

Friends of Sacred Attention Therapy

...listening with the whole self to the soul of the other.

~ Richard Harvey

January 2016 Newsletter

Volume 1, Number 1

You have received this newsletters because you are a Friend of Sacred Attention Therapy (SAT). If you would not like to receive future newsletters from Sacred Attention Therapy, please reply back with nothing more than "UNSUBSCRIBE" in the subject line or the body of your message.

If you have any comments, feedback, or questions about anything in this newsletter, please write to us at info@sacredattentiontherapy.com. Namaste.

In this e-Newsletter...

1. MESSAGE FROM OUR FOUNDER, Richard Harvey	2
2. BATHE IN THE MOONLIGHT OF THE DIVINE, by Richard Harvey	3
3. THE SIGNIFICANCE OF SAT IN THE MODERN WORLD, by Robert Meagher	4
4. A REMINDER OF LOVE, AUTHENTICITY, AND GENTLE GUIDANCE, by Haris Tzortzis	5
5. BEFORE YOU, SEPARATION...AFTER YOU, ONENESS, by Carla González.....	7
6. WHAT'S UPCOMING FOR SAT?	9
7. UPDATE ON SAT ONLINE TRAINING	10
8. UPDATE ON SAT PROJECT	11
9. OTHER SAT UPDATES.....	12
10. LINKS.....	13

1. MESSAGE FROM OUR FOUNDER, Richard Harvey



People *do* want to awaken

Questioner: What would you say to someone who asked you, "Why might I be interested in the Sacred Attention Therapy Training? What's in it for me when I am a relatively happy, functioning person in the world?"

Richard: There are many questions to ask yourself in life but the *real* question is, "Do you want to continue to pour your vital life force and energy into your existence in the way you have been living it or do you want -- truly want -- *change*? Do you want to continue to struggle, learn, adapt, bend, twist, allow, and so forth, or do you really want something different?"

Sometimes in your life you just have to stop... and take stock of what you're doing, what you've become, who you are, and consider what you have achieved. Is it enough? If the answer is 'no it isn't,' then you may be seeking change. You may be comfortable financially and your purpose may have been fulfilled, but there's still a nagging dissatisfaction that you haven't really become yourself yet.

So let's look at it another way. You started on this adventure of life and sometimes you had grandiose ideas and at other times humble ones. According to your tendencies you grew into your life and fulfilled at least some aspects of your potential and capacity. Your life became a humble or a grand undertaking and perhaps far greater than you originally realized. Sometimes you took risks and discovered the vitality and excitement of living at the edges of life, at others times you opted for the safe and most comfortable choice.

But now you are looking at something dimensionally different... to grow, let go of your limitations, to try and fail rather than never try, to leave what is comfortable and move into what's uncomfortable because in that encounter, you *know* you will grow... and we always need to keep moving, growing and developing, reaching higher for something to guide us.

The struggles are only there to help you to strengthen your commitment to your purpose and direction; to anchor and deeply root you, and in so doing claim your voice for all to hear. For the path you walk, you must be strong... warrior strong. And you are being carved out into that warrior. Maybe at times you are unwilling to awaken, but maybe you are merely resisting the inevitable.

People *do* want to awaken. So let me gently nudge you. The only thing missing in your life is your becoming the exceptional being you always knew yourself to be. And not only that, but when you become yourself, you will be able to help others to become themselves too.

Don't make choices from lack or fear, base your choices on higher insights and ideals and don't be afraid to look like a failure. You will have to let go of your old life in order to change and receive more than you ever thought possible in your life. Let go, don't worry about what others think about what you're doing. You are free... free to walk a new path and your new direction is more glorious than you could ever imagine.

(With gratitude to Doreen Mary Bray)

~ Richard Harvey, Founder of Sacred Attention Therapy ~

2. BATHE IN THE MOONLIGHT OF THE DIVINE, by Richard Harvey

Self-identification is the delusion of selfhood that gives rise to conflict, both inner and outer. The only responsible act for the true human being is to dismantle his or her sense of small self and learn to live vibrantly, responsibly, and truly.

