

Sacred Attention Therapy Project: Robert Meagher answers Collaborators' Questions

*An Interview on the Sacred Attention Therapy Project
with ROBERT MEAGHER, Coordinating Editor*

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I have heard that an eagle misses seventy percent of its strikes. Why should I expect to do better? And when he misses, does he scold himself, I wonder, for failing at the task? The only element I find common to all successful writers is persistence—an overwhelming determination to succeed. They will not be thrust aside!

Sophy Burnham

If I become a collaborator on the Sacred Attention Therapy Project, what writing commitment am I making?

Each person determines their own writing commitment. We hope each participant will write the equivalent of a chapter for the intended publication, or collaborate with other persons on the same chapter. A contributor may wish to write a brief article or other discourse, or they may prefer to write several articles. The choice of contribution is up to the contributor. The task of the Coordinating Editor, in collaboration with Richard Harvey (founder of Sacred Attention Therapy), will be to bring all the material together into a cohesive, published work.

The approach each collaborator takes to their literary contribution(s) is entirely personal: experiential; more scholarly (with reference to other approaches); comparative – perhaps with reference to their own therapeutic approach, anecdotal, etc. We encourage illustrations from contributor's own personal work (credited as their own or not). In the end we trust the Sacred Attention Therapy project will be a work celebrating human variety, differences, and richness.

Whatever literary contribution the collaborator makes to the project, the work should be understood in context. Our goal is a psycho-spiritual therapeutic model entirely new, innovative, and specific to the psychological and spiritual challenges of the 21st century. These challenges

are quite specific. It is Richard Harvey's belief that this is the age of the individual and that this should be explored and considered a strength in human development rather than a weakness to be overcome. Richard writes...

The way to the Divine today is an individual way. Spirituality is psychology: this is not to be taken literally! I am merely stating the fact that when we look at human beings struggling with spiritual practice and challenges, the story is essentially one of struggling with their own strengths and weaknesses of the soul or psyche. Healing therapy etc. should be brought back in time to the people (or humanity as a whole) who have been disempowered by professionalization. Sacredness is fast disappearing from our world. Human problems and dilemmas have a spiritual cause at their root. Regardless of an individual's opinion, we are spiritual in our deepest nature and certainly a therapist should have some spiritual sensibility to be effective in any true sense of the word.

What is my time commitment?

As with the writing commitment, each collaborator establishes the time commitment they want to make. The task is to write a chapter or other piece for the intended publication. How the person achieves that goal is up to them. We may ask collaborators to participate in the occasional Skype conference call to discuss the Project, learn more about Sacred Attention Therapy, or provide an update on their progress for as long as they are involved in the project. *See below for more information about Skype conference calls.*

We anticipate the Sacred Attention Therapy project will be ongoing for several years (beginning August 2013). This timeframe is a flexible proposal, however, because in a sense the project will take as long as it takes. We anticipate committed, inspired collaborators staying with us in unity for further projects about other aspects of Sacred Attention Therapy. In other words a collaborator may spend some months, years, or a lifetime with us.

What are these Skype conference calls? How often are they held? When do they occur? How long to they last? And what is the purpose of the conference call?

Skype conference calls may be used to bring the SAT Project family of collaborators together to discuss the Project, learn more about Sacred Attention Therapy, or provide an update on writing contributions. Skype conference calls were held monthly over the first year of the Project. Now, as the Project matures, we are inviting conference calls on an as-and-when-needed basis. Conference calls, when they occur, last between 1.5 -2 hours.

All collaborators are invited to participate in the Skype conference calls for as long as they are involved in the project. As such, we ask all contributors to obtain a Skype account if they do not already have one.

How long do I need to stay involved with the project?

We anticipate the project will be ongoing for several years (beginning August 2013). However, as a collaborator, you only need to stay involved for as long as you are writing your contribution. After your piece(s) is/are completed, you may retire from the project. We anticipate committed, inspired collaborators staying with us in unity for further projects about other aspects of Sacred Attention Therapy. In other words a collaborator may spend some months, years, or a lifetime with us.

What pre-requisites are there to participate in the project?

