice in earnest. This may appropriately occur in senior years, but in rare cases it may occur earlier in life. There is usually a foresight with signs of this destiny and this may be helpful for you in your inward preparations.

At each of these stages naturally there is the choice or opportunity to break or go onward. There is no law that says that sustaining the relationship is better than the alternative. But through the renewal of inner commitment and inner vows the relationship is refreshed and replenished. When the break is chosen or given it should be done as thoroughly and maturely as possible, leaving behind as little emotional, energetic, and karmic residue as possible.

Relationships then require a radical overhaul of understanding and purpose. The present world culture which is increasingly westernized, material, greed-based, and ignorant must give way to a sacred culture of spirituality and transcendence. Interpersonal relationships occupy a central place that far transcends desire, sensuality, the childhood needs for grounding, nourishment, the prevailing idea of partner as possession, of reflected self-value in the appearance of power, wealth, the ability and competence of our partner, jealousy, possessiveness, the sexualizing of virtually everything over the last 100 years for commercial, political, and manipulative purposes.

The primary and age-old motivation of humans to know themselves meets its fulfillment and its greatest test and obstacle in relationship. We don't know ourselves. We don't know the other. We are not aware of the world about us and we do not experience reality. Humanity in these dark times is essentially ignorant, unaware, and unconscious. Relationships alongside inner work, therapy and meditation, is the most powerful tool for awakening there is.

Become aware of your conditioning. Become aware of your rebel-conformist tendencies. Become aware of how you have conformed to the myth of romance and falling in love and society's expectations of you. In Reality you are neither male nor female, neither young nor old, neither abundant nor needy, neither loyal nor betrayed. You are neither good nor evil, child or adult, foolish or wise. In your true nature, you are utterly free.

Think less of relationships and more of relating authentically and freely from your true nature with everything and everyone. Profoundly and truly see everyone and everything not only in their many varied appearances, but as adaptations of the Divine. Everyone you meet is God in human form. Everything you see is God in different guises. Breathe, move, feel and taste the world as it really is: shot through with the divine essence, the scent of Reality, absorbed into the material arising world of forms. Relating like this through your awareness of the vital breath to the witnessing of the all-absorbing world of the reflected Absolute to your sadhana of being with all things as manifestations of God is your constant, unwavering alignment with freedom.... and this freedom is love.

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

## 5. Spiritual Devotion, by Richard Harvey

Spiritual devotion is spontaneous and unexpected. Probably the nearest thing to it in worldly life is falling in love. Falling in love cannot be planned. It may be extremely inconvenient and may not conform to your expectations. The person you fall in love with may not be an obvious good match or even a compatible personality. Falling in love comes simply unbidden. It is a movement of the heart and it is most often irresistible, impractical, and even destructive.

This is how spiritual devotion works. You cannot go off to try to fall in love and neither can you go in search of the person who will ignite your spiritual devotion. He or she simply appears and you follow. It is beyond your preferences, greater than your anticipation. You enter a relationship in which you are known better than you know yourself and everything is transformed.

Your devotion to the teacher, the teaching, and the way you “choose” is an extraordinary event—extraordinary, even disorientating, because when the relationship to the teacher is completely authentic, the feeling is prior to your identity with your bodymind-self patterning. In other words you encounter a depth of unworldly familiarity that challenges the reality of your ego-processes and the life you have built around your separate identity.

The encounter with Truth in the body of an individual teacher also presages the life of fulltime devotion to truth. The reason for this is obvious if you allow what I am saying here to percolate in you. Your relationship with Spirit, Reality, and the Divine and its associated relationship with your spiritual teacher is a more profound and a more authentic life event than anything you have previously experienced. All experience so far in your life has been patterns of mind and thought forms. You have been indoctrinated from the very beginning of your life in a dynamic of conflict. You have been taught to identify with a self-image and to pit this image against obstructions and hindrances to achieve hopefully successful outcomes.

These successful outcomes are themselves associated with the physical, mental, bodily organism you identify as yourself. Your early education and conditioning simply reinforced the predominance of physical, emotional, mental, and social interactions as the means to happiness and success. Your life is a complex interrelationship of thought forms with self-identification providing a basis for attachments to the whole fantasy.