The puddle bathed in the moonlight one night and observing the night sky resplendent, accurately and fully reflected on its surface it cried, "I and the universe are one! It is all me!"

A person walking by inadvertently sloshed through the puddle and disturbing the images of the moon and the stars the puddle became agitated. Amid the chaos and the restlessness the puddle came to not be at all sure what it was and cried, "I don't know myself after all!"



Even as the water was becoming still the mud that had been stirred up from beneath the water made the puddle opaque and cloudy. No longer was the night sky reflected in it and so it fell into dejection and deep unhappiness.

But gradually and very slowly the mud settled, the water in the puddle sank, and the puddle became calm again. The puddle observed the night sky. Then it observed the reflection of the night sky on its surface. Then it understood: "I am not the moon and stars. I am merely a reflection of the moon and the stars. The real moon and stars are *everywhere*! And that is what I really am -- everywhere!"

And realizing this tremendous insight the puddle had begun to evaporate in the warmth of the evening. By morning the puddle had entirely disappeared into the ground, into the sky, into the air until it was indeed everywhere... leaving only a little creased smile in the earth.

You and I are appearances of the Divine. We are essentially the same. In spite of our differences and variety we are the same: living organisms on the face of Gaia.

Out of fear we have created a fiction of self. We become attached, familiar, and desperate to remain identified with this fiction -- the stories, the life events, the judgments and criticisms which separate and divide us from others.

SAT is both complex and simple. It is a way to help you release the fiction of yourself, to embrace the reality of your human Divineness, and to become liberated in this lifetime. It is the birthright of every human being to be thus free.

Bathe in the moonlight reflection of the Divine, stir your feelings and energies in the sloshing and disturbance of relationships with others, lose yourself in uncertainty and insecurity, become opaque to yourself, questioning and doubting, confused and transforming. Embrace your deep unhappiness and dissatisfaction. In time you will realize who and what you really are and that is more magnificent, more wonderful, more extraordinary than you could ever imagine it to be. Allow your false self to evaporate. It is only a temporary adaptation of Divinity. The Truth is right here. You hold it in your hand and as you let go of your life to embrace a greater reality, witness a small creased smile appearing on your face.

~ Richard Harvey, Founder of Sacred Attention Therapy ~

3. THE SIGNIFICANCE OF SAT IN THE MODERN WORLD, by Robert Meagher

We are living in what appears to be an increasingly complex—albeit illusory—world. Until we come to know the truth of our being, who we are, our purpose in this existence, we need a pathway, a methodology, and a beacon to lead us through the quagmire of human conditioning into a life of authenticity and wholeness. Sacred Attention Therapy (SAT) is such a way.

Richard Harvey's life-time of study and practice has led him to develop, and extend to humanity, his 3-stage model of human awakening. Stage 1 is the foundational work of journeying through self-discovery. Stage 2 invites the aspirant to transform into their authenticity through the penultimate gate of forgiveness. Stage 3 is living the spiritual life where one experiences and lives in the source of consciousness and union with the Divine.

As humankind hurls itself into a ratatouille of disparate understandings, SAT offers a synergistic blend of modern medicine, psychology, psychotherapy, and spirituality that is sure to offer a healing alternative for much dis-ease in the world. Richard Harvey's 3-stage model of human awakening offers a refreshing integration of healing modalities born from the Human Potential Movement of the 1970s.

Modern allopathic medicine may serve the body, but fails to recognize the life force of a human being. Psychology and psychotherapy help to explain human behavior but, again, fall short of recognizing the spiritual dimensions of the human soul. Spirituality, on its own, may miss the opportunity to help the seeker understand the origins of their personality and character. After all, all spiritual seekers will at some point have to come face-to-face with their personality and character if they are to attain the spiritual heights they aspire to.

The SAT, 3-stage model of human awakening is an approach to liberation. The first liberation is liberation from the conditioned self, the psychology of early life. The second liberation is from the realisation of the true nature of the fulfillment of oneself as a personality. The third liberation is the liberation into the life of spirituality and spiritual practice.