Each collaborator, at minimum, should demonstrate an overall understanding of the foundational, core elements of the Sacred Attention Therapy model (i.e., family beliefs, life statements, emotional-behavioral patterns, emotional suppression, sub-personalities, character strategies, and central character dynamic). The primary method of demonstrating this overall understanding is via personal, experiential learning through writing(s) that may serve as research and/or input to the literary contribution the collaborator makes to the project.

To support their understanding of the foundational, core elements of the Sacred Attention Therapy model, collaborators are invited to explore the published works of Richard Harvey, in particular *The Flight of Consciousness* and *Your Essential Self*. Both of these books, and others, are available at <http://www.therapyandspirituality.com/books/>. Richard Harvey has also published many articles on Sacred Attention Therapy and related topics. These articles are available at <http://www.therapyandspirituality.com/articles/>. Combined, these books and articles will form a beneficial and foundational understanding of Sacred Attention Therapy and its core elements.

In addition, there are numerous educational opportunities available for collaborators to deepen their understanding of Sacred Attention Therapy. These education opportunities range from on-line lectures and pre-recorded interviews with Richard Harvey about Sacred Attention Therapy, to specially-designed courses on Sacred Attention Therapy and its foundational, core elements. All educational opportunities related to Sacred Attention Therapy can be explored at <http://www.sacredattentiontherapy.com/Education.html> and <http://www.sacredattentiontherapy.com/Videos.html>.

If the collaborator is already serving or working in a therapy, counselling, healing capacity, within their practice, or within an organization/institution, this will be an asset. However, this background is not essential for your contribution to the project. What is most essential is your understanding of the Sacred Attention Therapy model's 'core' elements through your own

personal experience and healing journey. After demonstrating their experiential-based understanding of the ‘core’ Sacred Attention Therapy elements, contributors may choose a speciality, further their research and begin to craft their literary contribution(s).

The Sacred Attention Therapy project is not simply about collaborators writing pieces for a published-book-to-be. The project is, in part, about the collaborator’s journey and experience of self-discovery. Collaborators may wish to confer with Richard Harvey (founder of the Sacred Attention Therapy) or myself from time to time to ask for clarification about their speciality. Between Richard and me the collaborator gets help, encouragement, and learns the approach.

What about money? Do I get reimbursed for costs and/or do I get reimbursed for my time?

Participation in the Sacred Attention Therapy Project is intended from the heart. As such, we invite all collaborators to give freely of their resources and time to the project.

Collaborators participation will result in the opportunity to contribute to a published work. Collaborators will also benefit from learning about a new, radical therapeutic approach that they then can integrate into their own healing practice.

How many people will be / are part of the project?

The number of professionals involved in the project varies throughout the life of the project. The project began with 11 collaborators and this number will be in a continuous state of change for the duration of the project, as contributors finish their writing piece(s) and new participants come on board.

What can I write about?

Refer to ‘The Project’ page on our website for examples (<http://www.sacredattentiontherapy.com/Project.html>).

What if I want to learn more about Sacred Attention Therapy or the Sacred Attention Therapy Project?

To begin, please visit our website called “Sacred Attention Therapy”. The website details what Sacred Attention Therapy is all about, the Project, and the contributors. The website URL/address is <http://www.sacredattentiontherapy.com/index.html>. Interested persons can also follow us on any one of the following social media profiles:

Facebook: <https://www.facebook.com/SacredAttentionTherapy>
LinkedIn: <http://www.linkedin.com/pub/sacred-attention-therapy/77/948/376>
Twitter: <https://twitter.com/RHphilozovo>

In addition, a variety of possibilities exist for learning about Sacred Attention Therapy. Contributors will learn—as an intrinsic part of their involvement with the project—in conversations with Richard Harvey and me. Some may choose to explore and study the rich library of material Richard Harvey has published on Sacred Attention Therapy—his articles and books. Some collaborators may choose to take it further and have a course of sessions with either Richard or me to experience the work more deeply. There are also opportunities to participate in on-site and on-line courses and lectures. For those who are moved to add Sacred Attention Therapy to their existing practice, supervision is available with Richard or me.