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

## 6. The Veil of Separative Relationships, by Richard Harvey

The second veil over the birth of the soul is a realm that is characterized by insult and disrespect, where the small selves of at least two individuals combine to mis-serve each other and break boundaries. It is the further sphere of darkness in the relative temporal world and from the sacred point of view, it demands healing, refreshing and reinventing.

In a million and one ways what characterizes relationships is disrespect, insensitivity and lack of sacredness. For example, if we can get away with it, many of us take from each other or use each other. We do not necessarily know the difference between need, love and desire. They are tied together in a bundle. It is fundamental to good relationships that we understand giving and receiving, yet many of us do not distinguish between the two. People manipulate each other, hurt each other physically, verbally, emotionally and energetically. We can be callous, unfeeling, unreciprocating, unempathetic, cruel, mean, irresponsible and violent.

Consider the figures for marriage break-up, domestic violence, marital crimes and murder, principally of women, by partners and husbands. Consider my experience as a therapist who doesn't even specialize in areas of abuse and marital strife, but every week I hear tales of abuse, of violence and cruelty, of behaviour between people who supposedly love or loved each other or used to have positive feelings towards each other. I often recall Bob Dylan's thoughtful and profound song lyric: "I can't believe we've lived this long and are still so far apart."

I consider the gnawing root cause, the gestating seed of all-pervading disrespect and irreverence between people to be in the small things that pass without remark, unnoticed, because they are so commonly accepted and condoned through unspoken approval: time boundaries, speech boundaries, etiquette, recognition, denial and those verbal expressions of disrespect that are common to many cultures today. One Zen roshi I knew highlighted it, once she despaired of the modern world's obsession with the cult of celebrity, soap operas and television. What entertains and makes people laugh today are merely insults, she told me. At the time I had no idea what she meant. But after a year living in the Zen monastery, on my return to worldly life one day I turned on the TV and I could hardly bear the onslaught of visual and aural stimulation and the tone of the attack on the soul and spirit. Then I understood exactly what she meant.

Relationships do not make you happy; neither do they make you unhappy. They merely extend your sense of self in the projection of your inner self and a hypnotic effect of seeing the other as you. Hence, whatever remains unresolved in your psyche will be shown to you in your relationships to others.

We disavow our beauty by being habitually attracted to beautiful partners. We renounce our own aggression when we are in relationship with an angry partner. We reject our creativity and abilities by being in relationship with someone who shines with artistic accomplishment and talent.

Rather than blame, justify, apportion guilt, appeal to fairness, vengeance, responsibility, criticize, judge, or feel bitter, one thing – and it is the hardest of all – that would help is to ask someone, who is or has been in a close relationship with you: What is it like honestly to be with me? How do they see you, what are your sticking points? How do you make them feel, honestly? The other's awareness of you will in principle fill in all the gaps. This is such a simple exercise, yet so impractical. It presupposes the other's awareness, openness, and willingness to reveal and share all they know about you. How rare it is to meet a person who possesses these

qualities. Awareness of another person might seem to be easier to achieve than awareness of yourself, but really it is the same. It is just that the other embodies and reflects back to us the shadow, or all we don't want to know about ourselves.

Why is it that the greatest intimacy between two human beings is in silence? Why is it that we find it so hard just to be together? Why is it that the very thing we want and deeply desire, rather than, deeper than social intercourse, sexual intercourse, arguing and fighting, sharing activities of any kind is simply accompanying one another, being companions?

Because it takes tremendous skill to navigate a way between ego encounters in any kind of relationship. To leave the ego out is almost impossible... almost impossible. It is as if ego has commandeered speech, sight, touch, understanding, interpretation and experience... but essentially this is an assault. For the ego-self, the fellow human being is a comfort, a consolation, an object for need and desire, even love. Yet, he or she is a mystery who is separate from you. However, close you imagine them to be, they are inevitably, profoundly a mystery. Relationships don't work because we tend to make ego-encounters as the base of our relationships, and we tend to see the other person as an object of our desire. This is particularly true if you are in the fourth or questioning stage of consciousness that we discussed earlier.