SAT is also a metapsychology because it embraces not only the physical, emotional, mental, and energetic aspects of the human being but also the spiritual and transcendental. SAT offers an applied psychology through counseling, psychotherapy, and spiritual teaching to address the complexity of the human being in the 21st century.

SAT incorporates personal inner work and exploration alongside a person's aspirations to heal. The approach takes into account the ego-based individual and the desire of the individual to progress spiritually. SAT recognizes the fundamental, true, spiritual nature of humanity and the intense longing for the truth and for the real divine state. The emphasis on healing is central to SAT. Traditional therapies work from the paradigm that the client is fractured, that something needs to be done to fix or repair the client. Therefore, diagnosis of some pathology is required and a treatment prescribed to cure the patient. SAT works from the paradigm that the client is whole and perfect and no pathology is present; therefore, no diagnosis or treatment is required. The client, if anything, simply needs to be guided to realize their own divinity within. This guiding process incorporates counseling, psychotherapy, and spiritual teaching.



Robert Meagher is: Co-Founder, Vice-Principal, Senior Tutor, and Registrar of the Sacred Attention Therapy (SAT) Online Training initiative; Coordinating Editor for the SAT Project; and Registrar for Friends of SAT. Robert is a Certified SAT Therapist (Level 1). He has been an understudy of Richard Harvey since 2012.

4. A REMINDER OF LOVE, AUTHENTICITY, AND GENTLE GUIDANCE, by Haris Tzortzis

An Interview with Coach Haris Tzortzis, about Richard Harvey, Sacred Attention Therapy, and Your Essential Self

What does SAT mean to you?

Sacred Attention Therapy (SAT) is a therapy with much needed soul! The Sacred Attention Therapy Training combines the spiritual with the psychological in a way that is easily understood. It is a combination of what I intuitively know to be true and is very similar to what I have been taught as a young child.

Anyone who is interested in psychology, philosophy, religion, spirituality, a new way of thinking and has an open mind will benefit from SAT.

As someone who has enjoyed delving in to personal development and the spiritual I sometimes felt they conflicted with each other and they needed to be combined. I did not want to just be a 'Personal Development' coach but instill within my work what I believe will help us in a more profound and long lasting way and that is to connect with ourselves spiritually. However I was holding myself back from writing about our spiritual nature or the use of it. SAT and Richard's work shows that you can combine the two and it has encouraged me to communicate from a space that is more authentic of who I am.

How has Richard Harvey/SAT/Your Essential Self or any related SAT work affected you in your psycho-spiritual unfolding?

Over these last few years Richard's work has been a reminder of love, authenticity and a gentle guidance towards a deeper understanding of self. I have continued to gain this deeper understanding of who I am, who I want to be and the possibility of what this all means for me and others in the future.

I have been studying Your Essential Self for some time now and the reason being that it is because it is that important that you wouldn't want to rush through it. For me it is like having a therapist and training me to be my own therapist. It is one of those books you study and refer back to. It is not a book you forget about, vaguely remembering a quote here and a quote there. It is much more than this and has been a much needed tool or missing piece of the puzzle for what I have been looking for. I can tap into it when I am ready or feel I need to.

As I have worked through the chapters I have made sure I answered the questions with as much attention and authenticity as possible in order to benefit from it. Aside from communicating what is true to me, it is a great tool to use for my personal and spiritual development and for those I work with. This book as well as Richard's videos and posts light sparks in my soul and most certainly has contributed to keeping me 'on track' and not wavering off my chosen path, which is primarily rooted in being reality, authenticity and spreading genuine love.

What makes my Richard's work/Sacred Attention Therapy important for the world today?

Many of us are driven by society's need to feed the ego and as a consequence move away from who we are or need to be. People are needing clarity, an understanding of who they are and a need to connect with something bigger than themselves in order to understand their life better. This is where Richard's work will be of importance. It will help those who work with others in this capacity and for those enquiring minds and seekers of personal and spiritual truth.

At many points in our lives we will stop and wonder what we are doing, are we being true to ourselves, what is our true self and how can we be at peace with it in this fast paced world.

All these questions are being asked yet some of us quieten the mind and feed it with distractions as it can feel overwhelming to acknowledge. Richard's work can help. It will soothe you, challenge how you feel, what you think and enable you to help yourself and others in a more profound way all at the same time!



Haris Tzortzis, BA (hons), PGCE Primary, Diploma in Life Coaching, NLP Practitioner, Founder of Happy Light Coaching Ltd., provides life coaching sessions to support, advise, inspire and motivate others to reach their true potential. and motivate others to reach their true potential. She is an external consultant to the Sacred Attention Therapy Online Training. You can visit her online at www.happylightcoaching.com.

5. BEFORE YOU, SEPARATION...AFTER YOU, ONENESS, by Carla González

[Richard Harvey: The conviction of Sacred Attention Therapy is that therapists should be spiritual teachers and spiritual teachers should be therapists. In the long evolution of humanity we have surely now reached this crucial stage in which the soul, the spirit, and the psychology of an individual human being should be mentored without splitting or dissociation. Occasionally an individual finds their way to me who is driven purely by the heart. Others struggle. Still others resist. But in Carla's case purity of heart is a given state. After much inward searching and dhyana (meditation), she has come to find SAT and entered into a committed relationship of heart with me as her therapist and teacher. This is her own very personal edited version of her psycho-spiritual journey.]

One fine day A Course in Miracles found me... and it spoke to me. I was attracted to statements like "nothing real can be threatened and nothing unreal exists, hereby lies the peace of God." I was attracted to the idea of no victim and no victimizer and the promise that I just had to do my daily lesson to realize something deeper. There was nothing to lose. I did the course twice and when I finished it for the second time I was different, with an unshakable inner trust I knew that I would somehow be guided through life, as I had always been, but know more consciously about it. So I started trusting more, spontaneously repeating phrases like "Holy Spirit speak through me." While reading the text of the book it spoke about surrendering your relationship with your love object to God and I pronounced the words with fear, sadness, and faith.

After A Course in Miracles I felt no other book could satisfy me so I stopped reading, until a dear friend gave me The Power of Now. This book brought more perspective and depth to the emerging suspicion that what was being pointed to was closer than what I had imagined. Buying Eckhart's books on amazon I "accidentally" ordered the book A Diamond in Your Pocket by Gangaji. I read it and my heart resonated with the understanding of the invitation she was extending to me. It was the beginning of the end of searching. I knew I had to go see her in person and check out for myself that it was real, that she was not just another eloquent preacher. With an excitement I had never before felt in my life I attended an Esalen retreat. I saw and felt Beauty, Freedom, Wisdom, and my life was forever inspired by this Truth!

For some more years I consistently deepened in inner work, the heart's wisdom increasing, my faith in life got stronger. For many years I attended one or two retreats per year, saw different teachers in DVDs and Satsangs, while living an "ordinary" life as a mother, wife, school owner, sometimes fantasizing about not having family members or responsibilities so that I could go and live in Ashland and be of service to Gangaji. But my heart knew I was in the right place here at home with my children and whatever was needed would be supplied. When Gangaji sent an email inviting the sangha to go back to Lucknow I just said yes without checking with anyone. I went to India for a month, attended Satsang every day, and loved every second of it! When I came back, God brought my teacher Dharmesh to live here for as long as was needed to have his physical Presence here. I took in every moment of his wisdom, fierce grace, and Clarity to deepen Self-realization. When he moved, I knew it was perfect and I needed to be "alone" again.

Now, the Love that breaths me and moves me has brought me to You! My Beloved (last) Teacher. How I feel cared for and Loved by God that I was oriented to read the words you wrote about the Stages of Awakening and the different teachers that may show up to guide one through them. I just knew when I read that, that You were It! That It would be You who will have the Love, Wisdom, Clarity, and Patience to help me cross the bridge to the other side! It feels so possible now, so certain that I will realize my Self, my Essential, Real, True Self...Undying, Unborn, Eternal Self with your Love and guidance. That deep resolved knowing brings rest to my tired seeking urge. This burning desire that wouldn't go away, this holy ache that got harder and impossible to ignore and made me keep exploring, feeling and experiencing more and more of what I Am not, has now finally concentrated and come to rest and abide in the Heart!