It has been said before: everything before the eye must disappoint you. Why must everything before the eye disappoint you? In order to drive you inward. It is the price you pay for questioning, for curiosity, for being always ready to pull back the next veil to discover what is behind. It is the signature of the mystical journey. It is a positive disappointment because you strive for more, no longer a slave to fear and desire. So everything must disappoint you and nowhere is this truer than in the realm of relationships. And relationships disappoint ... inevitably. This is at once their curse and their blessing, because only if everything before the eye disappoints can we turn within towards the true treasure, the inner treasure, the blessing of Consciousness, the state of true Being.

How have your relationships through your life disappointed you? Think back to the hopes and dreams, the desires and the fears that you attached to certain people. How did they disappoint you? Look for some common themes running through the different kinds of relationships through various stages of your life and you will probably be able to see that how these relationships have disappointed you says a lot more about you than anyone or anything else. How is it that themes remain ten, twenty, thirty years on, that you find yourself judging, criticizing, and being disenchanted with people for precisely the same reasons...over and over again? Because your disappointment with the other says most about you yourself.

This is an assault, a primary interpersonal violation. It is not subtle, but it is largely unacknowledged because everyone does it. Think about it: if everyone's doing it and it's wrong then what kind of morality and what kind of moralist is strong, fearless and courageous enough to stand up and combat it?

Fortunately, we have a word for it in human psychology; the word is projection. Projection is the mechanism for seeing what you don't accept about yourself in the other person, relationship or situation. So, through projection or not being willing or able to see myself, I see you as someone I want, like or love, or as someone that I despise, dislike or ignore. Whichever way, this is an assault.

Here is a story that takes us forward into the second sphere of illusion – relationships as we have manifested them in the second dark sphere. This story distinguishes between the two paths of response, attitude and creation: whether we ignore or surrender to the sacred. It also offers a warning about how you approach the divine, the sacred and the spiritual.



This story comes from the Oglala Sioux tradition. It is about 2000 years old. As I tell it to you, see if you can read without assumption or preconception, but with the ears of an ancient sacredness. Although this story comes from a different time, tradition and mythology, it still resonates with our circumstances today.

Long ago two braves went out hunting for bison. They reached the peak of a high hill and looking north they saw something coming from a long way off. As it got closer they cried out, "It is a woman!" One of the braves, being foolish, had bad thoughts and spoke them, but the other said, "That is a sacred woman, throw all bad thoughts away."

When she came near they could see that she wore a dress of fine white buckskin. Her hair was long; she was young and very beautiful. And she knew their thoughts and said in a voice like singing, "You do not know me, but if you want to do as you think, you may come." The foolish scout went and as he stood before her, a white cloud came and covered them. As the beautiful young woman emerged from the cloud, it blew away and the foolish man had turned into a worm-covered skeleton.

Then the woman spoke to the one who was not foolish, "You shall go home and tell your people that I am coming. A big tepee should be built for me in the center of the nation." The man, who was struck with awe, left quickly and told the people, who immediately did everything he told them and then waited for the sacred woman around the big tepee. She arrived, ethereally beautiful and singing, and she entered the tepee. This is what she sang:

With visible breath I am walking.

A voice I am sending as I walk.

In a sacred manner I am walking.

With visible tracks I am walking.

In a sacred manner I walk.

As she sang a white cloud appeared from her mouth and a wonderful fragrance filled the air. To the chief she gave a pipe with a bison calf carved on one side to mean the earth that bears and feeds us, and with twelve eagle feathers hanging from the stem to mean the sky and the twelve moons, and these were tied with a grass that never breaks. "Behold!" she said, "with this you shall multiply and be a good nation. Nothing but good shall come from it. Only the hands of the good shall take care of it and the bad shall not even see it." Then she sang again and went out of the tepee and as the people watched her going, suddenly it was a white bison galloping away and snorting, and soon it was gone.

The point this story makes concerns the sacredness of the world of relationships. When we engage in relationships in a separative way, it becomes all about what can you give me if I give you this. The alternative or the desirable, the potential for human relationship is to have a spiritual relationship with another person, either a friend or lover or spouse, in sacred life. In fact, if you miss out the spiritual or sacred aspects of a relationship, then there is no real relationship, only merely a meeting of desires and needs. This ancient story speaks to us of a sacred presence coming into the lives of these young braves and how they respond to this presence reflects the way in which even now we may respond to an attractive persona, a person that we are drawn toward, who we think will somehow fulfill our desires. So the issue here is, and it is rooted in romantic myths and romantic idealism, that we are confusing desire with love, we are confusing our needs with real

relationship. If they take place within a sacred context, all of these things may be there, but if they don't take place within a sacred context, there is no real relationship, as such.