Now, being in a present relationship with you as my teacher there is no pressure or worry about what to do next, how should I help deepen realization, how it will come. I absolutely and completely trust you. My Heart gives in to the necessity of baring and exposing my broken aspects and allowing also the Light that shines through me to be seen and recognized. This love, trust, devotion, gratitude, admiration that is deeply, unshakably felt for you is hard to explain and yet absolutely real. I love you Richard, you are always in my heart! This is a one-of-a-kind relationship that I know will be my last; before You, separation...after You, Oneness. Forever and ever grateful and in Love, your Carla.



Carla González is the Administrator at Colegio Mission, Los Cabos, Mexico. She is currently a student of the Sacred Attention Therapy Online Training, Level 1.

6. WHAT'S UPCOMING FOR SAT?

Your Sacred Calling, Richard Harvey's follow up to '*Your Essential Self*,' will be published by Austin Macauley Publishers Ltd. (London) in 2016. This will be Richard's 8th book and a compelling adjunct to support aspirants through the second stage of human awakening, as part of Richard's 3-stage model of human awakening. *Your Sacred Calling* is an innovative and original book on preserving the sacred truths, rituals, and practices that connect us to our divine selves and empower us to grow through our personality to spiritual realization. The central theme of the book is that the sacred is fast disappearing from our world, not only due to the materialistic, non-spiritual culture, but through the influence of the spokespeople and teachers who purport to be speaking out for it. We have become immersed in spiritual half-truths, superficiality, and self-serving compassion. However, the book points the way through this mire of confusion and shows how to turn the adverse circumstances in which humanity presently finds itself into a precious opportunity for awakening. Enquiries about the date of release and pre-orders for *Your Sacred Calling* may be sent to <http://www.austinmacauley.com/contact-us>.

Bodhi Ocean, the last in a trilogy of e-books featuring the manuscripts of psycho-spiritual lectures by Richard Harvey, will be published in early 2016. The first e-book (2013) was *Dharma Sky* and the second (2014) was *Moksha Dawn*. All e-books, and other publications, can be viewed on the books page of the Sacred Attention Therapy (SAT) website <http://www.sacredattentiontherapy.com/Books.html>.

In January 2016, Richard will host ***collaborative satsangs*** with Berdhanya Swami Tierra. For more information about these collaborative satsangs, and to register, visit <http://www.sacredattentiontherapy.com/satsang.html>.

SAT Online Training, Level 2 training modules will begin development in 2016. See "Update on SAT Online Training" below for more details.

7. UPDATE ON SAT ONLINE TRAINING

We launched SAT Online Training, Level 1, in March 2015, and since then we have had students enrol from around the world—Canada, Mexico, France, Hungary, Spain, Switzerland, and the United Kingdom.

Our efforts to promote and raise awareness of this radical, innovative, psycho-spiritual therapy training continue to expand. Our primary promotional focus is via social media advertising through such channels as Facebook, LinkedIn, Twitter, and YouTube. We offer bi-weekly webinars (via Skype) for those people interested in finding out more about the training. These bi-weekly webinars are an opportunity for interested persons to share their bewilderment, perplexity, and doubts, or simply to fulfil their need for clarification and to get their questions answered.



We intend to begin development of SAT Online Training, Level 2, in 2016, with the goal of launching Level 2 training by the end of 2016.

If you are currently enrolled in SAT Online Training, Level 1, please email the Registrar on a monthly basis to provide an update of your status and progress. The Registrar can be reached at info@sacredattentiontherapy.com.

8. UPDATE ON SAT PROJECT

The SAT Project enjoys participation and contributions from practitioners in Canada, the United States, Spain, and the United Kingdom. We continue our work on the first publication, “The Labyrinth of Self,” as part of Phase 1 of the Project. See the long-term vision for the SAT Project below and the three trilogies of publications intended for production and publication.



If you would like to contribute to the SAT Project, please visit <http://www.sacredattentiontherapy.com/Project.html> for more information and then email Robert Meagher, Coordinating Editor, at info@sacredattentiontherapy.com. For a list of current contributors, please visit <http://www.sacredattentiontherapy.com/Project-Contributors.html>.

Sacred Attention Therapy Project Long-Term Vision

Phase 1— Inter-disciplinary collaboration to produce a series of three books describing the Process of Self-Discovery (see Richard Harvey, *Your Essential Self*) for practitioners, students and laypeople:

1. *The Labyrinth of Self: The Seven Core Elements of Sacred Attention Therapy* (in production)
2. *The Liberation from Illusion: The Healing Dynamics of Sacred Attention Therapy*
3. *The Constellation of Wholeness: The Transforming Process of Sacred Attention Therapy*

Phase 2— Inter-disciplinary collaboration to produce a series of three books describing the Transformation into Authenticity (see Richard Harvey, *Your Essential Self* and the forthcoming *Your Sacred Calling*) for practitioners, students and laypeople:

1. *The Blossoming of the Self: The Conditions and Challenges of Living in the Heart*
2. *Transcending Personality and Character: Teaching and Guidance in Second-Stage Awakening*
3. *The Transcendent Ascent of Real Compassion and Authenticity*

Phase 3—Inter-disciplinary collaboration to produce a series of three books describing the Source of Consciousness (see Richard Harvey, *Your Essential Self* and the two forthcoming books *Your Sacred Calling* and *Your Divine Being*) for practitioners, students and laypeople:

1. *Psycho-Spiritual Unfolding: Becoming the True Self*
2. *The Divine Nature of Personality: Beyond Experience and Illusion*
3. *The Life of Perpetual Sadhana: Illumination, Spontaneity, and Surrender*

9. OTHER SAT UPDATES

Volunteer opportunities abound with Sacred Attention Therapy. 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 Sacred Attention Therapy, please email us at info@sacredattentiontherapy.com.

- Hosts for European tour
- Social media promoters
- Transcribers
- Writers
- Editors
- Mock therapy clients

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

SAT Practitioners can work with you through the three stages of human awakening. See the 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. Visit <http://www.sacredattentiontherapy.com/SAT-Therapists.html> for all the details.

Richard Harvey's **BLOG and VIDEO BLOGS** are posted weekly. 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 that Richard has received or read during the week, 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.sacredattentiontherapy.com/BLOG.html>. View the VIDEO BLOG at <http://www.sacredattentiontherapy.com/Video-BLOG.html>.

The **Sacred Attention Therapy (SAT) 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 Facebook Group 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 (as 'pinned' posts on our Facebook Group page) on Monday, Wednesday and Friday each week. For more information about the SAT Study Group, and to sign up, visit <http://www.sacredattentiontherapy.com/Study-Group.html>.

There are a plethora of **resources** available on the SAT website for your benefit...many are free. Books, articles, lectures, videos, a BLOG and VIDEO BLOG—a cornucopia of materials for your discovery, exploration, study, and enjoyment. And our study group and SAT-sangs provide interactive methods to deepen your study of SAT. Begin to explore these resources here... <http://www.sacredattentiontherapy.com/Books.html>.

10. LINKS

WEBSITES

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

SOCIAL MEDIA

FACEBOOK

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

LINKEDIN

<https://es.linkedin.com/in/sacred-attention-therapy-37694877>

TWITTER

<https://mobile.twitter.com/RHphilozovo>

YOUTUBE CHANNEL

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

BOOKS

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

VIDEO TALKS

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

STUDY GROUP

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

BLOG

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

VIDEO BLOG (VLOG)

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

RETREATS

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

INDIVIDUAL AND COUPLES THERAPY

<http://www.sacredattentiontherapy.com/About-Us.html>
<http://www.sacredattentiontherapy.com/SAT-Therapists.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>

DONATIONS

<http://www.therapyandspirituality.com/offer-support.html>

Robert Meagher
Registrar

Friends of Sacred Attention Therapy

...listening with the whole self to the soul of the other. (Richard Harvey)

info@sacredattentiontherapy.com