Another important aspect of today's relationships, especially in our present era of romantic idealism, is the demand of the impossible that is based on a three thousand year-old and therefore antiquated mythology or paradigm. It is implausible for a man to ask his spouse or partner to be the virgin mother, the sensual, sexual, seductive lover and his friend and confidante all at the same time. It is similarly implausible for a woman to demand that her spouse or partner be her protector, sensitive and virile lover, paragon of maleness... And yet, in modern time, we have this impossible aspiration in love of another.

A fellow human being is a mystery. Each meeting, indeed each sighting of a fellow human being is an occasion for extending consciousness. If we are present, sensitive and open then, as the scholar Terry Eagleton said, "we become the occasion for each other's self-realization." If we are conscious about projections then we don't look at the other person as a separate being anymore and the other person's flaws or outstanding qualities become a sign-post in our process of inner growth. But instead, our reality is that relationships involve us in conflict, either inner or outer conflict or both.

If relationships were based on this principle of becoming the occasion for each other's realization, we would have a sane aspiration for loving. Think about it. Relationships set us into roles, for example father, mother, daughter, lover, son, friend, confidante, casual acquaintance. But these roles are not – should not – be ends in themselves. You don't love to be a lover or love maternally to be a good mother. The purpose of love of whatever kind is Love itself; love is its own purpose or there is no purpose to love, it simply is. This is where the thinking veil and relationships veil collide and when you are ready, you can transcend both. The rational mind demands a reason for everything, when in reality there may be little reason for anything, no plan, no story with a beginning and an end that we live through, only to come out the other side when the story book ends. The purpose of relationships, if there is a purpose at all, is love. Relationships are an occasion, an opportunity to live into and understand, through insight and deepening, that love is the essence of all.

The authentic love you feel toward another human being is the reflection of divine love. Allow that into your awareness. Let your meetings, the conversations you share, the energy you share in all your relationships be consecrated to your divine opening, spiritual awakening and transcendence. Empower and encourage yourself and the other to grow, sacrifice the relationship continually on the altar of Self-realization in all its expressions, give it up for the greater aspiration, for the Eternal. This way you find your relationships and your heart thrive, and you have penetrated the second veil in the process of the birth of your soul into the world.

[Adapted from Harvey, Richard, *Your Divine Opportunity: how to awaken to your true self in the modern era*, Part VII: The Birth of the Soul, 112-116, Sacred Attention Publishing 2021. Full details and ordering at <https://www.therapyandspirituality.com/books/>]



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

# SOULFUL SHARINGS:

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

### Sacred Attention Online

In response to requests for a gathering of likeminded souls to enhance, support and share the challenges, pitfalls and joys of inner work, Richard is offering two monthly online groups to support your inner work. For more information, visit <https://www.centerforhumanawakening.com/sacred-attention-online.html>

### Sacred Attention Therapy Online Study Group

In response to requests for a forum where students can meet and deepen their understanding of the Sacred Attention Therapy Online Training Course material, Michael Luckett and Julie Schroeder have created the Sacred Attention Therapy Online Study Group. The group meets bi-weekly and focuses on a particular course module each time. Each participant is invited to share their inner work on the module and ask questions to deepen their understanding of the course material. Whether you are a current or past student of the Sacred Attention Therapy Online Training Course, you are welcome to join the group at any time. The group currently meets every other Tuesday at 7pm UK time for 1.5 hours. There is no fee. For more information, please contact [Michael Luckett](#) or [Julie Schroeder](#).

### Silent Satsang

Robert Meagher has initiated a Silent Satsang series. Satsang is a Sanskrit word meaning "purity or truth in group or association." The literal translation of Satsang is often expressed as "Sitting in the company of truth." The traditional Satsang has a group of people sitting in the company of the guru. Questions are asked of the guru who offers spiritual teaching. These Silent Satsangs will invite participants to develop and nurture a relationship with their own guru, their 'higher Self,' and find the answers they need at their *spiritual altar*. These gatherings will indeed see you 'sitting in the company of Truth'...the Truth that is YOU.

These Silent Satsangs take place on the 2nd Thursday of each month from 1400 - 1500 UK time, via a Zoom videoconference call. For more information, visit <https://www.centerforhumanawakening.com/silent-satsang.html>

### Sacred Attention Therapy Online Supervision Group

Richard is offering an online group for SAT therapists for supervision, discussion about therapy practice, how to develop your practice and getting involved in the Center. For more information, visit <https://www.centerforhumanawakening.com/sat-supervisory-group.html>

## **Pre-Announcement Of New Developments In The World Of Sacred Attention Therapy (SAT)**

Recently, in Richard's practice and among SAT therapists and students throughout the Sacred Attention community with the SAT Online groups, the study group, the silent satsang and the supervision group, as well as Richard's inner work practice, there has been a deepening engagement and intensification of interest in the Way of Sacred Attention. Encouraged by this, Richard is excited to offer a new format of experiential events that comprise a submersive residential retreat experience, supported by online retreats, starting this year. Richard's intention is to deliver the clearest, most detailed, intense and transformative experience of SAT yet.

Richard will be leading these retreats with experienced and skilled SAT therapist, Agnès Bussière, and their intention is to establish a structured programme of SAT retreats which encapsulate, preserve and make Richard's work available to assist, inspire and guide psycho-spiritual seekers.

In order to support these developments, Richard's center in Andalucia will be expanding. Richard intends to link the present retreat center to another property nearby. This will enable Richard to run larger retreats with an expanded group room space and accommodation for participants, so that in time two or three events can be run simultaneously.

The new property comprises two buildings at present, one a modern structure, which will be converted into accommodation for participants and group leaders, the other a traditional stone ruin, which is set to be transformed into an ample group retreat space and individual therapy room, set in a beautiful landscape of olive trees, almond trees, and waterways with a panoramic view over Orgiva valley to the Mediterranean coast.

Richard is presently compiling a list of objectives, logistics, and projected finances required for the restoration and development of the buildings and a -- very necessary in this climate -- swimming pool that will comprise the center. Richard hopes to finish these projections and to be able to ask donors and patrons for financial support to complete the work through donations very soon.

Once the new location is completed -- hopefully by 2027 -- Richard will rename the present center **Sacred Attention Sanctuary** and the new center **Sacred Attention Refuge**. Together they will comprise a joint center for the promulgation of Sacred Attention experiential work and psycho-spiritual teachings.

## 8. Other Center News and Offerings

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

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

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

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

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

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

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

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

The Center's ***VLOGs*** are posted on a regular basis. The VIDEO BLOGs 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.

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

***Please tell others about The Center for Human Awakening***; please tell your friends, your therapists, your relatives, and any forward, progressive thinking people who could benefit from this work. In Richard Harvey's newest book<sup>1</sup> he states the case for us being "custodians of the future" in a world that is being debased as it loses touch with the genuine sacred-spiritual truths and ceremonies. If we do not act in all the ways that our true nature dictates we will become complicit in the destruction of the human consciousness of the inner worlds, responsible in whatever way for the degradation of the outer world, and ignorant and helpless in the insight that there is truly no separation between the inner and the outer, between us and them, and between the human and the divine. Thank you for being with us!

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<sup>1</sup>*Your Sacred Calling: Awakening the Soul to A Spiritual Life in the 21st Century*, now published by Austin Macauley Publishers Ltd.

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

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



## 9. Links

### WEBSITES

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

### SOCIAL MEDIA

#### FACEBOOK

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

#### LINKEDIN

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

#### YOUTUBE CHANNEL

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

### BOOKS

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

### ARTICLES

<http://www.centerforhumanawakening.com/Articles.html>  
<http://www.therapyandspirituality.com/articles/>  
[http://ezinearticles.com/?expert=Richard\\_G\\_Harvey](http://ezinearticles.com/?expert=Richard_G_Harvey)  
<http://www.buzzle.com/authors.asp?author=51337>  
<http://www.articlesbase.com/authors/richard-harvey/835688>

### LECTURES

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

### VIDEO TALKS

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

## 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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